

# **Jerry D Young's Prepping Cookbook**

1<sup>st</sup> Edition – August 16, 2020

(presented by request)

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I make no guarantees about any of the recipes. They have all worked for me, with no ill effects. However, I take no responsibility for anything that might arise from anyone using the information contained within the book. Everyone must do their own due diligence research and determine suitability for their needs. Use at your own risk and caveat emptor

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August 16, 2020

## **JDY Ten Tin Can Prepper Soup**

1 ~16oz cans Hormel Canned Roast Beef with gravy (2 is even better) (cut up into smaller chunks)

3 ~16oz cans plain diced tomatoes (not stewed – ewww!)

3 ~16oz cans diced potatoes

1 ~16oz can whole kernel corn

1 ~16oz can early sweet peas

1 ~16oz can diced carrots (or sliced if you cannot find diced)

¼ cup dried onion flakes (or 1 whole sweet onion, diced)

3 beef bouillon cubes

2 – 6 bay leaves

Combine ingredients in 6-quart pot, making sure to rinse gravy from beef cans

Bring to boil and then reduce heat to simmer

Simmer approximately one hour

Serve with saltines

Just my opinion.

Jerry D Young

## **JDY Beef vegetable soup**

My mother taught me how to do this. It takes a while, but the result is amazing. You make this stock ahead of time and can or freeze it for future use. Or usually, for me, use it the day after for that large pot of beef vegetable soup.

Day one: Bring to a boil together in a large pot:

4 beef bouillon cubes

4 cups of water

1 to 2 pounds of ox tails

6 large bay leaves (I really like the flavor - use less for slightly milder taste)

4 small cloves garlic - pressed (optional - I don't use it unless I know the group I'm feeding likes it)

The peelings of four large red potatoes (use the potatoes for something else)

The tops of six large carrots (reserve the carrots)

The tops of one medium stalk of celery (reserve the celery stalk)

One large yellow onion, chopped fine

A very little salt after a taste test

Some pepper to taste

Boil until the meat is coming off the ox tail bones and then allow to cool

When cool enough to handle, strain the broth through cheese cloth into a container.

Refrigerate overnight (or a couple of days even)

Day two: Trim and cube a 2 to 3 pound premium beef roast

Sauté in a bit of butter until browned in the cooking pot you will be using

Add the broth and turn up the heat to bring to a boil

Peel four more large red potatoes and cut into small cubes (discard the peelings unless you are going to do another batch) and add to pot

Peel the six carrots and cube and add to pot

Peel and cube the celery and add to pot

Peel and cube another large sweet yellow onion and add to pot

Add 2 to 6 bay leaves, depending on size

Bring to a low boil, cover, and cook until meat is done

Add one can of Nibbllets Whole kernel corn w/liquid

Add one can of Le Sueur tiny peas w/liquid

Cook another thirty minutes, taste and add any seasoning you might want. I like the taste of just a bit of salt and pepper, and the bay leaves myself, but if you like others, just season to taste. Serve.

Just my opinion.

Jerry D Young

## **JDY Crock Pot Chili**

(for standard crockpot – can be halved for smaller crockpots, or increased by ½ for larger)

(people that do not like beans in their chili often like this)

2 pounds premium ground beef  
2 cans Ranch Style brand beans  
2 cans whole peeled tomatoes (not stewed!)  
1 medium sweet onion, diced  
Salt to taste  
Pepper to taste  
Mild to Medium chili powder to taste

Brown the ground beef with onion

Drain ground beef

Puree the beans and tomatoes (this is easiest using a blender or food processor by putting in one can of tomatoes first, add a can of the beans, and then process so the beans are no more than tiny pieces, if that. Then process the other two cans.)

Add the pureed beans and tomatoes to the crockpot

Turn the crockpot to high

Add an initial amount of salt, pepper, and chili powder to surface of puree

Add the ground beef and onion

Stir to mix and place lid into place

Check and stir occasionally

After 2 ½ hours stir and taste

Add any additional salt, pepper, and chili powder to taste

Cook another ½ hour

The chili will be thick and rich, without any sign of the beans, but with the additional flavor they add.

Serve with shredded cheese and saltines or cornbread

Just my opinion.

Jerry D Young

## **JDY Vegetarian Chili**

This is a vegetarian chili for those that are vegetarians, and for times when meat is in short supply. If vegetarian is not necessary it is also a great way to stretch any meat that is available simply by adding a bit to the recipe.

