

Here is a complete guide to every kind of outdoor dining, from simple meals to sumptuous spreads—at the shore, in the backyard, aboard ship, and on the trail.

You'll find dozens of tempting menus; 200 tested recipes for meats, poultry, fish, vegetables, salads, breads, and desserts; complete information on equipment and its use; plus guides for successful planning of outdoor meals.

Illustrated with 16 pages of full-color photographs, many delightful drawings, and a series of photographs that show exactly how to prepare a unique "Down-East" clambake.



Betty  
Crocker's

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Cook

Book


GOLDEN  
PRIZES

# Betty Crocker's OUTDOOR COOK BOOK

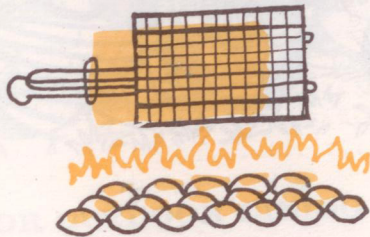


featuring  
**BARBECUE  
RECIPES**





# Betty Crocker's OUTDOOR COOK BOOK



Illustrated by Tom Funk

GOLDEN PRESS

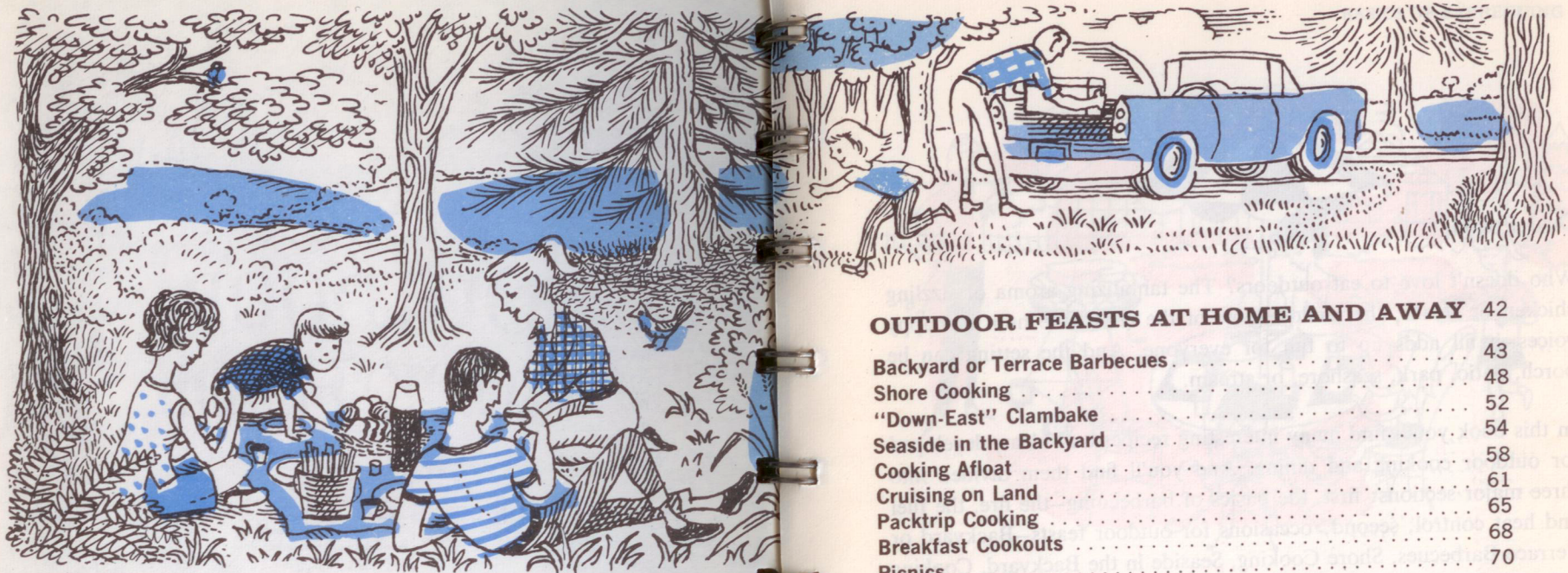


NEW YORK

FIRST EDITION  
THIRD PRINTING

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Dear Friend,

Who doesn't love to eat outdoors? The tantalizing aroma of sizzling chicken or steaks, the mellow glow of the coals, the hum of happy voices—it all adds up to fun for everyone. And the setting can be porch, patio, park, seashore, or stream.

