

# **WILDERNESS COOKBOOK**

## **Great Recipes for Camping and Backpacking**



*Compiled for the Wilderness Basics Course, 2009*  
**By Pauline Jimenez**  
*(Not for sale or official distribution)*



# TABLE OF CONTENTS

## BREAKFASTS

Homemade Instant Oatmeal .....	1
Muesli.....	1
Tummy-Warmer Cereal .....	1
Bulgur with a Zing .....	2
Hot Stuff .....	2
Fried Couscous with Cheese .....	2
Superior Spuds .....	2
Five-Grain Marmalade Granola .....	3
Breakfast Rice.....	3
Cheese Grits .....	3
Grits with Butter and Maple Syrup .....	3
Apricot-Pecan Cream Cereal.....	4
Lemon-Raisin Bars.....	4
Hash Browns and Scrambled Eggs .....	5
Breakfast Burritos .....	5
Sunday Scrambled Eggs .....	5
Pan Biscuits .....	6

## LUNCHES AND SNACKS

Your Own Energy Bars .....	7
Fruit and Noodle Salad.....	7
Tabouli.....	7
Walking Fruit Salad .....	7
Lemon Pudding Salad.....	8
No-Cook Rice Salad .....	8
Tri-Colored Tortellini Salad .....	8
Red and Green Salad with Ginger-Soy Dressing .....	8
Garbage Bag Salad .....	9
Almond-Tomato Couscous Salad .....	9
Bean and Pasta Salad .....	9

## JERKY

Beef Jerky .....	10
Camper's Classic Jerky Marinade.....	10
Ginger Jerky Marinade.....	10

## GORP IDEAS

Deserted Island Gorp .....	10
Indio Treat.....	10
Ideas for Your Own, Personalized Gorp	10

## SPREADS

Tomato and Almond Spread .....	11
Power Peanut Butter Spread .....	11
Hummus.....	11
Bacon-Toast Sandwiches .....	11
Black-Eyed Pea Spread.....	12
Cilantro-Peanut Oil Pesto.....	12
Basil Pesto .....	12

## SOUPS

Herb Vegetable Broth .....	13
Partan Bree .....	13
Ramen Plus.....	14
Herb 'N Garlic Ramen.....	14
Minestrone.....	15
Off-The-Shelf Clam Chowder .....	15

## DINNERS

Deluxe Mac 'N Cheese .....	16
Alpine Spaghetti.....	16
Tokyo Teriyaki .....	17
Italian Rice.....	17
Bouillabaisse .....	17
Basil Potatoes.....	17
Szechuan Snow Peas .....	18
Eastern Trail Stew .....	18
One-Cup Instant Dinners.....	19
Beef Stroganoff .....	19
Beef Gravel.....	19
Don's Pizza .....	19
Red Lentils and Rice .....	20
Curry Couscous .....	20
Thai Shrimp Wraps.....	20
One-Pot Seafood Dinner .....	21

## DINNERS IF YOU HAVE A (CAR CAMP) FIRE

Campfire Chicken .....	21
Cow Camp Beef.....	21
Lazy Dog .....	21

## TABLE OF CONTENTS – CONTINUED

### IT'S ALL GRAVY FROM HERE

Basic Sauces and Gravy .....	22
Hot Peanut Sauce.....	22

### ONE-LINER DINNERS

One Liner Ideas .....	22
Create Your Own One-Liners .....	23
One-Liner Packing Techniques.....	24

### DINNER IN A BAG

South Fork Spaghetti.....	26
Sphinx Creek Chicken Casserole .....	26
Agnew Meadows Apricot Couscous .....	27
Chicken with Cranberry Gravy and Mashed Potatoes .....	27
Cranberry Chicken with Rice.....	27
Creamy Chicken .....	27
Marvelous Macaroni .....	28
Not Your Grandma's Turkey and Mashed Potatoes .....	28
San Gorgonio Stroganoff.....	28

### BEVERAGES

Mexican Mocha.....	29
Mountain Latte .....	29
Peppermint Coffee.....	29
Spiced Hot Milk .....	29
Hot Ginger-Coconut Smoothie.....	29
Pine Needle Tea .....	29
Almond Smoothie .....	29
Chocolate Malted.....	30
Orange Surprise .....	30
Custard Trail Shake .....	30
Eggnog .....	30
Fruit Smoothies.....	30

### DESSERTS

Sort Of S'Mores.....	31
Peanut Butter Fudge .....	31
Peanut Butter Cups.....	31
Cheesecake .....	31
Creamy Tapioca Pudding .....	31
Rice Pudding.....	32
Rice Pudding.....	32
Coconut Fruit Cup .....	32
Apricot Brandy Flambé .....	32
MMM Cobbler .....	32
No-Bake Pie.....	33
Puddings To Please .....	33
No-Bake Brownies.....	33
Seven-Layer Bars.....	33
Car Camp Ice Cream In A Can .....	34

### DESSERTS IF YOU HAVE A (CAR CAMP) FIRE

Baked Banana Dessert .....	34
Baked Apples.....	34
Dutch Oven Cherry Crisp.....	34
Dutch Oven Apple Crisp .....	34

### ENLARGING RECIPES ..... 35

### ESTIMATES FOR A CROWD ..... 35

### COOKING TIMES AND YIELDS ..... 36

### MEASUREMENT CONVERSIONS..... 37

### REFERENCES

## BREAKFASTS



### HOMEMADE INSTANT OATMEAL

To help oatmeal “stay with you” longer, add ingredients with a little fat in them such as: 1 tblsp each **coconut cream powder** and shredded coconut; 2 tsp margarine; 2 tblsp almond paste; 1 tblsp low-fat bacon morsels with 2 tsp butter powder; or 2 tblsp chopped nuts. These fats kick in after the oatmeal’s carbohydrates are metabolized. Also, you can add vanilla powder for flavor and more powdered milk for extra protein.

At home, pack in a zip lock bag:

1/3 cup powdered milk  
½ cup instant oatmeal  
1 tblsp sugar (or to taste)  
pinch of salt (optional)  
1/4 cup chopped fruit, nuts, etc. (optional)

In camp, put the cereal mix in a cup or bowl and add 1 cup boiling water. (Add 2 tblsp water if you have added optional fruit.) Stir well, cover, let stand 10 minutes while you enjoy something hot to drink or take down your tent. Add more hot water if the cereal is too thick. (1 serving)

### MUESLI

1 ½ cups quick rolled oats  
1 ½ cups sliced almonds  
½ cup chopped dried fruit  
1 cup instant dried milk  
1 cup flaked coconut  
½ cup packed brown sugar

At home, toast the oats in a dry skillet over medium heat for about 3 minutes or until golden brown (careful, it burns fast). Place the oats in a large bowl and mix in the rest of the ingredients. Package single-serving portions (about ¾ cup) in zip lock bags and store in the refrigerator or freezer for your next trip.

In camp, add cold water to the bag, stir and eat straight out of the bag. If you’d like hot cereal, dump the contents of the bag in a bowl or mug before you add the hot water.  
(Makes about 6 servings, 3 ½ ounces each)

### TUMMY-WARMER CEREAL

Combine in a zip lock bag at home:

1 cup couscous  
¼ cup milk powder  
½ tsp salt  
½ cup raisins (or pitted dates,  
Medjool are the best)  
¼ cup walnuts  
2 tblsp butter or butter powder

In camp, bring 4 cups water to a boil. Stir in the cereal ingredients and return to a boil. Cover the pot, remove it from the heat, and let stand 5-10 minutes or until tender. (Four servings)

### NOTES

¼ cup chopped dried fruit weighs 1 ½ oz.

¼ cup couscous weighs 1 ½ oz.

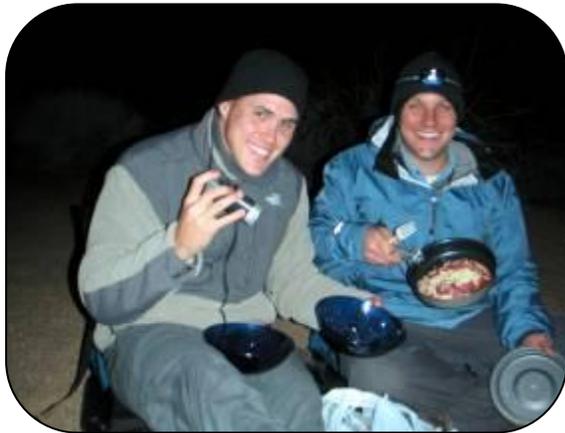
### **BULGUR WITH A ZING**

*This cold cereal is filled with bits of fruit that rehydrate when boiling water is added the night before. The ginger gives it a kick!*

Pack in a re-sealable container or zip lock bag:

- 1/4 cup bulgur (couscous)
- 1/4 cup chopped dried fruit  
(i.e. a variety of papaya, pineapple, apricots, mangos, bananas)
- 1 tsp chopped candied ginger
- 1 tbsp chopped nuts  
(i.e. macadamias or walnuts)

The night before, pour in ½ cup of boiling water. Make sure your container is sealed and won't leak. Store away from animals until morning.  
(One serving = 3.75 oz.)



### **HOT STUFF**

Pack in a re-sealable container or zip lock bag:

- ½ cup bulgur
- 1 tbsp dried onion
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp oregano
- ¼ tsp cumin
- ¼ tsp dried garlic

Carry (1 ounce stick) string cheese and 1 tbsp olive oil separately.

The night before your breakfast, boil 1 cup water and pour it in the bag of bulgur ingredients. Make it is sealed and won't leak, and store it away from animals until morning. At breakfast, warm a pan and scramble the bulgur mix in the olive oil. Remove from heat and add small pieces of the cheese, allowing it to melt before serving.  
(One serving)

### **FRIED COUSCOUS WITH CHEESE**

- 1/2 cup couscous
- 2-3 tbsp oil
- Garlic powder (or fresh garlic), to taste
- 1 green onion (or 1 tbsp chives)
- Salt and pepper

In camp night before your breakfast, add one cup boiling water to the couscous. Seal the bag to avoid leaks, and take appropriate measures to protect your food from rodents and other animals. Let the bag stand overnight.

In the morning, dice the onion (and slice the garlic if using fresh), and sauté it in oil. Cut the cheese into bits and set it aside. Add the rehydrated couscous to the skillet and fry until golden brown and crispy. Season with salt, pepper, and garlic powder. Just before eating, you can fold the cheese into the bulgur and serve from the pan. You could also put the couscous in your bowl first and top it with cheese. The second way makes an easier pan to clean, but the cheese doesn't melt as well. (Two servings)

### **SUPERIOR SPUDS**

*This meal also works for a quick dinner. Great when the weather is bad or when you're so tired that even boiling water is a chore!*

Combine in a zip lock bag at home:

- ½ cup instant potato flakes
- 1 tbsp instant dry milk
- 1 tsp butter powder  
(or real butter, sealed well)

Optional goodies to pack separately: 1/4 cup precooked, crumbled bacon, chunks of salami or beef sticks, 1/4 cup shredded Parmesan or cheddar cheese

Also pack a few pinches of spices: Salt and pepper, garlic powder or chili powder to taste

In camp, put all ingredients (except spices) in your bowl and pour in ½ cup boiling water. Stir until just moist. Let stand 30-60 seconds. Sprinkle on spices and enjoy. (One serving)

### FIVE-GRAIN MARMALADE GRANOLA

- ¼ cup canola oil
- 1 (18-ounce) jar Smucker's Orange Marmalade
- 1 (16-ounce) bag Bob's Red Mill 5-Grain Rolled Hot Cereal
- 16 ounces chopped hazelnuts
- 1 cup shredded sweetened coconut
- 1 ½ cups dried cranberries

In a large pot at home, heat canola oil and marmalade until thin. Add the rest of the ingredients (except the cranberries), and stir until the liquid has covered the mixture evenly. Spread in a nonstick jelly roll pan. Bake at 225 degrees for 2 hours, stirring now and then. Remove from the oven and allow the cereal to cool before adding the cranberries. Store 1-cup servings in zip lock bags for the trail.

On the trail, mix cereal with 1/3 cup powdered milk and water, or eat straight out of the bag. You can serve it hot or cold.  
*(Makes about ten 1-cup servings)*

### BREAKFAST RICE

*The brown rice, nuts and milk team for a complete, meatless protein.*

At home, combine in a zip lock bag:

- ¼ cup raisins
- ½ cup diced dried apples
- ½ cup chopped walnuts
- ¼ tsp salt
- ½ tsp allspice
- ¼ cup powdered milk
- 1 cup instant brown rice

Pack separately: 2 tblsp margarine

In camp, bring 1 ½ cups water to a boil. Add rice mixture and margarine. Stir, then let sit for about 5 minutes. Stir again before serving. *(One or two servings)*

### CHEESE GRITS

*If you're used to "real" grits, this substitute may not be your favorite breakfast. But it sure tastes good when you're tired of instant oatmeal!*

Combine in a zip lock bag:

- ¾ cup instant grits  
(two one-ounce envelopes)
- Pinch of garlic powder

Also pack:

- 1 ounce (one 1-inch cube) cheddar cheese  
(wrap carefully to prevent leakage)
- Salt and pepper

In camp, dice the cheese and place all ingredients in a bowl or cup. Add 1 cup boiling water. Stir well, cover, and let stand a few minutes. Sprinkle salt and pepper to taste. *(One serving)*



### GRITS WITH BUTTER AND MAPLE SYRUP

*Maple syrup granules are available from AlpineAire (mail order or local sporting goods stores such as Adventure 16, REI, Sports Chalet).*

Combine in a zip lock bag:

- ¾ cup instant grits  
(two one-ounce envelopes)
- 2 tsp butter powder
- 1 tblsp plus 1 tsp powdered milk
- 2 ½ tblsp (or to taste) maple syrup granules  
(or brown sugar)

In camp, place ingredients in a bowl and add 1 cup boiling water. Stir well and let stand a few minutes. *(One serving)*



### **APRICOT-PECAN CREAM CEREAL**

Combine in a zip lock bag:

- 1/4 cup plus 2 tbsp instant creamed rice
- ½ cup instant powdered milk
- 4-5 dried apricots, sliced
- 1/4 cup plus 1 tsp chopped pecans

In camp, combine mix and 1 ½ cups boiling water in an insulated bowl or pot. Stir, cover, and let stand for 3 minutes. Stir again, cover and let stand for 7 more minutes. *(One serving)*

### **LEMON-RAISIN BARS**

*With a beverage, here's a breakfast to eat while you're breaking camp.*

At home, combine and heat these ingredients in a saucepan, stirring until bubbly:

- 2 cups raisins or diced dried apricots
- 14 oz. condensed, sweetened milk
- 1 tbsp lemon juice
- 1 tpsp grated lemon rind

Cool the fruit mixture and set aside.