### Ingredients:

2 cups cooked lentils (cooked with fresh or dehydrated onion)

1 15oz can Ranch Style brand beans

1 15oz can whole peeled tomatoes or diced tomatoes

Salt to taste

Black pepper to taste (not much as lentils have a peppery taste)

Mild Chili seasoning to taste

### Instructions:

Cook the lentils, preferably with a fresh yellow onion. If the fresh onion is not available dehydrated onion is fine. The lentils need to be cooked done, but without excess liquid. This is easiest to accomplish by cooking a pound bag of lentils with enough water to prevent cooking them dry. Once the lentils are done, take out two cups with as little of the liquid as possible. Pour back a bit of the liquid if you want and use the remaining lentils for other dishes.

Once you have the lentils ready you can put them in the final cooking container. Puree the can of Ranch Style brand beans and the can of whole peeled tomatoes (or diced tomatoes). It is easiest for me to add both cans to my food processor as doing the beans by themselves can be difficult. They do not have to be totally liquid, but they do need to be more or less unrecognizable as beans.

As this is a recipe for preppers, and might need to be made in the field, I have been using my small, manual, food processor. It uses a pull cord, similar to a lawnmower or other small engine starter cord.

It takes several slow, firm pulls to get things broken up enough to then pull normally quite a few times to get the right consistency. It does work quite well, though. Add the pureed beans and tomatoes to the lentils in the pot.

Add a bit of salt.

Add salt, pepper, and chili seasoning powder.

If you use pepper, the way I do, to add a bit of heat (since I use a mild chili seasoning powder) be careful as lentils tend to have quite a peppery taste to start with.

As with most recipes, until you have done it enough to get the amount of seasonings right in one shot, go light on them and add more as you taste test the chili until you have it right for you. I like my chili with a good chili taste, but I cannot handle any hot spices.

Stir and turn on the burner or place the pot on the fire at a point where it will come to a simmer. Let it simmer for several minutes, but since everything is already thoroughly cooked, all you need to do is let the seasonings cook into the vegetables, which does not take long.

Serve with grated cheese and saltines (if you still have saltines that are not stale to the point of being inedible) or corn bread.

To increase the quantities you can use the same ratio of 2-cups of cooked lentils to 1-can of Ranch Style brand beans, 1-can of whole peeled tomatoes, and one yellow onion (or the equivalent in dehydrated or freeze-dried onion).

This is my own recipe so feel free to like or not like it, experiment with it, and make any changes you like to make it come out the way you want a meatless dish to come out.

One of the things about this dish is that you can use a cup or two of cooked lentils in your regular ground meat chili to stretch it significantly if meat is short. Or, a small amount of cooked ground beef can be added to the vegetarian recipe to give it a slightly more traditional flavor. To be honest, however, other than a very slight difference in texture, this turns out almost exactly like my ground beef chili. Which was what I was trying to accomplish.

Just my opinion.  
Jerry D Young

## **JDY Salmon Patties (fish cakes)**

(my father asked me to come up with this)

1 ~16 ounce can salmon, drained (reserve 2 Tablespoons of liquid)

1 egg

1/3 cup diced onion

1/2 cup flour

1 1/2 teaspoon baking powder

1 1/2" to 2" melted Crisco in frying pan at 450°F

Drain salmon, reserving 2 Tablespoons of liquid

Combine salmon, egg, and onion

Stir flour in

Put baking powder in reserved liquid from salmon and mix into salmon mix

Form into four to six patties

Fry in hot oil, turning once or twice, until outside is well browned and inside is done

Just my opinion.

Jerry D Young

## **JDY Fisherman's Clam Chowder**

(my father asked me to come up with this)

2 servings diced cooked potatoes

1 Tablespoon butter

1/8 cup flour

1 7-ounce can minced clams

1/4 teaspoon salt

1/16 teaspoon pepper

2 cups milk

1 1/2 Tablespoons chopped onion

Melt butter in large sauce pan

Blend in flour, salt, and pepper

Stir in milk

Add drained clams, onion, and potatoes

Cook over medium heat, stirring constantly until thickened

Makes 2 to 3 servings

Just my opinion.

