



PRESIDENT EISENHOWER'S FAMOUS BEEF STEW!

The General was a very famed Chef and loved cooking! He peeled his tomatoes before adding them and often would omit the garlic and onions if he was cooking this for the First Lady, Mamie. You can take his original recipe and divide each item by 10 to make enough for six portions. This is his original recipe courtesy of the Eisenhower Foundation and has been featured worldwide in the news. www.PresidentialCulinaryMuseum.org

PRESIDENT EISENHOWER'S OLD-FASHIONED BEEF STEW

For 60 portions, use the following ingredients:

- 20 pounds stewing meat (prime round)
- 8 pounds small Irish potatoes
- 6 bunches small carrots
- 5 pounds small onions
- 15 fresh tomatoes
- 1 bunch bouquet garniture
- 3 gallons beef stock
- Salt, pepper, and accent

Stew the meat until tender. Add the vegetables and bouquet garniture (thyme, bay leaves, garlic, etc. in cloth bag.) When vegetables are done, strain off 2 gallons of stock from the stew and thicken slightly with beef roux. Pour back into stew and let simmer for one-half hour.

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To adapt above recipe to average family use (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
- 3/4 pound small onions
- 2 fresh tomatoes
- Assorted spices
- 2 1/2 pints beef stock
- Salt, pepper, and accent

Cook as in above recipe, straining off 1 cup of stock from stew instead of the 2 gallons.

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

