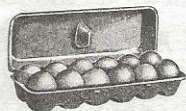




That Good Navy Chow!



VEAL STEW

Portion: Approx. 8 ounces (1 cup)

100 Portions

Ingredients

Amounts (approx.)

Veal, bone-in	40 Pounds	
OR		
Veal, boneless	28 Pounds	
Flour	1 Pounds, 8 Ounces	(1 ½ quarts)
Salt	6 Ounce	(¾ cup)
Pepper	½ Ounce	(1 ¾ tablespoons)
Fat	1 Pound, 8 Ounces	(1 ½ pints)
Water, hot		
Onions, white, quartered	10 Pounds	(2 ½ gallons)
Celery, large dice	10 Pounds	(2 ½ gallons)
Tomatoes 12 Pounds,	12 Ounces	(2 No. 10 cans)
Beans, green	18 Pounds, 15 Ounces	(3 No. 10 cans)
Flour	1 Pound	(1 quart)
Water		(1 ½ pints)

1. Cut meat into 1 to 2 inch cubes.
2. Mix together 1 ½ pounds flour, salt and pepper. Roll meat in mixture. Cook in fat until browned, stirring constantly.
3. Cover with stock or water. Cover kettle tightly. Let simmer about 2 hours or until tender.
4. Add onions and celery 1 hour before end of cooking period. Add tomatoes and green beans 15 minutes before end of cooking period.
5. Drain stock from meat and vegetables. Mix together flour and water. Stir into stock.
6. Heat to boiling temperature, stirring constantly.
7. Pour gravy back over meat and vegetables. Reheat.

Source: The Cookbook of the United States Navy, Revised 1944