

The Campfire Gourmet's Guide

to

Backpacking Foods
From
The Supermarket

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Sam Houston Area Council
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The Campfire Gourmet's Guide to Backpacking Foods From The Supermarket

Objectives:

- Plan nutritionally balanced meals for short and long term backpacking trips
- Where to find and how to recognize items suitable for backpacking
- How to package and organize your meals
- Be able to convert recipes and make them taste good Identify inexpensive cooking, serving, and eating utensils Recognize and use various cooking techniques appropriate to backpacking
- Assemble and package a whole meal

Display Areas:

Resources and Course Handout
Equipment-Cook kit, spice kit
Foods-prepackaged, grocery, homemade
Containers, bags, bottles and etc.
Utensils: cooking and eating

Samples:

Supplies:

Sharpie Marker-red and black
tongue depressors
portion cups 1-2 oz or 6" paper plates
paper towels- 1 roll cut in half
water bottles
stoves- 2 propane, 1 backpacking(demo only, no fuel)
trash bags
Zip-loc bags- 1 gal, 1 qt, 1 pt
easel, pad, and markers
objective Poster

Backpacking Menu Hints

Backpacking requires specialized gear; light in weight, versatile, durable and easy to set up after a day spent traveling under ones own power. The food chosen for backpacking should be chosen for light weight, ease of preparation, to supply nutrition adequate for the activity planned, be easy to clean up and should taste good.

Food is a fuel we measure in calories. You should plan on 3,000 to 4,000 calories per day for the first three days of a summer trip and an increase of 500 to 1000 calories per day for trips of more than 3 days duration. Cold weather may demand a still higher caloric intake. Younger members (teenagers) of a crew may well require 25% more food than adults. The prime problem is to provide the maximum calories with the minimum amount of weight, while maintaining a proper nutritional balance. The nutritional contents of food important to consider are proteins, carbohydrates and fats.

Proteins build and maintain muscle and are essential to the body. 30 to 40% of daily calories should be in protein.

Examples:

Meats: fresh, dried, or canned

Dairy: Milk, eggs, cheese

Nuts, beans, legumes

Carbohydrates are foods for fast energy, typically used within two hours of consumption. Approximately 40 to 50% of daily calories should be in the form of carbohydrates and intake should be spread throughout the day to sustain energy levels.

Examples:

Cereals, grains, breads(baking mixes)

Noodles, macaroni, rice

Fruits: fresh, dried, or juice

Candy

Fats supply the greatest number of calories for weight but burn slowly, typically 6 to 8 hours. About 20% of the daily calorie count should come for fats and should probably come at the evening meal.

Examples:

Bacon

Oil, margarine, butter

Most nuts contain a large measure of oil

The ratio of proteins, carbohydrates, and fats will vary according to the activity and the season. Cold weather and high altitude overnight activities will call for an increased in fats, especially at night to provide higher body temperature during the cold night hours. Conversely, hot weather menus call for less slow burning fats and more moderate burning proteins. High activity will always need to be supported by the inclusion of the requisite amount of carbohydrates taken throughout the day.

Foods that are appropriate for backpacking are available from Scout Shops, specialty camping stores, by mail order from several freeze dried food companies or from your neighborhood grocery and / or health food store.

There are many items available in the grocery store that can provide you and your fellow campers with many good eating experiences. Below are a few helpful hints to assist you in putting your menu together.

Breakfast warm, fast and easy to clean up. Get enough to keep you going, not so much to slow you down.

- instant oatmeal/cream of wheat/grits flavored or make your own; add brown sugar, nuts and/or raisins, and powdered milk
- Pancakes-use mix, add instant dry milk and powdered eggs or egg substitute (Brand Name: Egg Replacer, Featherlight, or Egg Magic)
- Eggs: Powdered, substitute or fresh (carry in cases or baby bottles)
- Stewed dried fruit (raisins, apples, cherries, apricots, etc.)
- Bagels, sweet rolls or the like are great early in the trip
- Tang, hot tea, cocoa, instant coffee

Snacks - each person should carry their own daily snacks.

- GORP: Good Old Raisins and Peanuts. you make the mix, a cup a day is more than adequate
- Dried fruit, -fruit roll ups or leather and nuts
- Jerky, hard salami, cheese stix
- Hard candy, Hudson's Bay Bread, cookies

Lunch: keep lunch easy, perhaps a series of small snacks that can be eaten on the trail with little of no cleanup.

