

Recipe Suggestions for Backpack Cooking

Compiled for Troop 536

This book is provided as a resource to help scouts and scouters in troop 536.
As of Jan 2004 recipes have not been tested by members of troop 536.

The most important things to remember:

- Make sure your scout likes it
- Keep it Simple! – think light, durable, and “one step”
- Prepare as much as you can in advance

This booklet is dedicated to Dusty and Andrew – Our troop
Gourmets!

This booklet is compiled from websites:

- **McScouter.com**
- The Backcountry Recipe Book, Version 2.1
- Cooking for Scouts and Scouters

Young Backpacker Food Hints & Recipes

By Claude Frenner, Lake Ridge, VA

Advice for New Hikers (and parents)

Hopefully you have read everything else up to this point and have purchased your Scout a Silverstone frying pan and a small pot. The official Scout mess kit is just exactly that - a MESS - because it takes a lot of skill and patience to cook on uncoated aluminum. Nothing will turn a boy off quicker than the frustration of having all his food stick to the pan and burn when he is tired, hungry, and away from home. The meals recommended below are relatively easy to fix and are appealing to most boys. Have your Scout use his camping equipment and practice cooking some of these meals at home on a weekend. This way, he will already know what he likes and how to fix it. Nearly all of the food items listed are available at local supermarkets.

Parents will notice a distinct lack of vegetables in these meals. If your Scout likes vegetables at home wants to take some hiking, then by all means add them to the menus. Otherwise, remember that the adult hikers will also be tired and hungry at dinner, and cannot be expected to force a boy to eat his spinach on a weekend hike. Let the Scout look forward to a hike with minimum hassle and make him eat vegetables at home. Then, after he gets tired of the same old food after a few hikes, he will start looking at what the gourmets are eating and will begin to appreciate some vegetables and other weird foods. (As an aside, when we go on week-long Sierra Treks, we do make them eat vegetables, fruit, other healthy stuff.) You will notice that we sometimes include "junk foods" in the menus as we believe a little bit won't hurt much and the Scouts really like the stuff. We do recommend that each Scout take 3 or 4 pieces (not pounds) of hard candy per day along for the steep stretches of trail. Sucking on the hard candy will provide additional quick energy. However, please don't send a lot of candy and junk food instead of the meals listed below. All that sugar tends to make kids hyperactive and we don't need a kid along who is higher than a kite on sugar. Our meals have a little protein, a little fat, and a lot of complex carbohydrates, which is what the body needs for sustained energy on a hiking weekend.

Feel free to rearrange these items - these are merely suggestions. As a Scout's experience grows, he may like to add in some of the options. When you help him organize his food, remember to help him repackage everything from large boxes or bottles into small baggies or Ziploc bags. Please do not pack more food for a meal than he will eat, because he has to carry it on his back. For example, don't send a 16 oz. jar of instant Tang - put enough for one cup of juice into a baggie and tie with a twister seal. If the item is already in a single serving size, such as individual Kool-Aid packets or hot cocoa packets, then leave it in its original wrapper. Put all the ingredients for a single meal into a single larger baggie or Ziploc. Then put all the bags into a small trash bag, or plastic grocery bag, and tie shut. This way, all food is together for a single meal and not lost throughout his backpack.

Breakfast Menu Ideas

1. **Instant oatmeal**
Tang
Hot cocoa
Dried Fruit
2. **Bagel with jelly or peanut butter**
Tang
Hot cocoa
Dried Fruit
Bagels are a good bread for hikers. They taste good, don't crush, and won't dry out appreciably.
3. **Bacon (2 slices)**
Freeze-dried scrambled egg
Bagel (pre-buttered)
Dried fruit
Hot cocoa

Take 2 strips of bacon, cut in half, and pre-cook at home until it's almost done (still a bit limp). Wrap securely in foil. Bacon prepared this way will keep for a few days and can be easily reheated in the foil.

4. **Breakfast bars or Pop-Tarts**
Tang
Hot cocoa
Dried fruit
5. **Pancakes**
Bacon
Syrup/butter
Hot cocoa

Buy the pancake mix that only needs to add water and put just enough for 2 or 3 pancakes in a ziplock baggie for him. Just add water to baggie to mix. (or better yet, make the pancake before hand and wrap in foil!) For syrup, get an extra one next time you go to a fast food place in the morning, or he can mix a one-quart package of Kool-aid with only a little water. For butter, put some margarine into 1 or 2 of the little plastic salsa containers that come with Mexican take-out food.

6. **Dry cereal (pre-sugared variety)**
Powdered milk
Hot cocoa
Dried fruit

Lunches

The best time to eat lunch when backpacking is *continuously*. In other words, frequent small snacks of complex carbohydrates all day long. That way the body has a constant source of energy available and the Scout is less likely to get too tired. We generally recommend nibbling on trail mix all morning and afternoon, with a little more substantial food for lunch.

