

# OLD WEST ARMY COOKBOOK 1865 - 1900

THOMAS J. CAPERTON & LORHEDA FRY





# PRICE LIST OF SUBSISTENCE STORES,

At Fort Sumner, N. M.

For the Month of April 1875.

HOURS OF ISSUE 10 to 11 o'clock daily (except Sunday)

Bacon.	1.29 per pound
Fresh Beef.	.60
Flour, Mexican.	.60
Hard Brand, Port.	.51
Corn Meal.	.63
Beans, Mexican.	.15
do American.	
Rice.	.04
Hominy.	.22
Green Rio Coffee.	.21
Black Tea.	.70
Brown Sugar.	1.27
Vinegar.	.43 per gallon
Candles, Adamantine.	1.15 per pound
Soap, Brown.	.06
Salt, Mexican.	.03
Pepper.	.03
Tobacco.	.46
Breakfast Bacon.	.13
Ham.	1.33
Beef Tongues.	.25
Dried Beef.	
Family Flour.	.05
Crackers, Soda, 5 lb. boxes, per box,	
do Butter.	
do Oyster.	
do Wafer.	
do Cream.	
do Lemon.	
Java Coffee.	.36
Choice Tea, Green Gunpowder.	.13
do do Imperial.	
Cut Loaf Sugar.	1.44
Crushed do	1.34
Granulated do	1.34
Coffee 'A' do	
Syrup, common,	per gallon,
do fine,	
Molasses,	

Lime Juice.	2.50 per gallon.
Citric Acid.	1.05 per pound.
Sperm Candles.	
Castile Soap.	.15
Toilet, do Honey,	per cake,
do do Glycerine.	
do do Windsor, Small,	
do do Cashmere Boquet.	
do do Brown Windsor.	
do do Assorted.	.10
Table Salt.	.02 per pound.
Mackerel.	.12
do	per kit.
Codfish.	.17
Herrings.	
Cayenne Pepper.	.36 per can
Sardines.	.23
Salmon.	.23
Dried Apples.	.13 per pound.
Dried Currants.	.09
Prunes.	.15
Raisins.	.40
do	1-4 box. .95
Mixed Pickles.	2.20 per gallon.
English do	1-2 gal. jars
do do	1-4 gal. bottles
Cucumbers, Pickled.	per gallon
Onions.	do
Potatoes.	per can
Onions.	
Sauerkraut.	per gallon
Oysters.	.25
Lobsters.	.18
Tomatoes.	.15
Green Corn.	.33
do Peas.	.23
Lima Beans.	.20
Peaches.	.10 2 lb cans.
Pine Apples.	.25

Peaches.	2 lb cans
Pears.	
Cranberry Sauce.	.50 per can
Jellies.	.35
Jams.	.46
Preserves.	.43
Hominy.	
Milk.	.26 1 lb cans
Mustard.	.70
Allspice.	.36
Cinnamon.	.55
do	1-4 do
Cloves.	.34
do	1 lb. cans.
Ginger.	.29
Lemon Extract.	.19 per bottle.
Vanilla do	.26
Worcestershire Sauce.	.57
Mace.	1.20 per pound.
Corn Starch.	1.10
Tapioca.	.11
Maizena.	
Chocolate.	.46
Vermicelli.	.21
Macaroni.	
Yeast Powders.	.18 per can.
Saleratus.	.10 per pound.
Bi Carb Soda.	.07
Cream Tartar.	.50
Lard.	.15
Butter.	.60
Cheese, Holland.	1.14 per cheese.
do Young America.	
do Pine Apple.	1.00 per pound.
do English Dairy.	
Laundry Starch.	.04
do Indigo.	.17 per can.
Sperm Oil.	per gallon.
Lard	.05
Laundry Soap.	12 1/2 per pound.

# OLD WEST ARMY COOKBOOK

## 1865 - 1900

Thomas J. Caperton and LoRheda Fry

After the tragic War Between the States reached its conclusion, the United States Army directed its attention to the West. It was in this vast territory from Montana to New Mexico that many Indian tribes were making a brave, but futile, attempt to protect their home lands from the invading white man. That period of sporadic hostilities from 1865 to 1900 became known as the Indian Wars.

It is a well worn axiom that an army travels on its stomach - and this, no doubt, held true for those troopers at the isolated posts on the western frontier. Army food and its preparation during the Indian Wars, in more than one way, captures the flavor of the time.

Foodstuffs to be stored at Army Depots and distributed by the Quartermasters Department to individual army posts were bought from contractors by the Subsistence Department. Undoubtedly, then as now, buying from the lowest bidder did not always result in a saving:

... There is a large amount of Mexican flour on hand purchased 18 months since from Cumsiffe and Webb, Franklin, Texas, @ 18 cts per pound. It is entirely unfit for issue. (Bvt. Col. A. J. Alexander, April 3, 1867)

Transportation on the frontier was, at best, difficult. Often wagons had to haul the rations many hundreds of miles over rough, roadless terrain. During the rainy season in some areas, a wagon might camp at nightfall a scant two miles from its morning starting point. In 1869, the Commanding Officer at Fort Selden, New Mexico, issued the following complaint:

I would like to state for your information that the 9,500 pds. of bacon, which you stated (on April 1st, 1869) had been ordered from Fort Union, N.M., to this Post, has not yet reached here, and the A. C. S. is still *borrowing* from *citizens*, for issue to troops, scouts & c. - When may this bacon be expected here. (Lt. Col. W. B. Lane to Chief Commissary of Subsistence, District of New Mexico, Santa Fe, New Mexico, May 12, 1869)

The rations sometimes arrived at the post in a condition unfit for issue. Even while in storage in the Commissary store room, the rations were open to attack from rodents, various insects, and subject to spoilage from poor methods of preservation and improper packaging.

