

# Casserole and Stew Recipes

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# Brunswick Stew

From: **nell@is.rice.edu (Paula Gaynell Warnes)**

Date: **Sat, 23 Oct 1993 17:46:36 GMT**

The following recipe is originally from the "Williamsburg: Art of Cookery". It makes a lot of stew. You will probably want to half or even quarter it, if want to try it before serving it to a group.

Cut up a pound of Chicken and put it in a large pan with three quarts of water, one large onion, one half pound of lean ham cut into small pieces and simmer gently for two hours. Add three pints of tomatoes, one pint of lima beans, four large Irish potatoes diced, one pint of grated corn, one tablespoon of salt, one fourth teaspoon pepper, a small pod of red pepper. Cover and simmer gently for one more hour stirring frequently to prevent scorching. Add three ounces of butter and serve hot.

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# Cassoulet Recipes

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- [Cassoulet \(1\)](#)

[mara](#)

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:23:32 CDT

This is not very authentic, but it's probably easier to make than a traditional Cassoulet.

## Cassoulet

1-5 pound duck  
2 pounds boned pork loin  
1/2 cup chicken broth  
3 pounds dried white beans (Great Northern or other)  
1 1/2 quarts chicken broth  
1 1/2 pounds Polish sausage ring  
1/4 pound lean salt pork  
2 whole onions  
Bouquet garni made by tying four parsley sprigs, one bay leaf, one cut  
    clove garlic in cheesecloth  
1/2 teaspoon thyme  
2 pounds boned lamb shoulder, cubed  
3 cups chopped onion  
3 cloves garlic, minced  
2 one-pound 13-ounce cans tomatoes, drained and chopped  
1 cup dry white wine  
1/2 cup chopped fresh parsley  
1 bay leaf  
2 teaspoons thyme  
salt and pepper

Preheat the oven to 325F. Place the duck, breast side up, in a shallow roasting pan. Place the pork loin in a small casserole. Insert a meat thermometer in the center of the loin. Cover the bottom of the casserole with one half cup chicken broth, put the lid on and roast the pork until the thermometer reaches 170F, about an hour and a half. Roast the duck at the same time. It will be done in about 2 and 1/2 hours, or when the legs move easily up and down. Set both roasts aside.

While the meats are roasting, start the beans. Rinse them thoroughly and put them in a large pot. Add three quarts of water, cover and bring to a full rolling boil. Remove the pot from the heat and let it stand for one hour. Then, when the beans have plumped up, add 1 1/2 quarts chicken broth, the sausage, salt pork, whole onions, bouquet garni and one half teaspoon of thyme. Bring to a boil, spooning off scum as it rises. Reduce the heat and simmer the beans uncovered for 30 minutes. Remove the sausage and set it aside. Continue cooking the beans for

another 30 minutes or so, until they are barely tender. Discard the bouquet and the onions. Drain the beans, taking care not to throw out the salt pork, and save the liquor.

While the duck, pork and beans are cooking, prepare the lamb. Remove three tablespoons of duck fat from the roasting pan. Put it into a large skillet and add the pieces of lamb to brown. Add extra fat if needed. Remove the pieces as they brown and continue the process until all the lamb is browned. Remove lamb and set it aside. Add the chopped onions and garlic to the pan and cook, stirring, until soft. Add the tomatoes, wine, parsley, bay leaf and two teaspoons of thyme. Put the lamb back in the pan, cover and simmer over low heat for 20 minutes. Remove the pieces of lamb from the sauce. Pour the sauce into a bowl and add three cups of bean liquor to it. Save any remaining bean liquor. Add salt and pepper as needed.

Slice the pork roast and then cut each slice into bite-sized pieces. Remove the legs and wings from the duck. Cut away the skin and fat and then cut the duck meat into bite-sized pieces. Slice the sausage.

Spread a thick layer of beans in the bottom of a 10 to 11 quart casserole or two 5 to 6 quart casseroles. Top with a generous layer of lamb, sausage, pork and duck, saving the legs and wings for garnish. Repeat with another layer of beans and most of the rest of the meat. Finish with remaining beans. Garnish the top of the cassoulet with the duck legs and wings and a few pieces of the meats. Pour the bean-tomato liquid over all. Bake, covered, in a 350F oven for 2 hours. Break the crust that forms on top at least three times during the baking.