For the batter, stir these ingredients together in a bowl:

- 1 cup flour
- ½ tsp salt
- ½ tsp baking soda

In a separate bowl, beat together:

- 1 cup butter
- 1 ½ tsp vanilla
- 1 1/3 cups brown sugar

Stir the flour mixture into the butter mixture and add:

- 1 ½ cups oats
- 1 cup chopped walnuts or sliced almonds

Save 2 cups of the batter and press the rest into a 9 x 13-inch greased pan. Spread the fruit mixture on top to within ½ inch of the edges. Sprinkle the fruit with small pieces of the batter you saved, and press everything down lightly with your hand. Bake at 350 degrees for 25-30 minutes or until golden brown. Slice into 12 bars and package for the trail. *(Twelve servings, 498 calories, 16 grams fat, 84 grams carbohydrate, 9 grams protein per bar)*

### **HASH BROWNS AND SCRAMBLED EGGS**

*Powdered eggs are available at most sporting goods stores (i.e. Adventure 16, REI, Sports Chalet). They don't taste as good as fresh, but they pack lighter and keep longer.*

At home, pack in three separate zip lock bags:

Bag One: 2 cups instant hash browns and 3-4 tblsp margarine (pack so it doesn't leak if it melts).

Bag Two: ½ cup egg powder and 1/4 cup dry milk or (put 2-3 fresh eggs in a safe place).

Bag Three: Garlic, chili powder, black pepper to taste.

Optional extras:

Ketchup packets  
Salsa  
Tabasco  
Dried tomato bits, 1-2 tblsp dehydrated onion, dried mushrooms, bell pepper, etc.  
*(In camp, rehydrate in hot water about 30 minutes, drain)*  
Shredded cheese  
Bacon morsels  
4-6 Tortillas

In a non-stick frying pan, combine 1 1/3 cups water, instant hash browns and margarine. Bring the water to a boil without covering, stirring a few times to keep the potatoes from sticking. Then simmer but do not stir for 3-7 minutes until all the water has been absorbed and bottom is brown. If you brought powdered eggs, reconstitute with the dry milk in one cup of water and set aside. As the potatoes begin to fry, mix in eggs and optional vegetables, add spices, and scramble. More margarine may be needed. Remove from heat, top with optional cheese and cover. When cheese is melted, serve. *(Two to three servings)*

*If you don't have a non-stick pan, put the hash browns in a bowl, cover with boiling water and let stand 5-8 minutes. Drain the water and let it cool to lukewarm so you can use it to reconstitute the eggs. Heat 1-2 tblsp oil in your frying pan, add the potatoes. Cook without stirring for 3-7 minutes until brown and crispy, turn to fry the other side.*

For **BREAKFAST BURRITOS**, warm up the tortillas, wrap up the eggs and hash browns with salsa or maybe some bacon morsels. Serve with salsa, ketchup, or hot sauce.

### **SUNDAY SCRAMBLED EGGS**

*You can carry fresh eggs on the trail for a day or two if they are kept from temperature extremes. Pack in a pot or container with rigid sides deep in your pack, away from direct sunlight. Toast a buttered bagel in your frying pan, add coffee or a boxed juice.*

2 or 3 large eggs  
3 tblsp milk  
(or 1 tblsp powdered milk plus 2 tblsp water)  
Salt and pepper to taste  
1 tblsp vegetable oil

Beat eggs, milk, salt and pepper in a bowl. Preheat frying pan and add oil. Pour eggs into pan and let cook undisturbed about 30 seconds. Add optional ingredients, scraping bottom of pan *(use a plastic or wooden spoon if your frying pan has a non-stick surface)*. Continue to turn the eggs until done as you like.

Optional extras: *diced ham or steak; sliced hot dog; sliced salami, chicken chunks, cheese, dried mushrooms, parsley, onions, green peppers, walnuts, cashews, peanuts, apricots, Tabasco sauce, oregano, basil.*

## PAN BISCUITS

*Camp breads can be worth the wait, but they can tie up a group's stove for what seems like forever. Make sure no one is waiting to use the stove before you start this delicacy.*

At home, make biscuit mix:

- 2 cups flour
- 1/3 cup dry milk
- 4 tsp double-acting baking powder
- ½ tsp salt
- 1 tblsp sugar (optional)
- ½ cup margarine or shortening

Cut margarine or shortening into dry ingredients until the shortening is in tiny pieces (smaller than tiny peas). Package 1-cup portions in a ziplock bag. Label the bag: "Biscuit Mix: Add 1/4 cup cold water per cup of mix." (Makes about 2 ½ cups mix.)

Also pack:

- 1 tblsp margarine or shortening  
(packed so it won't leak)
- 1 tblsp flour
- Butter, honey, etc. for the cooked biscuits

In camp:

1. Spread a little margarine around the bottom and sides of a cold frying pan. Then coat the pan with flour by shaking a teaspoon of flour inside it.
2. Rub some flour on your hands so they don't get sticky. In a bowl or pot, add 1/4 cup water to each cup of Batter Mix. Mix well and form into a ball. Pinch off balls of dough and form into six patties (about 2 inches wide, 1/4 inch thick). Place each biscuit in the frying pan. Cover. (Use aluminum foil if your frying pan doesn't have a lid.)
3. Fry over low heat 5-7 minutes per side. To prevent bottoms from burning, move the pan around every minute or two and lift it above the heat part of the time. Be patient, and you'll have a yummy treat! Serve smothered in syrup, honey or gravy. (Six biscuits per cup - Two or three servings)

## High Altitude Adjustments:

0-3500 feet:

Use 4 tsp baking powder per 2 cups of flour

3500-6500: Use 3 ½ tsp per 2 cups of flour

6500-8500: Use 3 tsp per 2 cups of flour

8500-10,000: Use 2 ½ tsp per 2 cups flour

Over 10,000 feet:

Use 2 tsp baking powder and an extra egg  
(2 tblsp powdered egg per 2 cups flour)

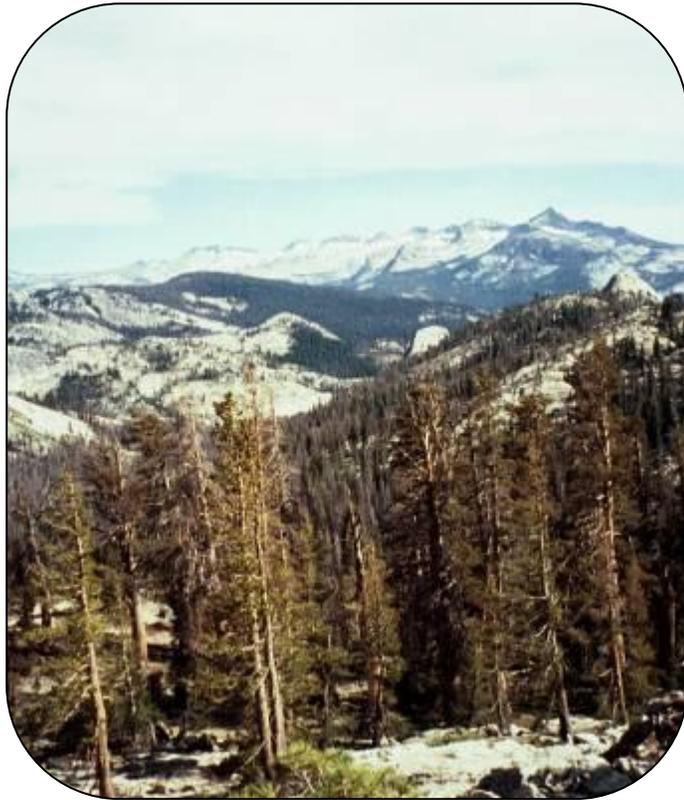
**Buttermilk Biscuits:** Use buttermilk powder instead of dry milk. **Bacon Biscuits:** Add 1/3 cup bacon bits to Biscuit Mix. **Cheese and Garlic Biscuits:** Add ½ cup grated cheese and ½ tsp garlic powder to Biscuit Mix. **Herb Biscuits:** Add ½ tsp dry mustard, ½ tsp sage and 1 1/4 tsp caraway seeds to Biscuit Mix.

**Dumplings:** Here's a "biscuit" cooked in steam! Form dough in very small, ping-pong size balls (they will double in size). Set on top of a simmering stew or soup. Cover and simmer for about 15-20 minutes until the middle of the dumplings are dry. (One cup biscuit mix makes about 6 dumplings)

**Pancakes:** Add about ½ cup of water per cup of Biscuit Mix. (Batter should run off the spoon easily.) Pack extra margarine or shortening for frying. Eat leftover pancakes as "bread" for lunch snacks



# LUNCHES AND SNACKS



## YOUR OWN ENERGY BARS

*These will last a week or so in your pack.*

- 2 cups rolled oats
- ½ cup brown sugar
- ½ cup raisins
- ½ cup chopped nuts
- ½ cup melted margarine
- ¼ cup honey
- ½ cup dried cranberries

Mix everything together in a bowl, and press into an 8x8-inch microwaveable pan. Microwave on high for 5-7 minutes, or until the mixture starts turning brown. It should still be soft to the touch when you take it out of the oven. Cool, cut into squares. Wrap each square in plastic and store all of them in a zip lock bag in the freezer for your next trip.

*(Nine bars)*

*290 calories, 16 grams fat, 40 grams carbohydrate, 3 grams protein per serving*

## FRUIT AND NOODLE SALAD

Combine the following ingredients:

- 4 oz noodle shells or spirals  
(boiled until just tender, then drained and cooled)
- 1/4 cup Parmesan cheese, grated
- 1/3 cup mixed dried fruit  
(i.e. chopped apricots, raisins, currants)
- 1/3 cup nuts  
(pecans or walnuts, toasted if preferred)

Make a dressing of the following ingredients:

- 1/4 cup lemon juice
- grated zest of ½ lemon  
(*yellow part only, not the rind*)
- ½ cup oil
- 2 tsp Dijon mustard
- 2 cloves garlic, crushed
- salt and pepper

The night before the trip, combine the salad and dressing ingredients and place in a re-sealable container. Put the container in a zip lock bag in case it leaks. Cool; then marinate for 1-24 hours. (*One generous serving*)

## TABOULI

At home, combine in a zip lock bag:

- 3/4 cup bulgur
- 4 sun-dried tomato slices  
(or 3 tbsp dried tomato flakes)
- 2 tsp onion flakes
- 2 tbsp parsley flakes  
(or 4 sprigs fresh parsley, chopped)
- 2 tsp dried mint
- 1/8 tsp garlic powder
- 1/8 tsp salt
- pepper to taste

In a small plastic bottle, combine: 2 tbsp olive oil and 2 tbsp lemon juice. Put the bottle in a zip lock bag to avoid leakage.

In camp, chop optional fresh ingredients: parsley, 1 carrot, 1 Kirby (small pickling) cucumber. Combine all ingredients with one cup cold water. Allow to stand about 1 hour to rehydrate. (*Makes two servings, about 2 cups each.*)

## WALKING FRUIT SALAD

Slice an apple in half and remove the core (leave no trace -- pack it out with you). Spread both halves with peanut butter and sprinkle raisins and/or chopped nuts on top. Share the other half with a friend.

### LEMON PUDDING SALAD

*Kids like this one!*

One (1 lb. 14. oz.) can pineapple chunks with juice  
One (11 oz.) can mandarin oranges, drained  
One (15 oz.) can fruit cocktail with juice  
2 bananas, peeled and sliced  
1 cup shredded coconut  
One (3 ¼ oz.) package of instant lemon pudding mix

Open a 1-gallon plastic zip lock bag and ease it into a 3-lb. coffee can (or a #10 size can, or a pot). Add all ingredients (except the pudding mix). Stirring slowly, sprinkle the pudding mix into the fruit mixture. Push most of the air out and seal the bag. Squeeze the bag with your hands to mix. Let rest about 5 minutes, or until set. Put the bag back in the can, unzip and serve. *(Makes 6-8 servings)*

### NO-COOK RICE SALAD

Combine in a zip lock bag:

1 cup **instant brown rice**  
½ ounce freeze-dried vegetable flakes  
*(found in most grocery stores)*  
¼ tsp onion powder  
¼ tsp garlic powder  
1/8 tsp marjoram  
¼ tsp salt  
1/8 tsp black pepper  
Dash thyme

Pack in another zip lock bag:

3 tblsp toasted pine nuts  
2 ounces cheddar cheese, cubed (optional)

Also carry: One 6.5 oz. jar marinated artichoke hearts *(Cara Mia™ brand is excellent -- pack jar in a protected place.)*

Pour 1 ½ cups boiling water into the rice mixture. Seal and let stand at least 10 minutes or until you eat your meal. Stir in pine nuts, cheese and artichoke hearts. The marinade will provide the dressing for the rice. *(Two servings)*

*Instant brown rice is available from AlpineAire (mail order or local sporting goods stores such as Adventure 16, REI, Sports Chalet). If you make this recipe in camp and plan to hydrate it until lunch, be sure the container you transport it in doesn't leak. You can also make this recipe the night before the trip and store in the refrigerator until you leave. It will keep in your pack for about two days.*

### TRI-COLORED TORTELLINI SALAD

*Make this dish at home. Keep it cool in an ice chest for a car camp or picnic.*

9 oz. pkg. cheese-filled tortellini  
(fresh, multi-colored)  
6 oz. jar marinated artichoke hearts  
(Cara Mia brand is wonderful!)  
1 tblsp. balsamic vinegar  
1/8 tsp. salt  
2 tblsp slivered, fresh basil  
(plus about 10 leaves)  
8½ oz. jar sun-dried, oil-marinated tomatoes,  
(drained and chopped)  
2 ¼ oz. can sliced olives, drained

In a large saucepan of boiling salted water, cook tortellini until just tender (about 7 minutes). Drain and set aside. Also drain artichokes (reserving marinade in a large salad bowl) and set aside. To the marinade, add vinegar, salt and slivered basil. Stir to combine. Add tortellini, sun-dried tomatoes, artichokes and olives. Toss gently; garnish with fresh basil leaves. *(Four servings)*

### RED AND GREEN SALAD WITH GINGER-SOY DRESSING

1 tblsp soy sauce or tamari  
1 tblsp seasoned rice wine vinegar  
2 tblsp safflower oil  
½ tsp finely chopped crystallized ginger

1cup snow peas  
1 one red bell pepper  
2 tblsp toasted sesame seeds

At home, pack the dressing ingredients in a small, leak-proof plastic bottle. Rinse and dry the vegetables, then pack them in paper towels or a paper bag. Protect them from crushing in your pack by placing them in your pot or in a container with rigid sides. Pack sesame seeds separately.