### THE RATION

(Fixed daily allowance for one person)

Twelve ounces of pork or bacon, or one pound four ounces of salt or fresh beef.

One pound and six ounces of soft bread or flour, or one pound of hard bread, or one pound and four ounces of corn meal.

*Price List of Subsistence Stores  
at Fort Tularosa, New Mexico -  
1873 (Museum of New Mexico)*



And to every one hundred rations:

Fifteen pounds of beans or peas, and ten pounds of rice or hominy.

Ten pounds of green coffee, or eight pounds of roasted (or roasted and ground) coffee, or one pound and eight ounces of tea.

Fifteen pounds of sugar.

Four quarts of vinegar.

One pound and four ounces of adamantine or star candles.

Four pounds of soap.

Three pounds and twelve ounces of salt.

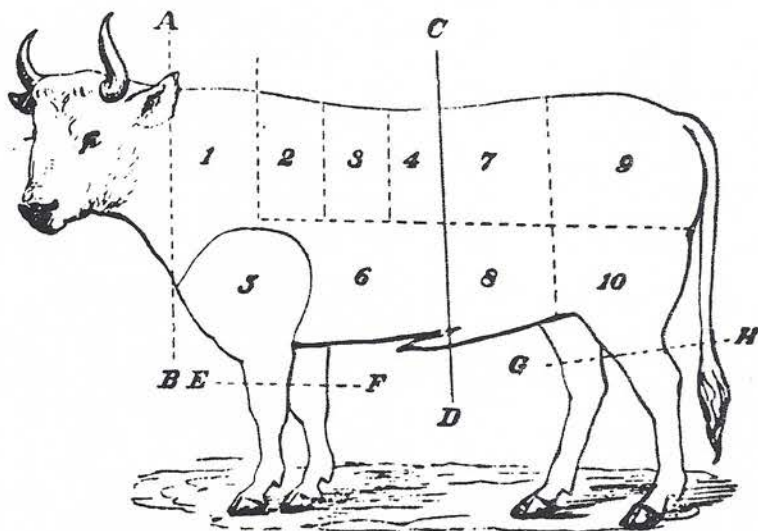
Four ounces of pepper.

Thirty pounds of potatoes (when practicable).

One quart of molasses.

Fresh vegetables, eggs and dairy products were not included in the soldiers' official regimen. With the exception of the addition of canned tomatoes and beans to the ration in the late eighties and a temporary addition of dried mixed vegetables, the ration remained the same from the early 1860s until the turn of the century.

The soldiers had definite preferences as to their food. Beef, preserved by being packed in barrels of salt (salt beef), as a general rule was looked down upon. The primary objections to salt beef were the length of time required to cook it and the quality of beef



issued. The poorer quality salt beef earned the abusive epithet, "salt horse". When fresh beef wasn't available, the men preferred salt pork. However, lean pork was disliked and in the same spirit was called "sow belly". Bacon was less popular than salt pork for it was more subject to spoilage and the issue bacon was often wormy. The greasy bacon the soldiers sometimes received was given the contemptuous appellation, "hamfat". After the close of the Civil War in 1865, C. C. Carpenter, the Chief Commissary of Subsistence of the Fifteenth Army Corps stated:

Sugar is always seized with avidity, and coffee is absolutely indispensable and is always preferred to tea. Beans are invariably taken and eaten, and troops always wish their ration of beans was greater than it is. Salt is about the right ration, and troops



*A Banquet at Fort Marcy - 1887  
(Museum of New Mexico Photo  
Collections).*

are always delighted with the pepper ration. Troops do not like peas or rice and care but little for hominy. They do not know how to cook peas and never have patience enough to learn. Rice they consider good for an invalid but not a soldier, and hominy they care but little about, as they do not know how to cook it properly, I presume. Desiccated potatoes and mixed vegetables they will not touch in the field, and use it but partially in camp, and I presume would not do so at all if they could get half the amount in some fresh vegetable.

Rations were issued by the Post Commissary Officer to the individual company's Commissary Sergeant or the noncommissioned officer in charge of the mess. As few companies could muster as many men as were listed on their rolls, the Commissary Sergeant could trade or sell the excess food to grocers, settlers, or back to the Commissary Department for nonissue foodstuffs. The money from the sale of this excess was known as the Company Fund.

In 1866, Congress authorized the Commissary Department (much to the chagrin of the Post Traders) to sell the soldiers foodstuffs at cost to supplement the monotonous ration. Some of the items sold at these Subsistence Stores included canned vegetables, canned butter, onions, potatoes, oysters, pickles and spices.

Whether purchased from the Post Commissary or the Post Trader, most of the nonissue rations that appeared on the enlisted men's table were bought with money from the company funds.

This system was open to abuse and its success was in direct relation to the integrity and skill of the Company Commissary Sergeant. It was possible for one company to be served quite substantial meals while another, at the same post, might exist on hardtack, bacon and coffee.



