

Breakfast

Beef

S.O.S. (Shit On the Shingle)

This is a family favorite. Dried Beef is not easy to find in the West. In fact, I saw it only once and was priced at \$16.00 per pound. In Pennsylvania you can buy Dried Beef almost anywhere and it is much cheaper. I don't understand why, because they make S.O.S. in the Navy for the sailors. That is where the name originated.

1 lb. shredded Dried Beef

2 Tbs. vegetable oil or butter

1/4 cup all-purpose flour

1/2 quart milk

8 to 12 slices of bread
butter



Heat oil in large skillet.

Add dried beef and fry until beef is slightly browned.

Add flour and cook until flour browns slightly in pan.

Add milk, gradually.

Bring to a boil over medium heat until mixture thickens.

Toast Bread and butter.

To serve, slice two pieces of bread in half and spoon dried beef gravy over the four halves of bread.

Yield: 4 - 6 servings.