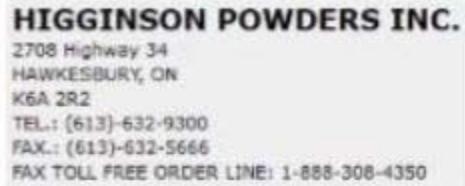


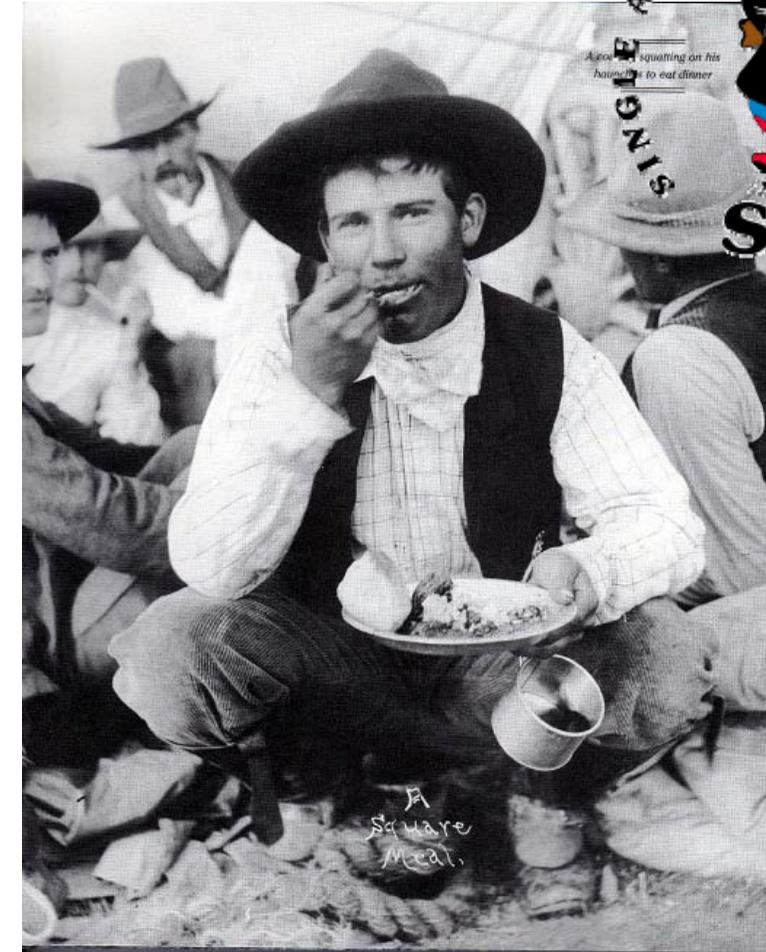
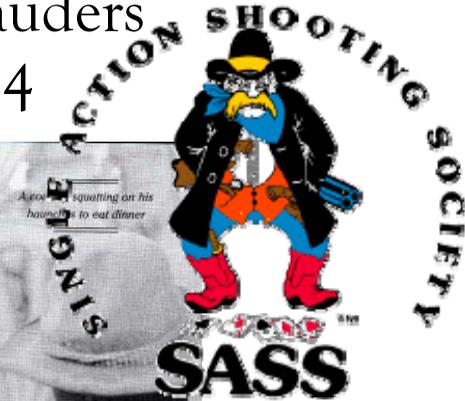
THE OTTAWA VALLEY MARAUDERS



Thanks to our sponsors!!



Ottawa Valley Marauders
October 3, 2014



Disclaimer : This CAS match is for the strong stomach :
Though written with taste, it unwraps some crude facts about the

Pioneer's food

Match concept & stage design by Johnny Cheater. Thanks to The Stranger and Four Fingers Fred who helped with the spices. Thanks also to Red Storm & team for peeling many potatoes.