In this book you'll find many interesting recipes and ideas, developed for outdoor cooking and dining. And you'll find them divided into three major sections: first, the basics of barbecuing—the fire, the fuel and heat control; second, occasions for outdoor feasts—Backyard or Terrace Barbecues, Shore Cooking, Seaside in the Backyard, Cooking Afloat, Cruising on Land, Packtrip Cooking, Breakfast Cookouts, and Picnics; and third, a collection of recipes for outdoor dining—from the simplest to the most exotic fare. These recipes include everything you might like to cook or eat outdoors—meats and main dishes, vegetables, fruits, salads, breads, and desserts.

We hope you'll turn to this book often for help in planning for dining *al fresco*. It will be as delightful and as exciting as any meal served indoors.

Cordially,

*Betty Crocker*



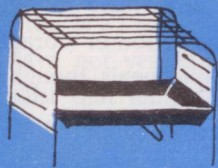
## THE BASICS OF BARBECUING

A striking change is taking place in American cooking and entertaining. The backyard barbecue is fast becoming the nation's number one hobby as, each year, more families discover that fun and good fellowship seem to double around an open fire; that nothing is more appetizing than the aroma of food grilling over glowing coals; and that the easy informality of service under the wide sky makes even the most elaborate patio party seem carefree.

The taste of charcoal broiled meats is so delicious that many of us no longer let the end of summer mean good-bye to the "Cook-out." When the snow flies, it becomes the "Cook-in" at the fireplace or at the broiling hearth now so often seen as a feature of new kitchens or family rooms.

Call it barbecue, steak fry, patio party, hot dog roast, or cookout—it is one of the best ways to entertain two or twenty, once you have learned the basic rules for successful cooking and serving outside.