- Sandwiches: peanut butter and jelly, Spreadables, Deviled ham, chicken, or beef, tuna, sardines, hard salami.
- Crackers, rye crisp, pita, Kalvi flat bread, various crisp breads, imported and domestic breads. Also consider baking your own high energy breads such as Hudson Bay Bread.
- Cup of soup, ramen, bouillon cubes, etc.
- Cheese: processed, hard, sticks, squeeze tubes.
- Dried fruit: apples, apricots, raisins, pears, peaches, fruit rollups, or leather etc. Fresh fruit or vegetables are OK the first day or two.
- Jerky, salami sticks, landjaegger.
- Kool Aid, instant tea, sugarless drinks are much lighter than sugared drinks and less bulky

Dinner is your chance to spend time cooking. A good hot meal will warm you up and give you a good night's sleep and energy for the next days activities.

- Many hikers like to precede dinner with a warm cup of soup or other hot beverage.

- There are many dried macaroni, rice or noodle dinners and soup mixes available that can be extended with dried or canned meats.
- Vegetables: dehydrated and freeze dried are available. Corn, green beans, and green peas are the best.
- A good desert can be a great end to a meal and an evening and serves to put extra calories into the diet for energy.

Organize: your meals either by the day or by the type (all lunches in one bag)

- Each meal should be in one large bag labeled and have the instructions as well as the menu on it.
- Squeeze as much air out of the bag as possible
- Use left over large bags for trash
- Under no circumstance should you attempt to burn the plastic or aluminum items your food is packaged in, pack it out.

Package: or repackage all ingredients at home to cut down on weight and bulk. Measure and mix all dry ingredients at home prior to packaging. Suitable for packaging food for trips may be found in a variety of places, such as:

- Zip-loc Brand Bags: pint, quart, and gallon sizes are great; if you plan properly, many dishes can be prepared right in the bag. Do not try to save money buying generic or bargain priced bags. Freezer weight bags are best.
- Write cooking directions on the outside of the bag with an indelible marker such as a Sharpie.
- 35 mm film canisters may be used for spices or oil.
- Plastic squeeze tubes (refillable) are available at camping stores. (Good for peanut butter, margarine, jam or jelly)
- Egg Carriers.
- Various sizes of Nalgene bottles: good for liquids, instant coffee or milk.
- reuse plastic peanut butter jars and tops, honey bottles, jam or mustard squeeze bottles, plastic spice bottles, baby bottles.
- Kool Whip containers, La Menu plates, whipped margarine containers.
- Mix all dry ingredients together where possible.
- Eliminate as much bulk packaging and aluminum foil as possible.

Spice Bag For Backpacking/Canoeing

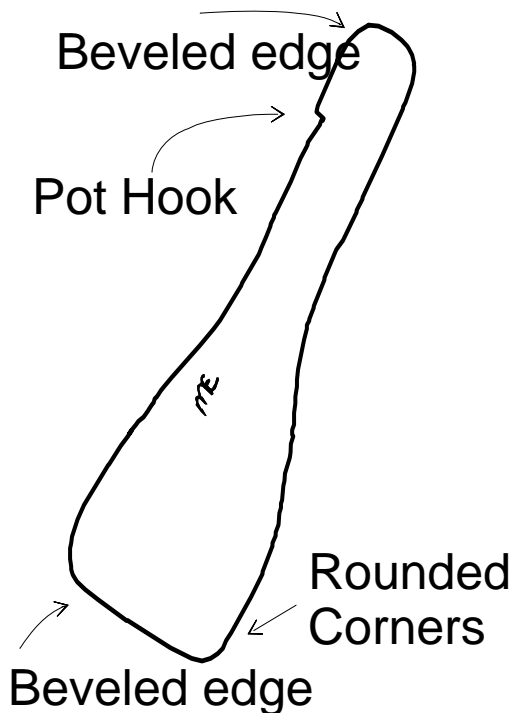
Put the following in separate 35 mm film containers mark the top with an indelible marker or put a label on the container with tape. Some film companies use clear film containers. Special shaker tops can be acquired at specialty camping stores. Store these items in a suitably sized bag and mark - **SPICES**. The small amount of effort and weight will transform many a drab entree into a Campfire Gourmets' Delight.

