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Dinners

Dinner recipes contained within primarily require cooking, or at least boiling water--that's when we've find we have the most time to prepare the stove/cooking gear required to make hot water. Dinners with meat are listed in the following section (VI) [Meat Dishes](#); we've thrown in two [dessert suggestions](#) at the end of this section.

Those rice-with-sauce, noodles-with-sauce, potatoes-with-sauce, and now rice-and-beans-with-sauce (complete protein) packages you can get in the supermarket form the basis of about 1/3 of my camping meals. You don't need to simmer them, if you're skimping on fuel or if your stove doesn't simmer -- just bring to a boil, take off the heat, put on a lid and wrap it all in a towel, then set it aside. The towel holds in the heat nicely. After about half the simmering time you may want to bring it back to the boil again if it seems to be cold.

We also make skillet pizza -- just buy any pizza mix and top with extra cheese (small slices of Cheddar are fine), sausage (we take a long keeping salami or summer sausage), onion (we take fresh, they're worth the weight), mushroom (rehydrate in minutes -- we dry our own in a \$100 dehydrator) etc.

Also wonderful -- just made **cornpone** (shape into pones, my recipe says, how helpful), anyway we made patty-shaped things and fried them) split like a biscuit and make a cheese sandwich -- the warm bread melts the cheese a little -- *excellent* on a cold morning. Actually *any* made on the spot bread equivalents will be much nicer than a five day old bagel.

{ed: yeah, but the bagel's a lot quicker}

FROM gregory@csri.toronto.edu (Kate Gregory)

One of the easiest things you can do is to make your own **reconstituted beans**. Much cheaper and you know exactly what goes in. The recipe can be found in many backpacking food prep books. Basically, it involves cooking beans down in the way you do at home, draining them, and spreading them out on cookie sheet to dry a couple of hours at low heat in your oven until crumbly. Very lightweight, very inexpensive, and it reconstitutes to taste great. Will last at least a month. On the trail I prepare them the same way you do (add to boiling water, let boil for 3-5 minutes; sure beats the 30-90 minutes you would have to wait if you cooked dry beans) but I hadn't thought of the Taco Bell angle. I've been lugging along a big container of salsa. On the other hand, having all the extra salsa is a great way of making failed food experiments or "let's just combine everything we have left on the last day in one big pot" adventures taste great!

With dried beans you can make quasedillas, beans and rice and tortillas, and bean soup.

I've also had a lot of luck drying ground beef and making leathers (tomato, zucchini). You can make your own sauces with the judicious use of leathers, dried milk, oil, fresh garlic and a few of the packets of dried

stuff from the store (sour cream, tomato, etc).

When we got backpacking we pretty much rely on dried sauces, dried meat and beans, pasta and rice, tortillas and Pita bread. Very little of it is commercially prepared food. We also tuck in a can of minced clams and the instant cheesecake product. That instant cheesecake stuff is fantastic.

Once we tried a veggie stir fry with dried beef. It worked fine, but we decided the weight of those veggies just wasn't worth it.

FROM vleppert@casbah.acns.nwu.edu (Valerie Leppert)

Ever make **refried beans**? Ever notice how they kind of dry out at the edges of the frying pan? Well make your favorite and then spread it on a cookie sheet and dry it in a (relatively) cool oven. (Or just by the instant refried bean mixes I see in some health food stores if you insist.) Now you can just add to some boiling water over the camp stove and you have the basis for a Mexican meal.

I usually accompany this by making **chapaties**:

1 cup of flour (whole wheat is acceptable/preferred by me) 1 tbsp oil 1 good pinch of salt enough water to make a dough (about 1/2 cup depending on your flour and your hand for this sort of thing). Knead until elastic, pinch off ~ 1 inch balls and roll them out thin. Put them on a moderately hot skillet (no oil or butter) to cook. They should form large bubbles/air pockets and if you are not as good at this as most third world people you can pop them into a microwave at this point to finish them off.

They are quite good and indestructible. Of course I would rather have a complex carbohydrate at a rest stop than a piece of chocolate so I'm kind of strange anyway. Anyhow as I say they travel well and fill that void between rye crisps and real bread in my pack.

Anyhow, back to Mexican dinner. Bring some fresh veggies as well, such as tomatoes, onions, etc. Also some cheese and use the chapaties as tortillas (I have better luck with them in the pack than store bought tortillas) and even some salsa if you like. You can make tacos, enchiladas, or roll up the little beasts and heat them to melt the cheese inside in a pot over the stove if so inclined.

There you go, for what its worth. Now you see why I need a copy of your collection? Cheers and happy climbing, hiking, paddling, skiing, etc.

Ian Kay

Rice thingy

- z Chop up some celery, carrots, and kielbasa. Add some spices, put in a Ziploc and freeze.
- z At camp, cook this mixture until pretty much cooked. Add a package of rice-a-roni (both envelopes) with the indicated amount of water and cook, stirring often, until most of the water has evaporated and rice & pasta are tender.