Carbohydrates come in two main types, simple and complex. Simple carbohydrates are sugars. These cause a rush of energy that lasts an hour or so and leaves you with a jittery feeling from low blood sugar/too much insulin. Your system yo-yos back and forth and you don't really have the sustained energy you need. Complex carbohydrates are like tiny time capsules of energy: the body needs to digest them, and when it does they release energy for long period with no waste products. Examples are breads, cereals, beans, pasta, etc. So, what kinds of complex carbohydrates should a Scout take hiking? All kinds!

Trail mix is a good snack food for the day-long lunch. You can buy trail mix already put together at nearly any supermarket. You can also mix your own and put in exactly what your Scout likes. Most trail mixes consist of dried fruit, nuts, seeds, etc. A recipe that most Scouts like is one part of M&Ms, two parts peanuts, and one part raisins. You can also throw in a little shredded coconut and some dried banana chips - if he'll eat them. Other good things include shelled sunflower seeds, carob, mixed nuts, pretzel sticks, or the little Japanese cracker-like snacks. (Go easy on the candy part - it's better to have less candy and more other stuff.) As to how much he will need, for each day of hiking the most he will need is a double handful (less than a cup, if you have to measure it). By comparison, one pound of trail mix will last for a week in the high Sierras. Whatever you get for him, make sure your Scout likes it by having him try it at home first.

Bagels, pita, tortilla, are great breads to take along for the more substantial food break around noon. Make some up at home with jelly and/or peanut butter. Then wrap in plastic wrap.

Crackers such as Triscuit, Wheat Thins, and Ritz are also good.

Granola bars are also a good form of complex carbohydrates.

Stay away from fats entirely during the day while hiking, as the body takes a fair amount of time to digest fats and convert them to energy. Some fat in the evening meal is good for the hiker, as the body can make use of it while asleep, but it is not good for you while working hard.

Jerky, salami sticks, beef sticks, dry salami, etc. are good meats to take along, but only in small amounts for lunches. Other foods that are good are sardines, ham spread, chicken spread, and so forth, although he will have to carry the weight of the can around with him. In addition, small chunks of cheese or a package of string cheese also tastes good. Remember, however, that meats and cheeses contain a lot of fat and the Scout should not have much of this during the day; the best hiking lunch going is a peanut butter and jelly sandwich.

Dinners

This is the second most important meal for a hiker's physical needs (breakfast is first), but the most important for his mental well-being. By the time dinner rolls around, the Scout will be tired, his feet will hurt, he'll be sunburned and mosquito-bitten, he'll itch, his patience will be nonexistent, and he'll be very hungry. This means the meals need to be simple and quick to fix and appealing to his palate (something he will eat) as well as containing the right foods for the body. The evening meal is when he should eat the majority of the day's supply of protein and fats. Since fats take more time to digest than carbohydrates, his body will be using the fats and proteins to repair itself while he's asleep.

The ingredients and possible dinners listed below are always changing but will give you an idea what's available. All it takes is a little imagination and you have a first class meal. When you must repackage things that need directions, cut out the directions from the box, put into the baggie with the food, and then seal with a twister; rewrite the directions in simple language on a piece of paper, portioned according to the amount he will prepare, and include with the food. Try to include soup with each dinner; this is to help get more water back into his system to prevent dehydration, and also gives him something quick to eat while the rest of the meal is cooking. Listed below are some ideas for new hikers. If your Scout really wants some more vegetables, or you insist he have them, send along carrot and celery sticks; most kids will eat them. Deserts can be just about anything. Instant puddings mixed with dry milk are always good. Other alternatives are anything made by Hostess, such as Ding Dongs, Twinkies, Fruit Pies. Also good are homemade cookies or brownies.

MENU IDEAS....

1. Chicken Noodle Cup-a-Soup

**Hamburger patty
Mashed potatoes
Corn
Punch
Hostess Fruit Pie**

Make up the hamburger patty at home and freeze it. As he gets ready to go on Friday afternoon, wrap the frozen patty in foil, shiny side in, and seal in a small Ziploc bag. Buy instant mashed potatoes and send one serving sealed in a bag. Add a dash of powdered milk to make it creamier. Buy frozen whole-kernel corn; send one serving along, sealed in a bag. Wrap the hamburger and corn in his spare T-shirt for insulation; it will thaw slowly during the day Saturday and be ready to cook at night. For punch, we recommend artificially sweetened Kool-aid or Crystal Lite as they are light weight and taste good. He won't need the sugar in the evening from the other kind. Fry the hamburger until done enough. The junk food dessert is because he's a kid!

2. Vegetable Cup-a-Soup

**Chicken Top Ramen
Bagel
Small can chicken
Punch
Hostess Ding-Dongs**

Dump the chicken into the Top Ramen while it is cooking.

3. **Chicken Noodle Cup-a-Soup**
Small can chicken
1/2 Cup White Rice
1/2 package Chicken Gravy Mix
Punch
Twinkies

Put the rice (regular long-grain rice) in the small pot with 1 cup of water, dump in the chicken, cook for 15 minutes on low heat, covered. Mix the gravy up according to directions, dump in with chicken and rice, reheat until boiling.

