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| [Table Of Contents](#) | [Introduction](#) | [Breakfasts](#) | [Lunch/Trail Snacks](#) | [Dinners](#) | [Deserts](#) | [Meat Dishes](#) | [Assorted](#) | [Assorted Vegetarian](#) | [Further Reading](#) | [Index](#) | [Recipe Submission Form](#) |

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## Meat Dishes

Recipes (mostly dinners) with meat in them. Also included are some methods of dehydrating meat at home for use when in the woods.

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Using a commercial dehydrator, we dried out chicken that had been soaked in a flavored marinade (two kinds, actually, one soy-based and one Italian-style).

What we didn't realize was that poultry goes directly from being "squashy" (and thus still hydrated) to being, well, hard. We ended up with well-seasoned chicken-flavored rocks that were much too much effort to eat after a day of backpacking.

I imagine that if you can get the meat just right, so that it actually has a jerky-like texture to it, it wouldn't work that badly.

Oh, for those of you who are wondering why we didn't try to re-hydrate it... We did. Didn't work, even after 24 hours of soaking in warm water. Trust me, we had six months to play with it. It all boils down to one thing.-- TRY YOUR RECIPES AT HOME FIRST!!!

FROM pnsf01dw@UMASSD.EDU (Dennis J. Wilkinson)

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I dry largish quantities of **hamburger** before a trip. This is how I prepare it: Buy 1 lb lean or premium hamburger (find ground round or ground chuck on sale). Chop up 1 onion, 2-3 cloves of garlic. I like adding a bit of lemon grass (available fresh at many Asian grocers; dried is OK. 1 tbsp dried; maybe 1/4 cup fresh). Brown hamburger together with onion in a large frying pan; stir well to crumble things up. Cook until it's almost done (say, until there's almost no pink left). Tilt pan to collect liquid; drain it off (that'll get rid of a lot of the fat, which makes things go rancid). Add garlic & lemon grass; 1-2 tbsp flour, & soy sauce & black pepper to taste. Cook another minute or two. Remove from heat. Turn everything out onto a large baking sheet.

Pop baking sheet into a warm oven (120-140); dry until crunchy. Pat remaining grease off with a paper towel; put into a Ziploc bag. Keeps at least 2 weeks on the trail. Usage: Reconstitutes in warm water; cooks in about 5 minutes in boiling water. Makes a great addition to spaghetti sauces, soups, stews, etc.

from tran@sun-valley.stanford.edu

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## Rice Stuffed Trout

*Ingredients:*

- ⌘ 1 pkg boil-in-bag brown rice
- ⌘ 1 tsp oregano
- ⌘ 1 tsp rosemary
- ⌘ 2 tsp parsley
- ⌘ 3 to 6 tsp olive oil
- ⌘ 1/2 tsp salt
- ⌘ 3 to 6 freshly caught 9 inch trout
- ⌘ heavy duty aluminum foil

Before leaving the house, premix the oregano, parsley, rosemary, salt and olive oil and store in an appropriate container.

At camp, boil the rice for the required time (usually 10minutes). Remove from water and allow to cool while preparing the trout. Prepare a bed of coals to cook on.

To prepare the trout, slit them along the belly and remove the entrails. Make a small incision at the gills and remove them. Finally, use your thumbnail to remove the kidney, which is located inside the body cavity right next to the spine. Do not remove the slippery coating on the skin of the trout.

Open the rice packet, add the spices to it, and mix. Get a piece of aluminum of suitable size and put one spoonful of rice in the middle. Spread the rice to provide a bed which will protect the trout from burning. Stuff the trout with rice and place on the foil. Put another spoonful of rice on top of the trout and then make a rolled seam with the foil. Try to make the seams tight, and leave a little room inside the foil for expansion. You can put up to two trout in the same packet. Place the packets on the coals and let them cook undisturbed for about 10 minutes. Retrieve the packets, (careful!) open them and enjoy.