Note that these are not too great for a 4-day trip on the last day, but the frozen goods do make it well into the second day, making them great second-night suppers.

Eduardo Santiago

Also, just yesterday I learned how to make **Beijing Dumplings** (you may have had them at a Chinese Restaurant as appetizers) and found that it's very easy to do, and might be appropriate for the wilderness.

Probably not standard format, but here goes:

Mix flour and water into a dough. Make it dusty, to prevent sticking. Roll the dough into small (3" diameter, very thin) pies --almost like tiny pizzas.

Into the dough, put a mix of whatever vegies (& meat?) you choose. Pork works well, with scallions, celery, other light greens... Probably only half of a teaspoon of the chosen mix should be put in each pie.

Then fold the pies up, **sealing** the contents in by pinching the dough around them (no holes should be left). Drop the dumplings into boiling water, they'll sink. When they're ready, they'll rise back to the top of the pot (note: in order to make many of these, a **fairly** big pot may be needed).

This is very easy to do, but probably should be attempted at home to get a feel for it before trying it out in the wilderness. Soy sauce and/or sesame oil can be used (in tiny quantities: easy for packing) to add flavor.

Note that all you really need to pack in is the flour and meat/veggie mix which can be prepared before-hand and kept in a Tupperware container. If the mix is frozen on day 1 of the hike, the meat should keep in the container until night 1.

Just a suggestion. I was amazed at how simple to make they are (and very tasty!)

andy kowalski
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Hello

Whenever I go camping, I always take some **papadams** along with me. All of my friends agree that papadams are excellent campfire snack food.

Papadams are round Indian chips made of lentils, SPICES (ranging from mild hot to HOT HOT) and bicarbonate of soda. All the ingredients are mashed together and then sun-dried. They are then cut into 6-8 inch diameter circles.

To cook them, just hold them over the campfire, and keep turning it around. It's actually quite simple, and after the first one, you'll be able to do it without burning them. They're great at the end of the night with some juice, or some beer. And the act of making them and teaching others to do so (and watching them burn) goes for great campfire camaraderie.

These circles can be bought at any Indian store. Tops has a great selection too.

manish

Hi!

I found this one this past weekend at our hockey tournament in Minnesota--It gave our team enough energy to outshoot Harvard 23-16 (but we didn't win.)

1cp sugar

.5cpsweet butter

1cp sifted flour

1 tsp baking powder

pinch o salt

2 eggs

24 halves pitted purple plums (or sliced apples or rhubarb, anything that covers the top)

topping: sugar, lemon juice, cinnamon

Directions:

1. cream the sugar and butter. Add flour, baking powder, salt, eggs. beat well.
2. pour batter into 9 inch spring form. Place plum halves skin side up. Sprinkle lightly w/ sugar & lemon juice, depending on desired sweetness of fruit. sprinkle w/ 1tsp cinnamon.
3. bake at 350 , 1hr. remove and let cool, refrigerate. serve w/ vanilla ice cream.

From: gdc1@cornell.edu

(Geraldine Desmoulieres Carter) (dino :)

editor's note: try making ice cream by mixing snow with sugared drink mix or vanilla, brown sugar, and powdered milk.

Take some canned beans (the kidney beans) and some canned chicken(Swanson premium white) and heat just enough to get contents very warm. Spoon serving into a fajita shell (or something similar)andspray Easy Cheese on the warm contents. Wrap up shell and eat. This is very filling. The drawback is the cans. That's why this is a good meal to eat after the first day of strenuous hiking. You can stuff trash into the cans to help condense your trash. This was first tried in the Daniel Boone National Forest. It has since become a hit meal in the Smokies and in Wyoming on my trips. Hope this helps! If you have any comments, please feel free to mail meat the address below. Thank you,

Brian Hippley
hippley@cn.ecn.purdue.edu

Cool weather, the agitation of a pack, and the sense of expectation all combine to make **ceviche on the trail** one of its best incarnations. My recipe is:

One medium rainbow trout, filet and cut into small (1-inch) squares

1/4lb bay scallops (optional)

One large onion, cut into thin rings

1/2 cup coarsely chopped fresh cilantro

1 yellow bell pepper, cut into julienne

1 red bell pepper, same

1/2 cup lime juice (don't skimp!)

2 Tbsp raspberry vinegar

1 Tbsp Tabasco (or to taste)

1 Tbsp vermouth (optional)

1/2 tsp salt

1/8 tsp fresh ground black pepper

Mix together, seal in a jar and pack with you - the acid pickles the fish so no cooking is required, and the result is delicious. Serve with a cooled Cous-cous or other pasta to absorb the liquid and spread the flavor out.