In camp, use an empty pot lid or bowl to dice the vegetables and sprinkle on the sesame seeds. Pour on the dressing, mix well and serve. *(Four servings, about ½ cup each)*

### **GARBAGE BAG SALAD**

*Fresh items should be packed in your cook pot or deep in your pack to protect against warm temperatures. Pack fresh vegetables in paper, not plastic. Most fresh items should not be peeled or sliced prior to transport (pre-washed greens are not recommended.)*

For a group of eight, ask one or two hikers to each bring a head of lettuce (packed in a paper bag). You bring a garbage bag and the dressing, and ask everyone else to bring about a cup's worth of a salad item of their choice (to be prepared in camp). These items could include: shredded carrots, cabbage, bacon bits, croutons, sunflower seed kernels, broccoli florets, trimmed snow peas, canned kidney or garbanzo beans (drained and rinsed), shredded cheese, sliced cucumber, marinated artichoke hearts, etc.

In camp, use the garbage bag to break apart the lettuce leaves (with clean hands, of course). Pour a small amount of water into the bag and shake it up to clean the leaves. Save the discarded water for another use. When the lettuce is ready, ask everyone to dump in their salad contribution. Shake the bag to toss the salad. Unroll the sides of the bag, set the bottle of dressing next to the bag, and let everyone serve themselves (use two plastic bags as "gloves" to pick up the salad, or scoop with a clean cup or bowl).



### **ALMOND-TOMATO COUSCOUS SALAD**

*Be sure to carry this in a leak-proof container.*

At home, combine in a zip lock bag:

- 1/4 cup couscous
- 3 tblsp toasted almonds (finely chopped)
- 3 tblsp dried tomato bits or flakes
- 1/4 tsp dried basil
- 1/8 garlic powder
- 1 ounce cheddar cheese (optional)

At breakfast, combine dry ingredients with ½ cup plus 2 tblsp boiling water; add salt and pepper to taste. Your salad will be hydrated and ready to add cheese and eat by lunch time. (Or you can cover and let stand for 10 minutes, add cheese and eat right away). (*One serving*)

### **BEAN AND PASTA SALAD**

*Oil-based salad dressings do not need refrigeration. Cooked, freeze-dried kidney beans are available from Spices, Etc.*

At home, combine:

- ½ cup **freeze-dried kidney beans**
- 1/4 cup Top Ramen noodles
- 2 tblsp dried carrots  
*(or mixed dried vegetables available in most grocery stores)*
- 2 tblsp dried onion

Pack separately:

- 2 tblsp olive oil-based salad dressing

On the trail, place dry ingredients in a container and add 1 ½ cups boiling water. Cover and let stand 10 minutes or until rehydrated. Drain water. If you are using a non-refrigerated dressing, add it now and let the flavors mix with the salad; otherwise, add the dressing at lunch. (*Two one-cup servings*)



## JERKY

### BEEF JERKY

1 ½ lbs lean beef (flank or round steak)  
½ cup Worcestershire sauce  
½ cup soy sauce  
1 tsp seasoned salt  
½ tsp onion powder  
½ tsp garlic powder  
1/4 tsp pepper

Remove all fat from the meat. Partially freeze the meat for about 15 minutes to make it easier to slice. Cut meat into quarter-inch slices along the grain for chewy jerky, against the grain for tenderer jerky. Combine liquid and dry ingredients to make a marinade. Marinate overnight in the refrigerator in a covered stainless steel or glass dish. Don't forget to cover the dish, or your refrigerator will stink!

The next day, drain off the marinade (*do not re-use*). Lay strips of meat in a single layer on an oven rack. Place foil on the rack below to catch drippings. Set the oven at 150 degrees and leave the oven door ajar a few inches. Dry the meat for 6-12 hours. Store carefully sealed in a cool place. (*One pound of sliced beef dries to about four ounces of jerky.*)

### CAMPER'S CLASSIC JERKY MARINADE

2 lbs round or flank steak  
1 tsp salt  
1 tsp pepper  
3 tbsp brown sugar  
1/4 cup Worcestershire sauce  
1/4 cup Tamari or soy sauce  
1 tbsp liquid smoke

See Beef Jerky recipe above for slicing, marinating and drying instructions.

### GINGER JERKY MARINADE

2 lbs round or flank steak  
½ tsp salt  
½ tsp pepper  
½ tsp ground ginger  
1 tbsp fresh ginger  
1 large clove garlic, minced  
½ cup soy sauce  
1/4 cup sugar

See Beef Jerky recipe above for slicing, marinating and drying instructions.

## GORP IDEAS

Some people use the name "GORP" for trail mix – Good Old Raisins and Peanuts.

### DESERTED ISLAND GORP

At home, combine:

½ cup dried papaya  
½ cup dried pineapple  
½ cup coconut  
½ cup cashews  
1/3 cup candied ginger

If desired, package in one-serving portions. *Makes four servings of a little more than ½ cup each. 203 calories, 11 grams fat, 24 grams carbohydrate, 9 grams protein.*

### INDIO TREAT

At home, combine:

½ cup chopped dates  
(preferably with no added sugar)  
½ cup shredded coconut  
(preferably unsweetened)  
½ cup sliced almonds  
½ cup pistachios  
1/8 tsp ground cardamom

If desired, package in one-serving portions. *Makes four servings of a little more than ½ cup each. 276 calories, 21 grams fat, 27 grams carbohydrate, 6 grams protein.*





## SPREADS

*There are a lot of things you can spread on bread, tortillas, bagels or crackers that pack well and taste great. Good old peanut butter and jelly, nut butters, cheese, cream cheese (in individual foil packets), sardines, hummus, refried beans, and chocolate hazelnut spread are highly rated choices. Here are a few other ideas to get you started.*

### TOMATO ALMOND SPREAD

At home, combine:

- 2 tblsp toasted, finely chopped almonds
- 2 tblsp dried tomato bits or flakes
- a dash of dried basil
- a pinch of garlic powder
- salt to taste

In camp or at home, add 2 tblsp boiling water. Let stand 10 minutes or until lunch. *(Makes one serving of 1/4 cup.)*

### POWER PEANUT BUTTER SPREAD

- 1/4 cup peanut butter
- 2 tblsp honey
- 2 tblsp margarine
- 2-3 tblsp powdered milk

Optional ingredients: sunflower seeds, chopped nuts, raisins, chopped dried fruit.

Carefully melt peanut butter, honey and margarine in a pot. Stir in powdered milk. Pack in a wide-mouth nalgene jar or a squeeze tube. *(Makes about 1/2 cup.)*

### HUMMUS

- One 12-ounce can chickpeas (garbanzo beans)
- 1 tblsp olive oil
- 3 tblsp sesame tahini
- 6 tblsp lemon juice
- 2 cloves garlic, minced

Mash the chickpeas with a fork. Add the olive oil, tahini, and lemon juice. If the mix is too thick, add a tablespoon or two of water. Stir in the garlic. Carry in a plastic or nalgene container so the garlic does not permeate your pack. *(Three servings)*

### BACON-TOAST SANDWICHES

*These keep for a few days and are great for colder trips or unpredictable weather.*

- 4 slices bread
- Butter (a lot)
- 6 to 8 slices of bacon

At home, fry bacon and drain off grease. Toast the bread and spread the hot toast liberally with butter. Make sandwiches as soon as the bacon is done. Let cool, and package for the trip. *(Two sandwiches)*

Grilled Cheese Sandwiches: *Pack cheese slices in the sandwiches. On the trip, you can butter the outside and heat them in a pan; or skip the butter and have a cold sandwich.*



**BLACK-EYED PEA SPREAD**

*This spread will keep for about two days, covered and refrigerated. On the trail, it should be used the first day.*

- 1 16 oz. can black-eyed peas,  
drained and rinsed
- ¼ cup tightly-packed, fresh parsley leaves
- 2 tblsp lemon juice
- 2 tblsp olive oil (extra-virgin is best)
- 1 ½ tsp chopped garlic
- ½ tsp dried tarragon
- ¼ tsp black pepper
- Salt (to taste)

Process all ingredients in a food processor until smooth. Taste, adjust seasonings, and add salt as desired. Try this with carrots, slices of green or red pepper, bagels, whole-wheat crackers, or tortilla chips.

*(Makes about 1 ¼ cups)*

*For each two-tablespoon portion: 60 calories, 3 grams fat, 0 grams saturated fat, 7 grams carbohydrate, 2 grams protein.*

**CILANTRO-PEANUT OIL PESTO**

*Spread on crackers, stir it into soups, toss with hot pasta, use in Mexican or Chinese food, try it on baked or hash-brown sweet potatoes.*

- 1/3 cup peanut oil  
(high-quality, cold-pressed is best)
- 2 cups loosely packed cilantro with stems  
(cleaned and thoroughly patted dry)
- scant ½ tsp salt
- ¼ tsp pepper

Put oil, salt and pepper into a food processor or blender; pulse once to mix. Add cilantro and pulse until cilantro is finely chopped but not pulverized to a liquid. Package in a small Nalgene bottle. *(Makes about one cup. For one serving, use about 2-3 tablespoons.)*

**BASIL PESTO**

*Try this on hot pasta.*

- 1/3 to ½ cup olive oil
- 2 tblsp pine nuts  
(or substitute macadamia nuts or walnuts)
- 2-4 cloves fresh garlic
- 1 tsp salt
- ¼ tsp pepper
- 2 tblsp butter

- 2 cups fresh basil leaves, stems removed  
(or substitute parsley)
- 1/3 cup Parmesan cheese, grated
- 2 tblsp Romano cheese, grated (optional)

Put half of the olive oil, nuts, garlic, salt, pepper and butter in a food processor or blender and mix at high speed until evenly blended.

Add leaves and remaining ingredients (except cheeses). Mix until well-blended, stopping to scrape down container as necessary. Do not blend to a liquid; tiny pieces of leaves should still be recognizable. Add cheeses and mix just to blend. The pesto should be pasty, like oatmeal.

Package in a Nalgene bottle or squeeze tube. *(Makes about 1 ½ cups. For one serving, use about 2-3 tablespoons.)*

## SOUPS



*Don't forget to check the aisles of your grocery store for instant, "individual serving" size soup choices. Excellent ideas are: Kikkoman™ Instant Shiro Miso Soup, Fantastic™ Couscous with Lentils Soup, Mrs. Manischewitz™ Black Bean Instant Soup.*

### HERB VEGETABLE BROTH

*You can simmer dumplings, noodles, or Chinese bean threads in this broth. Or, just drink it as a hot beverage.*

At home, combine in a zip lock bag:

- 1 vegetable bouillon cube  
(or 1 tbsp bouillon powder)
- 2 tbsp dried mushrooms, chopped fine
- 2 tbsp dried chives
- 1 tbsp mixed dried herbs
- 2 garlic cloves, crushed
- 4 sundried tomato slices, chopped

In camp, empty ingredients into a pot and stir in 4 cups water. Bring to a boil, cover, and simmer 3 to 5 minutes.  
*(Two servings)*

Variations: Add a fresh grated carrot and/or a chopped onion.

### PARTAN BREE

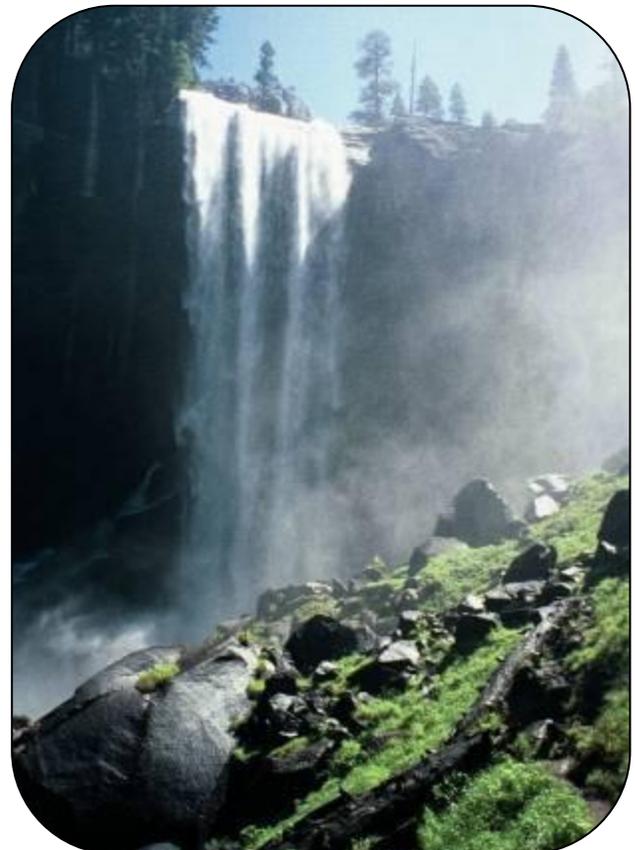
*This is a Scottish soup, mild and lightly flavored.*

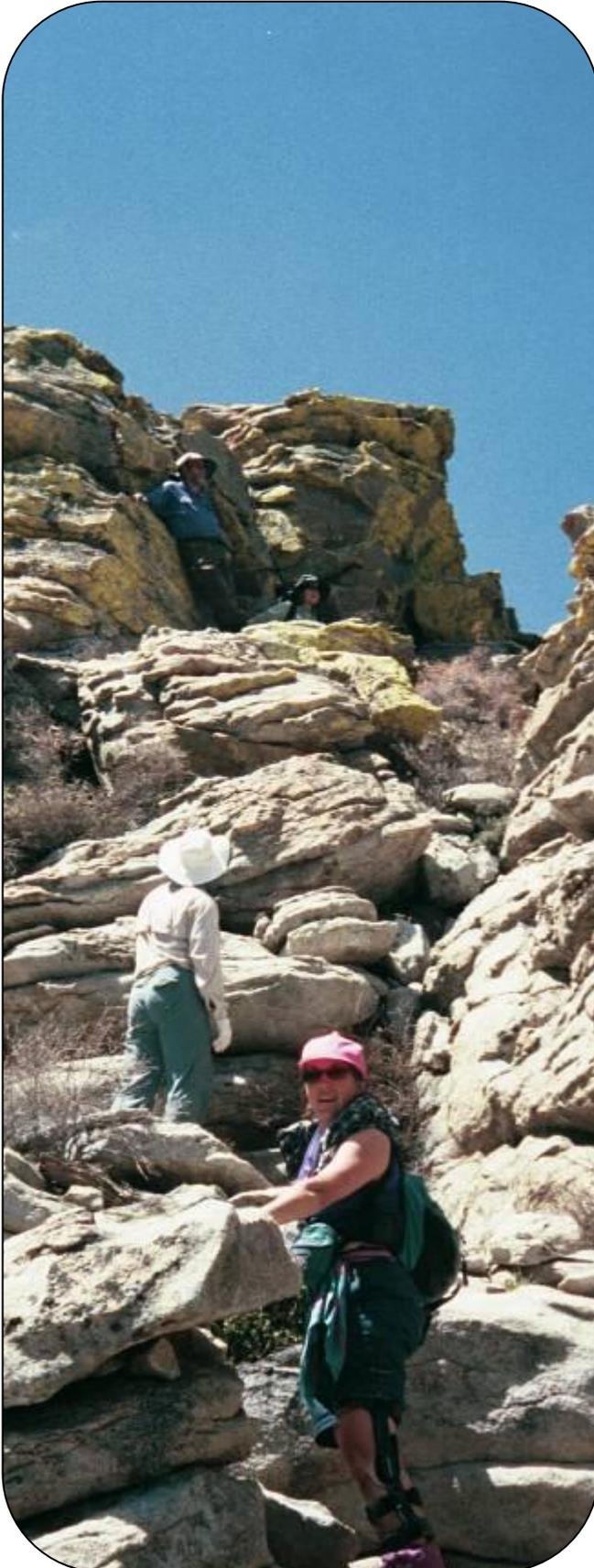
- ½ cup milk powder
- ¼ cup oats
- 2 tbsp dried chives
- 1 tsp parsley flakes
- ¼ tsp salt
- ¼ tsp nutmeg
- pepper to taste

- 2 tbsp butter (optional)
- 6 ½ ounce can crabmeat (with juice)

At home, package all dry ingredients together in a zip lock plastic bag. Carry the crab and butter separately.