SAFETY & PROCEDURES

- The points below are just reminders : know your SASS rules, Canadian and Club rules, Quebec rules if needed, and apply them.
- Learn firearms handling before you learn to participate in CAS. Not both at the same time.
- Handle firearms ONLY in the Safety Area, Load & Unload tables, and at the firing line under supervision of the Timer Operator (RO).
- If you need to work on an EMPTY gun, do it in a safety area only. Note that no ammunition is permitted in a safety area.
- All long guns must be carried with the muzzles up. Keeping the business end higher than your head would be a good idea.
- Pay attention to your long guns AND PISTOLS muzzle direction at all times, particularly when cocking a pistol, using a crossdraw holster and chambering the first round of a rifle.
- No dry firing at the load and unload tables.
- Do not pick up a dropped live round. Someone will retrieve it for you.
- A round fired over the berm is a match disqualification and being a good sport, you'd keep on helping for the rest of the match.
- The shooter is responsible for the staging of their guns. A staged gun that falls is a dropped gun and is subject to a penalty.
- Everyone should get involved in the flow of the match : we all eat, we all wash the dishes.
- Don't be afraid to ask questions at the walkthrough, but know the Procedure before you arrive at the firing line.

COWBOY COOKING GLOSSARY

Airtights: canned goods

Arbuckles: a popular brand of coffee

Biscuit-shooter, belly-cheater, dough-puncher, dough-wrangler, cooky: nicknames for chuck wagon cooks

Chuck: food

Feed-trough: table

Fluff-duffs: fancy foods

Mexican strawberries, whistle berries: beans

Gouch hook: iron rod used to lift the lids of Dutch ovens

Kansas City fish, chuck wagon chicken: bacon

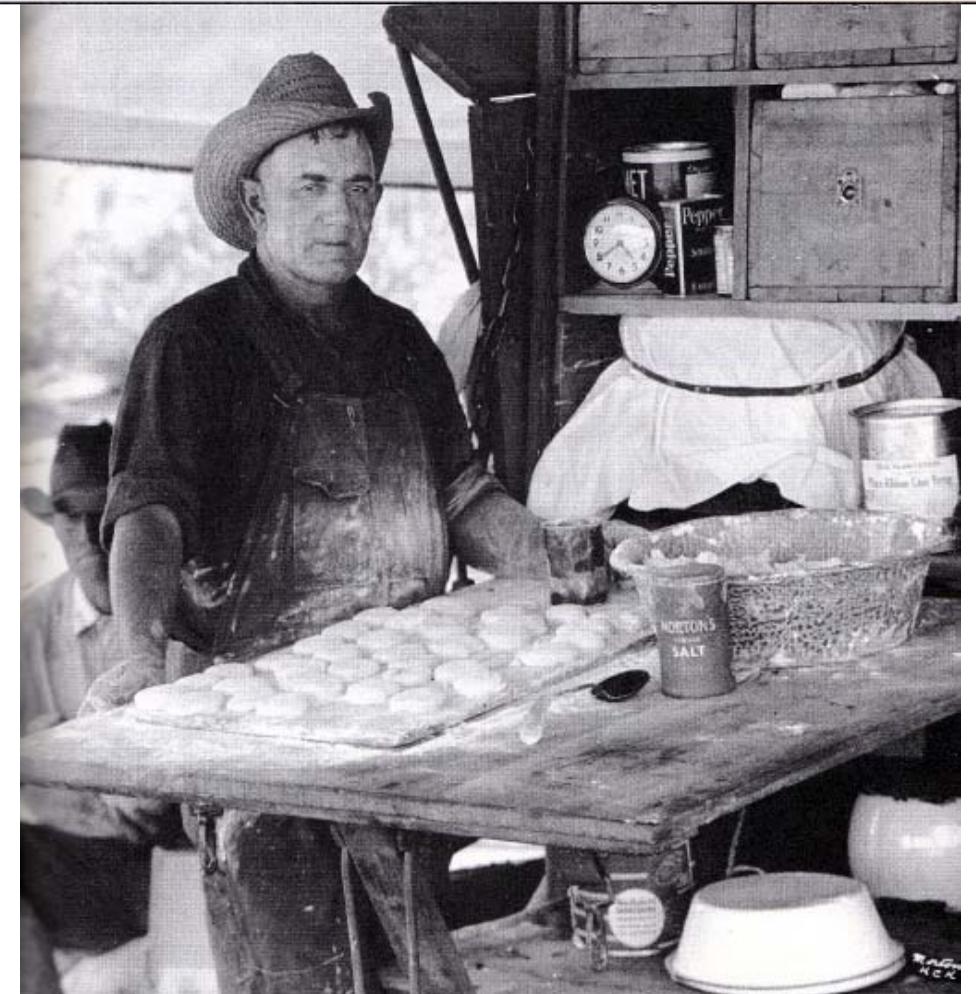
Lick: molasses, cane syrup, or other sweeteners