Don Barry
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My friends and I, toward the end of a 2 week backpacking trip with heavy amounts of miles, became quite bored with the prepackaged food we had and the blandness of the "just add water and heat" food. We became determined to either have a tasty hot meal, or go hungry trying. We consolidated all our food, sorted out the stuff that obviously wouldn't work, and mixed the stuff left over. We ended up with a few sticks of

beef jerky, an apple that was about 65% bruised (which we cut up into very small pieces), and both minute rice and brown rice. While looking for wood for the fire, we happened upon a huge onion "patch" (is that what you call it?) and a while later several healthy mushrooms (yes, they were true wild mushrooms). We mixed all this together along with a couple packets of salt (compliments of MC Donald's packaging) to form the colloquial "rock soup." We had been hiking hard for a solid week and a half over hilly and muddy country. We were tired of the normal food we had been eating. To this day, everyone in the group(5 people) swears that even though the pot was barely full(that'sWITH the water), we all feasted like kings and absolutely could not have ate any more. Now that I think about it, I believe this is the same outcome to the "rock soup" story isn't it?

Jim Patten

Cooking (with flavoring), then dehydrating in your stove works well--not as good as freeze-dried, I guess. Rice and tomato paste work really well for this. Just cook the rice, add the paste, spread on a cookie sheet or three and leave in 100 degree (or less if your stove goes lower) oven, with the door cracked, for about 3 hours. If this is not the simplest recipe in the world, I don't know what is. Sure, it's just flavored rice, but when you also cook up some chicken tandori you've had marinading since you left home (better eat it the first night unless it's winter!), cook up some pan bread, pull out the bottle of wine and the cheesecake for dessert - OK, maybe I went a little overboard there - it's almost lunchtime and I'm hungry. Buy I wasn't joking about the chicken tandori or pan bread (can't get much more freeze-dried than flower and baking powder - also spices are light enough - though not for people who measure the weight down to the weight of a fork!) is not difficult. For long trips you can cook and dehydrate meats.

from ejh@khonshu.colorado.edu

Fantastic Foods brand dried chili and refried beans from the health food store are actually pretty good in their own right.

Italian style pasta. These sauces keep and work pretty good:

1. Basil pesto, topped with extra chopped walnuts and loads of Parmesan cheese. If you keep the container topped off with olive oil it won't turn black.
2. Pepper sauce. Saute some garlic, dried parsley and a pinch of red pepper flakes for about a minute in olive oil.
3. White clam or shrimp sauce from a small can of clams. Just warm the clams/shrimp & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
4. White clam or shrimp sauce from a small can of clams. Just warm the clams/shrimp & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
5. Alfredo sauce. Reconstitute dried milk with somewhat less water than usual, and combine with melted butter or margarine and Parmesan cheese. I don't favor this too much in cold weather, because I find cheesy/creamy pasta gross if it cools off before I can eat it up.
6. A few spoonfuls of french onion soup mix and olive oil also make a good pasta sauce.

Asian style pasta.

1> Sprinkle a few drops of sesame oil and soy sauce over Italian or Asian style noodles.

2> Thai peanut sauce. I don't have the recipe handy, but it's basically peanut butter, plus honey, sesame oil, soy sauce, and red pepper. Maybe ginger and garlic as well.

Angel hair pasta, or fresh, is a lot easier to cook right at high altitudes.

FROM jreece@sousa.intel.com (John Reece)

A few things I usually **eat in the bush** are:

- 1) Knorr cream soups then I add pasta, has to be stirred quite a bit however quite a nice meal. These soups are particularly good.
- 2) As far as meat goes, I bring sausages, they last a month. Hit any butcher shop. I have also tried some smoked meats, they last about 2-3 days.
- 3) Mashed potatoes with Parmesan cheese (standard stuff.)
- 4) This year I tried cheese fondue. The packages can be bought for a few dollars and last forever, (vacuum packed). They are very easy to make on stove or fire. The only bad thing is they are a little heavy, but without question worth the weight, and I will include this in many trips in the future. What you dip in fondue is up to you. (There is booze in cheese fondues.)

FROM mefels@triples.math.mcgill.ca (Mark Fels)

besides the obvious macaroni & cheese, there is a surprising number of dehydrated foods in the grocery store. For pasta, there is a company that sells fancy little pastas in small plastic bags for making soup, but you can add less water and just make pasta. The packages come with dry peas, carrots, tomato base, and things like that (depending on the version you choose). A little overpriced if you were cooking at home, but cheap compared to freeze dried stuff. Knorr makes all sorts of soups that can be used as sauces or a source of cheap dehydrated vegetables. Betty Crocker makes dehydrated scalloped potatoes. You can get packets of brown gravy mix, a Knorr package of vegetables in a tomato base, add some dry mushrooms from a Chinese grocery store, and cook them with the potatoes for a yummy stew. One of the nature food type companies (the one that makes Nature Burger I thing) makes a refried bean mix and a black bean mix, as well as a polenta mix. For the cooking-impaired, there are directions on the package and everything. (Try a health food store, or bread&circus if you have such a place if your local supermarket doesn't carry them). Take a walk in the grocery store, visit some unusual ones (Chinese, Italian, health food) for more obscure items, and think creatively.