Larry Pyeatt

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Anyhow, I will make my token contribution here, two that I remember as being particularly successful with the other members of the group:

Amounts are sketchy as this is a very plastic base on which to improvise:

- ⌘ 1 cup of bulgur wheat
- ⌘ 1 can of turkey chunks ( tuna sized can)
- ⌘ 1 small package of one of those instant gravy mixes from the grocery store. My current favorite is a green- peppercorn sauce by McCormicks (sp?)
- ⌘ Assorted spices, garlic, sun-dried tomatoes, etc.

Cook 1 part bulgur (plus tomatoes, etc) to somewhat more than two parts water and when close to done, add the turkey and the gravy mix (half a package may do for two people) which should thicken the whole mess a bit.

Variations are endless, but it is hearty tasting and filling, and bulgur seems to cook faster than rice or the thicker varieties of pasta, is more compact than the latter, etc., and is closer to brown rice than white for those watching their nutrition (look out, there's nutrients in that pot!) Some very strange things can be done with cous-cous as well and it only needs the addition of boiling water.

Ian Kay

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### **Chicken-veg stir-fry**

- ⚡ \* Bone and cut up some chicken parts into small pieces. Season with salt, pepper, fresh garlic and anything else interesting. Put in a Ziploc, add some olive oil and freeze. \* Cut up some carrots, celery, scallions etc into small pieces, put in another Ziploc and freeze.
- ⚡ At camp, get your stove going, open up the chicken and cook, stirring often, until almost done. Add the veggies and cook a little longer.

### **Shrimp-thingy pasta**

- ⚡ Mix about 1/2 pound of cooked (peeled) shrimp, some scallions, celery, pepper, garlic and spices in a Ziploc, add 1/2 can of chicken broth and freeze.
- ⚡ Pack some pasta.
- ⚡ At camp, boil the pasta and set to one side. Heat up the shrimp mixture, mix with the pasta and eat.

Eduardo Santiago (santiago@lerad.pa.dec.com)

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### **Dried Hamburger**

1. Get the leanest meat you can get. Fat causes the dried meat to go rancid. I often grind my own to really get it lean.
2. Cook it, breaking it into small pieces.
3. Drain the grease, paper towels help sponge it up.
4. Spread on a cookie sheet, don't crowd it.
5. Put in the oven overnight, (6-8 hours) Oven should be on as low as it will go. I believe the exact recommended temp is 125 - 140degrees, which is lower than the first marked number on most oven dials.
6. The meat will come out in small, hard, dry, dust like pieces.
7. Seal in bags. Ziploc are OK, Seal-a-Meal is better.
8. To use, boil in some water for about 5 min to rehydrate. Makes great Spaghetti sauce.
9. (chunks of cooked chicken are supposed to work also, but all I ever get is impossible-to-rehydrate rocks. I possibly over dried it)

### **Making Beef Jerky**

1. While you have the oven fired up, make some Jerky also. Oven conditions are the same. Don't precook the meat.
2. Take a very lean (Trim off all the fat) flank steak. Cut it in very thin strips. Partially frozen steak makes

this easy.

3. Soak it in your favorite marinade. Soy sauce with ginger root works good. Don't overdo it as it will get a strong flavor.
4. hang it from the oven racks, and dry with the hamburger.

Tastes GREAT!

To REALLY get all the fat out, put browned hamburger in a large wire colander (like a large tea strainer), and then put the whole thing into a large pot of water and let it sit for a while. The fat will go to the top and harden. Take off the fat, remove your colander with meat, and let it drain a bit. Then go through the drying process. Obviously, because the meat has been soaked, it will take longer to dry, but the lowered fat content makes a BIG difference in storage and rehydration time.

For really good results, buy or make a dehydrator :-)

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### **Drying Hamburger Algorithm**

I got the idea from an AT hiker in the Smokies.

The main goal of the process is to extract as much grease as possible from the meat. For blotting grease I used newspaper covered with a couple layers of paper towels. Maybe someone has a better suggestion.