Pooch: bread pudding made with leftover biscuits, canned tomatoes, and sweetener

SOB, son-of-a-bitch: stew of calf's innards

Sow belly, hog side, sow besom, pig's vest: salt pork

Spotted pup: pudding of sourdough and raisins





The CAS time period saw the popularization of canning as a means to preserve food but the seals weren't always flawless...

Besides, a coating keeps the food from touching the alloy of the can, but this inner layer could crack if the can was deformed by impact, leading the alloy to rust and contaminate the food with botulism, a paralysis of vital organs caused by bacteria. (Very small doses of that germ's venom can be injected today on the tensed areas of the face, not paralyzing totally but relaxing the skin to look younger. This procedure is commonly called "botox".

The crew members of the **Franklin Expedition** died because of bad canning in 1846. Their mission was to sail half way across the arctic between Canada and the Northern Pole, get caught in the ice and wait all winter, then finish the trip towards

the Pacific and discover The Western Passage. But the contracted company was behind schedule for making the 8000 cans and didn't cook the food long enough, so after a few deaths the ship's cook found every third can was spoiled. Realizing there wouldn't be enough good cans to get them through winter, the crew took the ship apart to build sleds on which they brought the remaining provisions and marched towards the nearest Canadian trading post, about 1 000 Km south. Some went further than others, by eating them, but none ever reached civilization. The Captain's logs were found buried under cairns along the way. Besides the risks of botulism and undercooking, early cans contained lead which before death can cause **delusion**, **weakness** and **inability to make good decisions** --All common traits of CAS adepts, and a darn good theme for an Halloween match I would say... A recovered body tested for lead had 100 times the acceptable limit. Several interesting books can be found on this expedition, notably "The Terror", a best seller by Dan Simmons.



- No more than the 3 next shooters at the Loading table. Keep an eye on the shooting order.
- Moving before the beep can earn you a 'spirit of the game' penalty.
- Knockdown targets must fall and swinger targets must swing to count.
- The shooter's job is to shoot, and it's the spotters who call the misses and penalties. Ask why you got a P, but don't argue about what 3 persons saw. Life can be frustrating at times but get a grip, learn from it and perfect yourself.
- Spotters, be awake and position yourselves so you can spot. If you hold that dynamite stick, then hold your tongue as well and concentrate. Did you hear the target get hit? Did it move? Did you see dirt fly in the berm instead? If you were the shooter and you had a clean match going, you would not want it blown by an inattentive spotter. If you wreck it yourself, that's just part of the game.
- Don't talk to a spotter : he might answer you by politeness and screw up from lack of concentration.
- If you're being an RO (or TO), make sure the timer registers the first and last shots. Those light .38's don't make a lot of noise. Also, cover the timer with your hand after the last shot, so a bang from a nearby range won't be registered.
- This is a "no alibi match". Once you have said the start line you are committed to completing the stage.
- Once a pistol is cocked it must be emptied at the line.
- Please make it a point to have a great time at this match.

Stage One

9 Rifle

10 Pistol

6 Shotgun

Rifle and shotgun staged on table.