[mara](#)

# Frogmore Stew

From: **Matthew Hughes**

Date: Fri, 29 Oct 1993 12:53:33 -0400

3T Old Bay Seasoning

3T Salt

1 1/2 gallons water

2lbs. Keilbasa or smoked sausage

12 Ears shucked corn broken into 3 - 4 inch pieces

4 lbs. shrimp in shells

In a large stock pot, add the seasonings to the water and bring to a boil. Add sausage and boil, uncovered, five minutes. Add corn and count five minutes (begin counting immediately, don't wait until water is boiling). Add shrimp and count three minutes. Drain immediately. Serves 8.

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# Granny Pantke's French Beans Stew

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Wed, 1 Sep 93 11:33:16 +0200

OMA PANTKES GRUENE BOHNEN-EINTOPF (Granny Pantke's French Beans Stew)

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(Serves 3 hungry persons)

## Ingredients:

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- 1 lb            stewing beef (may be fat, with bones etc...)
- 3-4 cans      (16 oz / 480 g) French beans (the green ones)
- 3 lb            potatoes
- 1 tsp          salt
- 1              beef bouillon cube (optional)
- Spices:       summer savory, salt, ground black pepper
- some vinegar to season (optional)

## Instructions:

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Drain beans and use the liquid to boil the meat for about 2 hours at low heat. Add about 1 teaspoon of salt. You get a better stock when you put the meat in the cold liquid, heat to boil and then continue cooking slowly.

Peel potatoes and boil until done. You needn't add salt because the beef broth will be salty enough. Reserve the water as well; you may need it to add to the stew when it turns out to thick.

Take the meat out of the broth after two hours and cut it apart. You should add the lean parts to the stew. Now add the drained beans. Mash the potatoes and add them as well. When you are lazy you might use instant potato puree, but that's not quite as good as the real thing.

Heat the stew while stirring well. If you consider it too thick add a bit of the reserved potato water. (BTW, the right consistency *is* rather thick!)

Season to taste with savory, pepper and salt.

Optionally you can add a cube of beef stock, although that isn't really necessary (my Mom does, my Granny doesn't...). I like to season the

bean stew with vinegar, but this is also a matter of taste. Just try and experiment a bit!

My Granny uses to cook this stew every time when someone of the family comes from a vacation. Yum! What a return - it really helps you over the end of your holidays... (And I *\*have\** to ask my Granny for the recipe for her 'Kartoffelkloesse' - 'Potato Balls'. Just look forward to that!)

[amyl](#)

# Harissa with Couscous

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 27 Jul 1993 20:44:27 GMT

## Couscous

Spread 2 pounds of couscous on a tray and sprinkle with enough water to moisten them. Rake through the couscous with your fingers until all are moistened. Let sit for about 15 minutes, then rake through them again. Continue sprinkling with water and rubbing the pellets between your palms until all are saturated and have doubled in size.

Drain 1 cup chick peas that have soaked in water overnight, and simmer them in fresh water for 1 to 1 1/2 hours until they are tender. Drain and setr aside. Cut up a chicken and a lamb shoulder into large pieces. Chop an onion. Peel 4 carrots and 2 turnips and cut them into large chunks. Rinse a bunch of coriander leaves.

Fill the bottom section of a couscoussier about halfway with cold water and drop in the prepared meat, vegetables and coriander leaves. Add a pinch each of ground saffron and cinnamon, and stir in a teaspoon or two of harissa sauce. [Harissa sauce -- Soak a few dried hot chilies in cold water for an hour. Split the chilies and remove the stems and seeds. Pound in a mortar with 2 or 3 tablespoons of caraway seeds, a garlic clove and some coarse salt until it forms a paste. Mix in enough olive oil to make the paste fluid. Refrigerate.]

Bring the water slowly to a boil; remove any scum from its surface and cook the stew at a bare simmer, uncovered, for about 30 minutes. Heap the couscous lightly in the top section of the couscoussier. Set the top section on the lower one and cover the couscoussier with its lid.