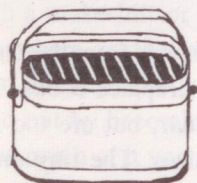
# EQUIPMENT



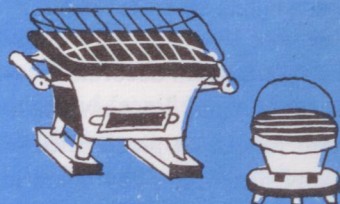
Folding Grill



Brazier



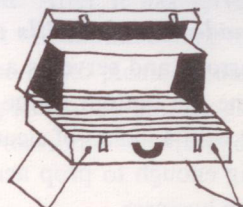
Bucket Grill



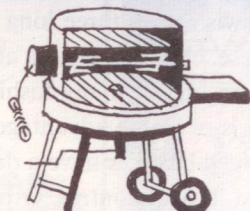
Hibachis



Homemade Mobile Grill



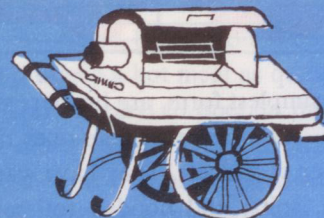
Suitcase Folding Grill



Elaborate Brazier



Cooking Table



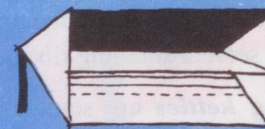
Elaborate Cooking Table



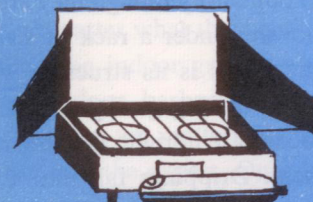
Cooking Kettle



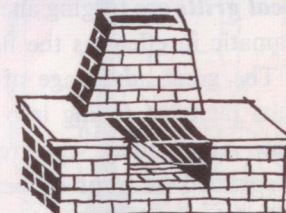
Vertical Grill



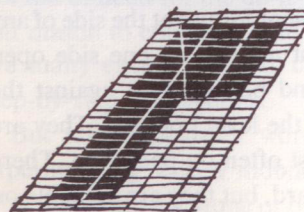
Reflector Oven



Camp Stove



Stationary Barbecue



Open Trench



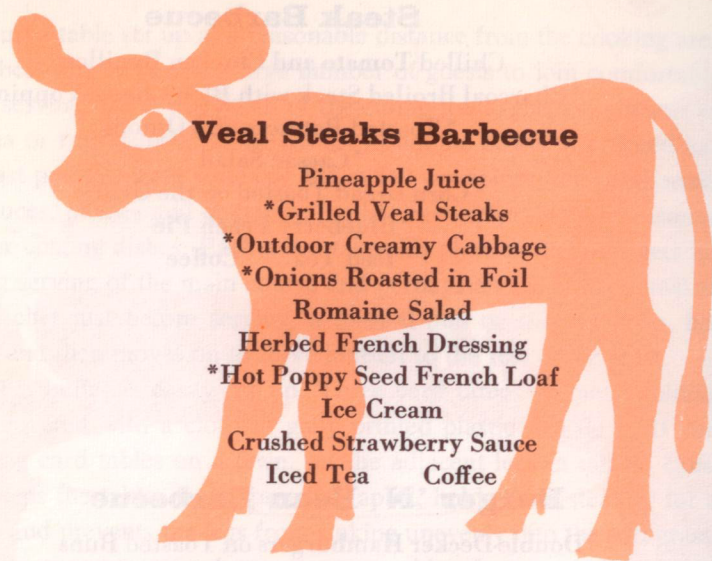
Bean Hole

Terrace Barbecue (see page 47)



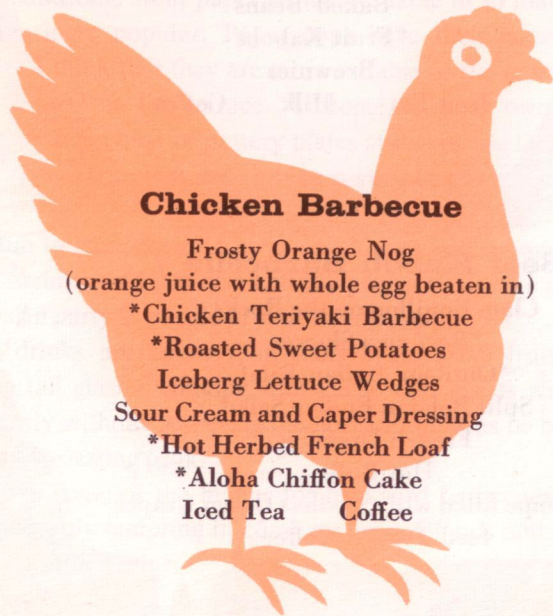


Outdoor Dinner Party (see page 47)



**Veal Steaks Barbecue**

- Pineapple Juice
- \*Grilled Veal Steaks
- \*Outdoor Creamy Cabbage
- \*Onions Roasted in Foil
- Romaine Salad
- Herbed French Dressing
- \*Hot Poppy Seed French Loaf
- Ice Cream
- Crushed Strawberry Sauce
- Iced Tea    Coffee



**Chicken Barbecue**

- Frosty Orange Nog  
(orange juice with whole egg beaten in)
- \*Chicken Teriyaki Barbecue
- \*Roasted Sweet Potatoes
- Iceberg Lettuce Wedges
- Sour Cream and Caper Dressing
- \*Hot Herbed French Loaf
- \*Aloha Chiffon Cake
- Iced Tea    Coffee

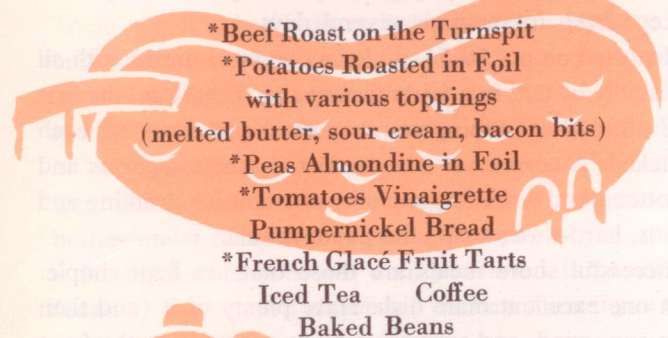
**Terrace Barbecue**

*(Pictured on pages 34-35.)*

- \*Whole Barbecued Turkey
- \*Stuffed Acorn Squash
- \*Tossed Salad with Cauliflowerrets
- Poppy Seed Rolls
- \*Chocolate Butter-Mallow Cake
- Milk    Coffee

