

Cape Cleveland lighthouse Radio Stew

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Degree of difficulty:

Low

You need:

3 x 410g tins braised steak and vegetables with chunky meat pieces or similar

1 x 425g tin baked beans in rich tomato sauce or similar

1 x 750g tin tiny potatoes or similar

2 x 535g tins big n chunky beef stockpot soup or similar

1 x 420g tin four bean mix or similar

1 pkt French onion soup mix

250g rice

6 thin beef chipolata sausages, cut into small pieces

Condiments -

Onion flakes

Garlic Granules

Ground Ginger Powder

Keen's traditional Curry Powder

A pack o heat beads

Firewood and a safe place to build a cooking fire

Medium size pre-oiled cast iron camp oven

Serving Suggestion:

Serve this Radio Stew in big camping mugs with a side plate of rice and send Morse Code whilst dunking big chunks of Knotted Bread Rolls in the stew !

Method:

Try to start the stew about 3 hours before you want to eat and allow an extra half hour or so to get the heat beads or coals hot enough for cooking. Pop the cut up pieces of sausage into the preheated pre-oiled camp oven and stir them around to brown them. Open all the tins and add them to the camp oven including their juices and a generous pinch of the condiments. Stir every now and then. After about an hour sprinkle in the packet of French Onion soup mix and half the rice and a bit more seasoning to taste. Give it all another stir and it should be starting to thicken up nicely. Cook the rest of the rice in a separate pot and serve it with the stew.