TIN CAN & SOURDOUGH

Besides canned goods, frontier cooks had to bring ingredients that wouldn't spoil. What better way than letting a friendly yeast grow in the dough? Each time they'd use such "sourdough" for biscuits, they'd keep some aside and add more flour and water to it and let it grow for the next batch. This is a 3000 year old trick. Nowadays, besides yogurt, cheese and beer, yeasts are used to improve pepper and coffee grains. When making sourdough, make sure you let the chlorine evaporate a few hours from your tap water, otherwise our little friends might die and the dough wouldn't raise much. Or just use chemical baking soda...

START POSITION : Standing at the X, both hands holding your head.

START LINE : "The dough won't rise, this place is too clean!"

PROCEDURE : At the beep...

With rifle, shoot R 1-2-3-1-2-3-1-2-3. Stage open rifle on table.

With pistol, engage P 1-2-3-1-2-3-1-2-3-4. Holster.

With the scattergun, blast S 1-2-3-1-2-3.

P4 must fall.

Hitting P4 out of order earns a procedural penalty.

Missing Hitting another target while engaging P4 (at the right time) is just a miss.

Actions open, muzzles up and off to the unloading table.

Perini Ranch Bread Pudding with Whiskey Sauce

Bread pudding is a popular cowboy dessert because it's a good way to use up leftover sourdough bread or biscuits.

SERVES 8 TO 10

2 eggs

2 tablespoons butter, melted

2 tablespoons vanilla extract (Mexican, if available)

2½ cups milk

2 cups sugar

2 cups cubed sourdough bread or biscuits (1-inch pieces)

⅓ cup chopped pecans

FOR THE WHISKEY SAUCE

½ cup sugar

½ cup butter

½ cup cream

¼ cup Jack Daniel's whiskey

Preheat the oven to 325°F.

Beat the eggs and add the butter, vanilla, and milk. Gradually add the sugar and mix thoroughly until the sugar is dissolved.

Place the bread cubes in the bottom of a 9-inch round buttered baking dish. Pour the egg mixture over the bread, making sure all the pieces are fully saturated. Sprinkle the pecans over the bread and push them down into the bread.

Bake for 50 to 60 minutes, or until crusty. Allow to cool for 10 minutes or more.

While the bread pudding is cooling, make the whiskey sauce. Combine the sugar, butter, cream, and whiskey in a medium saucepan. Stir constantly over low heat until the mixture reaches a low rolling boil. Pour a small amount over the individual servings of bread pudding.

Thanks to Rob Walsh's "The Texas Cowboy Cookbook, a history in recipes and photos". Go buy it, it's fun, historically very instructive and contains over 100 recipes from professional cooks and miscellaneous sources.

Stage One

Robert Del Grande's Coffee-Rubbed Beef Tenderloin

Cowboy cooks were famous for putting coffee in the gravy and coffee in the barbecue sauce, so it's easy to see where chef Robert Del Grande got his inspiration. This Southwestern classic has been on the menu of Houston's Cafe Annie for decades. And the idea has been imitated all over the country.

SERVES 4

- 2 pounds beef filet (preferably cut from the large end of a whole tenderloin), tied with butcher twine in 1/2-inch intervals**
- 2 teaspoons coarse salt**
- 1 teaspoon freshly ground black pepper**
- 2 tablespoons olive oil**
- 2 tablespoons finely ground coffee beans (preferably espresso)**
- 1 tablespoon unsweetened cocoa powder**
- 1/2 teaspoon ground cinnamon**
- Cafe Annie's Pasilla Sauce (page 229)**

Rub the meat well with 1 teaspoon salt, the pepper, and olive oil.

In a bowl, combine the coffee, cocoa, and cinnamon and mix well. Spread the mixture out over a work surface, such as a flexible plastic cutting sheet, and roll the beef in it, rubbing to coat it evenly. Marinate the beef for 30 minutes at room temperature.

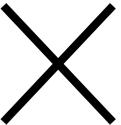
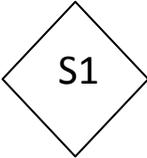
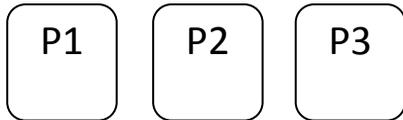
Preheat the oven to 400°F.