Perhaps typical of a well managed company mess would be this menu from Fort Robinson, Nebraska, for the week of February 4 - 10, 1893:

DATE	BREAKFAST	DINNER	SUPPER
2/4	Roast Beef-Gravy Potatoes-Bread Coffee	Turnips-Bacon Roast Beef-Gravy Bread	Gravy-Bread Tea
2/5	Beefsteak-Gravy Potatoes-Bread Coffee-Milk	Beef Stew-Potatoes Gravy-Bread	Duff-Bread Tea
2/6	Beefsteak-Gravy Potatoes-Bread Coffee-Milk	Cabbage-Bacon Roast Beef-Gravy Potatoes-Bread	Beef Stew-Gravy Bread-Coffee Milk
2/7	Hash-Bread Coffee-Milk	Roast Beef-Gravy Bread-Potatoes	Beef Stew-Bread Tea
2/8	Roast Beef-Gravy Potatoes-Bread Coffee	Soup-Roast Beef Gravy-Potatoes Rice-Bread	Pancakes-Syrup Tea
2/9	Hash-Bread Tea	Beans-Bacon-Roast Beef-Gravy-Bread	Gravy-Bread Coffee
2/10	Roast Beef-Gravy Bread-Coffee-Milk	Sauerkraut-Bacon Roast Beef-Gravy Bread	Pancakes-Syrup Tea

(Courtesy of Fort Robinson Museum, Nebraska State Historical Society)

The soldiers kept company gardens to provide the fresh vegetables that were lacking in the army ration. The ration was further supplemented by the hunting of wild game and some companies raised chickens, kept pigs and, occasionally, a milk cow.

The troopers at Fort Sill, Oklahoma, managed to combine both their hunting and gardening efforts. As the Post Surgeon reminisced: One of the more interesting things at this camp . . . was Mr. Gordon's Company garden some four or five acres in extent with everything imaginable planted in it. The company did the planting and cultivating but the rabbits did a large part of the eating. There would be days when all the company would be out shooting rabbits and it was much like the picket firing I had become familiar with in the volunteer service. This was kept up until the rabbits were comparatively few around camp, and the garden produced abundantly and was a great help in rounding out the men's rations. (*Little Pills* - McKay, pp 87)

Each company provided its own cooks and the kitchens were in the company barracks. Unfortunately, most company cooks were untrained and few possessed any great culinary talent. In 1878, Major Thomas M. Anderson of the Tenth Cavalry stated:

*Soldiers from the 20th Infantry at Fort Assiniboine, Montana, with prize vegetables - 1885. (Courtesy Custer Battlefield National Monument)*

... nearly as much food is wasted as is issued in the Army from the ignorance and inexperience of company cooks.

Each company was issued a stove, basic cooking utensils and tableware by the Quartermaster's Department. Additional utensils needed for food preparation were provided by that old standby - the Company Mess Fund.

In the early 1880s, Capt. Arthur MacArthur, Commanding Officer at Fort Selden, New Mexico, purchased "Double French China" with the regimental and company monograms on each piece. The money to pay for this luxury was acquired by charging the soldiers 5 cents per game to play billiards on tables set up in an unused barracks.

Meals were served in the mess hall at hours designated by the Commanding Officer. The Company First Sergeant detailed a waiter to each table occupied by the company. The cleanup after the meal was assigned to two men from each company detailed as kitchen police.

*Troopers making sauerkraut at Fort Bayard, New Mexico, ca. 1885 (Courtesy Arizona Historical Society).*



## RECIPES

In general, most of the meals served the soldiers consisted of some form of stew or hash. Some of the dishes, such as Bombshells, Cannon Balls, and Coffee a la Zouave, are clearly a product of the military while others, including Jambalaya and "Estufado", reflect a regional origin. And no group of army recipes would be complete without the ubiquitous Hardtack.

All of the following recipes are taken directly from U.S. Army sources published during the Indian Wars.

### POT ROAST

Trim off the rough parts of a nice brisket of beef, and place in a kettle over a good fire. Add one pint of boiling water, cover, and cook slowly fifteen minutes to every pound. Add salt when meat is half done. After the water evap-



orates add no more, as there should be fat enough to finish cooking the meat. Serve with gravy made from the fat in the pot.

### **POUNDED BEEF**

Cut the lean meat from a shin of beef weighing 10 pounds. Break up bone and lay in the bottom of the kettle. Place meat on bones, cover with cold water, and let it slowly come to a boil, removing scum as it rises. Peel two turnips and two onions, scrape one carrot, and place with beef after the broth is skimmed. (If available put in half a cup green sweet herbs and parsley.) Also add one level teaspoonful of salt. Cover kettle closely and boil six hours slowly. At end of six hours, take up meat, fat, and gristle, remove all bone, put into a colander, and rub through with a potato masher. Season highly and press firmly into a tin or earthen mold. Strain broth left and save it for soup, using first enough to moisten meat in mold. After pressing beef into mold and moistening with broth, put a weight on to keep it down and put away to cool. When beef is quite cold, turn out of mold and cut into thin slices.

### **TO STEW FRESH BEEF**

4 pound fresh beef, free from bone	½ pound onions
1 pound potatoes	¼ pound carrots
1 pound fresh or canned tomatoes	Pepper and salt

Time, three hours.

It is not necessary to use the choice parts of beef for a stew.

Cut the meat into pieces about two inches square. Cut the vegetables into small pieces. Put the meat into a pot with enough cold water to cook it; add a tablespoonful of salt. Cover closely. Put the pot over the fire to simmer; skim carefully. When the stew has simmered for two hours put in the prepared vegetables; season with pepper and salt. Simmer one hour longer, stirring occasionally. When done serve in a hot dish. If it is desired to serve the potatoes whole, put them into the pot twenty or thirty minutes before the stew is cooked. If the water gets too low, replenish carefully with boiling water.

If the liquor of the stew is not sufficiently thick, stir into it two tablespoonfuls of blended browned flour. A bay leaf to every pound of meat may be put into the pot of cold water with the meat.

Stew mutton, lamb, veal, and fresh pork as above. The bones of mutton and veal, if small, need not be removed. Add thin slices of fat pork or bacon to a veal stew.

The onions may be fried brown before they are put into the stew.