FROM ST402676@brownvm.brown.edu

Lipton makes these dehydrated rice and noodle dishes that are pretty good. The rice ones take 2 cups of water and boil for 10 minutes. The noodle ones say to use half milk so I add some dehydrated milk.

To make them a little more nutritious I add green beans, carrots, sun dried tomatoes, or other vegies that will

last a while in a backpack.

At around \$1.50 for a package that will serve two, they are a hell of a lot more economical (and almost as good) as the gourmet freeze dried stuff.

From bergen@milton.u.washington.edu (Scott Bergen)

Dumplings

Ingredients: 1 c. biscuit mix

Trail Directions:

1. Mix up by biscuits directions
2. Form the dough into balls the size of ping-pong balls. Set these on top of a stew or soup and simmer covered for 15 -20 minutes, or until the middle of the dumplings is dry.

Doughboys

Ingredients:

2 c. biscuit mix

butter or margarine

jam or honey

Trail Directions:

1. Add .5 c. cold water too 2 c. mix. Do not add more water than this or the doughboy will fall of the stick.
2. Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by .5 in. thick.
3. Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Turn them as you would a marshmallow you were roasting to perfection, and occasionally pat the dough to keep it evenly distributed. (If it gets lopsided, it will tend to crack and fall)
4. Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients according to whim.

Lentil Soup:

Trail Information:

time 30 min.

water 3 cups

equipment 1 pot

servings 2 to 3

Ingredients:

1/2 c. lentils
1 tsp. dried carrot flakes
1 tsp. dried minced onion
1/4 to 1/2 tsp. salt
1/4 c. potato buds
1 tsp butter or margarine
or 2 TBL. Parmesan cheese (opt.)
1 c. biscuit mix for dumplings (opt.)

Trail Directions

1. Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
2. Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. butter or margarine or cut some Parmesan cheese into the soup.
3. To make dumplings: add 1/4 c/ water to 1 cup biscuit mix and make stiff batter. Follow earlier directions. Cover so they steam and cook until done during the last 20 min.

Black Bean Soup

It is possible to use other beans, like navy or pinto, to make this.

Trail Information

time 10 minutes
water 4 cups
equipment 1 pot
servings 4

Ingredients

2 c. dried cooked black beans*
2 beef bouillon cubes
1 Tbl. dried minced onion
1/2 tsp. dry mustard
2 cloves garlic
2 TBL. each dried green pepper and parsley (opt) 2/3 c. grated

cheese (opt)

1 TBL. butter or oil

Trail Directions

1. Smash the garlic cloves with the flat of your knife to remove their skins. Cut into bits and cook for a few minutes in 1 tablespoon butter or oil in a pot.
2. Add the remaining contents of the bean bag and 4 cups water, and cook 10 min. Add grated cheese or cut in a few tablespoons of cheese.

* Dried Canned Beans (or cooked beans): Drain a 16 ounce can of beans of your choice. Mash or leave whole. Spread beans on a greased flat pan and dry in oven at 140F with the door propped open, for 6-8 hours, until they are crumbly. Reconstitute with an equal amount of water.

Kasha (buckwheat groats)

Trail Information

time 20 minutes

water 1 cup

equipment 1 pot, a second pot or frying pan

servings: 3

Ingredients

1/2 c. buckwheat groats

1 TBL. dry egg

2 TBL. dried leeks or onion (opt)

1 TBL. dried green pepper (opt)

generous TBL. butter or margarine

Trail Directions:

1. Boil 1 c. water.
2. Add 1 1/2 to 2 TBL. cold water to the buckwheat mix in the bag you brought it in and mix it up.
3. Melt 1 generous TBL. butter in a frying pan or second pot, add the buckwheat mix and stir until the grains are coated and separate. Add 1 c. boiling water, cover, and simmer 15 min. or until the water is absorbed.

I have run out of time for now. These all came from -The Hungry Hikers Book of Good Cooking- by

Gretchen McHugh. If these sound interesting, she has a few stew and soup recipes. Let me know if you want them.

This has become a traditional "**first night**" meal:

1 packet instant marinera mix

1 packet instant tomato soup

1 tube tomato paste

1 packet instant tortalini

Ignore all the directions and just dump it together The next is really disgusting to even think about, but somehow really hits the spot after a real death march:

1 or 2 Ramen bricks

good sized handful of instant rice

1 packet cheese soup

whatever else is loose and rolling around the food bag

again, just boil and simmer a bit. The result is very much like glue and might also be good for sealing seams, but the cheesy starch hits the spot like nothing else does.