Place the beef on a roasting rack in a roasting pan. Roast for 10 minutes. Decrease the oven temperature to 250°F and roast for another 20 minutes. Check the beef's internal temperature with a meat thermometer (125°F for medium rare, 135°F for medium). If further cooking is necessary, return the beef to the oven (still set at 250°F) until it reaches the desired temperature. Let the meat rest for 10 minutes. Before carving, remove the string.

To serve, slice the filet into 1/4-inch-thick slices. Top with the rest of the salt and the pasilla sauce.

You can rub just one side of a simple steak in the cacao & coffee mix, or both sides of a thick burger. Once cooked, such coffee beef goes quite well with the common "Chili Sauce" from supermarkets.

Eating those coffee grains might make you urinate and feel "energized", staying awake a few hours... But decaf. tastes just the same.



Stage Two

6 Shotgun

10 Pistol

10 Rifle

Rifle and shotgun staged on table.

CRUDE HEART / LIVER

Some Natives used to eat their prey's heart or liver raw, right after they'd killed it. One thing we understood later behind this ritual, is that cooking may augment the nutritive value of food, but it destroys vitamin C, the only prevention against scurvy. Those not indulging in a bit of raw meat once in a while would get weaker in time, as fresh fruits containing vitamin C were scarce in winter.

START POSITION : Standing at the X, both hands holding your throat.

START LINE : "And I thought vitamin pills tasted bad!"

PROCEDURE : At the beep ...

With shotgun, S 4-3-2-1-4-1
Stage open on table.

With pistols, alternate P₁ and P₂ for 10 rounds, starting on the side of your choice.
Holster.

With your rifle, alternate R1 & R2 for a total of 10 rounds, starting from the side of your choice.

Actions open, muzzles up and off to the unloading table for some raw liver and a nice Chianti with Dr. Hannibal Lecter. Hey, he didn't die of scurvy!

Conejo Colorado (Rabbit Stewed in Red Chile Sauce)

This spectacular rabbit recipe makes it worth the bother of looking for rabbit in a meat market or ethnic grocery. Serve in a bowl with flour tortillas on the side.

SERVES 4

1 rabbit (about 2 pounds)
Salt and freshly ground black pepper
½ cup all-purpose flour
1 teaspoon dried Mexican oregano
1 teaspoon ground dried thyme
¼ cup lard or vegetable oil
1 onion, chopped
2 garlic cloves, minced
2 cups Red Chile Sauce (page 21)

Rinse the rabbit and cut into 6 pieces (2 legs, 2 breasts, 2 loin pieces). Season the pieces with salt and pepper. Combine the flour, oregano, and thyme in a shallow dish. Dredge the rabbit pieces in the flour mixture.

Heat the lard in a large skillet or Dutch oven over medium-high heat. Brown the rabbit pieces for 5 minutes, or until nicely colored on all sides. Add the onion. Cook for 3 minutes, then add the garlic. Cook for another 3 minutes, or until the onion is soft, stirring often. Add 2 tablespoons of the remaining seasoned flour and stir continuously for 3 minutes, or until the flour is cooked. Add the Red Chile Sauce and stir well. Simmer over very low heat, stirring occasionally, for an hour, or until the rabbit falls from the bone. (Alternatively, you can transfer the rabbit to a slow-cooker or put the pot in a slow oven.) Serve hot.

Wayne Walker's Cowboy Coffee

Wayne Walker's technique for settling the grounds is to drop a whole raw egg into the coffee and stir it gently. It's actually similar to the technique used by French chefs to clarify stock. Just don't eat the egg.

MAKES 8 CUPS

8 heaping teaspoons medium-ground 100 percent Arabica coffee
8 cups spring water
1 raw egg

In a metal coffeepot over medium heat, add the coffee to the water. Bring just to a boil and then reduce to a simmer (or move the pot to the side of the campfire) for a few minutes, or until strong enough. Break the egg into the pot and stir gently, being careful not to break the yolk. Wait at least 5 minutes without disturbing the pot. Pour carefully.