Too much water is commonly used in making stews. They should be thick rather than thin.

### **TO MAKE A BEEF PIE**

Fresh beef, potatoes, onions, tomatoes, pieces of butter or beef dripping the size of a hazelnut; pepper and salt on every layer.

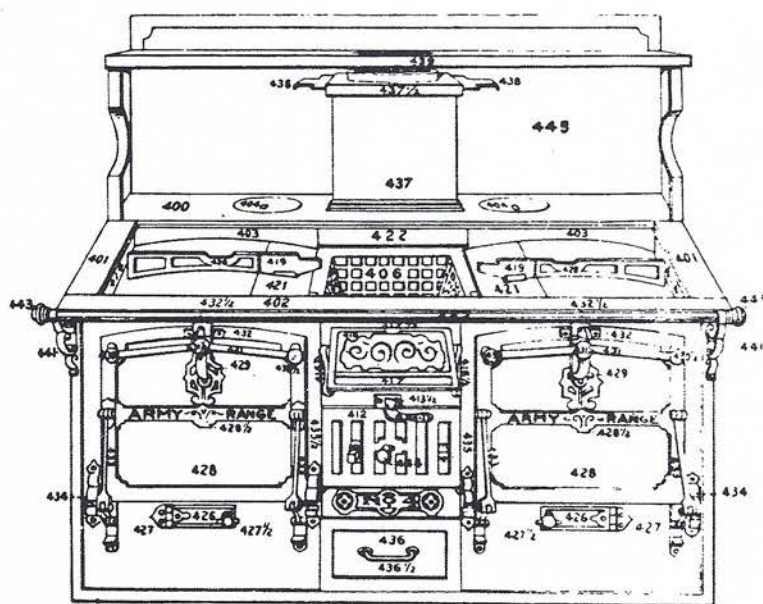
Cut the meat into two-inch pieces, removing gristle, bone, and any superabundance of fat. Cut the potatoes into slices a quarter of an inch thick, rinse in cold water, and parboil them. Chop the onions fine. Slice the tomatoes. Roll the pieces of butter or dripping in sifted flour. Put the meat and one or two teaspoonfuls of salt into a pot of cold stock or water, just enough to cover the meat. Cover closely; remove the scum as it rises; simmer steadily until



half done. Remove it from the fire. Take up the meat and strain the gravy; keep both warm. Line a baking dish or pan with a paste (Pie Crust), first greasing the sides and bottom. Put in a layer of the semi-stewed meat, on the meat a layer of chopped onion, on the onion a layer of sliced tomato, on the tomato a half dozen or more pieces of floured butter or dripping, on these a layer of potato, on the potato a layer of meat, and so on in successive layers.

Pour over all the strained gravy. If the floured butter or dripping is not used the gravy must be thickened with blended browned flour. Wet with cold water the upper edge of the lower crust; lay on the top crust; trim the paste around the edge of the dish; pinch the edges of the lower and upper crusts together. Make a slit in the center of the top crust. Put the pie into the oven and bake. Keep a moderate heat. It will bake in from one to one and a half hours. If, after baking some time, there is fear of the crust burning, cover it with a tin pan, removing the cover in time to allow the crust to brown; serve in the dish in which it was baked. A bay leaf for every pound of meat may be added when the meat is put in to stew.

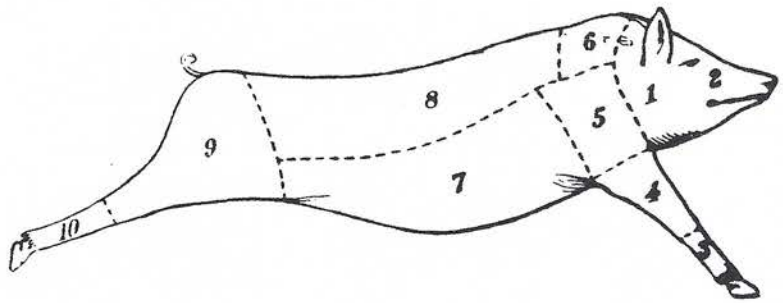
Lamb, veal, pork, venison, or any sort of fresh meat may be made into a pie. Use thin slices of pork, bacon, or ham in veal pie, putting them in next to the veal.



*The Army Range - 1896*

### BAKED BEEF HEART

Cut across the base of the heart and remove the valves and all rough fibrous tissue. Prepare a stuffing as follows: Mix thoroughly into some grated bread crumbs one small onion parboiled and minced, a half teaspoonful of sage, pepper and salt, and enough butter, beef dripping, or lard to moisten the mixture. Soak the heart in cold salt water for two hours, then wash it thoroughly in cold water. Put it into a pot of cold water, enough to cover it, add two teaspoonfuls of salt, cover, and boil for ten minutes. Remove the scum as it rises; take out the heart, pepper and salt the cavities, put in the stuffing, secure it with cross-stitches, put it into a baking pan, spread it over with beef dripping, and sprinkle it with pepper and salt. Pour into the pan about a pint of boiling-hot stock, gravy, or beef dripping. Bake in a moderate oven, allowing twenty minutes to the pound. Baste frequently. Be careful that it does not burn. Serve while hot, as it cools rapidly; serve with a gravy.