FROM: m466am@blake.acs.washington.edu (Erostratus)

One summer I spent 3 months backpacking in Alaska. I started the trip with 20 packages of Ramen noodles. After a few days I was pretty tired of it. I kept getting suggestions from other people I met in the wilderness and ended up with dinners that where quite varied. Lunch and breakfast were harder (cheese-crackers/oatmeal). Fresh food is ok. You can carry fruit and veggies that wont spoil and if you are not going for more than 10 days at a time you can afford the weight (unless you have a change of clothes per day). Try onions, peppers, cucumbers....

Michel Helft

Two Ideas:

Cheese Fondue

Buy Package; very easy to make. Bring broccoli, bread crackers etc.

Knorr Soup & Pasta

Dissolve soup add lots of pasta (about 2 cups) and boil until pasta is ready. Very thick, spice to taste.

Mark

Summary: suggestion with an eye towards minimizing cost:

My wife and I spent 2.5 months backpacking in various places in the Northwest. Needless to say we had to solve the "food" problem and do it cheaply. The store bought dehydrated meals are way too expensive.

Dinner - we use a lot of grocery store noodle dinners. Lipton makes a variety of them like "Noodles Alfredo" or "Noodles Parmesan". Of course Macaroni and Cheese is always good. To get some beef into the menu we dehydrated our own hamburger and made Hamburger Helper--there are lots of varieties of this--our favorite was the lasagna. I can give you details on drying the hamburger. It's very cheap, especially when you compare it to the cost of buying dried meats or even making your own beef jerky.

engber@shorty.cs.wisc.edu (Mike Engber)

1. Dehydrated/"packaged backpacking meals": WHAT brands have you tried? Any favorites out there? I've had some good luck with some of the mountain house stuff especially the chili and lasagna. The real trick is the extra stuff, spices and additions that you cook with it. I often take some extra packets of freeze dried meat to toss in with the main meal.

Something that nobody else has brought up yet, SPICES: Red pepper and Parmesan cheese saved from take out pizzas. Tabasco sauce. Horseradish and mayo in little packets saved from the deli. A good hot mustard (well OK, so I like hot food..). Garlic powder to mix with the fake butter (giving garlic bread to have with the lasagna.

Barry Needham

First, if you buy Bisquick or Jiffy Baking Mix, you'll find recipes for biscuits that require only milk to be added. By using powdered milk, these are pretty easy to make while backpacking. Haven't tried it myself, but I've heard you just make the dough and squish it into the bottom of a pan or wrap it around a stick.

Last summer, I went backpacking with a vegetarian, and we brought **falafel** mix. It comes in powdered form. You just mix it with water, form it into little balls, and fry them for about 5-10 minutes. It's great backpacking food if you like falafel. If you aren't sure, I'd try it in advance! Falafel is generally eaten in Pita bread, which is good, because Pita bread is another of my camping staples. It doesn't squash very easily, and it stays fresh pretty long.

Another good thing is to buy squeeze tubes (at a camping store) and fill them with peanut butter or honey or jam.

For meat, we often bring one of those big 1 or 2 lb Italian "dried" salamis. They don't go bad, they don't get squashed, and they're pretty concentrated calories. The drawback is that they're pretty greasy, which can get to you after a while.

When we're car camping, we'll often mix a can of chicken soup with extra canned chicken meat, to form something between a soup and a stew. You can add carrots, extra noodles, etc. too. It's a bit heavy for backpacking, but you might be willing to carry it for one day, and eat it the first night.

And of course, there's that college favorite-- Mac and Cheese mix. The butter/oil that it calls for is a bit messy to carry, but it isn't strictly necessary. You can use powdered milk instead of regular.

I find that backpackers are generally one of two types- the grazers and the gorgers. Grazers are happiest eating GORP, fruit, etc. all day long. Gorgers like to wait until dinnertime, and then eat one huge meal (saves time and effort, they try to tell me!) Best to figure out which type you are, so that you won't plan on eating huge dinners, then find yourself craving cookies and GORP, or vice versa.

Finally, there's a book that's been recommended to me which I've never looked through. It's called *Simple Foods for the Pack*, but if you get the Campmor catalog, I always see it listed in there. If your library has it, you might want to browse through it.

Margaret Martonosi
From mrm@garlic.Stanford.EDU

FRIED RICE: feeds 4

List of Ingredients:

1 lb rice
1 lb meat - ham, bacon
2 tbsp sesame oil
1 tbsp dried onion
2 tbsp corn oil (if ham is very lean)
1 pkg Kikoman fried rice seasoning mix (Soy sauce for additional seasoning)

Procedure:

1. Cook rice.
2. While cooking rice.
 - A. Cube ham, or bacon to ~1/4" squares.
 - B. Heat sesame oil in fry pan.
 - C. Fry ham and reconstituted onion until ham is slightly

crisp

NOTE: Stir ham frequently and rice occasionally.