4. **Chicken Broth Cup-a-Soup**
Two hot dogs
1 Tablespoon Spaghetti Sauce Mix
Spaghetti Noodles
4 packages McDonald's Catsup
Punch
Instant Pudding with powdered milk

Break spaghetti noodles into smaller lengths at home. Boil in pot for 10 minutes or so. Pour off most of water, put sauce mix and catsup into pot with noodles. Cut hot dogs into small chunks and add to noodles and sauce. Cook over low heat, stirring, until hot dogs are hot. Clean out pot after eating out of it, put pre-measured instant pudding and powdered milk into pot, add proper amount of cold water, stir, let stand until thickened, eat.

5. **Chicken Broth Cup-a-Soup**
1/2 package Kraft Macaroni & Cheese
Small can tuna
Corn
Punch
Home made chocolate chip cookies

Repackage the 1/2 of macaroni in a Ziploc. Also 1/2 of cheese packet in another Ziploc bag, along with some powdered milk. Cook according to directions; add the tuna at the end, reheat, eat.

6. **Chicken Noodle Cup-a-Soup**
Stew
Bagel
Punch
piece of cake

Freeze some stew at home in a small 2 by 3 by 4 in Tupperware. Put into a Ziploc in case of leaks. Put a piece of cake into another Tupperware and send along for dessert.

- *There are many different flavors of instant Rice or Rice-a-Roni flavors available at the grocery store. Any of these combined with a small pouch of chicken, ham, or Tuna makes an easy and filling dinner on the trail.*

Listed below are pre-packaged, canned and dry foods from the local supermarket that are great for preparing delicious meals on the trail. Many meats and seafoods can be found in very small cans. The fresh or frozen vegetables are great for variety, but do tend to be somewhat heavy for a younger Scout. Take a tour through the supermarket and make up your own list with what your son likes.

Supermarket Backpacker Foods

<p><u>Pasta/Rice</u></p> <ul style="list-style-type: none"> • Kraft noodles and Cheese <ul style="list-style-type: none"> ○ Fettucini Alfredo ○ Cheddar Broccoli • Lipton's Noodles and Sauce <ul style="list-style-type: none"> ○ Butter Noodles ○ Sour Cream and Chives ○ Cream Garlic ○ Alfredo ○ Stroganoff ○ Parmesan • Macaroni & Cheese • Rice a Roni • Lipton's Flavored Rices <ul style="list-style-type: none"> ○ Spanish ○ Cheddar & Broccoli ○ Chicken • Long-grained white Rice • Wild Rice <p><u>Sauces</u></p> <ul style="list-style-type: none"> • Brown Gravy • Chicken Gravy • Mushroom Gravy • Hollandaise • Taco • Teriyaki, etc. 	<p><u>Soups</u></p> <ul style="list-style-type: none"> • Lipton Cup-a-Soups <p><u>Vegetables</u></p> <ul style="list-style-type: none"> • Frozen Corn • Frozen Peas • Frozen Green Beans • Fresh Broccoli <p><u>Breads</u></p> <ul style="list-style-type: none"> • Bagels • Marie Calender Corn Bread Mix • French Rolls • Bisquick biscuits • Tortilla • Pita <p><u>Canned Meats</u></p> <ul style="list-style-type: none"> • Chicken • Mexican Chicken • Tuna • Beef • Corned Beef <p><u>Desserts</u></p> <ul style="list-style-type: none"> • Anything by Hostess • Fresh Fruit • Small Pies <p><u>Snacks</u></p> <ul style="list-style-type: none"> • Pretzels • Trail mix (dried fruit, nuts, etc) • Goldfish crackers
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In conclusion, you can send just about anything the Scout will eat, but please send stuff that is easy and quick.

If parents or Scouts have any questions about any of this, please come to a Troop meeting and talk to us about it. We especially like to receive new ideas or suggestions.

FOR MORE OF A CHALLENGE...

BREAKFAST

O.K. I haven't found a good, challenging breakfast that didn't include eggs...

SNACKS YOU CAN MAKE ON THE TRAIL

Popcorn in Foil

Servings: 1

Popcorn

Oil

Salt

Aluminum foil

1. Make an aluminum foil "popper" by shaping the foil around a soft drink can, then remove the can.
2. Pour a small amount of cooking oil-just enough to cover the bottom of the popper.
3. Add popcorn kernels to just cover the bottom.
4. Put a string in the top and fold the coil close around it, leave plenty of room inside for the popcorn to pop.
5. Hold the package about 1/2 inches above hot coals until popping stops.