### BOMBSHELLS

(sufficient for 22 men)

16½ pounds meat

6 pounds flour

1 pound onions

3 ounces salt

1 ounce pepper

Sweet herbs

Water

Cut all the meat from the bone and sinews, reserving 1½ pounds of fat for the paste. Chop up the meat like sausage meat with the onions and herbs, shred fine; season with one-half the salt and pepper. (In India it is the custom to mix spices, capsicums, fruit, etc., with the meat.) Make the paste as follows: Place on the table the flour, make a hole with the hand in the center, in which place the chopped fat and the remaining salt and pepper, then put some water in the hole; gradually stir the flour into it until it is all moistened and forms a stiff paste; work and roll it well for two minutes; let it remain as a ball for ten minutes, then roll it out to the thickness required. Have some very clean pudding cloths ready; their size must depend on the size of the shell; divide the paste according to the size, for either 12 or 32 pounders; form it into a ball, and roll it out round; divide the chopped meat and place it in the paste; add a little water; gather it round like a dumpling; bring the cloth around it, and tie it *tightly*, and boil according to size: a 12-pounder for one person, one and three-quarter hours; 32-pounder, for two and a half hours. The bones and cuttings must be made into a gravy, and served separate. The meat must be made into balls the size of bullets, and placed in it.

The cloth, before being used, should be dipped into boiling water, wrung out, and some flour dusted over the part the pudding will occupy. This prevents the pudding from sticking to the cloth. Some salt should be put into the water the puddings are boiled in. This applies to all boiled puddings or dumplings made with flour and dripping or suet.

### COOKED SALT BEEF

Salt beef before being cooked should be well washed, and then, when practicable, soaked in cold water for twenty-four hours, changing the water three times.

### "ESTUFADO"

2 pounds beef (ribs) or mutton

1 tablespoonful dripping

Onions and green peppers to taste

4 slices toast

A little black pepper, garlic, vinegar, thyme, raisins, olives, tomatoes.

Heat dripping in saucepan, put it into the ingredients (leave peppers whole and mince garlic). Cover closely and stew thoroughly. Serve on toast.

### DRIED BEEF, WITH PEPPERS

2 lbs. "jerked" dried beef

2 ounces dripping

1 onion

4 red peppers

Browned flour



Place beef in a pan in hot oven ten minutes, then shred, place in a frying pan with onion and dripping, and fry five minutes. Pour boiling water over peppers, pass them through a sieve, and mix with beef. Thicken with browned flour, season to taste, cook twenty minutes, and serve piping hot.

### **JAMBALAYA**

1 lb. rice (wash and soak 1 hour)  
1 lb. Ham (cut up)  
2 onions

1 lb. sausage (cut up)  
2 large tomatoes  
Small piece red pepper  
A sprig of parsley

Fry these in a heaping spoonful of dripping of butter, then add about one pint of boiling water. Stir in the rice slowly, cover the pot and set it where it can cook slowly. Salt to taste and serve while hot. Jambalaya is nice made with oysters, shrimps, or chicken substituted for sausage.

### **WELSH RAREBIT**

Slices of bread  
Cheese

Butter  
Mustard and Pepper

Cut the bread into slices about one-half inch in thickness; pare off the crust; toast it slightly without hardening or burning, and spread with butter; cut some slices of cheese not quite as large as the bread and lay them on the toast in a toaster; be careful that the cheese does not burn, and let it be equally melted; spread over the top a little made (Prepared) mustard and seasoning of pepper, and serve very hot.

### **ENGLISH PORK PIE**

Make pie crust (not too rich) and put around sides of a deep pie dish. In bottom and above place layers of thin sliced bacon, sliced potatoes, onions, sliced or chopped, and lean fresh pork cut in small pieces. Season with salt, pepper, and sage. Fill dish with any good gravy left from roasts and water thickened for occasion. Cover with crust and bake one and one-half hours. Cover pie with thick brown paper if it gets too brown.

### **SALT PORK**

(Editor's Note:

Unlike the salt pork as we know it today, the salt pork referred to in this text was like the salt beef mentioned earlier. It was lean meat packed in layers of salt in a barrel.)

### **FRIED SALT PORK**

Cut the pork into thin slices; soak it in cold water one hour or longer; drain and wipe it dry. Have the frying pan very hot and dry; put the sliced pork into the pan and fry brown on both sides. Season with pepper, and serve. Previous to frying, the pork may be dipped into grated bread crumbs or rolled cracker; in this case the pan should be greased.

### **BOILED SALT PORK**

Soak the pork over night in cold water; rinse and put it into a pot with enough cold water to cover it. Cover; boil steadily until cooked, the time depending upon the quality of the pork, and whether it is thick or thin. Remove the scum as it rises. While boiling turn the pork several times. As the water evaporates, replenish with boiling water. While cooking, the pork must be kept covered with water; when cooked drain and serve.

Many vegetables, such as turnips, cabbages, potatoes, and greens, may be boiled with pork.



*Commissary Sergeant's Chevron*

A cake of fat will form on the surface of the water in which the pork has been cooked, when it becomes cold. This should be saved for cooking purposes.

### **BROWNED FLOUR**

Useful to thicken gravy and darken it. Set flour in a hot oven or over a moderate fire, and stir continually until it is parched brown. Do not scorch it. Keep in a closely corked bottle or jar for future use. When to be used it should first be blended with a little stock, beef dripping, or water.

### **GRAVY FOR BAKED MEATS**

Having removed the joint, put the pan on the fire, remove the floating grease and save it as dripping; pour into the pan from a half pint to a pint or more of boiling water. Mix well; then stir into the mixture quickly two or more table-spoonfuls of blended browned flour; boil up once; season with pepper and salt, and serve. If the gravy is preferred with the grease in it omit the skimming.

