

# **Taste of NeKaMo Cookbook**

A collection of favorite made-from-scratch camp recipes to give you a little taste of NeKaMo at home



# Main Dishes

## Baked BBQ Meatballs

2 pounds hamburger  
2 cups of quick oats  
1 can evaporated milk  
2 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3/4 teaspoon garlic powder

### Meat sauce:

3 cups tomato sauce  
1/2 cup brown sugar  
1 tablespoon cider vinegar  
1 teaspoon onion powder  
1 tablespoon liquid smoke  
1/2 teaspoon garlic powder  
2 cup masterpiece barbecue sauce

### Instructions:

Mix ingredients well. Make meatballs with #20 ice cream scoop (a little smaller than a tennis ball).

Place meatballs on parchment paper on cookie sheet.

Pre-cook meatballs, Cook at 325° for 15 minutes. Pour meat sauce over pre-cooked meatballs in Dutch oven. Bake meatballs with sauce at 350° until meatballs are 160° with meat thermometer.

## **Sloppy Joe's**

Brown in pan

1 1/2 pound hamburger with  
small chopped onion,  
one clove of garlic minced, and  
small chopped green pepper.  
Drain off extra grease

Add

1 tablespoon vinegar  
1 teaspoon celery salt  
1 teaspoon yellow mustard  
1 cup ketchup  
1 tablespoon sugar

Stir. Cover and simmer. Spoon onto buns. Can be made with ground turkey.

## Meatloaf patties

1 1/2 pounds ground beef  
1/2 onion peeled and minced about 1 cup  
Two garlic cloves peeled and minced  
2 tablespoons fresh parsley minced about 1 tablespoon  
1 sprig of rosemary minced about 1/2 teaspoon  
3/4 teaspoons salt  
1/4 teaspoon pepper  
1 tablespoon Dijon mustard  
3/4 cup breadcrumbs  
1/2 cup butter milk one egg  
1/4 teaspoon baking soda  
1 teaspoon water

### Glaze ingredients

1/2 cup ketchup  
4 teaspoons Brown sugar  
2 teaspoons of apple cider vinegar  
One pinch of cayenne pepper

- Preheat oven to 375°.
- In a large bowl, combine ground beef, onion, garlic, parsley, rosemary, so, pepper, mustard, breadcrumbs, butter milk, and egg. Mix well. In a small bowl combine baking soda and water. Add to meatloaf mixture and mix well.
- Divide meatloaf mixture into eight equal portions and shape into ovals.
- In a large cast-iron skillet over medium heat, fry patties in batches for 3 to 5 minutes on each side or until brown. Transfer patties to rectangular cast-iron griddle (or cookie pan) and set aside.
- Make glaze in a small bowl by combining ketchup, Brown sugar, apple cider vinegar, and cayenne pepper. Evenly divide glaze between patties and spread over the tops.
- Bake for 15 minutes, or until internal temperature reaches 160°.

## **Crockpot chicken and noodles** served on mashed potatoes

Add to crockpot 1.5 pounds of chicken breast, boneless and skinless  
2 cans cream of chicken soup  
1/4 teaspoon poultry seasoning  
1/2 teaspoon seasoned salt  
1/4 teaspoon garlic powder  
1 teaspoon dried parsley  
3.5 cups chicken broth  
1/2 stick of butter chunk

Cook chicken 4 to 5 hours on high in crockpot until done. Well chicken is cooking, mix other ingredients together in a bowl and set aside. When done, remove chicken from broth. Shred chicken. Put shredded chicken back in crockpot and add 8 ounces of egg noodles. Stir in mixture and cook noodles for about one hour in crockpot with chicken until done. Serve the chicken and noodles with mashed potatoes.

## **Irene's Dinner Rolls**

Makes 35 to 40 rolls

2 tablespoons dry yeast from a 1 pound bag of Fleischmans

1/3 cup warm water

1/2 teaspoon sugar

Place these in small bowl and mix, set aside.

Scald 2 cups milk (three minutes in microwave)

In mixer cream the following:

1 cup White Crisco

1 cup sugar,

2 teaspoons salt.

Measure 8 cups bread flour And set aside.

Add to creamed mixture in mixer: five large eggs or six small eggs and scalded milk (before yeast)

Add the yeast mix

Add the measured flour (A little at a time.)

Mix completely, pour out onto floured surface, like pastry cloth. Add a little flour, kneed one to two minutes, Place in oiled large bowl, it will double in size. Let's stand two hours, pushing down once.

Squeeze off dough balls about the size of golf balls. Place on greased or sprayed pan. Let raise two hours. Bake at 350° until lightly brown.

# Desserts

## **Snickerdoodles**

Preheat oven to 350°

Mix thoroughly the following ingredients

1 cup soft shortening (part butter)

1.5 cups of sugar

Two eggs

Sift together the following

2 3/4 cups of flour

2 teaspoons cream of tartar

1 teaspoon baking soda

1/4 teaspoon salt

Mix the two items together.

Roll into balls the size of a ping pong ball. Roll ball in mixture of 3 tablespoons of sugar and 3 teaspoons of cinnamon. Place 3 inches apart on ungreased baking sheet. Bake until slightly browned but still soft. These cookies puff up at first then flatten out. Bake approximately 8 to 10 minutes.

## **Chocolate chip squares**

Preheat oven to 375°

2 1/4 cups of all purpose flour

1 teaspoon baking soda

1 teaspoon salt

1 cup/2 sticks softened butter

3/4 cup sugar

3/4 cup brown sugar

1 teaspoon vanilla extract

Two large eggs

1 2/3 cup chocolate chips

1 cup chopped nuts (optional)

In a small bowl combine flour, baking soda, and salt. In a large mixing bowl, beat butter, sugar, brown sugar, and vanilla until creamy. Add eggs one at a time, beating well after each addition. Beat in flour mixture gradually. Stir in chocolate chips and nuts. Spread mixture in a 13 x 9 greased casserole dish. Bake for 15 to 20 minutes.



## Irene's Cinnamon Rolls

Makes 15 to 20 cinnamon rolls

Mix one:

2 tablespoons dry yeast (from a 1 pound bag of Fleischmann's)

1/3 cup warm water

1/2 teaspoon sugar

Mix two:

1 cup sugar

2 tablespoons cinnamon

Mix these two in separate bowls, set aside.

Scald 2 cups milk (three minutes in microwave)

In mixer cream the following:

1 cup White Crisco

1 cup sugar

2 teaspoons salt



**SATURDAY BREAKFAST TRADITION**

Measure 8 cups bread flour And set aside.

Add to creamed mixture in mixer:

5 large eggs or 6 small eggs

scalded milk (before yeast)

Add the yeast mix

Add the measured flour (A little at a time.)

Mix completely, pour out onto floured surface, like pastry cloth. Add a little flour, kneed one to two minutes, Place in oiled large bowl, it will double in size. Let stand two hours, pushing down once.

Separate into three pieces of dough, roll out onto 15" x 18" sections. Paste with butter, sprinkle with cinnamon sugar.

Roll from wide side. Cut 1 inch rolls. Place on greased or sprayed pan. Let raise 1-2 hours, until approximately double in size. Bake at 350 degrees, until lightly brown. May cover with glaze.