Stage Two

R2

R1

P2

P1

S1

S4

S2

S3

Table



Stage Three

10 Pistol	10 Rifle	4 Shotgun
Rifle and shotgun staged on table.		

MEXICAN JUMPING BEANS

A moth lays its eggs in the flower of a plant, and the eggs get incorporated into the seeds. The larvae then eat out the interior of the bean and live there. When the larva moves, so does the bean. Eventually, the larva turns into a moth that emerges from the bean to repeat the cycle. If it doesn't find the right plant species, it will die. You can purchase Mexican jumping beans on the internet and have 'em hibernates in your refrigerator, if you don't freeze 'em dead. When warmed, they'll jump again. But it's like the worm in the tequila: Nobody says it's intended to be eaten!

START POSITION : At X, both hands holding your tummy.

START LINE : Holding belly, jump!

PROCEDURE : At the beep ...

With pistols, shoot P 1-2-3-1-2-3-1-2-3-1.
Holster.

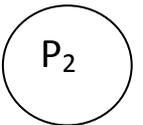
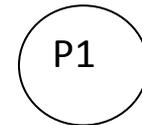
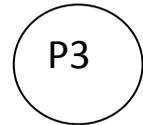
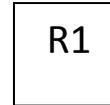
Move to Y.

With the rifle, engage R 1-2-3-1-2-3-1-2-3-1.
Stage open rifle on the table.

With scattergun, 1-2-3-4. (S₄ is a clay worth 5 seconds bonus.)
Stage open on hay bale

Actions open, muzzles up and off to the unloading table.

Stage Five



(Cardboard) = S



Stage Five

<u>1 or more</u> Shotgun	<u>5 Rifle</u>	10 Pistol
Shotgun shouldered, Rifle on table.		

The Stranger's PEEP SWEEP

The New World introduced European settlers to many new plants like rubber, tobacco, chiclets gum, potatoes and American corn, to name a few. Nowadays corn can heat your house, make your car go, nourish you in many various ways. Corn meal was a current ingredient in the Far West. Funny, when you heat the grains they pop like primers!

RO, name someone to watch if some person or animal comes behind the cardboard. If so, the Watcher (or anyone else) shouts "STOP".

START POSITION : Wait for RO to ask you to load the shotgun. Then, standing at X with shotgun shouldered, loaded and pointing downrange.

START LINE : "There, in the corn field!"

PROCEDURE : At the beep...
With shotgun, shoot as often as necessary in corn field (cardboard) to blow enough of a hole for you to see R1 & engage it.