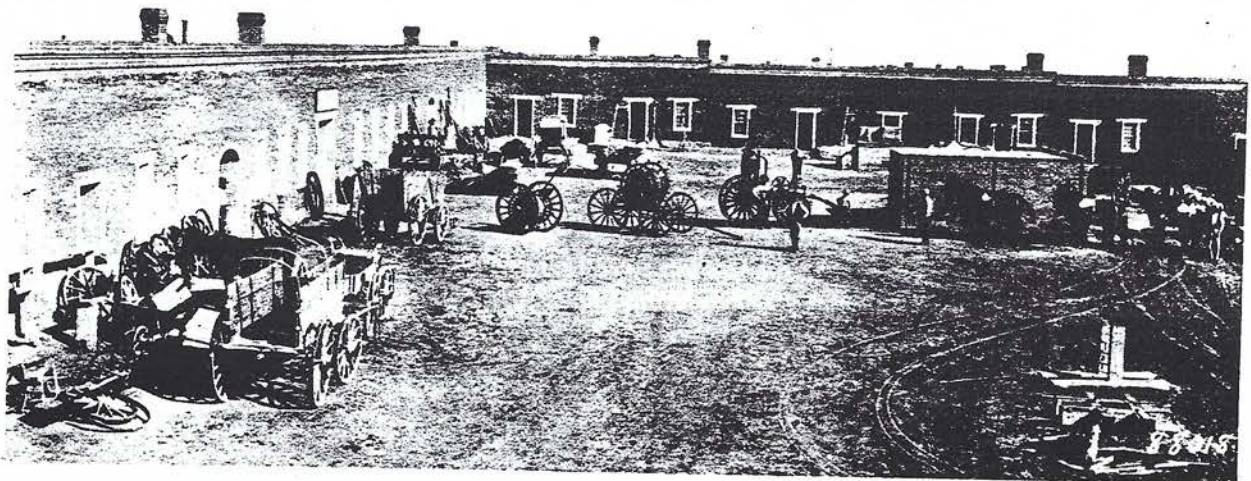
### **VEGETABLES**

Peas and beans are the most nutritious of all vegetables and contain as much carbon as wheat and almost double the amount of nitrogen (muscle-forming food).

Cabbage leaves are rich in gluten and therefore nutritious. The mushroom also is said to contain fifty-six per cent of gluten, and dried cauliflower more than either.

Spinach has a direct effect on the kidneys. The common dandelion, used as greens, is excellent for the same trouble. Asparagus purges the blood. Celery acts admirably upon the nervous system, and is a cure for rheumatism and neuralgia. Tomatoes act upon the liver. Beets and turnips are excellent appetizers. Lettuce and cucumbers are cooling in their effects upon the system. Onions, garlic, leeks, olives, and shallots possess medicinal virtues of a marked character, stimulating the circulatory system, and the consequent increase in the saliva and the gastric juice promotes digestion. Red onions are an excellent diuretic, and the white ones are recommended to be eaten raw as a remedy for insomnia. A soup made from onions is regarded as an excellent restorative in weakness of the digestive organs.

*Fort Union Quartermaster Depot  
(MNM Photo Collections).*





A little baking soda softens water and is good for freshening and making tender green vegetables that are a little old, or not quite fresh. Boil fresh, young vegetables in hard water. A little salt will harden water at once.

If onions are peeled under water the eyes will not suffer with tears.

(Editor's Note:

Recipes for cooking vegetables are not included. It suffices to say that any vegetable not cooked with meat in a stew was boiled in a great amount of water for from one to five hours.)

### **VEGETABLE SOUP**

4 pounds fresh lean beef	1 gallon cold water
1 or 2 pounds soup bone	Pepper and salt
4 pounds such vegetables as may be obtainable	

Time, five and a half to six hours.

Put the meat and bone into a pot with the water and one tablespoonful of salt, and cook, skimming off the fat and scum as it rises. When the soup has boiled about four or four and a half hours, strain it through a colander, return it with the good meat to the pot, leaving out all bones, skin, gristle, etc.

Cut cleaned and pared vegetables in small pieces, put them into the soup, and let them boil gently until thoroughly done, stirring occasionally to prevent them from scorching or sticking to the bottom of the pot. When cooked take out the vegetables, mash and return them to the soup, boil one minute, season lightly, and serve. The vegetables can be varied according to season and opportunity, using onions, potatoes, carrots, turnips, parsnips, cabbage, green or canned corn, fresh or canned tomatoes, celery or celery seed, cauliflowers, okra, rice, pumpkins, squash, green peas, string beans, etc.

### **STOCK YEAST MADE WITH POTATOES**

3 large potatoes	1 quart boiling water
½ cup salt	½ cup sugar
1 cake compressed yeast or 2 pkgs. dry yeast	

Peel and grate potatoes as rapidly as possible, so they will not turn dark. Pour on the boiling water and cook half an hour. Add sugar and salt shortly before it is done. When sufficiently cool, put in any good yeast to raise it. Stir well together. The next day it will be light as foam, and one teacupful will be enough to raise four or five loaves. Keep in a cool place, and in summer renew every fortnight. (Store in a jar with the lid laid lightly on the top or in a small crock covered with cheesecloth. It should be stored at 65 to 70 degrees.)

### **POTATOE BREAD**

1 quart boiling water	1 tablespoonful salt
3 large potatoes	3½ quarts flour
1/3 cup yeast, or 1/3 cake compressed yeast.	

Cover potatoes with boiling water and cook half an hour. Drain and mash. Pour boiling water on them and let stand until blood warm. Add the yeast and three quarts flour, beating with a spoon. Cover bowl with cloth and board or tin cover, and let it rise over night (nine or ten hours). In the morning beat in salt and half remaining flour, and use flour left for kneading bread on board. Knead twenty minutes to half an hour. Put dough back in bowl and cover. Let rise to double its size. Shape into loaves and let rise to double their size originally. Bake one hour in a moderate oven.