In camp, place the dry ingredients in a pot and slowly add 4 cups water. Bring to a boil, stirring constantly. Cover, reduce heat and simmer 5 to 10 minutes. Remove from the heat and stir in the crab and butter. Reheat and serve.  
*(Two servings)*





### **RAMEN PLUS**

*There are lots of things you can do with ramen-based soups. Try adding sliced hard-boiled eggs, fresh trimmed snow peas, finely sliced carrots and chopped parsley, sliced onion, or a 6-ounce can of chicken.*

- 2 cups ramen noodles or pasta
- A big handful of dried tomato slices
- 1 tsp mixed dried spices  
(chili powder, oregano, cumin, etc.)
- ½ to 1 cup Parmesan cheese, grated or slivered

In camp, cook pasta in 4 cups water until almost tender. Drain most of the water off; spread tomato slices on top. Sprinkle with spices. Cover and cook gently for about 2 minutes, then add cheese. Cover and heat just until cheese melts. *(Three or four servings)*

### **HERB 'N GARLIC RAMEN**

At home, combine in a zip lock bag:

- 2 tblsp all-purpose flour
- 1 tblsp Mrs. Dash Salt-Free Garlic and Herb Seasoning
- ¼ tsp garlic salt
- 1/8 tsp ground cayenne pepper

Pack these ingredients separately:

- 3 oz. packet ramen noodles  
(seasoning packet removed)
- 2 oz. sharp cheddar cheese
- 1 tblsp butter

In camp, boil 2 cups of water and add noodles. Put pot in cozy and allow to stand 5-10 minutes, just until the noodles are soft. Add the flour mixture, butter, and cheese. Stir until the cheese melts.

*Makes one 510-calorie serving.*

*Total carrying weight: 6 oz.*

## **MINESTRONE**

*This is delicious topped with Basil Pesto and grated Parmesan cheese.*

At home, combine in a zip lock bag:

- ¼ cup broken spaghetti
- ¼ cup Parmesan cheese, grated
- 2 tbsp tomato powder  
(or vegetable bouillon cube; or 2 ounces dehydrated spaghetti sauce)
- 2 tbsp parsley flakes
- 1 tbsp onion flakes
- 1 tbsp celery flakes
- 1-2 tsp basil
- 1 tsp oregano
- ½ tsp salt
- ½ tsp pepper
- 1/8 tsp garlic granules

Optional ingredients you might also add:

- ½ cup freeze-dried navy, pinto or kidney beans (*available from Spices, Etc.*)
- 4 slices sun-dried tomatoes, diced
- 1 tbsp dried bell pepper
- 1 tbsp dehydrated spinach flakes
- 2 tbsp dried mushrooms
- 1 fresh carrot, diced

In camp, place the ingredients in a pot and slowly add 4 cups of water. Bring to a boil, stirring constantly. Reduce heat, cover and simmer gently for 5-10 minutes or until the noodles and beans are tender. (*Two servings*)

## **OFF-THE-SHELF CLAM CHOWDER**

Combine in a 1-quart zip lock bag at home:

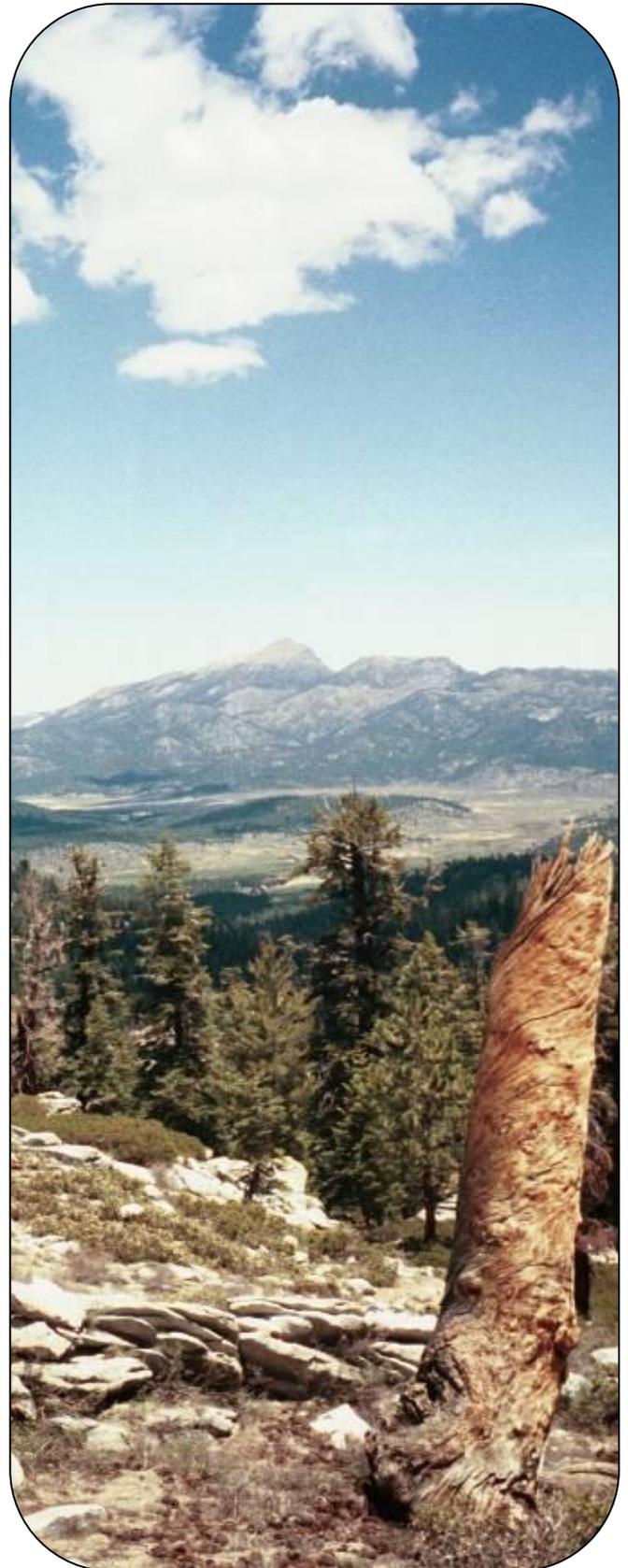
- 1 cup instant mashed potatoes
- ½ cup milk powder
- ½ tsp dill
- ½ tsp black pepper
- ½ tsp thyme
- ½ tsp granulated garlic
- ½ tsp salt

Pack separately:

- 3 oz. pouch of clams
- 2 oz. grated parmesan cheese

In camp, put the clams (with liquid) in the freezer bag; add two cups boiling water. Stir, seal and keep warm in a cozy or empty covered pot for 10 minutes. Top with cheese and eat.

(*Two servings*)



## DINNERS



### DELUXE MAC 'N CHEESE

At home, combine in a zip lock bag:

3 tbsp flour  
2 tsp mustard powder  
½ tsp salt, or to taste  
½ cup milk powder  
1 tbsp parsley or parsley flakes  
½ tsp black pepper

In another bag, combine:

1/3 cup chopped dried tomatoes  
8 oz. (2 cups) small shell pasta

Pack separately:

5 oz. Swiss cheese  
¼ cup dry white wine (optional)

In camp, bring 3 ½ cups water to a boil. Meanwhile, cut the cheese into very small chunks. If you are using wine, add it to the pot with the pasta and tomato pieces.

Boil uncovered until the pasta is tender, stirring occasionally. Stir in the dry ingredients, then the cheese. Turn off the heat and stir until the cheese melts.

Optional toppings: Tabasco, chopped walnuts, chopped onion, etc.

*(Two servings of about 2 ¼ cups each)*

### ALPINE SPAGHETTI

*To toast pine nuts, fry at home with a little butter over medium heat just until they start to brown. Drain and pat dry with a paper towel.*

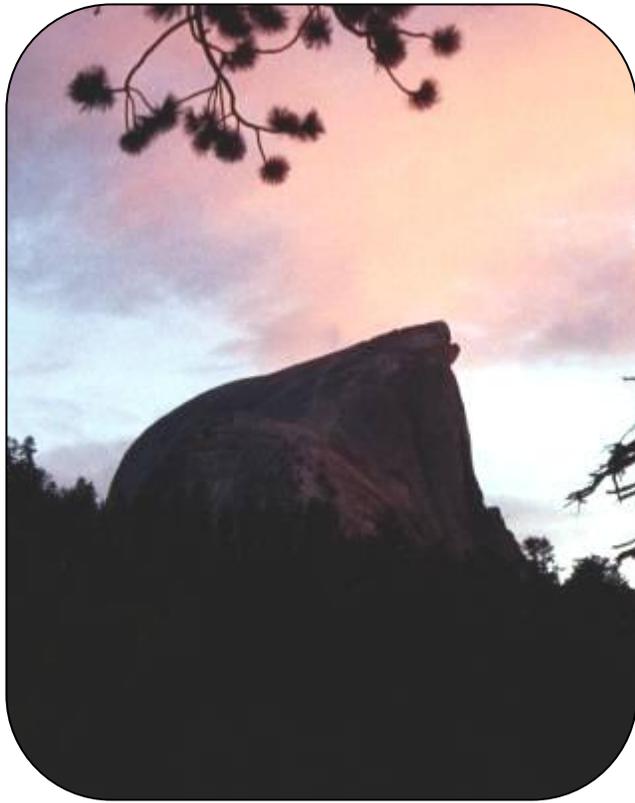
8 ounces "angel hair" pasta  
1 tbsp olive oil (or butter)  
1 cup Parmesan cheese, grated  
3 tbsp ground dried basil  
1 tbsp parsley flakes  
¼ tsp garlic granules

Optional ingredients:

1/4 cup toasted pine nuts  
1/4 tsp hot pepper flakes  
Salt and pepper

At home, put the pasta in a large, heavy-duty zip lock bag. Carry the olive oil in a nalgene or plastic bottle. Combine the remaining ingredients in another zip lock bag.

In camp, bring a pot of water to a boil, pour enough into the spaghetti bag to cover it well, and seal the bag. Pour the remaining hot water into cups for beverages. Remove the pot from heat; set the spaghetti bag in the pot and cover. Let the pasta stand in the covered pot and keep it warm for about 10 minutes while it hydrates, then drain. Add the olive oil and toss. Add remaining ingredients and toss again until thoroughly mixed. *(Two servings)*



### TOKYO TERIYAKI

*Keep this meal away from direct sunlight while it thaws as you hike. It should still be cold as you begin cooking that evening. The meat must be cooked on the first night of your backpack, or it will spoil. A fortune cookie and hot tea would go well with this dinner.*

Combine in a zip lock bag and freeze until the morning of the trip:

- ½ lb sirloin steak, cut in one-inch cubes
- 1/3 medium onion, chopped  
*(fresh is best, dried onion is OK)*
- ¼ tsp ginger (fresh or dried)
- 2 oz teriyaki sauce

Package each of these separately in zip lock bags:

- ½ to 1 cup pre-cooked rice
- small can pineapple chunks (drained)

In camp, heat non-stick frying pan with a little water. Add steak mixture; cook until done. Push to one side of pan. Add pre-cooked rice and pineapple chunks; heat through. *(Two servings)*

### ITALIAN RICE

At home, combine in a zip lock bag:

- 1 1/3 cups instant rice
- 1/3 cup pine nuts (optional)
- 1 tblsp dry onion flakes
- ½ cup dry tomato slices
- 2 tsp instant chicken bouillon
- 1 ½ tsp garlic salad dressing mix  
(or dry Italian seasoning mix)

Pack separately: Grated Parmesan cheese, 2 tblsp margarine.

In camp, bring 1 ½ cups water, margarine and the contents of the rice bag to a boil. Simmer 5-7 minutes. Remove from heat, cover and let stand 5 minutes. Top each serving with cheese. *(Two servings)*

### BOUILLABAISSSE

From *The Well-Fed Backpacker*, by June Fleming

- 1 pkg Knorr Mix for Bouillabaisse
- 4 ¼ ounce can small shrimp
- 6 ½ ounce can minced clams

In camp, heat 4 cups water and stir in bouillabaisse mix. Bring to a boil, then add shrimp and clams and their liquid. Simmer for 12 minutes. Serve with thick chunks of French bread. *(Four servings)*

### BASIL POTATOES

From *Backcountry Cooking: Pack to Plate in 10 Minutes*, by Dorcas Miller

At home, combine in one corner of a plastic bag and tie off with a metal tie or rubber band:

- 2 tblsp toasted pine nuts
- 1 tblsp dried pesto mix (grocery store)
- 1 tblsp Parmesan cheese

In the rest of the bag, pack:

- ¾ cup instant hash browns
- 1 tblsp dried mushrooms (thin slices)
- 1 tblsp dried red bell peppers or dried tomato bits or flakes

Also carry: ½ tblsp olive oil (optional).

In camp, place dried vegetables in an insulated mug or bowl and cover generously with boiling water. Cover and let stand 10 minutes. Drain water except for about 2 tsp and add pine nuts, pesto, cheese and – if desired – olive oil. Stir well and serve. *(One serving of about 1 ½ cups)*

Variation: Add 1 tsp dried bacon bits to vegetable bag.



### SZECHUAN SNOW PEAS

1 cup of Minute Rice (or 8 ounces of pasta)  
2-4 dozen fresh snow peas

#### Peanut Sauce:

½ cup hot water  
½ cup smooth peanut butter  
3 tsp soy sauce  
2 tblsp Marukan seasoned gourmet rice  
vinegar (or 1 tblsp white wine vinegar)  
1 green onion, finely chopped  
2 cloves finely minced garlic  
1 tsp sugar  
¼ tsp red pepper flakes

**Garnishes:** Fresh cilantro, 1 green onion (pack in a paper bag, mince in camp), dry-roasted cashews

At home, make the sauce by blending the water and peanut butter in a mixing bowl until creamy. Stir in soy, rice vinegar, garlic, sugar and red pepper flakes. Put the sauce in a small nalgene bottle. Package rice in a zip lock bag; package cashews in a zip log; package snow peas and cilantro in separate brown paper bags.