3. When rice is done rinse with cold water twice.
4. Add the cold rice to the just crispened ham mixture.
5. Gradually add the seasoning mix while stirring continuously over a VERY HOT fire.
6. Continue cooking until evenly fried.

This meal may be somewhat salty, but after a hard sweaty day on the trail that should not pose any problems. Most of my camping is being done in the BWCA of Minnesota, which is canoe country, and most of the time we are just paddling the load with portages in the 1/2 to 1 mile range, so the extra weight is not much of a problem. However, BWCA rules ban cans or bottles, and our trips last up to 2 weeks so most perishables are out at least for the last half of the trip. (BTW. Hunts has tomato sauce in a paperboard box)

Other meals I have come up with include Pizza, Beef Stroganoff, Spaghetti and Chicken rice-a-roni.

As for Ziplock's, I use seal-a-meal so I do not have to worry about the seal opening up. In fact, I have been sealing an entire meal into one large bag so I do not have to search thru all the packs for the various ingredients as they are all in the one bag (including matches and dish soap)

Vickey O Day

1. Spaghetti Sauce

I have had quite good success with dried hamburger and dried tomatoes to make a decent spaghetti. The other ingredients - spices, noodles - are easily backpacked.

In camp, add water to the tomatoes and hamburger several hours prior to cooking. Close to dinner, the tomatoes will be the consistency of tomato paste. Combine everything with more water and start simmering.

The result was a very good semblance of kitchen prepared spaghetti sauce. We had this meal early in the trip

and again later. The meat and tomatoes seemed to keep fine (average temperature during trip was 60F). The only problem was the noodles. During the trip, the noodles got crushed up. It was like eating Spaghetti-O's or some other kids meal.

2. Spices

Dried and fresh spices are the easiest, most useful food to pack. Beefing up (so to speak) any packaged meal with your own personal touch of spices really makes a difference. It can make the difference between grub and a meal.

Travis Marlatte

I've found one can replicate the convenience of these package dinners and get somewhat better culinary results. Don't drain all the water out of a pot of regular pasta, toss in Milkman powdered milk, clarified butter, and Parmesan cheese, and stir a bit over low flame. For an easy seafood sauce, drain the pasta better, dump in a small can of clams or shrimp, Milkman, garlic, parsley, and olive oil, and again stir over low flame. Fresh or Angel Hair pasta gives best results at high altitude.

Even easier, just toss pasta with a spoonful of pesto, chopped nuts, and Parmesan cheese.

One reconstituted food that I've found tastes good, even at home (!), are the Fantastic Foods' refried beans/black bean products. They make great trail burritos with tortillas, dry Jack cheese, and salsa from hoarded Taco Bell packets (the only reason I stop at Taco Bell, by the way).

from jreece@sousa.intel.com (John Reece)

Hobo Stew

Hobo Stew: First Night Delight (Must be made and frozen before trip - Designed for first night consumption)

1/2 lb - Hamburger (Best) or Grnd Turkey (Okay) or Garden Burger (Uhg!!)
 1 small - Sliced Red Potato
 1 medium - Sliced Carrot
 1/2 small - Sliced Onion
 Liberal Amount of Cresent Season Salt (Essential)

Spread 1/2 of meat out on a large piece of tin foil (Enough to make several wraps - I will explain later). Cover meat with vegi's, sprinkle liberally with Season Salt, cover vegi's with remaining meat. Wrap tin foil around the whole thing. ** Be generous because you are probably going to use a stick to get this thing out of the fire ** Stick the whole thing in the freezer and freeze solid. The day of the trip take it out and put it in your pack. (Be careful to understand the laws concerning heat transfer) You want the sucker to be thawed when you set up camp the first night. ** Note: This can be the most tricky of all the directions** When you get a fire going or if a fire runs against your environmental grain - Camp Stove - Throw the sucker in there or on there as the case may be. Color is the indicator of doneness, if the tin foil is black so are its contents, try for a light brown and lots of steam. Unfold it or just cut a hole in the top and use the tin foil as your plate. Afterwards burn the tin foil or if you are more adventurous leave it outside your tent to see what large or

small animals you can attract. Wrap the whole "Mary-A"

Hobo Stew is a camping tradition with my family. We have enjoyed it even after our dog rolled in a dead salmon, We have enjoyed it burnt, we have enjoyed it raw, we have enjoyed it at home for that camping experience in the security of your own home, we have enjoyed it even when nobody else enjoyed it. I can say one thing for Hobo Stew - WE ENJOY IT!!!!

Brad Backlin

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05/30/97

curry cous-cous

- * in pan fry carrot slices, chopped onions and garlic
- * onions are golden, add water, curry (amount depends on desired spicieness), salt
- * when water comes to boil, add cous-cous
- * when cous-cous is fluffy, serve and enjoy!