Jerry D Young

## **JDY Stuffed Bell Peppers** (microwave)

(my father asked me to come up with this)

3 medium green bell peppers

¼ cup chopped onion

¾ pound ground beef

1 8-ounce can tomato paste

¼ cup water

1 cup cooked rice

1 egg

1 teaspoon salt

1/8 teaspoon pepper

Cut peppers in half and seed

Cook pepper halves, skin side up, on paper towels ~6 minutes on high and set aside

Combine onion and ground beef in 8" cake dish

Cover with plastic wrap and cook 4 minutes on high or until color is gone, stirring several times

Mix tomato paste with water

Combine meat with rice, ½ of tomato paste mix, egg, salt, and pepper

Stuff pepper halves and place in 2-quart glass dish

Pour remaining sauce on top

Cover with waxed paper

Cook 5 minutes at ½ power or until hot

Rotate dish one half turn if not a rotary table and cook 7 to 9 minutes more

Just my opinion.

Jerry D Young

## **JDY Cornbread**

1 cup flour  
1 cup corn meal  
½ cup milk powder  
1/6 cup sugar  
1 Tablespoon baking powder  
¾ teaspoon salt  
¾ teaspoon baking soda  
1 ½ cups water  
2 eggs slightly beaten  
4 Tablespoons melted butter

Preheat oven to 425°F  
Butter 7" x 11" baking pan  
Mix together dry ingredients  
Combine eggs, water, and butter in another bowl  
Mix in dry mix with fork until moistened  
Pour into pan  
Bake approximately 20 minutes

Just my opinion.  
Jerry D Young

## **JDY Biscuits**

(this is the way I do it, with fair success, but no guarantees)

2 cups sifted flour

$\frac{3}{4}$  teaspoon salt

3 teaspoons baking powder

4 Tablespoons shortening (Crisco)

$\frac{3}{4}$  cup milk

Sift together dry ingredients

Mix shortening in until the consistency of course meal

Add milk and mix

Pour out onto a floured surface

Knead two or three times

Pat or roll out  $\frac{1}{2}$ " to 1" thick

Dip biscuit cutter in flour and cut

Bake on ungreased cookie sheet in 450°F pre heated oven for approximately 12 minutes

Just my opinion.

Jerry D Young

## **My Mother's French Honey Biscuit Spread**

(an adaptation of my Mother's recipe, at least as much of it she could remember)

2 Tablespoons Butter

½ cup sugar

¼ cup white Karo syrup

¼ cup water

1 egg, well beaten

3 – 4 shakes of ground nutmeg (I like considerably more)

Melt butter in skillet

Mix together remaining ingredients

Pour into buttered skillet

Bring to a boil, stirring often

Reduce heat to bring to a hard simmer until the syrup is a deep transparent amber color and thickened to a coarse texture (will be the consistency of orange marmalade)

Let cool slightly (be very careful as this stuff will cling and burn deep if on the skin or tongue)

Serve on hot buttered biscuits

Serves 3

Just my opinion.

Jerry D Young

## **JDY Mock Rex Jelly/Raspberry Kool-Aid Jelly**

(my adaptation from information found online from various sources)

2 pkgs Raspberry Kool-Aid

4 c water

1 pkg Sure-Jell or any pectin

5 c sugar

1 tsp lemon juice (optional)

Mix the Kool-Aid, water, and sure-jell. Bring to a rapid boil. Add sugar, bring back to a boil and boil at least for 1 full minute.

Skim off foam; pour into half-pint jars and seal.

Wipe tops well before you seal the jars. Raspberry Kool-Aid gives the jelly the exact flavor of the old-time Rex Jelly.

Just my opinion.

Jerry D Young

## **JDY Chocolate Gravy**

1 c. sugar

2 tbsp. cocoa

2 tbsp. flour

2 c. milk

1 tsp. vanilla

1 tbsp. butter

Sift sugar, flour, and cocoa together in saucepan, add milk. On medium heat stir until gravy thickens to desired consistency. Remove from heat add butter and vanilla. Great over hot biscuits for chocolate lovers' breakfast.

Just my opinion.

Jerry D Young

## **Peanut Culp's Easy Peach Cobbler**

(my adaptation of a long time friend's recipe from his grandfather)

1 stick butter or margarine

1 cup sugar

1 cup flour

1 pinch salt

1½ teaspoons baking powder

¾ cup milk

½ to 1 cup sugar & cinnamon mixture

1 14oz can sliced peaches

Preheat oven to 350°F

Melt butter in a 9" x 13" pan

Mix 1 cup sugar, flour, salt, baking powder, and milk together

Pour mixture into pan

Do Not Stir!

