

Armed Forces Recipe Cards

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over 1 700 total pages the armed forces recipe service is a compendium of high volume food service recipes written and updated regularly by the united states department of defense natick laboratories and used by military cooks and by institutional and catering operations it originated in 1969 as a consolidation of the cooking manuals of the four main services and is based on previous military publications dating back to the first standardization efforts in the us army in 1896 recipes are based primarily on american cookery with the addition of specialized items such as vegetarian kosher and halal recipes to meet more specialized needs of those being served the service database is now distributed by the joint culinary center of excellence a division of the us army quartermaster school based in fort lee virginia each recipe card has a standardized format each recipe is calibrated to feed 100 people with a basic nutritional analysis across the top of the card

the armed forces recipe service is a large collection of high volume standardized food service recipes developed by the united states department of defense and used by military chefs institutional and catering operations all of the recipes have been developed tested and standardized for product quality consistency and yield the u s dietary guidelines were among the many considerations in both the selection and development of the recipes many of the recipes have been modified to reduce fat salt and calories for new and experienced cooks consistent use of standardized recipes is essential for quality and economy broken into two volumes due to its size the armed forces recipe service contains over 1 600 tested recipes calibrated to feed 100 people and easily adjusted up or down to adjust portion size depending on the number of people being fed the recipes contain a basic nutritional analysis as well detailing calories carbohydrates protein fat cholesterol sodium and calcium both volumes of the armed forces recipe service must be purchased to have the manual in its entirety this volume volume ii of ii holds the following sections beef pork lamb fish and poultry salads and dressings sandwiches dressings gravies and sauces soups and vegetables

this book serves up the american cookbook as a tasty sampler of history geography and culture revealing the influence of political events e g wartime rationing social movements temperance and technological change new packaging and cooking methods provided by publisher

what was it like to be a sailor on one of america s early warships most of the writing about 1700s and 1800s feature the point blank mayhem and carnage of battle the incredible courage with sword and gun of their crews and the tales of destiny of our nation depending on them don t give up the ship i have just begun to fight and similar quotes are familiar to school children from about the third grade on and part of the never forgotten patriotism in our country the emotional scenes are the ones that we remember best this book features the domestic side of naval violence principally the food that sailors ate and also how they

lived below decks in primitive conditions that were so austere as to be unbelievable by today's standards even though today's seagoing standards are still spartan compared with the luxury of shore bound living food and drink were the strongest fortifiers against the elements and harsh routine the risks of just going out in immensely complex seagoing sailing vessels in the north atlantic in wintertime and any ocean in stormy weather were main concerns not to mention fortunes in battle even the winners in sea battles suffered damage and personal injury where medical resources were primitive and sparse morale is a key military resource it is how it was that these seagoers were sustainably motivated to survive and do battle that the author brings to life in described details of living on the sea in these marvelous sailing ships the moments of calm fellowship talk in relaxed conditions and body warmth were valued parts of the day the daily ration of food and rum was immensely important in the respite from work and risk what and how they ate is given full treatment in this account of military life at sea in the treatment of food afloat this account includes early days merchant shipping some of which were letter of marque warships this sector included gentlemen volunteers and ship owners themselves carrying with them to sea family retainers and customs including food preferences instead of the incredibly austere conditions aboard commissioned warships there were amenities fostered by more frequent shore contacts and the preferences fostered in a less disciplined existence this account includes in its recipes collection many views of this in reflection of early post colonial cuisine of the american east coast

covers the significant events inventions and social movements in history that have affected the way americans view prepare and consume food and drink in articles arranged alphabetically

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