This is a nice, hot filling dinner :)

Michelle Hayes

06/04/97

Pita Beginnings

You Need:

1 Pint Olive Oil
Garlic Salt or Flakes (to Taste)
4 Slices of
Pita Bread

Heat Olive Oil slowly with Garlic

Dip Pita in Oil for excellent Starter to a meal (Keep a little of the oil to sautee chicken/vegetables you may have for your main dish)

Concerning the above: Boneless chicken breast is excellent.

Pete Lester

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09/22/96

Tortellini Supremo

serves 2-3 hungry campers
INGREDIENTS - 16 oz dried cheese tortellini - 1 large onion - 1 green pepper - 3 plum tomatoes - 1/2 stick of butter - 1/2 lb. of cheese - 1 pkg. powdered caesar dressing - 16 oz. tomato sauce - 1 pkg. ramen noodles
PREPARE a 2-1/2 quart pot about 1/3 filled with water and begin to

cook at medimun heat (Yeah I know just don't set the stove at max. output). Slice the onion into chunks and spread in a 2 quart pot in about 1 inch of water. Put this pot on med. heat. Slice the pepper and layer it on top of the onion. Put the butter on top of this pile and cover. Add the tortellini to the water (yes, even if it isn't boiling) Slice tomatoes, set aside. Dice cheese into small cubes, set aside After the tortellini has been boiling for five min. add the tomatoes to the other veggies After 3 min., add the tomato sauce and the caesar dressing stir well, then cover Drain some of the water, leaving about 1 inch ! of water above the pasta Add the cheese and the ramen noodles, Serve the pasta and smoother with sauce!! Now you can feast!!! ENDof water above the pasta Add the cheese and the ramen noodles, Serve the pasta and smoother with sauce!! Now you can feast!!!

Dot Ball

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02/23/97

sucuk and bulgur

This is a very quick very easy cooking dinner. You need to get SUCUK (a kind of spicy bacon - Turkish origin)for the meat additive to your bulgur wheat. Well dried, sucuk is very resistant even in temperatures reaching up to 40 degrees celcius for a week or so. I don't know how easily it could be found in other countries but its readily available here in Turkey. Bulgur wheat is very good in cooking time when compared to plain wheat. As additives we use our own home made (owen dried) green pepper - green onion mix together with some tomato paste, salt to the taste and vegetable oil. Recipe: - Sucuk is cut into slices of about half a centimeter thick (about 100 grams per person)and fried with a little oil till the color changes from pink to red (takes about 1-2 minutes).

- Bulgur wheat measured as one cup per person is added together with the additive (preferably fresh but the dried ones also work well) - 2 cups of cold water is added for each cup of bulgur
 - The cover is closed and its boiled without simmering until the wheat is soaked and water is only visible through little volcanos erupting through the semi cooked wheat (you will know what I mean the first time you try it). DO NOT STIR!!! - ENDwater is only visible through little volcanos erupting through the semi cooked wheat (you will know what I mean the first time you try it). DO NOT STIR!!! - After the little volcanos you simply simmer until no water is left. Alternatively if you don't have a stove that simmers well just take it off the fire and let it rest for 10-15 minutes before cool enough to be edible.In very cold weather cover it with some insulation to allow a slow cooling. - from the beginning to the end it takes about 30 minutes to cook depending on the altitude On the other hand, smaller grain bulgur does not require cooking. Just ad boiled water and let it rest under insulation to cool down to be really cold. It is still edible.

Orhun Kantarcý

Backpacking Burritos

- ⌘ 1 7oz Box Fantastic Foods Refried Bean Mix
- ⌘ 1 Pkg Backpackers Butter (Available in Campmor Catalog)
- ⌘ 1 Pkg Cheese from Kraft Velveeta Shells & Cheese Din Box
- ⌘ 10 Fajita size flour Tortillas
- ⌘ Onion Flakes - 1/2" deep in Ziplock
- ⌘ Dehydrated Jalepenos(Sliced)

- ≈ Approx 6-8 10 Taco Bell Taco Sauces
- ≈ Aluminum Foil

First, add water to cover onion flakes and jalepenos when arriving at camp. If possible build a small fire, remove tortillas from plastic and wrap in aluminum foil. If you can't or don't want to have a fire form a tortilla size grill out of foil and alternate between keeping beans warm and cooking tortillas individually on stove. In one sm pot boil about 3-4" water place cheese pkg inside and set aside. place tortillas in hot coals - approx 10min. Prepare beans according to pkg directions. When tortilla(s) are done remove and reseal, add beans, melted cheese, sauce, jalepenos, onions - enjoy!