In camp, trim off the ends of the snow peas while heating 2 cups of water for the rice (pasta should have enough water to boil freely). With a fork, stir in the snow peas about five minutes before the rice is done. The snow peas should be cooked, but slightly crunchy. Toss with the peanut sauce and serve. Pass garnishes separately. *(Makes about 4 servings)*

### EASTERN TRAIL STEW

1 cup instant or minute rice  
2 envelopes instant spring vegetable soup  
Large pinch parsley flakes  
Canned seafood  
(6 ½ ounces tuna,  
OR 7 ¾ ounces salmon,  
OR one or two 4 ½ ounce cans shrimp)  
Salt to taste

Bring 2 cups water to a boil. Add the rice, soup and flavorings. At high altitude or very cold weather, simmer a few minutes. Cover; let stand about 10 minutes until the rice is tender. Stir in seafood and reheat if necessary. *(Two or three servings)*



### ONE-CUP INSTANT DINNERS

*In the grocery store, look for any soup that “cooks” in 5 minutes with the addition of boiling water.*

At home, combine:

- ¼ cup + 2 tblsp couscous
- 1-cup pkg instant black bean soup  
(dry ingredients)
- 2 tblsp dried tomato bits or flakes
- ¼ tsp chili powder

Other ideas: *Vegetable soup with couscous; corn chowder with instant rice.*

Toppings: *Sliced cheese, crushed Fritos, salsa, bacon bits, sunflower seeds, etc.*

In camp, place dry ingredients in an insulated bowl and add 1 ½ cups boiling water. Mix, cover and let stand 10 minutes. Add toppings, if desired, and salt to taste.

*(One serving of about 1 ½ cups)*

### BEEF STROGANOFF

At home, combine in one corner of a plastic bag and tie off with a twist-tie or rubber band:

- 1½ tblsp sour cream powder  
(or several packets cream cheese)
- Pinch of nutmeg

In the rest of the bag, pack:

- 3 tblsp dried ground beef  
(see Beef Gravel recipe)
- 3 tblsp thinly sliced dried mushrooms
- 1/4 tsp dried chopped onion
- 2/3 cup ramen noodles

Also bring: 4 ounce can of water-packed shrimp.

In camp, place beef mixture in a cup or bowl and add 1 cup plus two tablespoons boiling water. Cover and let stand 10 minutes. Drain off broth (and drink it, if you like). Add nutmeg and sour cream powder or cream cheese and mix well. *(Makes one serving of about 2 cups)*

### BEEF GRAVEL

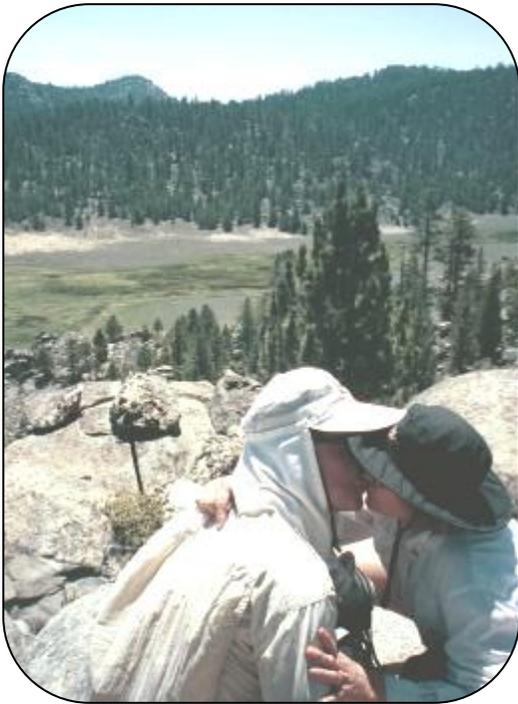
*You can use Beef Gravel in lots of different recipes (i.e. One-Liners, Beef Stroganoff, Alpine Spaghetti, etc. To rehydrate, cover with water for about five minutes. A little goes a long way.*

Cook lean ground beef thoroughly in a skillet. Use your favorite spices if desired. Pour off the grease, and rinse the meat thoroughly with hot water in a kitchen strainer. Make sure all clumps are broken up into very small pieces. Dry the meat on cookie sheets with the oven set at the lowest temperature for a few hours until it is hard and rattles like gravel. Cool, pack in a zip lock bag and store in your freezer for future trips.

### DON'S PIZZA

Pack an individual size Boboli™ ready-made crust and the sauce packet. In a separate plastic bag pack pepperoni, red pepper flakes, and/or whatever other toppings you like. Pack cheese and about 2 tblsp. oil separately.

In camp, brown the crust lightly in an oiled frying pan over a low flame. Turn the crust, spread with sauce and toppings, top with cheese. Cover the pan and continue to heat on a very low flame. Move the pan often to avoid scorching. Serve when the cheese is melted.



### RED LENTILS AND RICE

*Lentils and rice are a complete vegetarian protein. Garam masala is an Indian spice blend of peppercorns, coriander, cumin, cloves, cardamom and cinnamon. It is available at most supermarkets or health food stores.*

- ¾ cup red lentils
- ½ tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp salt
- ¼ tsp garam masala
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- ½ tsp garlic powder
- 2 tblsp dried onion
- 2 tblsp dried tomato bits or flakes
- ½ cup basmati rice

In camp, bring 3 cups of water to a boil and add dry ingredients. Return to a boil and then lower heat to simmer, stirring occasionally, for about 15 minutes. It is OK to add a little water if needed, so the lentils won't stick. Dinner is done when the lentils and rice are tender.

*If you want to enlarge this recipe a little, increase the rice by ¼ cup and add an extra ½ cup of water to yield an extra ½ cup of cooked rice.*

*(Three 1-cup servings, 5 oz. each)*

### CURRY COUSCOUS

- ½ cup couscous
- ¼ cup cashew halves
- ¼ tsp curry powder
- 2 tblsp Mayacamas Chicken-Flavored Vegetarian Gravy Mix
- 2 tblsp olive oil

Pack everything except the oil in a zip lock bag; carry the oil separately. In camp, bring 1 ½ cups of water to a boil and stir in all ingredients. Remove from heat, cover, and let stand 5-10 minutes until liquid is absorbed. Stir with a fork or spoon to "fluff" before serving.

*(One serving)*

### THAI SHRIMP WRAPS

*Miso soup (available in grocery stores) is a good first course for this dinner.*

At home, combine:

- ½ cup instant rice
- 1 tblsp plus 1 tsp dried onion
- 1 tblsp plus 1 tsp coconut cream powder  
*(available at Asian food stores)*
- 1 tblsp plus 1 tsp cilantro
- 1 tsp minced dried ginger
- 1/8 tsp garlic powder

Pack separately:

- 1 (5 oz.) can shrimp
- 4 tortillas (7 ½ diameter)

On the trail, place dry ingredients in an insulated bowl (or wrap your jacket around a pot) and add 3 tblsp boiling water. Mix well, cover and let stand 10 minutes while the rice absorbs liquid. (At high altitudes, you may want to add a little more boiling water and simmer a minute or two).

Meanwhile, briefly heat tortillas in frying pan or pot lid. Add drained shrimp to filling and mix. If filling has cooled too much, briefly re-heat. Spoon ½ cup filling into each tortilla, turn in the sides and roll like a burrito.

*(Makes about 2 cups filling, enough for 4 wraps)*

## ONE-POT SEAFOOD DINNER

At home, pack in a zip lock bag:

- 1 cup couscous,  
OR pre-cooked brown rice OR noodles
- 1 tblsp tomato powder  
OR powdered spaghetti sauce mix
- 1 tblsp celery flakes
- 1 tblsp dried bell pepper (optional)
- 1 tblsp onion flakes
- 1/4 tblsp garlic granules  
OR 1/2 tblsp garlic powder
- 1 tblsp of ONE of these ingredients:  
curry powder,  
chili powder  
mixed herbs or  
garam masala
- 4-6 sun-dried tomatoes (chopped)

Also pack separately:

- 1 can seafood (i.e. shrimp, clams)
- Grated cheese

In camp, bring 2 1/2 cups water to a boil and stir in the grain mixture. Return to a boil, reduce the heat and simmer gently for 5 minutes. Remove from the heat; stir in the seafood and cheese. Let stand 10 minutes. Stir and serve. *(Three servings)*



## IF YOU HAVE A (CAR CAMP) FIRE...

*Don't forget to "Leave No Trace." Pack out the aluminum foil and any other campfire remains when you leave. Use dead and downed wood, and avoid scorching rocks. No one will even know you were there...*

### CAMPFIRE CHICKEN

- 1 potato (diced)
- 1 zucchini (diced)
- 1-2 carrots (diced or grated)
- garlic powder
- dried onion flakes
- steak sauce, Italian dressing or cream of mushroom soup
- 2 boneless, skinless chicken breasts
- chopped cilantro

Divide the potato, zucchini and carrots on two pieces of heavy-duty foil (each piece should be about 24 inches long). Lay each chicken breast on top of the vegetables. Top with steak sauce, Italian dressing or cream of mushroom soup. Sprinkle with garlic powder and onion flakes; top with cilantro. "Drugstore wrap" each packet for a steam-proof seal (fold over and roll up the leading edges, then roll the sides). Cook on a shallow bed of glowing coals about 10-15 minutes per side.  
*(Two servings)*

### COW CAMP BEEF

- 1 potato, thinly sliced
- 1 carrot, thinly sliced
- 1 onion, thinly sliced
- 2 cubed steaks or 1/2 lb. stew meat
- Butter, salt and pepper

Lay the potatoes, carrot and onion on two sheets of heavy-duty foil and put the meat on top. Season with butter, salt, pepper and whatever else you like. Use the "drugstore wrap" to seal the packet well. Cook on a shallow bed of glowing coals for about 20-30 minutes, turning twice during cooking.  
*(Two servings)*

### LAZY DOG

Put a hot dog in a bun. Wrap it in heavy-duty foil and put it in an empty 1-quart milk carton. Place the carton in a fire circle or other safe burn spot. Light the top of the carton. By the time the carton burns to the ground, your hot dog will be cooked and the bun might even be lightly toasted!



## IT'S ALL GRAVY FROM HERE

### **BASIC SAUCES AND GRAVY**

*For a thinner sauce, reduce flour and margarine by 1-2 tablespoons.*

#### Basic cream sauce:

4 tblsp dry milk powder  
3 tblsp flour  
3 tblsp margarine  
Salt and pepper

In camp, reconstitute milk in one cup of water. Melt margarine in the bottom of a pan over low heat. Add flour, stirring constantly to prevent burning, until mixture is as smooth as possible. Add reconstituted milk, slowly stirring constantly to prevent burning. Keep stirring over low heat until sauce is desired thickness, about 5 minutes. Remove from heat and add salt and pepper to taste.

#### Cheese sauce:

Stir in ½ to 1 cup of your favorite cheese.

Alfredo sauce: Add ½ cup Parmesan cheese, ½

tsp basil, ¼ tsp garlic.

Brown gravy: Add 1 tsp onion flakes, ¼ tsp garlic powder, 1-2 tblsp soy sauce (or a beef or chicken bouillon cube).

### **HOT PEANUT SAUCE**

*(If you need to reheat this sauce, be careful. Peanut butter scorches easily.)*

½ cup crunchy peanut butter  
2 tblsp vinegar (optional)

3 tsp hot sesame oil  
1 ½ tsp soy sauce or tamari  
1 tsp onion flakes  
½ tsp crushed hot red pepper

At home or in camp, heat 1 cup water. Remove from burner and add other ingredients. Excellent served hot or cold over noodles.

## ONE-LINER DINNERS

One-Liners are streamlined notes for tasty, one-pot meals in the back country. Most ingredients can mostly be found at any grocery store.

To create a One-Liner dish, select one or two items from each column on the Ideas Chart and combine them in the quantities you estimate you need. Use imagination and your taste buds to determine what items will taste good together.

You will note that the amounts of each ingredient are omitted. Every person has a different appetite and preferences, and some trips require varied calorie levels on different days.

For longer trips, consider alternative protein sources from complex carbohydrates. Carbohydrate partnerships that form complete proteins are: dairy and grains, grains and legumes, legumes and seeds.

Also consider dehydrated foods and light weight, freeze-dried ingredients available at outdoor and sporting goods stores (i.e. Adventure 16, REI, Sports Chalet). You can find a few specialty ingredients at natural foods stores, ethnic markets, delis, etc. and by mail order (Spices Etc., AlpineAire, Baker's Catalogue). If you own a food dehydrator, the possibilities increase even further.

Remember that fresh meat should be frozen the night before, allowed to defrost while deep in your pack during the day, and used the first night. . Precooked meat should also be carefully packed, stored deep in your pack and used the first night. Canned meats may be too heavy for multi-day trips, but they are fine for one- or two-day trips

### ONE-LINER IDEAS

Freeze-dried **chicken**, instant rice, dried onions, dried vegetable flakes, cream of chicken soup mix, Monterey Jack cheese.

Canned **ham**, quick rice, sweet-and-sour sauce mix, dried pineapple bits, cashews.

Precooked **beef chunks**, quick brown and wild rice, diced fresh carrot, dried mushrooms and onions, Stroganoff sauce mix, sour cream sauce mix.

**Pepperoni**, angel hair pasta, dried sliced mushrooms, Alfredo sauce mix, Parmesan cheese.

Leftover **round steak**, bulgur, fresh onion, beef bouillon.

**Vienna sausage**, mixed vegetable noodles, dried celery and pepper flakes, tomato soup mix.

**Beef jerky bits**, Top Ramen noodles, dried tomatoes, onion and pepper flakes.

Canned **shrimp**, boxed pasta mix (i.e. Lipton fettuccine), thinly sliced fresh carrot, Parmesan cheese.

HERE'S what you need for your own creative approach:

- 1) A list of ideas for what could taste good with what;
- 2) Packing techniques for solids and liquids;
- 3) Basic preparation instructions.

After studying the chart and trying out a few suggestions listed below, you'll start tinkering with a new ingredient here, an extra spice there. Try a few ideas. Wait 'til you see the spin-off inspirations you get!