- 1) get some ground beef. The leaner the better
- 2) cook it up and drain off as much grease as possible
- 3) spread the hamburger out in a cookie sheet on something to blot the grease. Put this in the oven at ~100 F for ~8 hours. There is a significant color change (darkening) to let you know when its done. You'll need to change the grease blotter a couple times and stir the hamburger around to make sure it all gets dried.
- 4) spread the hamburger out on a grease blotter and let it sit out and dry at room temperature for a few days. You'll need to keep it covered and you'll also need to periodically change the blotter and mix up the hamburger. I found that

after a day or so it was sufficient to just change the paper towels as not much grease was getting through to the newspaper any more.

Now, what you have closely resembles gravel, but don't worry it becomes edible if you just boil it for ~5 minutes. We mainly used it for Hamburger helper:

- 1) boil the water (hopefully purifying it)
- 2) add the gravel and wait 5 minutes
- 3) add the Hamburger Helper noodles & let them cook
- 4) add the Hamburger Helper seasoning and cook to your own taste I also used the stuff to make some pretty good taco's once. We found we could get 2 meals for two people out of a single box (but then we always had a substantial dessert with it - pudding or cheesecake)

We packaged the gravel up, using a Seal-A-Meal, into 1/2 pound (original weight) packets. A pound of hamburger turns into about a cup of gravel after drying. I don't know the weight off hand, it isn't much, maybe 8 ounces. All this will vary greatly depending on how finely you break up the hamburger and how lean it is to start with.

Peter B.

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### **Beef Hash with Gravy**

*Trail Information:*

Time: 15 minutes

Water: 3 cups

Equipment: 1 pot, 1 frying pan, and a spatula Servings 4

*Ingredients:*

two 2 1/2 ounce pkgs. cooked pressed beef, dried and crushed

1Tbl.dry milk

2 tsp. Butter Buds

2 TBL. dried minced onion

1/2 c. French's instant mashed potato powder, or 2 c. potato buds

3 to 4 TBL. butter or margarine

1 pkg. instant brown gravy mix

*Trail Directions:*

1. Boil 2 c. water in a pot. Add the contents of the beef bag, cover, and simmer for 2 to 3 min.
2. Off the heat, add the potatoes and stir; cover and let sit for a few minutes.
3. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side.
4. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min.
5. Turn the hash. Pour the gravy over the top. Brown the side that is down.

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**Quick Chili***Trail Information:*

time 15 min.

water 1 1/2-2 cups

equipment 1 pot

servings 4

*Making and Drying the Chili:*

1 pound ground chuck  
1/2 cup finely chopped onion  
2 cloves garlic, minced  
1/3 c. finely chopped green pepper  
Big pinch of oregano  
small pinch of powdered cumin  
1 TBL. chili powder  
1/2 tsp. salt  
6-ounce can tomato paste

Brown the meat and spoon the fat off. Add the onion, garlic, green-pepper, spices, salt, and tomato paste. Stir and cook for 15 min. Let it sit for an hour if you can- this enhances the flavor. Spread chili on a greased shallow pan and dry in the oven at 140F with door propped open.

*Trail Directions:*

1. Add 2 cups water to the 2 cups dried mix, stir, cover, and bring to a boil.
  2. Cook slowly for 10 minutes.
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## **East Meets West Stew**

Trail Information:

Time 1 hour soaking, 45 min. to 1 hr. cooking

Water 2 to 3 cups

Equipment 1 pot (2 if cooking rice)

Serving 3 (easily expanded by doubling or tripling the recipe)

Prepare Ahead Ingredients:

- ✂ 2 ounces beef jerky
- ✂ 8 medium or 6 large dried Oriental mushrooms
- ✂ 2 TBL. dried sliced onion, or 1 TBL. dried minced onion
- ✂ 1 beef bouillon cube
- ✂ 1 TBL. flour pepper to taste
- ✂ 1 cup biscuit mix, 1/2 c. rice

## Trail Directions:

1. Soak the jerky in water to cover for 1 hr. in a pot. The last 30 min. add the mushrooms and onions, and more water if necessary.
2. Take out the mushrooms, remove their stems, cut them up, and return them to the pot. Bring the water and contents, plus bouillon, to a boil, cover and simmer for 30-40 minutes.
3. In a cup, mix a tablespoon or so of flour with water to make a thin paste. Stir this into the stew. 4. Set dumplings (made from 1 c. biscuit mix and 1/4 c. cold water) on top of the stew. Cover, and cook 20 minutes longer. Or cook 1/2 c. rice in 1 cup water in another pot.