**At the Poolside**

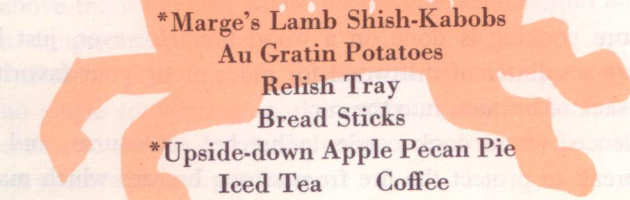
*(Pictured on pages 140-141.)*



- \*Beef Roast on the Turnspit
- \*Potatoes Roasted in Foil  
with various toppings  
(melted butter, sour cream, bacon bits)
- \*Peas Almondine in Foil
- \*Tomatoes Vinaigrette
- Pumpernickel Bread
- \*French Glacé Fruit Tarts
- Iced Tea    Coffee
- Baked Beans

**Outdoor Dinner Party**

*(Pictured on pages 38-39.)*



- \*Marge's Lamb Shish-Kabobs
- Au Gratin Potatoes
- Relish Tray
- Bread Sticks
- \*Upside-down Apple Pecan Pie
- Iced Tea    Coffee



## "Down-East" Clambake . . .



1. William G. Foster of York Harbor, Me. has devised a new clam-bake method using a steel plate. A roaring fire is built under the plate, which rests on steel side panels.

2. It is then covered with about 6" of wet rockweed, cut from the rocks at low tide. A wooden box with a wire mesh bottom ( $\frac{1}{2}$ " galvanized hardware cloth) is placed on top.



3. Next the food is put in the box according to cooking time: lobsters on the bottom layer; unhusked fresh corn (silk removed), sweet potatoes, and onions in the middle.



4. Clams, soaked overnight and rinsed of sand, go on top. Water is poured over the food to ensure plenty of steam. The clam juice then steams through, flavoring all the foods.



## A Brand New Technique



5. As quickly as possible, the box of food is covered with a large sheet of heavy, clean cotton duck canvas or asbestos cloth. Care must be taken not to burn the canvas.

6. All the loose ends of the covering are carefully tucked in around the box. This is an important step, holding the heat in the box while keeping the wind off the bake.



7. For extra protection, the canvas is covered with more wet rockweed. The heat rising through the first layer of rockweed gives a distinctive flavor to the food.



8. After an hour or so has passed, the lobsters should be done. Brush off the rockweed, lift up the canvas, and get ready to dig in to a fine feast. (See pages 142-143.)



## Beef Tenderloin Roast

*One of the most delicious of dishes to set before guests, and less expensive than you may guess since it is solid meat and shrinks very little during its relatively short cooking period.*

Grill a beef tenderloin (4 to 6 lb.) 4 to 5" from medium coals 12 min. per side for rare, 15 to 17 min. per side for medium rare, or 18 to 23 min. per side for medium. Serve rare for best flavor and tenderness. Baste with butter or Tabasco Butter (¼ cup butter and ¼ tsp. Tabasco, blended) throughout the cooking period. *8 to 12 servings.*

## Beef Roast on the Turnspit

*Wonderful way to serve a large group with a minimum of effort, pictured on page 140.*

Select 5 lb. choice rolled rib beef roast. Soak several handfuls of hickory chips in water until saturated and add a little at a time to the fire while charcoaling. Put meat on spit and when juice has sealed itself, baste with Smoky Sauce (recipe below).

**rare** — roast 2 hr. to 2 hr. 15 min.

**medium** — roast 2 hr. 15 min. to 2½ hr.

**well done** — roast 2½ hr. to 3 hr.

Serve extra sauce (double sauce recipe) over roast meat slices. *10 servings.*

### Smoky Sauce

2 tbsp. vinegar

¼ cup water

1 tsp. brown sugar

½ tsp. prepared mustard

¼ tsp. pepper

¾ tsp. salt

1 thin slice lemon

1 slice peeled onion

2 tbsp. butter

¼ cup catsup

1 tbsp. Worcestershire sauce

¾ tsp. liquid smoke

Mix vinegar, water, brown sugar, seasonings, lemon, onion, and butter. Bring to boil and simmer 20 min. uncovered. Strain and add remaining ingredients. Heat to boil.