SNACKS YOU CAN MAKE BEFORE YOU LEAVE

Super Power Bars (Makes eight 2" x 4" bars)

Ingredients:

1/2 cup margarine

3/4 cup brown sugar

1/2 cup oats

1/2 cup unsifted whole wheat flour

1/2 cup unsifted white flour

1/4 cup toasted wheat germ

2 tsp orange rind

2 eggs

1 cup blanched almonds

1/4 cup coconut

1/2 cup chocolate chips

Directions:

Mix margarine, 1/2 cup brown sugar, oats, flour, wheat germ, and orange rind. Put into ungreased 8" x 8" pan. Beat eggs with 1/4 cup brown sugar, nuts, raisins, coconut, and chocolate chips. Pour over base. Bake at 350 degrees for 30-35 minutes. Cool. Cut into bars. Wrap and store in refrigerator until ready to use.

GORP

Here are a few suggested by Backpacker's cookbook. Quantities listed are approximate. (Suggestion: make separate bags of stuff and mix as you go. That way, you can vary the mix a little to stave off boredom).

**** NOTE: these qty's are for about 7-10 day's worth. ****

Cashews 'n' Cherries:

This one is simple, but tangy! Cures thirst, but can cause heartburn. Tastes GREAT!!!

- 2 lb bag Granola
- 1 lb bag Cashews
- 1/2 lb bag [Dried Cherries](#) (for less tang, use dried blueberries!)
- 1 lb bag Chocolate chips

Fruit Mix:

This one is mostly fruit, some granola, add nuts as desired.

- 2 lb bag Granola
- 1/2 lb bag Mixed dried Fruit bits (raisins, apples, apricots, dates)
- 1/4 lb bag [Dried Bananas](#)
- 1/4 lb bag Dried Papaya
- 1 lb bag Cashews/almonds/peanuts/whatever (optional)

Nestle's 'n' Reese's Mix:

This one has a LOT of sugar, mostly chocolate and peanut butter. It doesn't go too well with fruit, as it is my experience that mixing a lot of chocolate with any kind of highly acidic foods is dangerous to the bowels. This stuff is great energy food, though.

- 2 lb bag Granola
- 1 lb bag Chocolate chips
- 1 lb bag Peanut butter chips
- 1 lb bag Cashews/macadamias/almonds/walnuts/whatever

GORPISH:

This one isn't illegal (yet). If you like chocolate, this is THE mix!

- 2 lb bag Granola
- 1 lb bag Chocolate chips
- 1 lb bag Butterscotch chips
- 1 lb bag M & Ms (plain/peanut/almond, your choice here)
- 1/2lb pkg Andes Mints/Butterscotch (again, your choice, maybe both!)
- 1 lb bag Cashews/macadamias/almonds/walnuts/whatever

DINNER Recipes

Poulet L'Onion

One small can chicken (about 5 oz.)

One cup dry instant rice

One packet onion soup mix

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the chicken and warm the rice/soup/chicken over the stove burner.

Chicken Diablo

One small can chicken(about 5 oz.)

One cup dry instant rice

One packet tomato soup mix

One-half teaspoon chili powder

Other spices you may have in your cupboard (be wild and crazy)

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the chicken and warm the rice/soup/spices/chicken over the stove burner.

Chicken Angelica

Chicken diablo without the spices.

Jambon Pacifica

One small can Spam

One small can pineapple slices

In camp heat the Spam in a cook kit skillet. When it is cooked, add the pineapple and leave on the burner until the pineapple is warm. This is a heavier meal to carry, so eat it the first night out.

Beef Bangkok

Summer sausage slices (eat rest of summer sausage for lunch)

One cup dry instant rice

A Taste Of Thai Tangy Hot Sweet and Sour Sauce Mix (1 packet)

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the summer sausage slices and warm the rice /sauce/sausage over the stove burner. Summer sausage is heavy (depending on how much you buy) so you might want to have it for lunch and dinner the first day out.

Ham DeLeeks

One small can lean ham chunks (about 5 oz.)

One cup dry instant rice

One cup dehydrated Knorr Potato Leek Soup

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the ham and warm the rice/soup/ham over the stove burner.

Corn On The Cob

This is a great addition to a first night supper most would not think of. At home, soak the corn over night in the fridge in water. Before you leave put the cob into a ziplock bag. Once at your camp site cook in boiling water for about 5 to 8 minutes. Heaven. (Thanks to Mark Jones, Fredericton, NB {mjones@njl.ca} for recipe and enthusiastic endorsement)

Broc Au Rotten

4 - 6oz. of pre-cooked chicken or turkey (5 oz can)
1 pkg of Uncle Ben's Chicken and Broccoli Au Gratin
4 - 8 fresh broccoli flowers
2.5 cups of water
2 Tbs Butter or margarine (optional)

Put all ingredients into pot and bring to a boil. Simmer for 10 minutes. Let set for a few minutes. Stir and serve. Feeds two. Probably a first nite meal. (Thanks to Howard Peck {whpeck@interserf.net})

Elephant Stew

Servings: 3800

1 Elephant, medium size
Salt

Pepper

2 Rabbits, optional

1. Cut the elephant into small bite-size pieces. This should take about two months.
2. Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees.
3. This will serve thirty-eight hundred people. If more are expected, two rabbits may be added, but do this only if necessary as some people do not like to find hare in their stew.