## CREATE YOUR OWN ONE-LINERS

MEAT AND OTHER PROTEINS	PASTA, GRAINS AND OTHER BASES	VEGETABLES	SAUCES	SEASONINGS	TOPPINGS AND EXTRAS
<p>Fresh precooked meat (leftover roast, round steak, bacon, hamburger)</p> <p>Canned meats and seafood (boned turkey, chicken, luncheon meat, Vienna sausage, clams, tuna, salmon, sardines, crab, shrimp)</p> <p>Dried chipped beef, dried ground beef "gravel," dried or smoked fish, jerky (beef or poultry, in small bits)</p> <p>Dry salami or sausages (Thuringer, Lanjager, pepperoni, smoked link sausages)</p> <p>Canadian bacon, canned pre-cooked bacon</p> <p>Freeze-dried ham, beef, chicken, shrimp</p> <p><b><u>Dairy products, or three complex carbohydrate teams, form complete proteins with all essential amino acids. These are:</u></b></p> <p>(1) Dairy + Grains, (2) Grains + Legumes (3) Legumes + Seeds or Nuts</p>	<p>Spaghetti (thin, i.e. angel hair), noodles (narrow fettuccine, egg, spinach or whole wheat), alphabet pasta, macaroni (small), ramen or chow mein noodles</p> <p>Rice (quick white, instant brown, quick wild), instant grits</p> <p>Red lentils (these cook faster than other lentils), freeze-dried beans</p> <p>Couscous, bulgur</p> <p>Boxed mixes (i.e. macaroni and cheese, noodle/rice dinners, Hamburger Helper, Pasta Roni)</p> <p>"Nut burger" mix, textured vegetable protein ("TVP")</p>	<p>Fresh ones that travel well: carrots, onions, potatoes, summer squash, cucumbers, jicama</p> <p>Frozen vegetables (on short trips in cool weather)</p> <p>Freeze-dried vegetables, Just Veggies/Just Fruit products (available at Henry's and other health food stores – i.e. Just Corn)</p> <p>Home dehydrated (a million choices)</p> <p><u>Dried vegetables from the grocery store:</u> (onions, mushrooms, soup blends, mixed vegetable flakes, green and red pepper flakes, celery flakes, green chili peppers)</p> <p>Potatoes (instant mashed, hash brown mixes, etc.)</p> <p>Canned peas, beans, hominy</p>	<p>Cheese sauce (make your own with cheese and dry milk)</p> <p>Sour cream sauce or stroganoff sauce (use the powdered form available in foil packets)</p> <p>Spaghetti sauce, or sweet and sour sauce (choose the kinds that need only water)</p> <p>Powdered soup mixes (many kinds, both instant and cooked)</p> <p>Miso soup powder, teriyaki sauce</p> <p>Gravy, Au jus mixes</p> <p><b><u>Optional thickeners:</u></b> Cornstarch, flour, cornmeal, cheese, dumplings, etc.</p>	<p>Salt, pepper, garlic (fresh or dried), ginger (fresh or dried), paprika, chili powder, dry mustard, flavored salts or powders (curry, hickory, garlic, onion, celery)</p> <p>Herbs (sage, basil, oregano, powdered dill, poultry seasoning, celery seed, etc.)</p> <p>Dried parsley flakes, dried chives</p> <p>Worcestershire sauce, soy sauce</p> <p>Mixes (chili, taco, sloppy joe, envelopes of powdered salad dressings)</p> <p>Margarine, butter powder, clarified butter (also called ghee)</p> <p>Bouillon (beef, fish, chicken, vegetable)</p>	<p>Nuts (chopped, slivered, dry roasted, etc.)</p> <p>Toasted sunflower seed kernels, pumpkin seeds, sesame seeds, toasted wheat germ, roasted soybeans, etc.</p> <p>Coconut (shredded, flaked)</p> <p>Cheese (cubed, sliced, grated), margarine.</p> <p><b><u>Note:</u></b> when packing grated cheese, try combining it with some powdered milk to help keep the cheese from clumping into a gooey mess. Pack the cheese deep in your pack to help keep it cool.</p> <p>Dried pineapple bits, dried or fresh diced apple, other dried fruit bits</p> <p>Dried seaweed</p> <p>Bacon bits</p> <p>Croutons, crushed chips (i.e. Fritos, potato chips), crushed crackers</p> <p>Instant dry milk (a sprinkle adds extra protein)</p> <p>Catsup, mustard, soy, jelly or honey packets</p>

## ONE-LINER PACKING TECHNIQUES

Package pasta or grains and bouillon together, along with any salt for the cooking water. Package the sauce separately. Make sure that oils and liquid ingredients (or items that can melt, like butter) are packed in a leak-proof container. Package toppings (i.e. slivered nuts, coconut, Parmesan cheese, bacon bits, sunflower seeds) separately.

### Tips

- 1) **Determine the order of preparation.**  
For example, if the vegetables and rice must simmer together, they can be packed together. Always add dried vegetables at the start of the cooking process to ensure adequate hydration. You may even need to pre-soak large or hard pieces.
- 2) **Decide how much water to start with.**  
For example, if the ingredients call for 2 cups of water for rice, 1 cup for dehydrated vegetables and 1 cup for the freeze-dried meat, you might compromise with 3 ½ cups water to start. It's easier to add more water near the end of the cooking time than it is to fix a runny mess.
- 3) **Study the directions for each component.**  
Make sure you include the margarine, seasonings, instant dry milk or other items called for on a package.
- 4) **Determine the cooking time.** Arrive at a reasonable compromise for the combined ingredients. For example, if rice simmers for 8 minutes and freeze-dried peas soak in boiling water for 10 minutes, simmer both together for 9 minutes.
- 5) **Summarize information and make labels.**  
(For example, on a sour cream and soup bag, you could write "sauce + 1 cup water." On the larger bag which contains the rest of the meal, you might write, "Rice/beef/vegs – simmer 9 min in 3 ½ cups water. Add sauce, cook 1 min."). Make sure someone else could

### RULE-OF-THUMB PROPORTIONS FOR SINGLE SERVINGS

Freeze-dried meat - ¼ cup (1 ounce);  
Pasta - 2-4 ounces (use 2 or 3 parts water; pasta should tumble freely as it boils);  
Rice or grains - 1/3 cup (use 2 parts water for rice, other grains require 2 or 3 parts, cornmeal requires 4 parts);  
Dried vegetables - ½ cup.

understand your label in case they need to take over unexpectedly.

### Basic One-Liner Preparation Instructions

- 1) Start cooking the carbohydrate base, vegetables and meat substitute.
- 2) Add sauce mix, cook until thick. If using canned or precooked meat, add it now, just to heat through.
- 3) Add topping, if called for; serve.



**NOTES:**

A 5 oz. can of chunk light chicken dehydrates to ½ cup (1 ½ oz.)

1 oz. freeze-dried chicken (1/4 cup) rehydrates to 2/3 cup.

Just Veggies makes an affordable freeze-dried peas and carrots mix, available at Henry's markets.

**SOUTH FORK SPAGHETTI**

In the first freezer bag, pack:

3 oz. pasta (i.e. angel hair)  
2-4 tblsp. textured vegetable protein (optional)  
1 tblsp. dried vegetables  
(i.e. dehydrated carrot shreds, blanched before drying)  
¼ cup tomato bits  
½ clove dried garlic  
Red pepper flakes (optional)

In the second freezer bag, pack:

1 rounded tsp. Knorr pesto mix (1/4 pkg.)  
1 tblsp. pine nuts  
(or Italian Parmesan Almond Accents)

Pack these ingredients separately:

1 tblsp. olive oil  
2 tblsp. grated Parmesan

Add about 1 cup of boiling water to the first freezer bag; seal. Knead the bag; wait 10 minutes. Fold in the pesto mix, nuts and oil. Top with cheese. Eat from the bag.  
*Makes one 6 oz. serving (without TVP).*

*Notes: 1 tsp. milk, plus a dash of dried basil flakes and a dash of parsley flakes, may be substituted for the Knorr pesto mix. The pine nuts taste even better if you toast them lightly in a dry frying pan before you pack them.*

**DINNER IN A BAG**

*These dinners are designed to "cook" in a one-quart plastic freezer bag or any plastic bag that will accept boiling water. A clean pot and no mess! Home-made bag and pot cozies can be made from aluminum sun visors found at most auto parts stores.*

**SPHINX CREEK CHICKEN CASSEROLE**

2/3 cup ramen noodles (broken)  
1 packet cream of chicken soup (1 cup size)  
2 tblsp. freeze-dried peas  
1 tblsp. dried mushrooms, crumbled  
1 tsp. dried parsley  
¼ tsp. freeze-dried or granulated garlic  
3-oz. pouch of chicken  
(or ½ cup freeze-dried chicken)  
1 tblsp. Italian bread crumbs  
(or crumbled chips)

Add 1 and 1/3 cups of boiling water; seal. Knead the bag; wait 10 minutes (20 for freeze-dried chicken). Top with crumbs. Eat from the bag.  
*Makes one or two servings.*

**EASY!**

- 1) *Boil the water (usually about a cup for every cup of ingredients).*
- 2) *Pour it in the bag of food and carefully seal the bag.*
- 3) *Carefully mix the contents with your hands (wearing glove helps);*
- 4) *Keep the bag warm in a cozy (or wrapped in spare clothing) for about 5-10 minutes for meat pouches (or 15-20 minutes for freeze-dried meat) to finish rehydrating and cooking the food. Slower-cooking grains (such as dry elbow macaroni) will take about 10-15 minutes to cook.*
- 5) *Stir and eat.*

### **AGNEW MEADOWS APRICOT COUSCOUS**

1/2 cup couscous  
2 tsp. low sodium chicken bouillon  
2 tblsp. dried onion  
¼ cup diced dried apricots  
2-3 oz. toasted sliced almonds  
½ cup freeze-dried chicken  
(or one 3-oz. pouch of chicken)

Add about a cup of boiling water (enough to cover ingredients). Stir or knead well, adding more water if necessary. Wait 10 minutes. Eat from the bag.  
*Makes one serving.*

### **CHICKEN AND CRANBERRY GRAVY WITH MASHED POTATOES**

In the first freezer bag, pack:

1 cup instant mashed potatoes  
1 tsp. salt  
Dash ground black pepper  
1 tsp. dried chives

In the second freezer bag, pack:

1 packet chicken gravy mix  
(the one-cup water type)  
½ cup raisins

Also take:

7oz. pouch of chicken  
(or 1 cup freeze-dried chicken)

Add 1 cup boiling water to the potatoes; stir well.  
Add 1 cup boiling water to the gravy mix; stir well and add the chicken. Put both bags in a cozy for 5-10 minutes (15-20 if using freeze-dried chicken).  
Pour the chicken over the potatoes and eat.  
*Makes two servings.*

### **CRANBERRY CHICKEN RICE**

*If you can find instant wild rice, substitute ¼ cup for part of the instant rice.*

1 cup instant rice  
1 tsp. low sodium chicken bouillon  
Dash of salt  
½ tsp. granulated garlic  
1 tsp. parsley flakes  
1 tsp. dried onion  
2 tblsp. freeze-dried vegetables  
3 tblsp. raisins  
3 oz. pouch of chicken  
(or ½ cup freeze-dried chicken)

Add 1 ¼ cups boiling water to freezer bag. (If using pouch chicken, do not drain.) Stir well, seal, and put in a cozy for 10 minutes (for pouch chicken) or 20 minutes (for freeze-dried).

*Makes one serving.*

### **CREAMY CHICKEN**

Pack in a freezer bag:

1 cup instant brown rice  
2 packets cream of chicken soup (one-cup size)  
¼ cup slivered almonds  
¼ cup freeze-dried mushrooms  
2 tblsp. onion flakes  
1 tblsp. dried green or red pepper flakes  
½ tsp. salt  
Spices to taste (optional)

Also take:

Two 7oz. pouches of chicken

Add 1 ½ cups of boiling water to the rice bag. Dump the chicken pouch into the bag (don't drain). Stir and put in a cozy for 10 minutes.  
*Makes two servings.*

### MARVELOUS MACARONI

1 cup quick-cook macaroni (5 minutes or less)  
¼ cup textured vegetable protein (optional)  
½ packet instant tomato soup mix  
1/8 tsp. garlic granules  
1 tblsp. dried milk  
Dash dried basil  
Dash dried oregano  
Dash pepper  
¼ cup grated cheddar or Parmesan cheese

Boil two cups water. Add macaroni and all ingredients except cheese; stir well. Put in a cozy for 10 minutes. Stir in cheese and pepper.

*Makes one serving.*

### SAN GORGONIO STROGANOFF

*One-ounce butter packets are available at fast food places, such as Kentucky Fried Chicken.*

1 pkg. Knorr Pasta Stroganoff (Side), 4 ½ oz.  
2 tblsp. dried milk  
½ cup beef jerky, torn in small bits  
¼ tsp. dried carrot shreds (optional)  
¼ tsp. parsley flakes  
1 pkg. instant tomato soup mix (1 oz.)  
One or two “butter” packets

Add 1 cup boiling water to freezer bag. Seal the bag, and knead it with gloved hands (careful, don't get burned) to mix all ingredients. Put in a cozy for 15-20 minutes (dried meat takes longer to rehydrate than freeze-dried).

*Makes one serving.*

### NOT YOUR GRANDMA'S TURKEY AND MASHED POTATOES

In the first freezer bag, pack:

1 pkg. Idahoan instant potatoes  
(the 2-cup water size, any flavor)

In the second freezer bag, pack:

1 packet of chicken or turkey gravy mix  
(one-cup size)

Also take:

7 oz pouch of chicken or turkey  
(or 1 cup freeze-dried chicken)

Add 2 cups boiling water to potatoes; stir. Add 1 cup boiling water to gravy; stir well. Add the meat to the gravy. Seal well; put both bags in a cozy for 5-10 minutes (15-20 if using freeze-dried chicken). Pour the gravy over the potatoes.

*Makes 2 servings.*



## BEVERAGES



### MEXICAN MOCHA

#### At home, combine:

- ¾ cups instant cocoa mix
- ¾ cups instant dry milk
- ¼ cup instant coffee powder
- ½ tsp ground cinnamon
- 1 ½ tsp powdered, dried orange peel

In camp, use 1/3 cup mix in 1 cup hot water.

### MOUNTAIN LATTE

*Nestlé Nido is a whole-fat powdered milk product found in Mexico or in international food sections of larger grocery stores. It has almost 150 calories per ounce – twice the calories of nonfat or low-fat powdered milk. It tastes creamier than other milk powders, mixes easier, and is an “energy dense” trail food.*

- 2/3 cup Nestlé Nido or whole powdered milk
- 3 ½ tsp instant coffee crystals (adjust to taste)
- Sugar (optional to taste)

Mix and seal dry ingredients in a small zip lock bag. Have a rigid, wide-mouthed bottle (i.e. Nalgene) available. The container should be large enough to hold at least 20 fluid ounces and still have enough volume for shaking.

In camp, pour 1 cup water into the container you reserved. Add the mix and shake vigorously for about 10 seconds once per minute for 3 to 5 minutes to dissolve all ingredients. Add a second cup of water and shake again. You get 300 calories, calcium, and a caffeine fix with no stove!  
(One 2-cup serving)

### PEPPERMINT COFFEE

*Kava has a lower acid content, so it's smoother and less bitter than many other instant coffees.*

- 20 hard peppermint candies
- ½ cup Kava instant coffee
- ½ cup Carnation Malted Milk powder

Put the candies in a zip lock bag; seal it and gently hammer the candies into small chips. Combine all ingredients in a new quart-size zip lock bag for the trail. In camp, boil one cup of water and pour it into your mug. Stir in 3 tblsp Peppermint Coffee mix. Ahhh!  
(6 servings)

### \*SPICED HOT MILK

#### At home, combine:

- 1 cup instant dry milk
- 1 ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 tblsp brown sugar or dehydrated honey

In camp, put 1/3 cup mix in your cup and slowly stir in hot water.