1 quart sweet milk  
3 tablespoonfuls yeast  
1 tablespoonful butter, melted

1 teaspoonful salt  
2 eggs, well beaten

## BATTER CAKES

1 quart sifted flour  
1 teaspoonful soda  
1 egg, beaten light

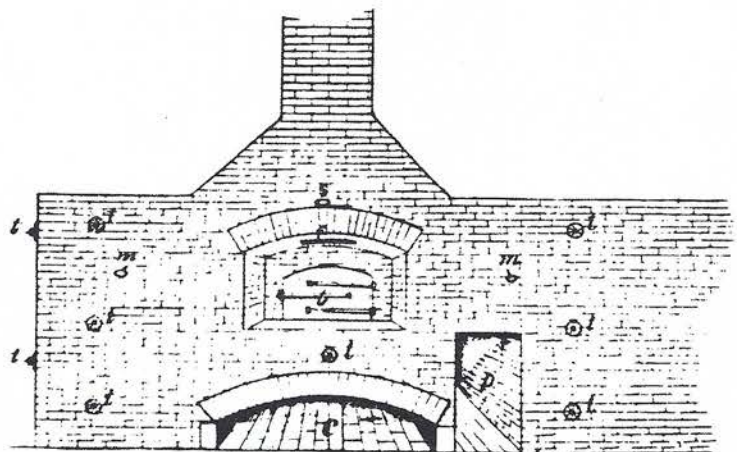
½ teaspoonful salt  
1 pint sour milk

## PANCAKES

One quart of sifted flour; one level teaspoonful of salt; three teaspoonfuls of brown sugar; two or three eggs, the yolks beaten light, the whites to a stiff froth; one quart of water or milk (the latter is preferable), or enough of either to make a thin batter. Fry on a greased griddle. Cakes should be served hot and eaten with sugar and butter, molasses, or sugar and ground cinnamon, mixed in the proportion of five parts of sugar to one of cinnamon.

2 quarts sifted flour  
4 large teaspoonfuls baking powder  
1 large teaspoonful salt  
1 tablespoonful dripping or lard

Cold water (sweet milk is preferable) enough to make a soft dough.



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Put flour into a deep dish; mix into this the baking powder and salt; then rub in the dripping or lard. Put in enough cold water or milk to make a soft dough. Handle as little as possible. Roll quickly into a sheet three-quarters of an inch thick. Cut into circular cakes, with a floured biscuit cutter, or an empty can; roll the dough that is left into a sheet, and recut. Lay the biscuits thus cut into a well-greased baking pan close together and bake five or six minutes in a quick (425 degrees) oven until they are browned.

### REMARKS ON PUDDINGS

Puddings are variously compounded, but are always either boiled or baked. When boiled a cloth or bag well floured inside should be used to envelop them.

The bag must be dipped into boiling water and then wrung out before the flour is applied.

The seams of the bag must be thoroughly secured or felled, and sufficient room allowed for the pudding to swell. The water must be boiling when the pudding is put in, kept constantly boiling during the cooking, and must cover the bag. Should it be necessary to add water as evaporation takes place, the added water must be boiling. The bag should be turned several times under water to prevent its resting against the bottom or sides of the vessel, to guard against scorching.

When the pudding is cooked take it from the pot and plunge it into cold water for an instant. Then turn it out from the bag or cloth on the dish in which it is to be served.

### CANNON BALLS

(sufficient for 22 men)

6 pounds flour

1½ pounds suet

3 pints molasses

1 pint water

Chop up the suet, mix with the flour, mix the molasses with the water, put the flour into a bowl, and pour the molasses gradually upon it, mixing it with the flour; when the whole is well mixed, not too soft, form it into any size balls required, flour some cloths, tie up each ball separately in cloth, not too tight, and boil from one hour and upward, according to size.

Note: These, with lime juice sauce, are an excellent antiscorbutic, and will keep good for twelve months, and longer. They could be made before going on any long voyage, and given out as rations.

### BATTER PUDDING

Break two fresh eggs in a basin, beat them well, add one tablespoonful and a half of flour, which beat up with your eggs with a fork until no lumps remain; add a gill (½ cup) of milk, a teaspoonful of salt, butter a teacup or a basin, pour in your mixture, put some water in a stewpan, enough to immerse half way up the cup or basin in water; when boiling, put in your cup or basin and boil twenty minutes (with a lid on the pan), or till your pudding is well set; pass a knife to loosen it, turn out on a plate, pour pounded (granulated) sugar and a pat of fresh butter over, and serve. A little lemon, cinnamon, or a drop of any essence may be introduced. A little light melted butter, sherry, and sugar may be poured over.

### ARTILLERY PIE

(sufficient for 22 men)

8 pounds bread

1 pound suet

4 dozen apples

2 pounds sugar



*"A Bad Crossing", R.F. Zogbaum,  
Harper's Weekly, Oct. 26, 1889.*

Melt the suet in a frying pan, cut the bread into slices one-quarter of an inch in thickness, dip each piece into the melted fat, and place them in the oven to dry. In the meantime get the apples peeled, boiled, and mashed with the sugar. Cover the bottom of the baking dish with the bread, cover the bread with some of the apples, then some more bread over that, then the apples, and thus until all is used; place it in an oven and bake for twenty minutes. This may be made with any kind of fruit.

#### **PLAIN BOILED RICE**

Put two quarts of water in a stewpan, with a teaspoonful of salt; when boiling, add to it  $\frac{1}{2}$  lb. of rice, well washed; boil for ten minutes, or till each grain becomes rather soft; drain it into a colander, slightly grease the pot with butter, and put the rice back into it; let it swell up, and be well separated; it is then ready for use.