## Barbecued Chuck Roast

*Meat you will long remember because of flavor and tenderness, pictured on page 138.*

Make California Marinade (recipe on p. 79). Place a chuck roast\* (3 to 4 lb.), 2½ to 3" thick, in bowl and pour marinade over. Cover bowl and place in refrigerator. During the next 24 hr. turn meat frequently in marinade. Remove meat and add 2 tbsp. catsup, ½ tsp. Worcestershire sauce, and 1½ tsp. steak sauce to marinade. Stir and apply to meat before barbecuing. Grill 3 to 5" from coals. Turn meat frequently and baste with hot marinade every 5 to 6 min. Total cooking time will be about 40 min. Serve roast rare in middle and browned on outside. *6 servings.*

\*Use U.S. "Choice" grade of meat.

## Scallop Kabobs

- |   |                       |
|---|-----------------------|
| 1 lb. scallops, fresh or frozen           | ¼ cup soy sauce       |
| 1 can (4 oz.) button mushrooms, drained   | ¼ cup lemon juice     |
| 1 can (13½ oz.) pineapple chunks, drained | ¼ cup chopped parsley |
| ¼ cup vegetable oil                       | ½ tsp. salt           |
|   | dash of pepper        |
|   | 12 slices bacon       |

Thaw frozen scallops. Remove any shell particles and wash. Place mushrooms, pineapple, and scallops in bowl. Combine vegetable oil, soy sauce, lemon juice, parsley, salt, and pepper. Pour sauce over scallop mixture and let stand 30 min., turning once.

Fry bacon slowly until cooked but not crisp. Cut each slice in half. Alternate scallops, mushrooms, pineapple, and bacon on long metal skewers. Place on grill about 4" from hot coals. Cook 6 min. Turn and cook about 6 min. longer. *4 servings.*



## Shrimp Boil

*On a hot summer day, zesty shrimp on a platter of cracked ice served with crackers and pitchers of iced tea is very refreshing. Pictured on page 139.*

- |                         |  |
|-------------------------|--|
| 4 qt. water             | 6 tbsp. salt                                 |
| 6 cups diced celery     | 2 tbsp. whole allspice                       |
| 2 cups chopped onion    | 4 tsp. cayenne pepper                        |
| 4 lemons, quartered     | 6 lb. headless shrimp (with shells still on) |
| 4 cloves garlic, minced |  |
| 12 bay leaves           |  |

Bring water to boil in large kettle. Add all ingredients except shrimp. Simmer 15 min. Add shrimp; heat to boil; simmer 15 min. Remove from heat. Let shrimp stand 20 min. in shrimp boil; drain. Serve on platter of cracked ice with favorite cocktail or horse-radish sauce. *6 main dish servings; 12 to 16 appetizer servings.* Cut recipe in half for 6 to 8 appetizer servings.

## Shrimp Carmel

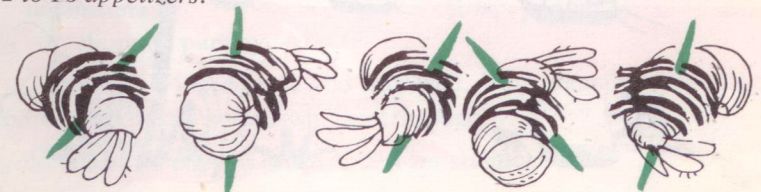
- |   |                                    |
|---|------------------------------------|
| ½ cup butter  | 1 large green pepper, cut in rings |
| 2 tsp. garlic salt                                      | 1 tbsp. minced onion               |
| ⅛ tsp. Tabasco  | ½ tsp. salt                        |
| 3 lb. frozen shelled, deveined shrimp, thawed           | ½ tsp. dried tarragon              |
| 2 cans (4 oz. each) water chestnuts, drained and sliced |                                    |

Prepare a foil pan made from several large pieces of heavy-duty aluminum foil, at least ½" deep. Place butter, garlic salt, and Tabasco in foil pan and set on kettle grill (grill with cover) or on open grill (grill without cover). Add shrimp and remaining ingredients. Place cover on kettle grill, adjust dampers and vents; cook 20 to 30 min. Or cover pan with foil and seal edges well. Grill 6 to 8" from heat 20 to 30 min. Serve immediately. *About 6 servings.*