### \*HOT GINGER-COCONUT SMOOTHIE

- ¼ cup powdered milk
- 1 tblsp coconut cream powder
- 1 tsp sugar
- ½ tsp powdered ginger

Place ingredients in a cup and add one cup boiling water. Stir well.  
(One serving = 1 oz.)

### PINE NEEDLE TEA

*Very high in vitamin C.*

Bring one quart water to a boil. Turn off heat. Add ½ cup clean pine needles. Cover pot and let steep for 20 minutes. Scoop out pine needles with a fork and tea is served!

### ALMOND SMOOTHIE

- ½ cup powdered milk
- ¼ cup (2 ounces) almond paste
- 4 tsp sugar

Place ingredients in a container with a lid and add one cup cold or hot water. Shake vigorously.  
(One very rich serving, 439 calories)

## CHOCOLATE MALTED

For each serving, combine:

- 2 heaping tsp hot chocolate mix
- 1 tblsp malted milk powder
- 1/3 cup dry milk
- 1 tsp coffee creamer (optional)

In camp, add one cup cold water and stir vigorously. Clean snow can also be added (if you're on a summer backpack high in the Sierras. This is not recommended for Snow Camp).  
(One serving = 1 ½ oz.)

### NOTE

¼ cup powdered milk weighs ½ oz.

## ORANGE SURPRISE

*This one tastes like the old "50/50 Bar" orange-vanilla popsicles!*

- 1 tsp orange-flavored instant drink mix (Tang)
- 1 tsp powdered milk
- 2 tsp instant vanilla pudding mix

Package all ingredients in a small zip lock bag. In camp, pour them into a 16-ounce (2 cup) mug, add cold water to taste, stir well and enjoy.

(One serving = ¾ oz.)

## CUSTARD TRAIL SHAKE

- 1/3 c. dried whole milk
- 2 tblsp. non-dairy creamer (or vanilla powder)
- 1 tblsp. custard pudding mix
- 1 envelope instant breakfast

In camp, add 1 ¼ cups water. Shake well.

One serving

## EGGNOG

- 1 ½ cups dried whole milk
- ½ cup non-dairy creamer
- ½ cup powdered egg mix  
(find this in a grocery store baking aisle)
- 2 tblsp. brown sugar
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg

At home, mix all ingredients well and package in 1/3 cup servings. In camp, put a serving in your mug. Add ¾ to 1 cup hot or cold water. Stir.

One serving

## FRUIT SMOOTHIES

*Why protein absorbs rapidly into your bloodstream, so it is a good recovery drink or immune system booster. Whole dried milk is a good way to added extra protein to beverages or desserts.*

- 1 package instant pudding (4 serving size)
- 2 oz. FREEZE-DRIED (not dehydrated) fruit
- 4 scoops (28 grams each) whey protein powder  
(vanilla or natural flavor)
- 1 cup dried whole milk  
(or substitute ¾ cup powdered coconut milk)

Pulse the fruit in a blender to make a powder. Mix all ingredients thoroughly. Use a kitchen scale to divide and package into four servings.

On the trail, pour 6 to 8 oz. of water into a 16-oz. container. Add the smoothie powder a little at a time, stirring or shaking after each addition. Shake the container for 30 seconds and let stand for 10 minutes to rehydrate.

Four servings

Chocolate Raspberry – 2 oz. raspberries, chocolate pudding

Black Forest – 2 oz. cherries, chocolate pudding

Peach Melba – 1 oz. peaches, 1 oz. raspberries, white chocolate pudding

Strawberries or Mangoes and Banana Cream – 2 oz. strawberries (or 1 oz. mangoes), banana cream pudding

Mixed Berries – 2 oz. mixed berries, vanilla pudding

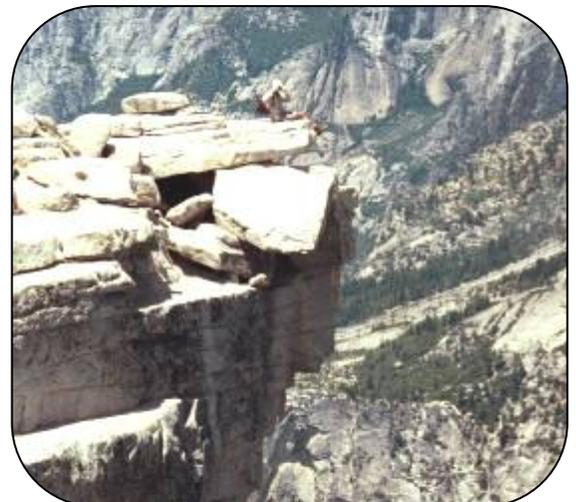
Peaches and Cream – 2 oz. peaches, vanilla pudding

Blackberries and Cream – 2 oz. blackberries, vanilla pudding  
Blueberries or Mangoes with Lemon Cream – 2 oz. blueberries (or 1 oz. mangoes), lemon pudding

Pineapple Cheesecake – 1 oz. pineapple, cheesecake pudding

Piña Colada Cheesecake – 1 oz. pineapple, ¼ cup powdered coconut milk, cheesecake pudding

Berry Cheesecake – 2 oz. strawberries or raspberries, cheesecake pudding



## DESSERTS



### **SORT OF S'MORES**

*When the only campfire you have is your backpacking stove, try this substitute for an old favorite. The walnuts make it crunchy!*

At home, combine in a zip lock bag and seal well:

- 1 ½ crumbled graham crackers (1/2 cup)
- ¼ cup chocolate chips
- ¼ cup chopped, toasted walnuts

In camp, check again to make sure the bag is sealed. Drop it in hot water until the chocolate has melted. Put the bag in a bowl to protect your hand from the heat, open carefully. Eat with a spoon. *(Two half-cup servings)*

### **PEANUT BUTTER FUDGE**

At home, preheat oven to 350 degrees. Combine these ingredients:

- 1 ½ cup quick oats
- 1 can (14 oz.) sweetened condensed milk
- ½ tsp salt
- 1 tsp vanilla extract

Stir in the following:

- ½ cup chunky peanut butter
- 1 bag (12 oz.) semisweet chocolate chips

Press into an 8-inch greased square pan and bake for 30 minutes. Cool, cut in bars and pack in snack-sized zip lock bags. Store in the refrigerator or freezer for your next trip.

*(Makes 16 bars, about 2 ounces each)*

### **PEANUT BUTTER CUPS**

*This dessert is HEAVY, both in your pack and in your stomach, so it may not be practical for long or strenuous backpacks. However, if you love chocolate...*

- ¾ cup graham cracker or cookie crumbs
- ¾ cup crunchy peanut butter
- ½ lb powdered sugar
- ¼ cup margarine
- 1 ½ cups chocolate chips (packed separately)

For easier clean-up, line a 10-inch frying pan lid or two small pot lids with heavy-duty aluminum foil. To make the crust, melt the margarine in a pot and mix in peanut butter, sugar, crumbs. Pour and press the crust mixture into the lid (or divide into two portions for the smaller lids). Melt chips and pour them over crust. Chill for an hour or so. Use the foil to lift your dessert out of the pan.

### **CHEESECAKE**

At home, re-package one box of Jell-O or Royal cheesecake mix and instant dry milk (1/3 cup reconstitutes in 1 cup water) in a zip lock bag.

Label the bag with how much water your package calls for to make the "milk." For the crust, combine the graham cracker crumbs included in the mix with sugar and melted butter; pack in a separate zip lock bag.

In camp, add appropriate amount of water to the filling mix, seal the bag and knead to mix. To thicken, allow to stand. Put some filling mix in each person's bowl and sprinkle the crumb mixture on top.

*This is best made in the evening or on a cool day.*

### **CREAMY TAPIOCA PUDDING**

At home, combine in a zip lock bag:

- 2/3 cup milk powder
- 3 tblsp "quick" tapioca
- Pinch of salt
- 1 tsp vanilla powder
- One packet (1-2 tblsp) honey

In camp, place the tapioca mixture in a cook pot and slowly stir in 2 cups of water. Cover and let stand for 5 minutes. Then bring it to a full boil, stirring constantly. Remove from heat and stir in vanilla powder and honey. Cool about 20 minutes and stir. Serve warm or let it stand to cool. *(Two servings)*



### **RICE PUDDING**

*This doesn't have to be a dessert. You could have it for breakfast!*

Pack in a zip lock bag:

- 1 cup instant rice
- 2 tbsp egg powder
- 1/3 cup dry milk
- 1/4 cup brown sugar
- 1/4 cup raisins
- ½ tsp cinnamon or nutmeg
- ½ tsp vanilla (optional)

Combine all ingredients in a pan with 1 1/2 cups water. Bring to a boil and simmer until rice and fruit are tender. Stir frequently to prevent scorching. Add more water (preferably hot) if needed. Serve warm or cold. *(Three to four servings)*

### **COCONUT FRUIT CUP**

*This is a great dessert to share with two or three friends because each person only needs to carry one piece of fruit. Be sure to bring a plastic bag to pack out the banana peel.*

Pack ¼ cup shredded coconut and 1 tbsp sugar (optional) in a zip lock bag.  
Also bring: 1 orange, 1 apple, 1 banana.

In camp, peel and cube the orange. Cube the apple and slice the banana. Toss all ingredients together in a pot or bowl. Cover and let stand for 30 minutes. Eat with great joy! *(Two to four servings)*

### **APRICOT BRANDY FLAMBÉ**

*OK, so the flame would probably evaporate the brandy and melt your plastic bowl. Lose the matches when you enjoy this dessert!*

- 1 cup dried apricots (or peaches or apples)
- 1 cup water (in a wide-mouth plastic bottle)
- ¼ cup apricot brandy
- 2 tbsp sugar

In the morning, mix the fruit and water in a wide-mouth bottle and allow it to hydrate during the day. In the evening, pour off the water or drink it. Add the brandy, recap the bottle, and shake well for about a minute. Divide into two bowls and sprinkle sugar over the fruit.  
*(Two servings)*

### **MMMMM COBBLER**

*Consider serving this one as a warm breakfast!*

- ½ cup dried mixed berries
- 2 tbsp sugar
- 1 tsp cornstarch
- Pinch of nutmeg
- ½ cup Bisquick

At home, combined all ingredients except Bisquick in a zip lock bag. Place Bisquick in another. In camp, bring 1 cup water to a boil and add the bag of fruit. Place 3 tbsp water in the Bisquick bag and knead the mixture to mix in the water. Cut a corner from the bottom of the bag and squeeze about 4-5 dollops into the boiling "fruit soup," pushing them down into the liquid to make sure they are immersed. The dumplings will expand to twice their size as they cook, so squeeze them small! Cover the pot and simmer, just high enough to keep the liquid boiling, for 5-7 minutes. Check occasionally, adding more water if needed to prevent scorching. Your dessert is ready once the dumplings are cooked.  
*(One serving)*

## NO-BAKE PIE

At home, combine and pack in a zip lock bag:

- 1 cup crumbs (i.e. graham crackers, Oreo cookies, ginger snaps)
- 3 tblsp sugar (omit if using cookies)
- 1/3 cup melted margarine

Also pack:

- 1 pkg. instant pudding mix
- ½ cup dry milk

In camp, press the crumb mixture into the bottom of a frying pan. Whisk the pudding with very cold water in a bowl (or shake in a water bottle or carefully sealed, gallon-size zip lock bag). Pour over crust; cover and keep away from critters while your dessert thickens and chills. *(One 10-inch pie, four to eight servings)*

*Other good combinations include: Oreos + milk chocolate pudding; ginger snaps + tapioca; graham crackers + banana or coconut pudding.*

*Boxed cheesecake mixes: Mix crumbs with about 1/4 cup melted margarine. Mix about 1 cup filling with ½ cup dry milk and about 1 ½ cups cold water, beat with a whisk or spoon until thick; pour into crust, cover and chill. Bring berry syrup to pour over the top (optional).*

## PUDDINGS TO PLEASE

Use store-bought instant pudding, powdered milk (1/3 cup reconstitutes in 1 cup water) and freeze-dried or dehydrated fruit. Ideas: Vanilla pudding with strawberries, chocolate pudding with raspberries, banana pudding with bananas or strawberries.

*Allow time for the fruit to hydrate before you add it to the pudding. Make it early to allow time for the pudding to thicken. This is best made in the evening or on a cool day.*



Wilderness Basics, 2009



## NO-BAKE BROWNIES

Combine in a zip lock bag:

- 1 ¼ cup graham cracker crumbs
- ¼ cup pecans
- 2 tblsp powdered sugar
- 3 ounces semi-sweet chocolate chips

Pack separately:

- 3 tblsp powdered milk

In camp, using a pot you won't need for dinner, mix ¼ cup water with the milk powder. Heat, add chocolate chips and stir until melted. Add crumb mixture and mix well. Press into the pot. Let sit at least 30 minutes.

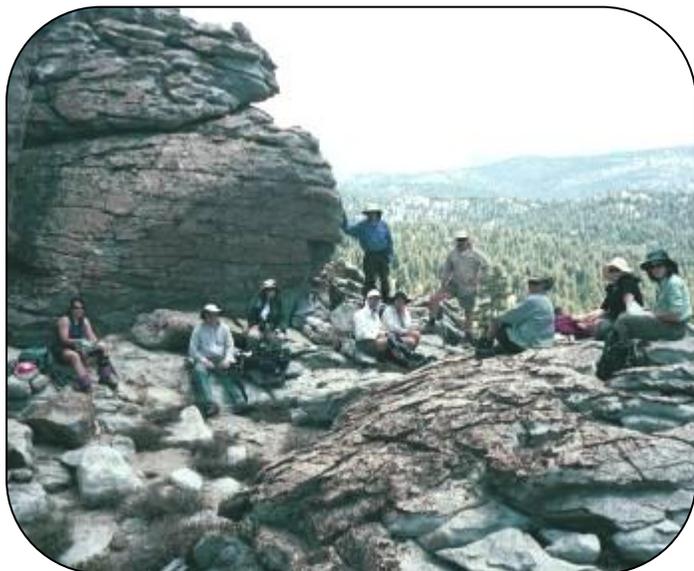
*(Four to five servings)*

## SEVEN-LAYER BARS

*Wrap each bar in plastic wrap so you can pass some out to your friends. Pack in a plastic bag in case they melt during your hike.*

- ½ stick butter
- 1 cup graham cracker crumbs
- 1 cup shredded coconut
- 1 cup chocolate chips
- 1 cup butterscotch chips
- 1 can sweetened condensed milk
- ¾ cup oatmeal
- 1 cup chopped walnuts

At home, melt the butter and mix in graham cracker crumbs. Pat into a 13x9-inch pan. Sprinkle on the remaining ingredients in the order listed. Bake at 350 degrees for 20 minutes. Cool, cut into bars.