Raise the heat so the liquid boils and produces steam to cook the couscous. After about 30 minutes, the pellets will lump together. To separate them, lift off the top section, leaving the stew to cook in the bottom. Tip out the couscous onto a tray. Sprinkle cold water over the couscous. Gently rake through pellet with your fingers to break up any lumps. Set aside.

Peel and slice 1 pound of pumpkin into chunks. Cook them separately as not to over cook them. Put the pumpkin chunks into a small pan and cover them with liquid ladled from the stew. Set pan aside.

Broil 2 red bell peppers until the skins blister. Let cool, covered by a damp cloth, then peel and seed them. Immerse 4 small tomatoes in boiling water; peel halve and seed them. Cut 5 small zucchini into large pieces. Add these vegetables to the stew.

Return the couscous to the top section of the couscoussier, replace the top section on the lower one. Cook for 15 minutes, or until the peppers and zucchini are tender and the couscous is soft and fluffy. Meanwhile, simmer the pumpkin gently for 10 to 15 minutes until tender.

To serve, pile the couscous on a serving platter, arrange the meat and vegetables on top and around the couscous. Ladle broth over. Serve with the rest of the broth and harissa sauce.

[mara](#)

# Lancashire Hot Pot

From: jenny@utopia.resntl.bhp.com.au (Jenny Hopkins)

Date: Tue, 21 Sep 1993 23:19:22 +0000 (GMT)

This recipe is from an "old" (1963) British cookbook called the "A to Z of cookery".

1 1/2 pound middle or best end lamb  
2 kidneys (optional)  
pepper and salt  
1 or 2 carrots  
1 piece of turnip  
8 oz onions (or chopped leeks)  
1 pound peeled and sliced potatoes  
dripping

Cut meat into neat pieces and dust with pepper and salt. Put into casserole layers of meat and vegetables with such extra seasonings required. Finish with a layer of thickly sliced potatoes, overlapping. Pour in about 1/2 to 3/4 pint water - sufficient to come about one-third of the way up the casserole - and cover top with little dabs of dripping. Cover casserole and put into a fairly slow oven (275 to 300 degrees F) for about 3 hours. Uncover casserole about half an hour before, raise oven heat and brown the top layer of potatoes.

[amyl](#)

# Persian Quince Stew/Chelo(rice)

From: Sarah Henderson sehender@reed.edu

Date: Fri, 17 Sep 1993 16:16:08 -0700 (PDT)

From \_Food of Life\_.

2 onions, finely sliced  
1/3 cup oil or butter  
1 lb. stewing meat(lamb or beef), cut in 1 inch cubes  
1 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. ground cinnamon  
3 cups water  
2 large quinces  
3 Tbsp. sugar  
1/4 cup vinegar or lemon juice  
1/4 tsp. ground saffron, dissolved in 1 Tbsp. hot water  
1/3 cup yellow split peas

In large pot, brown onions in 3 Tbsp. of oil or butter. Add meat and brown. Add salt, pepper, and cinnamon. Add water, cover and simmer over low heat for 1 hr, stirring occasionally.

Wash, but don't peel quinces. Use apple corer to remove seeds. Slice as for apple pie. In skillet, saute in 2 Tbsp. oil or butter and set aside.

To the meat, add sugar, vinegar or lemon juice, saffron, split peas, and quince. Cover and simmer 35 minutes. Check to see that meat and fruit are cooked. Taste and correct seasoning. Transfer to deep casserole dish and keep in warm oven until ready to serve. Serve hot with chelo(recipe below.)

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Chelo (Note: I am giving the detailed instructions. I don't use the yogurt and I drizzle the remaining saffron over \*all\* the rice. I also serve the tah dig(crust) with the rest of the rice.)

3 cups basmati rice  
8 cups water  
2 Tbsp. salt  
3/4 cup melted butter  
1/2 tsp. ground saffron, dissolved in 2 Tbsp. hot water  
2 Tbsp. yogurt(optional)

Wash rice 5 times in cold water. Bring water and salt to boil in a large non-stick pan. Add washed and drained rice. Boil 6 minutes, stirring gently twice to loosen grains that may have stuck to bottom. Drain rice in colander and rinse in lukewarm water.