Camp Tacos

The 130th Duggan Scouts love this one, perhaps because it's easy to cook and clean up. They generally eat two or three big tacos each. Fry ground beef with some taco sauce to spice. Put into taco shells. Top with shredded lettuce, grated cheddar cheese, diced tomatoes, and more taco sauce. Some patrols also bring along sour cream to add to the dish, and most have buns or bread as well as lots of juice on the menu.

Shish Kebob

The Scouts enjoy all varieties of kebobs and generally serve the meal with instant rice or fire-baked potatoes. Among the popular items to skewer are cubes of beef, green peppers, onions, cherry tomatoes and pineapple rings.

For a bit of a change, they might try Burger Bobs, a recipe Scouter Hazel Hallgren, Red Deer, Alta., shared with the Leader. String skewers alternately with medium sized meatballs, egg tomatoes, pineapple chunks, and pork sausage pieces. Brush meatballs with oil or melted butter, and grill.

Steak & Potatoes

Grilled steak, with steak sauce rather than herbs and spices, is by far Alberta's most popular supper. To go with it, the Scouts generally bake potatoes and roast corn-on-the-cob in the fire. If it isn't cob corn season, they use boil-in-the-bag precooked veggies. A few patrols add a salad to the menu, although it's usually only lettuce, tomatoes and cucumbers without dressing or spices.

Jason's Ravioli or Chili

1 Can Ravioli or 1 can Chili (Wolf brand, no beans)

Open can. Dump contents into pan. Heat until contents are warm.

Grilled Lasagna Sandwiches

Each Scout eats two sandwiches. For each sandwich, you need two slices bacon or ham and two slices mozzarella or Swiss processed cheese. Spread sour cream and tomato paste on bread and sprinkle on a little oregano to flavour. Fry bacon or ham and put it between two slices prepared bread. Butter the outside of the bread, fry, and eat.

Grilled ham and cheese sandwiches are also popular with the Scouts, and they often accompany them with a Japanese noodle soup and a side dish of fresh carrots.

Cashew Rice Curry (Makes 2 generous servings)

1/4 cup dried milk
1/2 tsp salt
1 tsp curry powder
3 1/2 cups water
2 cup instant rice
1/4 cup cashew pieces
2 oz grated cheddar cheese

Directions:

Mix dry milk and enough water to form a paste. Add remaining water, mix well and bring to a boil. Stir in rice. Cover and simmer until water is absorbed and rice is soft (about 20 minutes). Stir in nuts and cheese. Serve when the cheese is melted.

Turkey Tetrazini (Makes 3 servings)

3 cups water
3 servings dry mushroom soup mix
1 can turkey (5 oz)
1 pkg Ramen oriental noodles

Directions:

Mix water and soup mix until smooth. Add turkey and noodles. (Don't use the sauce mix from the Ramen package. You can leave that at home.) Cook 2 minutes and serve.

Lentil Dish (Makes 2 generous servings)

1 cup dried ground lentils (crack in blender)
1/4 cup dehydrated mince onion
1 1/2 tbs cumin
2 tsp garlic powder
2 tbs sugar
3 cups water
1 tsp salt
4 tbs margarine
4 oz Jack cheese

Directions:

Place lentils, onion, cumin, garlic powder, sugar, water and salt in pot. Boil for 2 minutes. Cover and let stand 1 hour. After 1 hour, bring to boil again, add margarine and simmer covered for 15 minutes. Garnish with thinly sliced cheese.

Chicken Rice Almomondine (Makes 3 generous servings)

4 cups water
1 6 once can, chicken
4 cups instant rice
1/2 tsp onion salt
1/2 tsp celery salt
2 tsp chopped dried onion
1 pkg slice almonds (2 3/4 oz)
2/3 cup raisins

Directions:

Place chicken and water in pot. Bring to boil. Add remaining ingredients, Bring to boil. Remove from heat. Let it sit for 10 minutes. Fluff with fork and serve.

Lipton Rice & Sauce

2 cups Water
1 Tbsp Butter
1 pkg Lipton rice dinner

Bring 2 cups water, 1 Tbsp butter and contents of package to a boil. Reduce heat and simmer uncovered, stirring occasionally, 10 minutes or until rice is tender. Sauce will thicken upon standing, about 2 to 3 minutes

Lipton Pasta & Sauce

2 1/3 cups Water
1/8 cup Powdered milk
1 Tbsp Butter
1 pkg Lipton pasta dinner

Bring 2 1/3 cups water, 1/8 cup powdered milk, and 1 Tbsp butter to a boil. Stir in contents of package. Continue boiling over medium heat, stirring occasionally, 12 minutes or until pasta is tender. Sauce will thicken upon standing, about 2 to 3 minutes

Pizza

Basic Crust:

2/3 cup Warm Water
1 tsp Sugar
2 cups Flour (approx.)
1 pkg Active dry Yeast
2 Tbsp Oil
1/2 tsp Salt

Blend ingredients, then mix in warm, not hot, water. Once blended, knead about 5 minutes (if the dough is sticky add more flour), then stretch into the pan. Rise 5 - 15 minutes.