Layer the peaches onto the batter

Sprinkle the ½ cup to 1 cup of sugar cinnamon mixture on peaches

Pour the liquid from the peaches over all

Bake 30 to 40 minutes

Just my opinion.

Jerry D Young

## **JDY Carrot Crème Pie**

(my 21<sup>st</sup> century version of a 19<sup>th</sup> century cookbook recipe)

1½ cup chopped carrots

1 cup whole milk

3 eggs (beaten)

1½ tablespoon butter (melted)

¾ cup sugar

1 teaspoon cinnamon

1/8 teaspoon ginger

¼ teaspoon salt

1 teaspoon allspice

9" pie crust

Small amount of melted butter to coat bottom of pie crust

Small amount of flour to dust bottom of pie crust

Cook carrots with a little salt and as little water as possible until soft. Cool. Place carrot pulp and milk in blender. Blend until fairly smooth. Blend in remaining ingredients. Brush bottom of crust with a little melted butter and then sprinkle with very little flour. Pour filling into pie crust. Bake at 450°F for 10 minutes and then reduce heat to 350°F and bake an additional 30 minutes. Cool, top with sweetened whip cream.

The amount of filling always overflowed a standard 9" pie shell, so I would make two thinner pies, or just bake the extra in a ramekin to make a pudding.

Just my opinion.

Jerry D Young

## **JDY Hot Cocoa Mix**

1 cup powdered sugar

½ cup Hershey's Cocoa

½ cup Coffee Mate powder

¼ teaspoon salt

2 ¾ cups instant powdered milk

1 cup miniature marshmallows (optional)

Sift sugar, Cocoa, Coffee Mate, and salt into a large bowl.

Stir in powdered milk and marshmallows.

Seal in an airtight container.

Use approximately ¼ cup of mix per 6 ounces of hot water

Use within 6 months.

Just my opinion.

Jerry D Young

## **JDY Holiday Cheese Ball**

(my version of a friend's recipe)

2 8-ounce packages cream cheese at room temperature

1 4-ounce jar maraschino cherries, well drained and chopped fine

1/3 cup finely diced green bell pepper

2 tablespoons dried minced onion

1 cup well drained crushed pineapple

1/4 teaspoon seasoning salt

3/4 cup chopped pecans

Blend cheese, cherries, green pepper, onion, pineapple, and salt

Form into 2 balls

Refrigerate 4 hours or overnight

Roll each ball in chopped nuts

Wrap each ball in 12" square plastic wrap and then foil. Label

Keeps in freezer not more than 6 months, 2 to 3 weeks in refrigerator

Just my opinion.

Jerry D Young

## **JDY Keepsake Cheese Ball**

(my version of a friend's recipe)

6-ounce jar Blue cheese spread

6-ounce jar American cheese spread

6-ounce jar Pimento cheese spread

8-ounce package cream cheese, softened

3 tablespoons dried parsley leaves, crushed

2 teaspoons dried minced onion

½ cup coarsely chopped nuts

1 tablespoon parsley leaves

½ cup finely chopped nuts

Blend cheese spreads with cream cheese, 3 tablespoon crushed parsley leaves, onion, ½ cup coarse chopped nuts

Divide into two balls

Refrigerate 4 hours or overnight

Combine 1 tablespoon parsley leaves and ½ cup finely chopped nuts

Roll each ball in mix until well coated

Wrap each ball in 12" square plastic wrap and then wrap in foil

Label

Keeps not more than 6 months frozen or 2 to 3 weeks refrigerated

Just my opinion.

Jerry D Young

## **JDY Fudge**

(my version of a recipe on a very old Hershey's Cocoa can)

½ cup Hershey's cocoa

3 cups sugar

1 ½ cup milk

¼ cup butter

1/8 teaspoon salt

1 teaspoon vanilla

Grease 8" or 9" square pan

Thoroughly combine dry ingredients in heavy 4-quart pan

Stir in milk

Bring to bubbly boil over medium heat, stirring constantly

Boil without stirring to 234°F

Remove from heat

Add butter and vanilla

**DO NOT STIR**

Cool at room temperature to 110°F

Beat with wooden spoon until fudge thickens and begins to lose gloss

Quickly spread in pan

Cool completely

Cut into 1" squares

Just my opinion.