Bill Kulik

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03/07/97

Tsampa

- tea bags
- water
- 2 tbs roasted wheat flou
- salted butter

Instructions:

1. Brew a strong tea.
2. Add the wheat flour and the salted butter.

This recipe from Tibet gives 300 calories and is very nutritive.

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03/19/97

Ramens Anyone?

I know that ramens can get real old real quick out on the trail but being a college student (nutrition major no less) I have thought of tons of creative ways to enjoy? them. I usually pack all the blocks for a trip in one large bag and keep the seasoning packets sealed. What I do is take 3 blocks of noodles and 2 packets of seasoning, add in chunks of beef jerky or trail meat and then just enough water to cover the noodles (the less you use the less you have to pour out i.e. damaging your campsite) as soon as the noodles get cooked enough to be soft and edible I take thin slices of cheese (alot) and mix in so it melts. Finally season to taste with paprika and Tabasco. This is generally filling for my partner and I along with dessert and is pretty nutritious. Its a little high in fat but putting in heavy miles will account for that.

Nutrition Analysis per person

Calories:	1100	Fat g	:	57	47% cal.
Protein g:	64	23%cal.			
Carbohydrates g:	80	30% cal.			

Enjoy! P.S. if anyone ever needs a partner for Ohio/Mich./Kentucky contact me at my e-mail. contact me at

my e-mail.

Lucas Lavey
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04/18/97 05:36:21

Tasty Deserts

Yeah--go on... Treat yourself to a reward after a hard day's exercise!

>From mcrae@grads.cs.ubc.ca

you have a choice when packing your food to do it by day or by meals, i.e. all lunches together or breakfast, lunch, dinner and snacks for each day.

I prefer the later method - as then I know what I can look forward to for treats later in the trip rather than eating all favorites first!

I always take hard candies - as I get very thirsty and they seem to help and give a little energy boost at the end of a day's hike - you'll probably get lots of food tips - but here is one - take instant puddings add dry milk and then you only need to add water for a nice dessert. I also take granola with dry milk in it -then you can add water either hot or cold for a good breakfast. Do take some onions (dried or fresh for adding flavor)

REMEMBER do not wash your dishes in the stream or fresh water.

Desserts - You can use dry milk to make pudding and it tastes just fine. Along similar lines - we discovered we could make the instant cheesecakes and instant chocolate mousse's you can find in most any grocery stores. Of course we weren't able to make the crusts, but we just sprinkled the Graham cracker crumbs on top.

Mike Engber

Mama Heller-Goley's Vinegar Pie

2 TBLS butter
1/2 cup sugar
3 TBLS flour
1 tsp cinnamon
1/4 tsp cloves
1/4 tsp allspice
1/8 tsp salt
1 egg
2 TBLS vinegar
1 cup water
1/2 recipe Plain Pastry (You can use frozen pie shells, if you have never learned

pie shells)

Cream butter and sugar. Add dry ingredients, egg, vinegar and water. Cook in top of double boiler until thickened, stirring constantly. Line piepan with pastry, bake in moderate oven (350 dgs.F.) 3 minutes, then pour in filling and continue baking until crust is brown. Makes 1 (8 in. pie)

Pat Heller Goley Bennett

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04/29/97

Banana Boats

This recipe is kid-tested!! You will need:

- ≈ Tin foil
- ≈ Bananas(if you buy them green they ripen on the way)
- ≈ marshmallows
- ≈ chocolate chips

Peel banana(bruises are OK, don't worry). Place inside tinfoil and smother in marshmallows and lots o' chocolate chips. Roast for 10 mins. in the embers of your campfire (if available).

This recipe is camp counsellor tested. Tired hikers respond well to a slimy treat like a hot fudge banana split! However, those going on extended hikes will perhaps have to modify the recipe. Please reuse your tinfoil!! Bananas do not squish well, whereas marshmallows can be contorted into indefinable shapes and not compromise taste. And freezing Bananas is not a good (by experience!!)The bananas will turn black and have a funny taste. This recipe has always worked on YMCA canoe trips, but I have never tried it in extremely tight conditions. Banana boats are best accompanied by a dying fire and stories. Hope this is helpful.

Andrea Morash

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08/21/96

Fruit Compote

Dried apples, blueberries, strawberries, or any other dried fruit you have in your pack. 1 pkg. apple cider mix Water Use enough water to just cover fruit. Sprinkle cider mix over all. Bring to a boil, then simmer till fruit is rehydrated. Delicious!!

This was concocted in the Wind River Range on our last day and everybody wanted to lighten their load and threw in whatever they had left. It turned out to be one of the best desserts I've ever tasted!

Sandi Still

Instant Puddings

At home, combine: 1cup dry milk, 1pkg. any pudding. At camp: Add: Water equivalent to that on which the package says milk.

I tried it last year in Yellowstone. It works well with the cold water. When it was finished everyone in my group said that my chocolate pudding looked like bear poo.

Stephanie Leshk

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02/12/97

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