Sauce:

A little sauce goes a long way. 3 - 4 Tbsp is enough for a 10" pizza. Canned, bottled or packaged work fine. For a light weight, non-refrigerated sauce, mix tomato paste (little tubes from delis are convenient) with a little water, olive oil, minced garlic and Italian spices. Or try a mustard sauce - 1 Tbsp mustard & 2 Tbsp olive oil; whisk together and spread on dough.

Toppings:

Parmesan, Romano and mozzarella are traditional, but just about anything goes. Most cheeses keep well in their sealed wrappers for a few days if its not too warm. Dry cheeses keep longer. Some good backcountry toppings include sun dried tomatoes (soften in warm water while you make the crust), dry Italian olives, pepperoncini peppers, pepperoni, dry salami, anchovies, etc. Resist the temptation to overload your pizza - it won't bake as well. Bake about 20 - 25 minutes. The crust should be golden brown on bottom and sauce bubbly.

Kraft Macaroni & Cheese

8 cups Water
1 pkg Macaroni
½ cup Butter
1/8 cup Powdered milk
1 pkg Cheese Sauce Mix

Boil 8 cups water and add the macaroni. Boil 7 to 10 minutes stirring occasionally. Drain. Add the butter, milk, and cheese sauce mix. Mix well.

Shell Noodle Surprise

3 cups Small Pasta shells
2 cups Dried Tomatoes (cut in half)
2 Tbsp Powdered Shortening
3 tsp Dried Basil
1 tsp Garlic powder
1 pkg Mrs. Grass Onion Soup mix
1 pkg Uncle Ben's Cream of Mushroom Soup mix

At home:

Mix ingredients in zip-lock bag and tape it shut.

On the trail:

Boil 6 cups of water, add ingredients and simmer for 10 minutes stirring occasionally. Remove from stove, cover and wait 5 minutes.

from Backpacker Magazine; April 1996; Pg 45

Chicken & Dumplings

2 envelopes Lipton's Cream of Chicken Cup-o-soup
1 can Swanson's Chunk Chicken Meat
½ pkg Mixed freeze-dried vegetables
1 cup Bisquick in a zip-lock bag
2 - 3 cups Water

Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

Fred's Potato Soup

1 cup	Potato Buds
½ cup	Powdered Milk
2 envelopes (about 1 Tbsp)	Instant beef bouillon
1 Tbsp	Dried parsley
Pinch	Thyme
4 cups	Water

Boil 4 cups of water. Add the ingredients, bring to the boil and simmer for a moment.
from the Hungry Hiker's Book of Good Cooking; Pg. 163

DESSERT

Baked Apple

apples
brown sugar
aluminum foil
raisins
cinnamon
pecans (optional)

Core an apple and place it on a square of aluminum foil. Fill the core hole in with raisins, brown sugar and a dash of cinnamon. Wrap foil around it and bake for ten minutes on coals.

Banana boat for one

banana
about 5-6 mini marshmallows
about 2 table spoon chocolate chips
about half a handful of pecans

Make a foil bag. Slice banana in half and lay each half on either side of foil bag so you can insert marshmallows and chocolate chips and pecans between the slices. Seal the bag and bake for about 10 minutes on coals.

Streusel

Prepare a basic [Pizza Crust](#) (see Page 12). Separately prepare streusel filing:

2 Tbsp Flour
½ cup Sugar (white or brown)
¼ cup Chopped Walnuts
2 tsp Cinnamon
2 Tbsp Butter or Oil

Stretch dough into a long rectangle. Cover with streusel mix. Roll up and slice into 4 - 6 rolls. Arrange in pan and bake approximately 25 minutes.

from the Traveling Light Backcountry Baking guide; Pg. 9

Apple Dumpling Dessert

1 cup Biscuit mix
1 cup Apples, dried
½ cup Sugar
¼ tsp Salt
½ tsp Cinnamon
2 Tbsp Butter or margarine
2 ¼ cups Water
Milk, yogurt, or cream (optional)

At home:

Put into 3 small bags: 1. Biscuit mix; 2. Apples; 3. Sugar, salt, and cinnamon

On the trail:

Cover the apples with 2 cups water in a pot and let them soak 1 hour. Then bring them to a boil and simmer, covered, while making the dumpling.

To make the dumpling - Add ¼ cup water to the biscuit mix and form into one piece of dough.