## Shrimp en Brochette

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 1 lb. fresh or frozen shrimp, cooked | ¼ cup butter                       |
| ½ lb. bacon                          | ¼ cup lemon juice (about 2 lemons) |

Peel and devein shrimp, if necessary. Wrap ½ slice bacon around each shrimp. Secure with wooden pick. (If small shrimp are used, it may be possible to wrap two or three at one time. Then allow one whole strip of bacon for wrapping.) Combine butter and lemon juice in small saucepan. Stir over low heat until butter melts. Grill on hibachi or outdoor grill about 3" from coals. Turn and baste often with lemon butter. Grilling time is about 15 min., or until bacon is crisp and brown. *Makes 12 to 16 appetizers.*



## Cajun Fried Yams

Parboil 2 lb. sweet potatoes or yams. Cool. Peel and slice  $\frac{1}{4}$ " thick. Place 2 tbsp. butter or bacon fat in bottom of 10" skillet. Place just enough potatoes to cover bottom of skillet (do not overlap, place in single layer). Cook potatoes on both sides, 5 to 8 min. per side or until golden brown. Remove and sprinkle with granulated sugar. Repeat procedure with remaining potato slices. *4 to 6 servings.*

## Sweet Potato and Pineapple Kabobs

Parboil sweet potatoes. Cool, remove peelings, and cut in cubes. Alternate on skewers with fresh or canned pineapple cubes. Brush with melted butter or bacon drippings. Grill over hot coals until browned, 20 to 30 min. Serve with grilled ham steak.

**Variation:** Wrap bacon strips around potatoes and secure with toothpick. Arrange on skewers as given in above directions.

*Note:* Canned sweet potatoes are too tender to skewer.



## Stuffed Acorn Squash

*Apple and brown sugar caramelize as squash bakes. Good with pork or baked turkey, as pictured on pages 34-35.*

Select 3 medium acorn squash. Cut into halves; remove seeds. Place each half on a double thickness of heavy-duty aluminum foil. Put 1 tsp. butter and 2 tbsp. brown sugar in each half, add mixture of  $\frac{3}{4}$  cup chopped apple and 2 tbsp. chopped walnuts. Dot with 2 tsp. butter and wrap securely in foil. Barbecue on briquets 40 to 50 min., or on grill about 1 hr., turning once. Squash is done when it feels soft when touched with an asbestos-gloved thumb. *6 servings.*

## Acorn Squash with Honey-Chili Sauce

Grill acorn or Hubbard squash halves in foil as directed on page 128 with no filling and serve 1 tbsp. Honey-Chili Sauce (recipe below) in each.

### Honey-Chili Sauce

$\frac{1}{2}$ cup butter, melted	1 clove garlic, crushed
$\frac{1}{2}$ cup honey	1 tsp. salt
3 tbsp. sweet chow chow	$\frac{1}{8}$ tsp. pepper
1 tbsp. chili powder	$\frac{1}{8}$ tsp. nutmeg

Mix all ingredients; serve warm or cold. *Makes about 1 cup.*

## Foil-grilled Zucchini

*A sure way to delight zucchini lovers.*

Slice zucchini crosswise in  $\frac{1}{4}$ " slices. Place portions (one per person) on double thickness of heavy-duty aluminum foil. Sprinkle each with salt, coarse freshly ground black pepper, grated Parmesan cheese, and 1 tbsp. water; dot with 2 tsp. butter. Wrap foil securely. Cook on briquets about 15 min., or on grill about 20 min., turning once.

## Canned Vegetables Campfire Style

Remove labels from cans. Cut almost around the top, leaving top in place for a lid and heat on the grill. (Do not put an unopened can on the fire. It may explode.) When hot, drain, add butter and seasonings. A good way to deal with baby beets, boiled new potatoes, or whole onions.



## Appetizers on the Cruiser

- \*Rumaki on the Hibachi
- \*Shrimp Boil  
with \*Biloxi Dip
- \*Tuna Stuffed Eggs
- Sesame Wafers
- Lime-Grenadine Coolers



## Supper on the Pontoon Boat

- \*Barbecued Chuck Roast
- \*Grilled Frozen French Fries
- \*Satellite Tomatoes
- \*Herb Batter Bread
- Walnut Brownies
- Bottled Soft Drinks