Jerry D Young

## **JDY Divinity**

(my version of my Mother's recipe)

2 ½ cups granulated white sugar

½ cup white Karo syrup

½ cup water

¼ teaspoon salt

2 Egg whites

1 teaspoon vanilla

1 cup chopped nuts (Optional. I prefer black walnuts, but pecans are good, too)

Combine sugar, syrup, salt, and water

Cook over medium heat, stirring constantly until sugar is dissolved

Cook without stirring to 248°F

Just before the mixture reaches 248°F beat the egg whites until stiff but not dry

Pour ½ of syrup mixture slowly over egg whites while beating constantly

Cook remainder of syrup to 275°F

Add syrup slowly to first mixture, beating constantly

Continue beating until the mixture holds shape

Quickly add mix in vanilla and any nuts

Pour divinity out onto buttered wax paper or onto marble slab

Allow to cool and then cut into small squares

Just my opinion.

Jerry D Young

## **JDY Pecan Logs**

(my version of a good friend's recipe)

1 7oz jar marshmallow crème

1 1-pound box powdered sugar

1 teaspoon vanilla

2 14oz package Kraft caramels (I have not found any others that will work as well)(will not use all, but it is easier with 2 packages)

3 Tablespoons water

Chopped Pecans (a lot of chopped pecans)(and probably even more chopped pecans)

2 Tablespoons Butter

Using your hands mix the marshmallow crème, vanilla, and powdered sugar together (getting the last of the sugar absorbed is hard, but doable)(your hands will be tired, so do not even thinking of making a double batch)

Divide into 16 equal balls

Roll balls into approximately 5" long, little finger diameter logs

Wrap individual logs in waxed paper

Chill over night

Melt caramels with the water

Take melted caramels off the heat, but keep warm over pan of hot water

Using a pair of forks, tongs, or some other method coat logs with caramel

Immediately roll the caramel coated logs in chopped pecans

Set on waxed paper to firm up

After cooling wrap logs individually in aluminum foil

Can be eaten immediately, but the pecan logs are much better after about a week. This allows the nougat to mellow.

Do not attempt to do a double batch. (Really. Your hands will not take it.)

Just my opinion.

Jerry D Young

## **JDY Cathedral Window cookies**

1 1-pound package coconut  
1 6oz package dark chocolate chips  
1 beaten egg  
1 teaspoon vanilla  
2 Tablespoons butter  
3 cups colored miniature marshmallows  
½ - 1 cup chopped nuts

Melt butter and chips

Add vanilla and egg and mix well

Let mixture cool slightly

Add marshmallows and nuts

Mix well

Sprinkle coconut onto a sheet of waxed paper

Spoon the mixture onto the coconut in the form of a long roll

Coat with additional coconut

Roll into approximately a 2" diameter log.

Wrap in wax paper and then aluminum foil

Chill

Cut when cool

Keep sliced cooking in the refrigeration until time to serve

Makes two logs. A double batch is doable.

Just my opinion.

Jerry D Young

## **JDY Pastel Patties**

1/3 cup white Karo

1/3 cup margarine

1 teaspoon vanilla

Scant salt

1 lb confectioners sugar

Beat first four ingredients

Mix in confectioners sugar

Knead until smooth

Tint with food color

Shape into 1 1/2" patties

Top with a pecan half

Makes 48 patties

I do three batches, one with vanilla and no color added, peppermint with red color, and mint with green color

Just my opinion.

Jerry D Young

**JDY Bourbon Balls** (or Brandy, Amaretto, Frangelica, etc.)

3 cups crushed vanilla wafers

1 cup chopped pecans

4 tablespoons white corn syrup

1 cup powdered sugar (save a little back)

1 ½ to 3 tablespoons cocoa (or to taste)

¼ to ½ cup liquor of choice (or to taste)

(can substitute 1 tablespoon of flavoring + ¼ cup water)

Dash of salt

Mix ingredients well (use only enough Karo syrup to make a good consistency)

Form into walnut sized balls

Roll in powdered sugar or cocoa

Chill

Just my opinion.

Jerry D Young

## **The End – For Now**

More recipes will be added as I find some of them I cannot at the moment, test out some I have not perfected, others come to me.

I hope you enjoy reading these, as well as trying them out. Many have been a labor of love for me, and some of them have given me a great sense of accomplishment.

Jerry D Young  
August 16, 2020

As always, everything contained herein is: Just my opinion.

Jerry D Young  
Hope for the best, prepare for the worst, and always remember TANSTAAFL  
(*"There Ain't No Such Thing As A Free Lunch"* Manny, from *The Moon Is A Harsh Mistress* by Robert A Heinlein)