Add the sugar-spice mixture and 2 Tbsp butter or margarine to the apples. With a spoon spread the dumpling dough over them. Simmer covered, for 15 to 20 minutes, until the dumpling is done; it will be dry in the middle.

from the Hungry Hiker's Book of Good Cooking by Gretchen McHugh; Pg. 262

Recipes that use Dried Beef

Dried Beef (**not Jerky**)

2 lbs lean meat (round or flank steak)
2 cups cold water
1/2 cup salt
1/2 tbs. black pepper
1/4 cup vinegar

Directions:

Trim fat from meat. Slice meat into 1/4 inch strips, slicing with grain of meat. Combine water, salt, black pepper, and vinegar in deep pot and bring to boil. Divide meat into 4 lots. Boil each lot for 5 minutes. Meat will be gray when done. Press out juice with rolling pin and paper towels. Preheat oven to 150 degrees. Place meat strips on metal oven racks. Keep oven door slightly ajar. Meat will dry in 1 1/2 hours. Meat should crack but not be brittle when done. If it bends but does not break, cook little longer. Store in bag. Dried meat should keep about 10 weeks.

Beef Stroganoff (Makes 2 generous servings)

4 1/2 cups water
2/3 cup instant powder milk
1 pkg sour cream mix
1 pkg Stroganoff mix
2 cups egg noodles
1/2 cup dried beef (see "Dried Beef," above)
2 tsp salt
4 tbs margarine (optional)

Directions:

Mix 1 1/2 cups water and 1/2 cup powder milk. In pot, add milk to sour cream mix and Stroganoff mix. Heat until sauce thickens. Place noodles, beef, salt, and 3 cups of water in 2nd pot. Bring to boil and simmer 15 minutes. Stir in sauce, add margarine and serve.

Hamburger Helper

1 lb Ground beef, lean
1 pkg Hamburger Helper

At home:

[Dehydrate the ground beef](#) (see top of page) and put into a zip-lock bag.

On the trail:

1/2 hour before dinner, put the dehydrated hamburger in a large-mouth 1 quart water bottle and cover with water to rehydrate.

Bring the water and hamburger from the water bottle, the rice, and sauce mix to a boil, stirring occasionally. Reduce heat; cover and simmer 25 to 30 minutes, stirring frequently. Uncover and cook until desired consistency.

Powdered Milk Proportions

Powdered Milk	Water	To make
1/8 cup	less than 1/2 cup	1/2 cup
less than 1/4 cup	greater than 1/2 cup	2/3 cup
1/4 cup	less than 1 cup	1 cup
1/2 cup	less than 2 cups	2 cups

Gourmet Backpacker Menus
By Claude Frenner, Lake Ridge, VA

These recipes were put together as a result of wanting to eat well during 8 day hikes in the High Sierras of California, generally between Mt. Whitney and Yosemite Valley (not all in 8 days!!!). These recipes are what we actually took on various hikes, but are primarily geared toward adults or older youths (people who like green stuff and strange tastes).

Menu

<u>Italian</u> Fettuccine With White Clam Sauce Minestrone Soup Green Vegetable Punch Cake <u>Mexican Fiesta</u> Vegetable Soup Refried Beans Tortillas Spanish Rice Sweet Corn Cake Punch	<u>Oriental</u> Won Ton Soup Beef Chop Suey Steamed Rice Punch Almond Cookies <u>New England Dinner</u> Potato Soup Corned Beef and Cabbage New Potatoes Carrots Cherry Pie	<u>All American</u> Onion Soup Steak Home Fries Green Vegetable Apple Pie
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Recipes

Italian

Fettuccine With White Clam Sauce
 Minestrone Soup
 Green Vegetable
 Punch
 Cake

This menu is good for either a weekend outing or as a special meal on a long trek. Serves two.

Ingredients:

6 oz. can of Minced Clams
 9 oz. pkg. Contadina Fresh Fettuccine or 6 oz. dried pasta
 1/4 cup parmesan cheese
 2 tsp. cornstarch
 1/2 cup powdered milk
 2 Tbsp. Margarine
 1 pkg. Knorr Minestrone Soup
 Fresh Broccoli or Freeze-Dried Green Beans
 Crystal-Lite Drink Mix
 Mrs. Whites Muffin Mix

Fix soup according to package directions. Put broccoli into 1 inch water, cover and boil for 5 minutes, set aside. For long-term treks, fix the green beans according to package directions. Put pasta in large pot of boiling water, simmer for about 5 minutes, cover and set aside. Mix cornstarch, milk, and 1/4 cup water in pot and heat, stirring constantly, until thick. Add butter, clams and juice from can, plus small amount of additional water if sauce is too thick; stir until hot. Serve pasta with sauce poured on top. Sprinkle parmesan cheese on top of pasta sauce and broccoli. Put muffin mix into Silverstone frying pan, add water, stir, cover with another upside-down frying pan and put on low heat for 10 minutes. Hold both pans together, flip, and cook other side for 10 minutes. Check for doneness by inserting a fork into cake; if done, the fork comes out clean; if not, cook a little longer. Remember to pack out can and other trash.

Mexican Fiesta

Vegetable Soup

Refried Beans

Tortillas

Spanish Rice

Sweet Corn Cake

Punch

This meal is good for a weekend and is especially good on a long trek. Serves two.