#### **SWEET RICE**

Add to the plain boiled rice 1 oz. of butter, 2 tablespoonfuls of sugar, a little cinnamon, a quarter of a pint of milk; stir it with a fork, and serve; a little currant jelly or jam may be added to the rice.

#### **REMARKS ON COFFEE**

The presence of wormholes in coffee should not occasion its rejection unless it is of inferior quality and strength, since they generally indicate age, weigh nothing, and disappear when the coffee is ground.

#### **COFFEE A LA ZOUAVE FOR A MESS OF TEN SOLDIERS**

Put 9 pints of water into a canteen saucepan on the fire; when boiling add  $7\frac{1}{2}$  ounces of coffee, which forms the ration, mix them well together with a spoon or a piece of wood, leave on the fire for a few minutes longer, or until just beginning to boil. Take it off and pour in 1 pint of cold water, let the whole



remain for ten minutes or a little longer. The dregs of the coffee will fall to bottom, and your coffee will be clear. Pour your ration sugar or 2 teaspoonfuls to the pint; if any milk is to be had, make 2 pints of coffee less: add that quantity of milk to your coffee, the former may be boiled previously, and serve. This is a very good way for making coffee even in any family, especially a numerous one, using 1 ounce to the quart unless required stronger. For a company of eighty men use the field-stove and four times the quantity of ingredients.

### LEMONADE

Good lemonade is of high dietetic value. Few know how to make it properly, being too economical in the use of lemons and sugar, and too generous with the water. One who enjoys a reputation for making a superior lemonade always uses boiled water. The recipe is as follows:

"For a quart, take the juice of three lemons, using the rind of one of them. Peel the rind very thin, getting just the yellow outside: cut into pieces, and put with the juice and powdered sugar, of which use two ounces to the quart, in a jug or jar with a cover. When the water is just at the tea point pour it over the lemon and sugar, cover at once, and let it get cold."

### TOAST AND WATER

Cut a piece of crusty bread, about a  $\frac{1}{4}$  lb. in weight, place it upon a toasting-fork, and hold it about six inches from fire: turn it often, and keep moving it gently until of a light-yellow color, then place it nearer the fire, and when of a good brown chocolate color, put it in a jug and pour over 3 pints of boiling water: cover the jug until cold, then strain it into a clean jug, and it is ready for use. Never leave the toast in it, for in summer it would cause fermentation in a short time. A piece of apple, slowly toasted till it gets quite black and added to the above, makes a very nice and refreshing drink for invalids.

When a company embarked on a long campaign they usually took along supply wagons and portable cook stoves. However, on patrols and scouting parties, each man carried his own food and cooked it himself. The mess kit was used as skillet, coffee pot and bowl. The army diet in the field consisted of the straight rations and usually was limited to coffee, bacon and hardtack.

### HARDTACK (teeth dullers) (sheet iron)

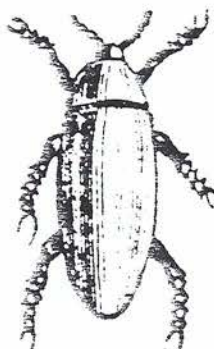
4 cups flour

4 teaspoonfuls salt

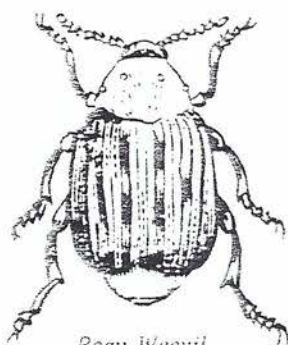
Water

Mix flour and salt together in bowl. Add just enough water (less than two cups) to make the mixture stick together. This will produce a dough that will not stick to hands, rolling pin or pan. The dough will have to be mixed with the hands. Roll the dough out and shape it into a rough rectangle. Cut into squares about 3" x 3" and a half inch thick. After cutting and before separating to place in a baking pan, punch four rows of four holes each in each 3" x 3" piece (use a nail although a Phillips screwdriver makes an interesting pattern). Then flip each piece over and punch through again. Place on an ungreased cookie sheet in pre-heated oven (375 degrees) and bake for 30 minutes, turn each piece over, and bake for another 30 minutes. The tack should be slightly brown on both sides. When fresh, it is fairly easily broken, but as it dries out and hardens, it assumes the consistency of a fired brick. This recipe will make about ten pieces of tack.

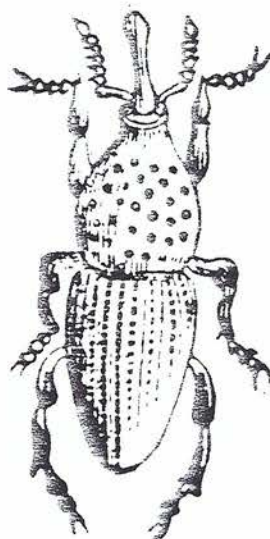
(Courtesy National Park Service)



*Bacon Bug*



*Bean Weevil*



*Wheat Weevil*

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## *Consolidated Correspondence File*

The Consolidated Correspondence File of the Quartermaster General is contained in Record Group No. 92 of the National Archives.

Lt. Col. W. B. Lane,  
Commanding Fort Selden,  
New Mexico, May 12, 1869.

to

Chief Commissary of  
Subsistence, District  
of New Mexico, Santa Fe.

Maj. A. J. Alexander,  
Inspection Report on  
Fort Selden, New Mexico,  
April 3, 1867.

to

Chief Commissary of  
Subsistence, District  
of New Mexico, Santa Fe.

"It may be regarded as a universal law, that all insects originate from eggs."

-The Assistant Commissary General of Subsistence - 1863