In same pot, heat half the butter, 2 Tbsp. hot water, a drop of dissolved saffron, and yogurt. Taking one spatula at a time, place rice gently in pot mounding in the shape of a pyramid.

Dissolve remaining butter in 2 Tbsp. hot water and pour over rice. Place clean dishtowel over pot and cover firmly with lid to prevent steam from escaping. Cook 10 minutes over medium heat and 50 minutes over low heat. Remove from heat.

Allow to cool 5 minutes on a damp surface without removing lid. Put 2 Tbsp. of the rice in with remaining saffron and set aside for garnish. Gently remove rice from pot without disturbing crust. Sprinkle saffron flavored rice over top and serve. Detach crust and serve separately.

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# Tahoe Brunch Casserole

From: kathr@comm.mot.com (Kathleen Ryan)

Date: Wed, 15 Sep 1993 14:27:38 GMT

Serves 8

This recipe should be prepared 24 hrs in advance.

3 Tablespoons butter, softened  
12 slices white bread, crusts removed  
1/2 cup (1 stick) butter or margarine  
1/2 pound fresh mushrooms, trimmed, sliced  
2 cups thinly sliced yellow onions  
salt, pepper  
1.5 pounds mild Italian sausage  
1 pound Cheddar cheese, grated  
5 large eggs  
2.5 cups milk  
1 Tablespoon Dijon mustard  
1 teaspoon dry mustard  
1 teaspoon ground nutmeg  
2 Tablespoons finely chopped fresh parsley

1. Butter the bread with the 3 tablespoons softened butter and set aside. In 10-inch skillet, melt the 1/2 cup butter; brown the mushrooms and onions over medium heat for 5 to 8 minutes or until tender. Season to taste with salt and pepper. Set aside.

2. Cook the sausage, drain well and crumble into bite-sized pieces. Grease an 11x7 inch baking dish; add and layer half of the bread, mushroom mixture, sausage, and cheese. Repeat the layers, ending with the cheese.

3. Mix the eggs, milk, both mustards, nutmeg, 1 teaspoon salt and 1/8 teaspoon pepper in a medium-sized mixing bowl. Pour over the sausage and cheese casserole. Cover the casserole and refrigerate overnight.

4. Heat oven to 350 degrees. When ready to bake, sprinkle the parsley evenly over the top of the casserole; bake uncovered

for 1 hour or until bubbly. Serve immediately.

[amyl](#)

# Tuna Casserole

From: nell@is.rice.edu (Paula Gaynell Warnes)

Date: Wed, 4 Aug 1993 21:08:36 GMT

Serves 4-6

1 can tuna, drained  
1 can early green peas, drained  
1 tomato, sliced  
bread  
butter  
flour  
1/2 lb cheddar cheese, grated

Cut about 8 slices of bread into 1/2" squares. Pour about 4 tablespoons of melted butter over bread and mix in the cheese. In a saucepan, over low heat mix 1 tablespoon of butter with 1 tablespoon of flour, to make a thick white sauce. Then stir tuna fish into white sauce. In a 9" baking dish line the bottom with bread and cheese mixture. Pour tuna over this and then add the peas. Add a layer of sliced tomatoes and sprinkle remaining bread and cheese mixture on top. Bake at 375 F until the cheese is melted.

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[mara](#)

# Tuna Casserole

From: cmcphers@ub.d.umn.edu (Granma)

Date: 6 Aug 1993 10:04:15 -0500

Most excellent Tuna Casserole recipe:

## Ingredients:

2 cans Tuna (drained)  
1 Crm of Mushroom Soup  
or  
Crm of Chicken Soup (your preference)  
1 soup-can milk  
(You may need to add more later if casserole gets dry)  
1 medium chopped onion  
1 bunch broccoli, chopped  
(this is a nice substitute for celery; in fact, I  
substitute brocolli for celery in many recipes!)  
1 plop Miracle Whip  
(one "plop" is usually a good sized serving spoon-full)  
1 - 1/2 cups chopped American Cheese  
1 large pkg wide egg noodles  
Salt and Pepper to taste

## Method:

Combine tuna, soup, milk, onion, broccoli, spices,  
miracle whip and cheese.  
Prepare noodles in boiling water, salt and butter  
- cook to about half done.  
Rinse noodles well.  
Add noodles to above mixture.