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have attached some recipes using an exciting new product developed in Australia. It is a dried ground beef (not jerky!!!) which when water is added reconstitutes to a cooked ground beef. The process allows premium beef to be dried so that meat protein is preserved. Only the flavorings, pasta, vegetables or rice need to be added to produce a convenient meal.

regards,

Robyn Donovan

(donovar@dpi.qld.gov.au)

Mexican Mix (DRIED GROUND BEEF RECIPES from Australia)

- ≈ 125g Settler s Dried Beef Mince
- ≈ 1 pkt Taco mix seasoning
- ≈ 500 ml tomato pasta sauce
- ≈ 1 can red kidney beans
- ≈ 1 can corn nibblets

Add all ingredients together. If a little dry, add water to make it the consistency you like. Should not be sloppy. Can also take more than one bottle of tomato pasta sauce.

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Thai Green Curry (DRIED GROUND BEEF RECIPES from Australia)

- ≈ 125 g Settler s Dried Beef Mince
- ≈ 1 teaspoon dried garlic
- ≈ 3 tablespoons curry powder
- ≈ 1 cup of frozen beans
- ≈ 1 tablespoon beef stock powder
- ≈ 2 onions chopped
- ≈ 2 can coconut milk

add water if necessary after cooking.

Brown onions in a pan for 3 minutes, add garlic, curry powder beef stock and all other ingredients. Bring to

the boil and simmer for 10 minutes. Vary curry powder if too hot!

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#### Rices of the World- Sate (DRIED GROUND BEEF RECIPES from Australia)

- ≈ 125 Settler s Dried Beef Mince
- ≈ 1 pkt of Sate Rice (Precooked rice with Sate flavoring)
- ≈ 1 cup frozen peas

In a bowl place 1 cup water, dried beef, peas, contents of rice packet and water according to their directions. Cook for the time suggested on the packet, stir and let stand for 5 - 10 mins.

Note: SETTLERS IS NOT TO BE CONFUSED WITH JERKY. SETTLERS IS A NEW COOKED DRIED GROUND BEEF PRODUCT AVAILABLE IN AUSTRALIA FROM PO Box 88,MORNINGSIDE 4170 AUSTRALIA Tel: 61 7 899 2857 fax: 61 7 988 0542

Editors Note: So as not to endorse any products specifically, it s perfectly acceptable to substitute [dried hamburger](#) or [beef jerky](#) for SETTLERS.

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#### ARMY FOOD (creamed beef on toast)

- 1 lb ground beef
- 3 heaping tbs flour
- salt and pepper to taste
- 2 1/2 cups milk

Brown hamburger-drain all fat. stir in flour and mix with meat browning, but not burning mixture. It will become very dry. Turn heat down and add 2 1/2 cups of milk, stirring constantly until mixture thickens to your preference. Season with salt and pepper; serve hot over toast.

DAN POPE

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04/27/97

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#### BARBECUED TROUT FILLETS

TAKE TROUT FILLETS AND WRAP THEM IN SMOKED BACON. THEN BARBECUE THEM.WHEN THE BACON SLICES ARE COOKED THE TRONT IS ALSO READY SIMPLE BUT DELICIOUS AND EASY.

WE ALWAYS DO THIS RECIPE FOR PEOPLE WHEN ON HOLIDAY IN THE DORDOGNE IN FRANCE EVEN OUR FRENCH FRIENDS ARE IMPRESSED.EAT WITH PLENTY OF WINE.