Always use the same trigger finger, so you shoot just one barrel at a time and the chronometer records every shot distinctly. Firing both barrels simultaneously would be like "fanning", which leads to a stage disqualification for unsafe handling of a firearm. (SASS RO1 manual, 2014, version 19-4, p.25)
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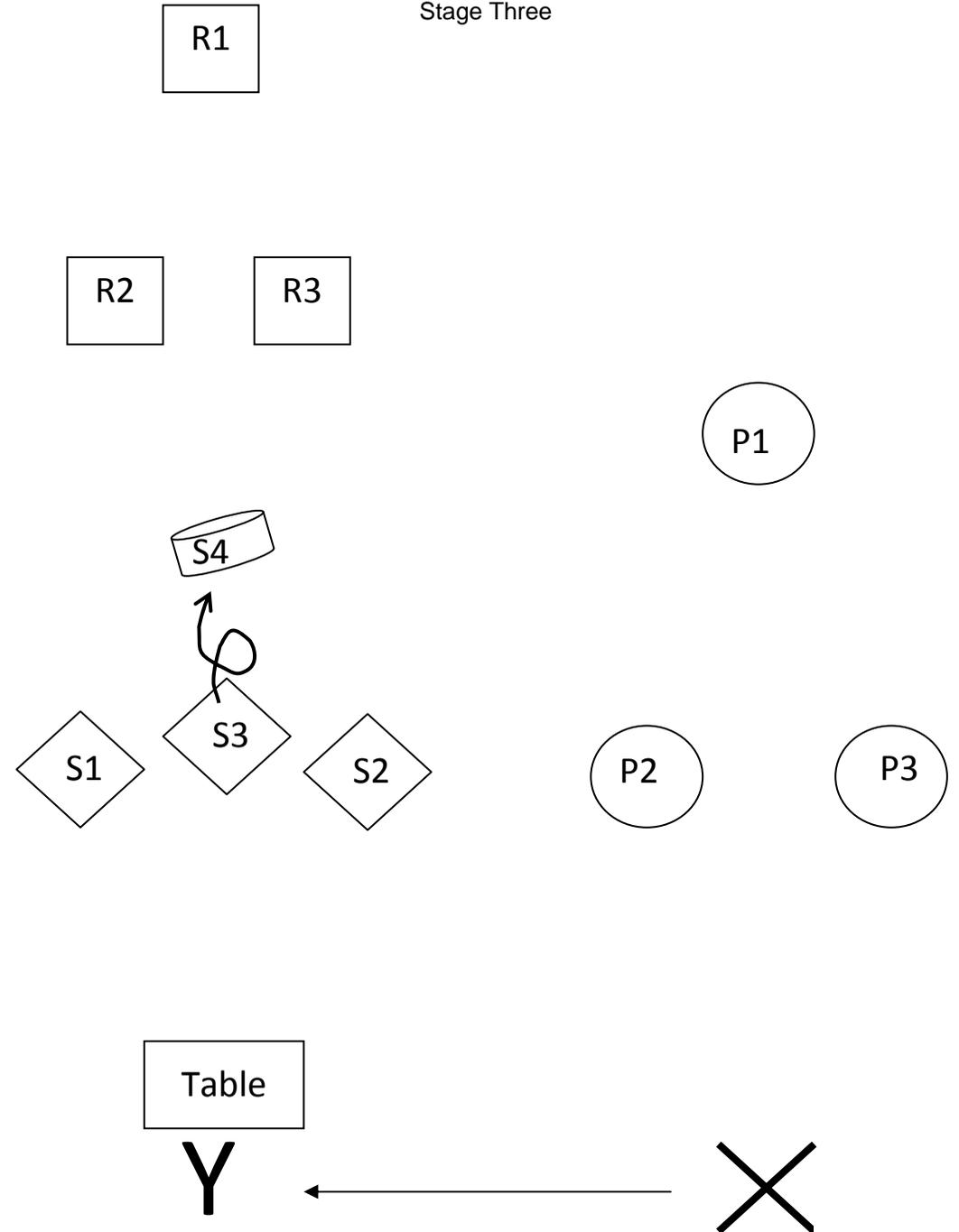
Switch open shotgun for rifle.

With rifle, 5 shots on R1 through the hole.
Stage open on hay bale. Move right to Y.

With pistols, engage P1-2-3-2-1-3-2-1-2-3. Holster.

Actions open, muzzles up and off to the unloading table.
Before going home, help wash the dishes. Thanks.

Stage Three



Stage Four

10 Rifle	10 Pistol	4 Shotgun
Rifle and shotgun staged on table.		

CHINESE FOOD

The Chinese hid messages inside food to be distributed to their people, to rise 'em up against their Mongol rulers. This was centuries before the actual "fortune cookies", appeared in 1878 in San Diego restaurants. Could they still be plotting with codes we have yet to "crack"?

START POSITION : Open a cookie. Eat it or not but keep the message.
Wrapping/crumbs go in the trash can.

Both hands hold the cookie' message in a reading position.

START LINE :(The cookie message you're holding.)

PROCEDURE : At the beep...

Put your start line (cookie message) in the trash. It must stay in, or it's a procedural penalty.

With rifle, R1-2-1-3-1-2-1-3-1-2.
Stage open rifle on the table.

With pistols, same sweep as with the rifle : P1-2-1-3-1-2-1-3-1-2.
Holster.

With scattergun,S1-2-1-3.

Actions open, muzzles up and off to the unloading table.

Stage Four