### **CAR CAMP ICE CREAM IN A CAN**

*This one's fun to do with kids!*

1 cup whole milk  
 1 cup heavy cream  
 1/3 cup sugar  
 2 tblsp chocolate or strawberry-flavored syrup  
 Chopped frozen fruit (optional)

One (1 lb.) coffee can with plastic lid  
 One (3 lb.) coffee can with plastic lid  
 Small bag of ice cubes (not crushed)  
 ½ cup rock salt

In the small can, combine the milk, cream, sugar, syrup and (optional) frozen fruit. Do not fill the can more than half full. Cover the small can with its plastic lid and place it into the large can. Fill the bottom half of the space between the two cans with ice. Add rock salt. Fill the rest of the can with ice and put on the lid.

Ask two people to roll the can back and forth to each other for about 10 minutes. Remove the lids and scrape ice cream from the sides of the can, stirring it into the mixture. If it needs to freeze longer, pour the water out of the large can. Set the small can in the large one again, adding more ice and salt if needed. When the ice cream is ready, there will be about a half inch of frozen mixture on the sides of the can. The rest will still be a near-liquid. Scrape down the frozen ice cream, stirring it into the liquid to create the right consistency.  
*(Makes about 2 cups)*

## **IF YOU HAVE A CAR CAMP FIRE...**

### **BAKED BANANA DESSERT**

Split an unpeeled banana lengthwise. Insert butter and brown sugar into the slit and wrap the banana in heavy-duty foil. Bake on hot coals until done.

### **BAKED APPLES**

Core an apple. Fill the center with brown sugar, butter and cinnamon. Wrap in heavy-duty foil and bake in hot coals for 20-30 minutes.

### **DUTCH OVEN CHERRY CRISP**

*Note: Each briquette generates about 25 degrees of heat (20 coals = 500 degrees and 16 coals = 400 degrees Fahrenheit). Baking is done with a ratio of 3 coals on top of the oven to 1 coal on the bottom.*

2 cans cherry pie filling  
 2 sticks of butter, melted  
 1 pkg. yellow or white cake mix  
 1 ¾ cups chopped nuts

Pour pie filling in the bottom of a Dutch camp oven. Sprinkle cake mix over top (DO NOT STIR). Sprinkle with nuts. With total abandon, pour melted butter over all. Bake with 4-6 coals on the bottom and 10-12 coals on top (350 degrees) for about 30 minutes.

### **DUTCH OVEN APPLE CRISP**

*You can substitute peaches, pineapple or cherries for the apples.*

1 cup flour  
 3 cups dry oatmeal  
 1 ½ cups brown sugar  
 ½ tsp salt  
 3 tsp cinnamon  
 1 cup (2 sticks) butter or margarine, melted  
 1 gallon can apples

In a bowl or pot, mix all ingredients except butter and apples. Then add the melted butter, stirring until the mixture is crumbly. Place a large pot lid or metal pie plate upside-down on the bottom of the Dutch oven. Line the interior with foil and grease well. Pour in the apples; top with the oatmeal mixture. Cover and place coals on the bottom and top of the oven (3:1 ratio). Bake about an hour.

## ENLARGING RECIPES

ORIGINAL AMOUNT	X 1 ½	X 2	X 3	X 4	X 5	X 6
pinch (less than 1/32 t)	1 ½ pinches	2 pinches	3 pinches	1/8 t	more than 1/8 t	almost ¼ t
1/16 teaspoon	less than 1/8 t	1/8 t	more than 1/8 t	¼ t	more than ¼ t	less than ½ t
1/8 teaspoon	more than 1/8 t	¼ t	more than ¼ t	½ t	more than ½ t	¾ t
¼ teaspoon	3/8 t	½ t	¾ t	1 t	1 ¼ t	1 ½ t
½ teaspoon	¾ t	1 t	1 ½ t	2 t	2 ½ t	1 T
¾ teaspoon	1 1/8 t	1 ½ t	2 ¼ t	1 T	1 T + ¾ t	1 T + 1 ½ t
1 teaspoon	1 ½ t	2 t	1 T	1 T + 1 t	1 T + 2 t	2 T
1 ½ teaspoons	2 ¼ t	1 T	1 T + 1 ½ t	2 T	2 T + 1 ½ t	3 T
2 teaspoons	1 T	1 T + 1 t	2 T	2 T + 2 t	3 T + 1 t	¼ cup
1 tablespoon (3 teaspoons)	1 T + 1 ½ t	2 T	3 T	¼ cup	about 1/3 cup	¼ c + 2 T
1 ½ tablespoons	2 ¼ T	3 T	¼ c + ½ T	¼ c + 2 T	½ c minus ½ T	½ c + 1 T
2 tablespoons	3 T	¼ c	¼ c + 2 T	½ c	½ c + 2 T	¾ c
3 tablespoons	¼ c + ½ T	¼ c + 2 T	½ c + 1 T	¾ c	1 c minus 1 T	1 c + 2 T
¼ cup (4 tablespoons)	¼ c + 2 T	½ c	¾ c	1 c	1 ¼ c	1 ½ c
1/3 cup (5 1/3 tablespoons)	about ½ c	2/3 c	1 cup	1 1/3 c	1 2/3 c	2 c
½ cup	¾ c	1 c	1 ½ c	2 c	2 ½ c	3 c
¾ cup	1 c + 2 T	1 ½ c	2 ¼ c	3 c	3 ¾ c	4 ½ c
1 cup	1 ½ c	2 c	3 c	4 c	5 c	6 c

## ESTIMATES FOR A CROWD

Appetites are tricky things. Even with great food, the amount of food people will eat can vary with factors such as pace, terrain, social dynamics and weather. If the trip is especially challenging, you may want to increase the amounts or choose high-calorie recipes.

Good starting points for estimates are:

**Granola:**

1 cup per female  
1 ½ cups per male

**Hot Cereal:**

1 ¼ to 1 ½ cups per female  
1 ½ to 1 ¾ cups per male

**Dinner:**

1 to 2 ½ cups per female  
2 to 3 ½ cups per male  
A little "just-in-case" extra

**CHILI DINNER EXAMPLE**

A chili dinner for a trip with 3 females and 5 males works out this way:

3 females x 2 cups each = 6 cups  
5 males x 3 cups each = 15 cups

A little extra (1/4 cup each)  
(in a group of 8, some will be heartier eaters) = 2 cups

Total: 23 cups  
(One gallon = 16 cups)  
(One quart = 4 cups)

Add tortillas, cheese, beverage and a dessert.

## COOKING TIMES AND YIELDS

<b>PASTA</b>			
Four Ounces Pasta (Dry Weight)	Dry Amount	Cooking Time	Yield
Angel hair	handful, 7/8 inch diameter	2 to 4 minutes	2 cups
Gemelli	1 1/3 cup	8 to 9 minutes	1 ¾+ cups
Macaroni	1 cup	7 to 8 minutes	2 to 2 ¼ cups
Macaroni, no boil	2 cups	Add boiling water; let stand 10 minutes	4 cups
Orzo	2/3 cup	7 to 8 minutes	1 cup
Shells, small	1 1/3 cups	7 to 8 minutes	1+ cup
Spaghetti	1 cup broken pieces or handful, 7/8 inch diameter	8 to 10 minutes	1 ½ cups
Tortellini	1 cup	15 minutes	2 cups

*\*For a 7/8 inch diameter, draw a circle around a nickel.*

<b>GRAINS, LENTILS OR PEAS</b>			
One Cup (Dry) Grains, Lentils or Peas	Water	Cooking Time	Yield
Barley, quick	3 cups	10-12 minutes	3 cups
Bulgur, large-grained	2 cups	20 minutes	2 ½ cups
Bulgur, small-grained	2 cups	Add boiling water, let stand 20 minutes	2 ½ cups
Couscous	2 cups	Add boiling water, let stand 5 minutes	3 to 3 ½ cups
Kasha	2 cups	10-15 minutes	3 cups
Lentils, green	3 cups	45 minutes	2 ¼ to 3 cups
Lentils, green	3 cups	Soak 5 hours, cook 10-15 minutes	2 ¼ to 3 cups
Lentils, red	2 cups	15 minutes	3 cups
Millet	2 cups	25-30 minutes	3 ½ cups
Peas, split	3 cups	45-60 minutes	2 ¼ cups
Quinoa	1 ½ cups	15 minutes	2 ½ cups
Rice, basmati	2 cups	15 minutes, let stand 5 minutes	3 cups
Rice, brown	2 cups	40 minutes	3 cups
Rice, brown or white, instant	2 cups	Add boiling water, let stand 10 minutes	2 cups
Rice, parboiled	2 cups	25-30 minutes	3 cups
Rice, wild	4 ½ cups	60 or more minutes	3 to 3 ¾ cups
Rice, wild, pre-cooked	2 cups	7-15 minutes	2 ½ cups

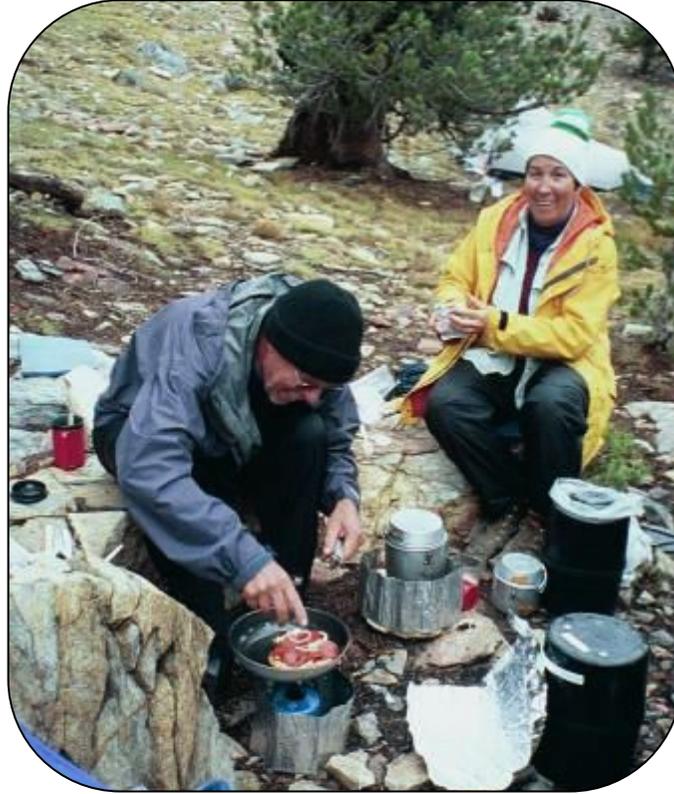
# STANDARD MEASUREMENT CONVERSIONS

STANDARD VOLUME CONVERSIONS		
3 teaspoons	1 tablespoon	½ fluid ounce
48 teaspoons	1 cup	8 fluid ounces
2 tablespoons	1/8 cup	1 fluid ounce
4 tablespoons	¼ cup	2 fluid ounces
5 tablespoons + 1 teaspoon	1/3 cup	2 2/3 fluid ounces
8 tablespoons	½ cup	4 fluid ounces
10 2/3 tablespoons	2/3 cup	5 1/3 fluid ounces
12 tablespoons	¾ cup	6 fluid ounces
14 tablespoons	7/8 cup	7 fluid ounces
16 tablespoons	1 cup	8 fluid ounces
2 cups	1 pint	16 fluid ounces
2 pints	1 quart	32 fluid ounces
4 quarts	1 gallon	128 fluid ounces

COMMON WEIGHTS AND VOLUMES	
16 ounces water	1 pound
2 cups butter or fat	1 pound
2 cups or 4 sticks butter	1 pound
2 cups granulated sugar	1 pound
2 ¼ cups packed brown sugar	1 pound
4 cups sifted flour	1 pound
3 ½ cups unsifted whole-wheat flour	1 pound
8 to 10 egg whites	1 cup
12 to 14 egg yolks	1 cup
1 whole lemon, squeezed	3 tablespoons juice
1 whole orange, squeezed	1/3 cup juice

OUNCES TO GRAMS	
0.35 ounces	1 gram
1 ounce	28.4 grams
16 ounces	454 grams

# HAPPY TRAILS, EVERYBODY!



## REFERENCES

- Axcell, Claudia. Simple Foods for the Pack, Sierra Club Books, San Francisco, California, 1986.
- Barker, Harriett. Supermarket Backpacker, Contemporary Books, Inc., Chicago, Illinois, 1977.
- Conners, Tim and Christine. Lip Smackin' Backpackin', Falcon Publishing, Inc., Helena, Montana, 2000.
- Conners, Tim and Christine. Lip Smackin' Vegetarian Backpackin', Falcon Publishing, Inc., Helena, Montana, 2004.
- Curtis, Rick. The Backpacker's Field Manual, Crown Publishers, Inc., 1998.
- Fleming, June. The Well-Fed Backpacker, Random House, New York, 1985.
- Gray, Melissa and Buck Tilton. Cooking the One-Burner Way, ICS Books, Inc., Merrillville, Indiana, 1994.
- Holmes, Mary M. Feasting in the Wild Country. Available from the Brasslite Backpacking Stove website, <http://www.brasslite.com/OrderForms/FIW.html>.
- Jacobson, Don. The One-Pan Gourmet, McGraw-Hill, Inc., Camden, Main, 1993.
- Jordan, Ryan, ed. Lightweight Backpacking and Camping, Beartooth Mountain Press, Bozeman, Montana, 2006.
- Kirkconnell, Sarah Svien. Freezer Bag Cooking: Trail Food Made Simple, Edition 1.03, 2005.
- Latimer, Carole. Wilderness Cuisine, Wilderness Press, Berkeley, California, 1991.
- March, Laurie Ann. A Fork in the Trail, Wilderness Press, Berkeley, CA, 2008.
- McHugh, Gretchen. Hungry Hiker's Book of Good Cooking, Alfred A. Knopf, Inc., New York, 1990.
- Miller, Dorcas. Backcountry Cooking: Pack to Plate in 10 Minutes, The Mountaineers, Seattle, Washington, 1998.
- Pearson, Claudia. National Outdoor Leadership School Cookery, Stackpole Books, Mechanicsburg, Pennsylvania, 1997.
- Prater, Yvonne. Gorp, Glop and Glue Stew, The Mountaineers, Seattle, Washington, 1982.
- Star, Jasmine. "Give Peas A Chance," Backpacker Magazine, June, 1997.
- Thomas, Dian. Recipes for Roughing It Easy, Dian Thomas Publishing Company, Salt Lake City, Utah, 2001.