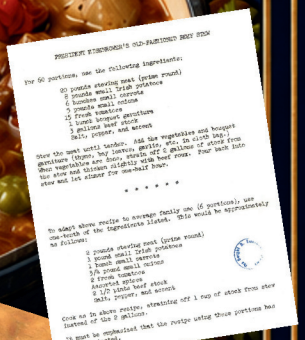
PRESIDENT EISENHOWER'S FAMOUS BEEF STEW

A hearty American classic inspired by one of Ike's best-known comfort foods



PRESIDENT EISENHOWER'S OLD-FASHIONED BEEF STEW

For 50 portions, use the following ingredients:

- 20 pounds stewing meat (prime round)
- 8 pounds small Irish potatoes
- 6 bunches small carrots
- 7 pounds small onions
- 12 fresh tomatoes
- 1 bunch bouquet garni (thyme, bay leaves, garlic, etc. in cloth bag.)
- 3 gallons beef stock
- Salt, pepper, and spices

Stew the meat until tender. Add the vegetables and bouquet garni (thyme, bay leaves, garlic, etc. in cloth bag.) When vegetables are done, strain off 3 gallons of stock from the stew and thicken slightly with beef roux. Pour back into the stew and let simmer for one-half hour.

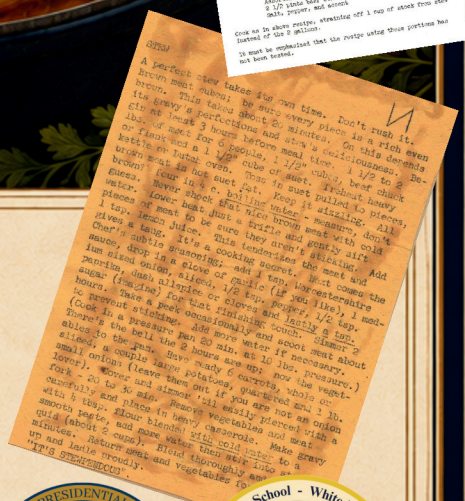
* * * * * *

To adapt above recipe to average family size (6 portions), use one-tenth of the ingredients listed. This would be approximately as follows:

- 2 pounds stewing meat (prime round)
- 1 pound small Irish potatoes
- 1 bunch small carrots
- 1 1/2 pound small onions
- 2 fresh tomatoes
- Accepted spices
- 3 1/2 pints beef stock
- Salt, pepper, and spices

Cook as in above recipe; straining off 1 cup of stock from stew instead of the 3 gallons.

It must be emphasized that the recipe using three portions has not been tested.



STEW

A perfect stew takes its own time. Don't rush it. Brown meat cubes, be sure every piece is a rich even brown. This takes about 20 minutes. On this depends its gravy's perfection and attractiveness. Be-fore you start for the meal time, cut onions, 2 lbs. of meat 3 hours before meal time. Add chunk of flank meat for a 1 1/2 people, cube of suet, 1 1/2 to 2 kettles, put in hot oven. Stay in suet pudding away, urgent, put in hot oven. Stay in suet pudding away, bright. Keep it sizzling. All pieces, Lower heat, don't stir, and gently air Stew. Never shock that nice meat with cold water. Add a bunch of meat to be sure they aren't sticking. Add pieces. Lower heat, don't stir, and gently air Chef, subtle ingredients. This tenderizer is a cooking secret. Add sauce, subtle ingredients. This tenderizer is a cooking secret. Add drop in a clove or garlic (if you like) and a med-ium sized onion, sliced, 1/2 tsp. pepper, 1/2 tsp. salt, 1 tsp. Tabasco sauce, dash, allspice, 1/2 tsp. Worcestershire sauce, 1 tsp. sugar, 1 tsp. Lemon Juice. Add 1 lb. parsnips (optional) for flavor and texture. Cook about hour. Take a peek occasionally and touch. Add 2 tsp. Tiger's tip: a pressure pan gives more texture if necessary. (Cook in a pressure pan 20 min. at 10 lbs. pressure.) To prevent straining, add more water if necessary. Add a couple hours ahead of time, now the veget-ables to the pan. Boil ready 6 carrots, whole or small onions (leave them out if you are not an onion lover). Mover and simmer (if you prefer) gnu or pork - 20 to 30 min. Remove meat and vegetables and carefully and place in serving casserole. Make gravy with 1 tsp. flour blended with cold water to a smooth paste. Blend thoroughly into gravy. Add gravy (about 2 cups). Blend thoroughly into a up and serve. Garnish with parsley. Serve with a minutes. Serve hot and vegetables from casserole. 'This stew is delicious'.

A Presidential Favorite

Before the President cooked on the roof of the White House, he milked farm cows, was a five-star General, and worked on the farm his whole life. His wife, Mamie was not a Chef, like Ike. His Beef Stew was loved as much as burgundy wine. Via two versions, he would remove the onions and garlic for his beloved Mamie, if she was dining, since she did not really care for them.

Ingredients

- 2 ½ pints of Beef Stock
- 1 pound small Irish potatoes, halved
- 1 bunch of small carrots, peeled, cut
- ¾ pound onions, peeled, chopped
- 2 fresh tomatoes, chopped
- Thyme, Bay Leaf, dash of Paprika, Worcestershire Sauce, Garlic, dash of Allspice, Black Pepper to taste, 1 teaspoon of sugar (rounds out flavor).
- 1 teaspoon of Lemon Juice
- 2 or more pounds of cubed beef (Prime Round or better)
- Bacon grease (Suet is what he used)
- Garnish with fresh chopped Parsley before serving
- Consider a glass of **Ike's favorite wine, a Burgundy** with your meal!

Directions

1. Ike enjoyed getting his beef stock up to a rolling simmer and start cooking the potatoes, carrots, onions, tomatoes, and herbs with spices in that big pot.
2. He then seperately sauteed the beef cubes in suet. You can use bacon grease for that in a heavy pan and brown the cubes on all six sides.
3. Then finish tenderizing the beef in the beef stock water with the lemon juice (he used that secret for tenderizing).
4. Remove all ingredients to a casserole dish leaving just the hot broth in the big pot. Then, make a beef flavoured gravy with flour and water and thicken the broth so it becomes thick. Add the ingredients back in for a terrific stew!
5. Don't be afraid to turn this into **Ike's Beef Burgundy Stew** served over plain or buttered noodles!

The US Presidential Culinary Museum ®
301 Cleveland Ave
Grover, NC 28073
+1.704.937.2940
www.uspcm.org

Executive Chef Stormy & White House Master Chef Marti