Ingredients:

1 pkg. Knorr Vegetable Soup

Freeze-dried Refried Beans

Corn Tortillas

1 pkg. Lipton Spanish Rice Mix

1/2 can Marie Calendar's Corn Bread Mix

1/4 cup sugar

Crystal-Lite Drink Mix

1/4 lb. cheddar cheese

Several packages of taco sauce from a fast-food restaurant or dried red pepper flakes

Dried onion flakes or several green onions

Optional: For a weekend hike, bring along some frozen hamburger, crumble and fry for burritos or tacos. On a long-term trek, if you can catch some fish, add cooked fish to make fish tacos.

Fix soup according to package directions; add "some" red pepper flakes to spice up the soup and give it a Mexican flavor. Fix some freeze-dried refried beans according to package directions (get these at Smart and Final). Heat tortillas one at a time in the bottom of a frying pan over high heat. Cut up the cheese into very small chunks so it looks grated. On a long-term trek, add the onion flakes and some more red pepper flakes to the beans, put some beans and cheese into a tortilla and eat. On a weekend, cut up the green onions; put beans, cheese, and onions into tortilla, add taco sauce, and eat. For sweet corn cake, make the corn bread according to directions, adding the sugar before baking. Pour the batter into a Silverstone frying pan, cover with another upside-down frying pan, and put over low heat for 10 minutes. Hold both pans together, flip, and cook other side for 10 minutes. Check for doneness by inserting a fork into cake; if done, the fork comes out clean; if not, cook a little longer.

Oriental

Won Ton Soup
Beef Chop Suey
Steamed Rice
Punch
Almond Cookies

This menu is for a weekend outing. Serves two.

Ingredients:

Won Ton Cup-A-Soup Mix
8 oz. steak, frozen, or 8 oz. hamburger meat, frozen
2 cloves garlic (or 1 tsp. garlic powder)
2 oz. olive or peanut oil or 2 Tblsp. margarine
1 pkg. chop suey vegetable mix (fresh produce section of grocery store)
1/2 tsp. red pepper flakes
1 cup regular long-grain rice
1 beef bouillon cube
Crystal-Lite Drink Mix
Several packages of soy sauce from Chinese take-out restaurant
Almond cookies

Cut steak up into small pieces at home and freeze. Fix soup according to package directions. Put 2 cups water and 1 cup rice into pot, heat to a boil, reduce heat and simmer for 10 minutes covered. Remove from heat and set aside. Heat oil or butter in Silverstone frying pan, add meat and sauté until done. Add package of chop suey mix and cook for about 4 or 5 minutes. Add red pepper flakes according to how much you prefer Szechwan style. Serve with the rice. Season with soy sauce as desired.

New England Dinner

Potato Soup
Corned Beef and Cabbage
New Potatoes
Carrots
Cherry Pie

This menu is for a weekend backpack trip. Serves two.

Ingredients:

1 Cup Instant Mashed Potato Mix
2 Chicken Bouillon Cubes
Onion flakes or several green onions
1/2 cup dried milk
1 Can corned beef
1/2 head green cabbage
2 medium red potatoes
2 medium carrots
4 Tblsp margarine
2 individual cherry pies (bread and sweet roll section at Von's)

Heat 4 cups water to boil. Add bouillon and dried milk, reduce heat to simmer. Add in instant mashed potatoes slowly, stirring constantly. Add onion flakes or finely chopped green onion and simmer over low heat for 3 or 4 minutes. In large pot, put quartered potatoes, cut up peeled carrots, and cabbage cut into 4 pieces, along with about 1 inch water. Heat to boiling, reduce heat and simmer until potatoes and carrots are done (about 30 minutes). After vegetables are done, cut corned beef into chunks, put in pot on top of vegetables and heat another 5 minutes. Make sure pot doesn't run out of water. Serve, putting margarine on top of potatoes.

All American

Onion Soup

Steak

Home Fries

Green Vegetable

Apple Pie

This menu is great for a weekend backpack trip. Serves two.

Ingredients:

1 pkg. Lipton French Onion Soup Mix

16 oz Sirloin steak, frozen

2 medium potatoes

1 small yellow onion

4 oz. olive oil

Frozen Julienne Green Beans

2 Individual Apple Pies (bread and sweet roll section at Von's)

Fix onion soup according to package directions. Quarter potatoes and onion, then cut into thin slices. Heat half of oil in Silverstone frying pan and add potatoes and onion, sauté for about 20 minutes, or until done. Cover and set aside. In a small pot, put 1/2 cup water and the green beans. Heat to boiling and simmer for 5 minutes. Cover and set aside. Heat rest of oil in Silverstone frying pan, add steak, sauté until done enough. Options: Take along a small plastic container of A1 Sauce, Worcestershire Sauce, or whatever else you like. You can also add a little cut up bell pepper to the home fries.

-Thanks to :

Claude Freaner

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References

[The Backcountry Recipe Book, Version 2.1](#)

[Cooking for Scouts and Scouters](#)

McScouter.com