## Oven:

Cover mixture with broken corn flakes  
350 degrees, about 45 minutes

## Microwave:

Cover casserole dish with wax paper  
Cook on HIGH 20 minutes  
Stir (and turn, if you don't have a carousel)  
Cook on HIGH 20 minutes  
Stir (and turn)  
Cook on HIGH 15 or until done.

Stir before serving

[mara](#)

# Tuna Casserole (3)

From: Daniel R Cormier dc5m+@andrew.cmu.edu

Date: Tue, 3 Aug 1993 23:38:51 -0400

Here is a simple Tuna Casserole. I learned to make this when I was about ten.

Boil some egg and or spinach noodles. Mix a can of tuna with a can of condensed mushroom soup (Cambell's Golden Mushroom is especially nice) add some frozen peas, throw in the noodles, and stir. It can be baked in the ovenbut I seldom bother. I usually throw it in the microwave for about a minute just to be sure that it's warmed through. The noodles themselves melt the peas still leaving them crisp not mushy. It's a really quick dish that's much better than Mac and Cheese.

[mara](#)

# Venison Recipe - French Fries Casserole

From: swong@everest.mpr.ca (Susan Wong)

Date: Tue, 10 Aug 1993 23:12:04 GMT

Here's a recipe for \*ground\* venison.

I clipped it from a ground beef recipe run in our local paper. It won honours for innovation and "kid appeal". I used ground beef since I don't have any hunters in the family.

French Fries Casserole

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1 lb of ground venison or beef  
1 small onion (optional - I always stick onions in ground meat)  
1 can of cheddar cheese soup  
1 can of cream of celery soup  
frozen french fries  
pepper

1. Dice onion and mix with ground meat and pepper to taste (use \*lots\*).
2. Press into the bottom of a 9x9" pan.
3. Mix together the two cans of soup - do \*not\* dilute with water. Spread mixture over the meat.
4. Cover entire surface generously with frozen french fries.
5. Bake at 350 for 40 minutes or until done - fries should be golden and crispy.

Believe it or not, this is a tasty dish! Especially for the kid in all of us!

P.S. You might want to add some tabasco to the meat mixture if you like spicier food.

Enjoy!

Susan

[mara](#)

# White Russian Casserole

From: ellis@osf.org (Ellis S. Cohen)

Date: 20 Jul 1993 19:02:00 GMT

10 Maine potatoes  
2 lg onions, sliced  
2 c chopped cabbage  
2 c chopped cauliflower  
1 lg can white kidney beans  
8 c garlic, crushed  
1/4 c chopped dill  
2 T light cream cheese  
4 T plain yogurt  
1/4 c plain soymilk (or just use more yogurt)  
4 slices fakin' bakin (a soy-based bacon substitute)  
2 T sesame seeds  
canola oil  
paprika, salt & pepper

Boil or microwave the potatoes till nearly done.  
When cool enough, remove the skins

Fry the sliced onions in a little oil till soft  
Add the chopped cabbage, the chopped cauliflower, and  
6 cloves of the crushed garlic, and fry till the cabbage  
and cauliflower are just tender.

Melt the cream creese, and add to it the soymilk, yogurt  
and dill. Mix together, and add to the vegetable mixture.

Drain and rinse the white beans, and add to the vegetable  
mixture. mix thoroughly, and add salt & pepper to taste.

Slice the potatoes into rounds, and put half the slices on  
the bottom of an oiled baking dish.

Fill with the mixture.

Fry or microwave the fakin' bakin

Cover with the remianing potatoes

Mix the remaining 2 cloves of criushed garlic with a little  
bit of oil and spead over the potatoes.

Sprinkle with paprika.

Bake at 325 for about 20 minutes.

Sprinkle with the sesame seeds

Bake a few minutes more.

Serve immediately.

Variations: Use basil or cilantro instead of dill.

[mara](#)