IRIS SYMMONDS

[newbigginm@aol.com](mailto:newbigginm@aol.com)

05/12/97

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### **Grits and Gravy**

2 packages instant cheese flavor grits 1 package cream of chicken cup of soup boiling water combine the grits and cup of soup in pot and add boiling water to desired consistency. The beauty of this recipe is that you can use different flavors of grits and soup for unlimited combinations. A quick and easy recipe.

Don Watts

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08/19/96

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### **More on Beef Gravel**

Just a comment on removing the grease from "beef gravel"... Dieters have long known that one way to get ALL the fat out of ground beef is to BOIL it...this also has the effect of separating the beef into more uniform "gravel". Boiling onions, peppers, etc. with the beef works fine. After boiling (and draining and rinsing beef and seasonings in a collander), dry per the other "beef gravel" instructions.

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### **Beef Stoganoff**

1 pkg. Lipton's Sour Cream and Chives Noodle mix 1 can of Hereford Roast Beef and Gravy Just cook the package of noodles as directed sans butter (we don't even notice it's missing) add the can of beef and gravy. Continue cooking and stirring until warmed through. We made this on a three day Boy Scout Backpacking adventure in the desert near Desert Center, Ca. We had been hik- all day. This was fast and easy and very good. Summer Sausage on Cheese Rolls makes a great Trail lunch. Happy Trails!

Cadie Werth

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02/09/97

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### **Dried Hamburger**

This is just a quick tip for drying hamburger and having it last much longer. Use the leanest hamburger that you can get. Brown it well, until all of the pink is gone. Drain off all of the grease that you can. Then place the cooked hamburger into a colander or seive and pour boiling water over it until the water runs clear. It is the fat that makes the hamburger spoil. By pouring boiling water over it, you will wash away almost all of the remaining fat. Then blot the hamburger between paper towels until reasonably dry. Spread out on the dehydrator screens (or place on a cookie sheet in the oven) and dry until dark and crumbly. Dried hamburger can be used in many recipes. My favourites are the hamburger helper types. I add the dried hamburger to the pasta, so it rehydrates as the pasta is cooking. You may have to experiment a little to get the right amount of extra water to add. As a quickie meal, this even works great added to Kraft Dinner. I add dehyd! rated onions and some extra spices.

Just as a word of warning. I had a friend who tried this, and got impatient waiting for the water to boil. He

added the macaroni to the water before it came to a boil. The resulting 'messy mass' defied description. All of the macaroni merged together into one large lump. After hiking all day, he was hungry enough to eat it anyway, but it didn't do much for anyone else's appetite.

Michelle Farr  
Michelle.Farr@gov.ab.ca  
02/12/97

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### **Unlikely Dump**

For a quick after-caving meal, I dump one can of corned beef hash into a pot made from a large grapefruit juice can and add about two ounces of chunked hard cheese. Warm this over your choice of heat source, then add one packet of Tobasco sauce. A packet of ketchup doesn't hurt either. Stir until the cheese melts and incorporates; then serve over any kind of tough bread ( i.e. bagels, pilot bread, Italian bread, etc.). A large mug of hot tea with sugar and a heap of this mess works wonders toward restoring a spelunker to humanity.

The first time you make this for your group, do so in an area with a clear escape route away from your teammates. Until the dump gets hot enough to emit aromas, it looks pretty disappointing. Pausing to scrape the mud from your hands will buy you a certain amount of tolerance.

Bill Rich  
[brich1@worldnet.att.net](mailto:brich1@worldnet.att.net)  
3/11/97

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| [Table Of Contents](#) | [Introduction](#) | [Breakfasts](#) | [Lunch/Trail Snacks](#) | [Dinners](#) | [Deserts](#) | [Meat Dishes](#) |  
[Assorted](#) | [Assorted Vegetarian](#) | [Further Reading](#) | [Index](#) | [Recipe Submission Form](#) |

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