Brother Reids Brunswick Stew  
The recipe is from Brother Reid Pickard of Ossipee, NC. Reid was the ‘Head Cook’ at the Ossipee Baptist Church where Dad served. I have cut the recipe down from 20 lbs. to 2 lbs. of each kind of meat. You can cut it in half and still have a lot of stew. I use an 18 qt. stock pot when I make the 2 lb. version of this recipe.   
  
Brunswick Stew 2 lb. recipe.  
  
2 lbs. Beef Lean cut or your choice, cut to small chunks after cooking.  
2 lbs. Chicken A mix of light and dark meat, cut to small chunks after cooking.  
2 lbs. Pork\* Lean cut of your choice. Cut to small chunks after cooking.  
You can use BBQ if you like just add for sauce.  
\* I like to use about ½ lb. of country sausage as part of the pork.  
  
3 Large Onions chopped medium  
3 #2.5 cans Crushed Tomatoes   
1 or 2 lg cans Tomato Sauce  
  
12 lbs. Vegetables of your choice   
This is my standard mix.  
1 lb. Okra frozen cut   
4 lbs. Corn frozen cut white and yellow mixed   
3 lbs. Green Beans frozen cut  
2 lbs. Carrots frozen cut  
2 lbs. Green Peas frozen  
  
Seasoning  
¼ to ½ cup Worchester Sauce   
¼ cup Mustard (course ground)  
½ to 1 cup Bar B Que Sauce – your fbbqs (favorite BBQ sauce)  
1Tbs. to 1/4c Tabasco Sauce Go light here as a lot of people like to add later.  
Salt and Pepper to taste  
  
Yields about 3.5 gallons of Brunswick Stew. Cooking time is 4 to 5 hours if the meat was precooked.  
  
I suggest precooking the meat before the day you plan to cook the stew otherwise you will be at the stove all day. After precooking each of the meats you can remove as much fat as you like when taking the meat out of the refrigerator when you are ready to start the stew.  
  
Building the stew:  
  
In a large stock pot, on medium heat, bring the pork (with enough fat to sweat the onions) up to temperature. Add the chopped onions and cook till they begin to become clear. No need to overcook as you will be adding to the stew.   
  
Add the other meats  
  
On stove top or in a micro wave bring the temperature of the precooked meats up to medium heat level and add to the stew.  
  
It is important that the meat and vegetables be warm to hot before they are added to the stew in order to maintain the temperature of the stew. The temperature setting should be medium or medium to low until all ingredients have been added. Then the burner should be lowered to simmer. Stir frequently and watch the temperature to prevent sticking.  
  
  
Add the vegetable  
  
Add the crushed tomatoes and tomato sauce first. Adjust to taste.  
Precook each vegetable then add to the stew. I begin this in the microwave while adding the meat. The easiest way I have found to do this is to place a package of frozen vegetables on a microwave safe plate and pierce the package with a knife (one small slit), then cook for 3 to 4 min. Corn takes the longest and peas and carrots will only take 2 to 3 min. I add the vegetables in the following order based on how long they take to cook.   
Add the okra first. Okra helps thicken the stew and by adding it first, it will be noticed by those that may not appreciate this delicacy.   
Add the corn next as it takes the longest time to cook.  
Add the green beans next.  
Add the green peas and then the carrots.  
  
Be sure to stir frequently as you are adding meat and vegetables.   
Reduce the heat to simmer and cover. Stir all the way to the bottom every 15 min. check the temperature to prevent sticking.   
  
After one hour of cooking add the seasonings, adding salt to taste.   
  
As this cooks the stew will settle and broth will come to the top. Stirring every 15 min will keep the cooking evenly through the stew. You may need to add a little water or chicken broth if you like it thinner.  
  
It will be ready about 4 hours after you have added the tomatoes, but sampling along the way is always fun.  
  
Memories.  
When we cooked this for the church we would start it at about 9:00pm on Saturday to be served the next day. It was cooked in a gigantic 60 gal. cast iron pot over an open fire. Just think 60 lbs. of meat and 120 lbs. of vegetables. I have no idea where Brother Reid found or kept that big pot. It looked like the one you see in cartoons of missionaries being boiled. He would get a long handle boat paddle and sand all the lacquer off so we could use it to stir the stew.  
  
I hope you enjoy the stew as much as I do.