Allspice
Basil
Bay Leaf
Black Pepper
Cayenne Pepper
Cinnamon
Crushed Red Pepper
Curry Powder
Dried Onions
Egg Replacer
Garlic Powder
Jalapeno Powder
Lantana
Worcestershire Powder

Lemon Peel, dried
Maple Sugar Powder
Nutmeg
Olive Oil
Orange Peel, dried
Oregano
Sage
Salt
Sanalac instant Milk
Thyme
Wine Vinegar
Vegalene
White Popper

I carry a pair of small whisks, a very small rubber spatula, a short wooden spatula, a pot gripper, one half of a Scrubby Pad, a 1 oz bottle of dish washing detergent, and a small bottle of Vegalene in my spice bag, so they are handy when cooking and for clean up.

The Campfire Gourmet's Super Spatula



Buy a wooden spatula, shorten the handle, round and bevel the pot corners. Grind or cut a pot hook. Narrow the blade a bit and bevel to a sharp edge. Be sure to brand with your initials.

MAKE YOUR OWN DITTY BAGS

Ditty bags are a great way to organize your Pack. Bags in different sizes and colors will keep your cooking gear, clothing, 'smellables' and small items neat and easy to recognize. And you can use mosquito netting or lightweight nylon. Ripstop nylon is available at \$5.00 (1997 \$) per yard in many colors, one yard will make several bags. Here's how.

1. Decide how deep and wide you want the finished bag to be, add 2" to the length to allow for the draw string channel and 1" to the sides for seams, then cut a piece of fabric that's double the finished length.

Example: For a 12" x 10" finished bag cut a piece 26" x 11"

2. Fold the fabric in half - right sides together as in Figure 1.
3. Sew one side from the folded bottom to the top, allowing a 1" seam, as in Figure 2.
4. Sew the other side from folded bottom to within 20 from the top, allowing for 1/2" seam, as in Figure 2.
5. Fold the top down 1" to form a drawstring channel and sew as in Figure 3.

6. Turn right side out, and run a nylon cord through the drawstring channel, fastening the cord with a minicord lock for easy opening and closing. Available at most camping supply stores.

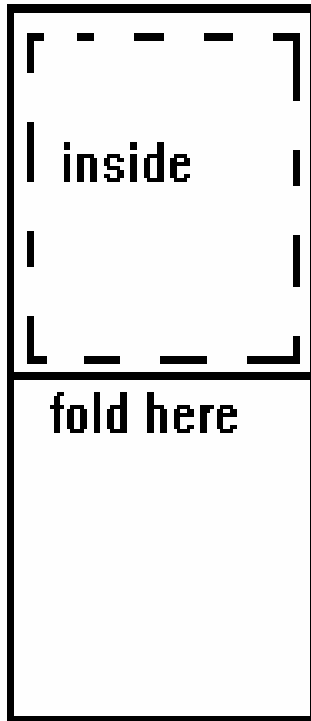


Figure 1.

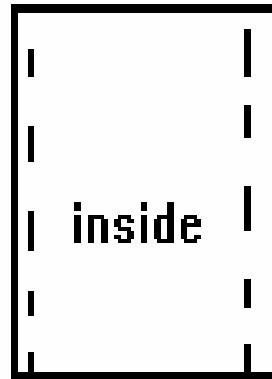


Figure 2.

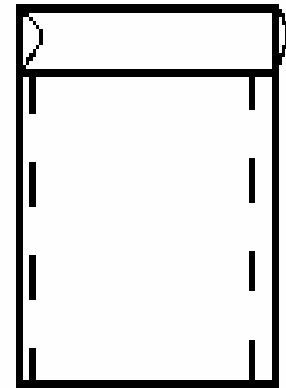


Figure 3.

7. If you want to avoid your mom's comments about your sewing, then shop at the sporting goods store for some bags.

Biscuits

1 1/2 cups Pioneer Baking Mix 2 tbs. Sanalac instant dry milk 1/2 cup water

Combine baking mix and dry milk in a Zip-loc bag. Add most of the water and knead in the bag to form a pliable dough. Add a little more water if needed. Put several small rocks in a pot large enough to hold a small metal plate. Drop biscuits on to the plate, put plate on top of the rocks, and cover the pot. Bake biscuits until done. These biscuits will not brown well but will bake. Take care not to burn out the bottom of your pan. Alternately the biscuits may be baked in the pot with a few coals put on top of the lid if you have a fire.

Put all dry ingredients in a Zip-loc bag. Seal, write the amount of water to add on the outside of the bag. At campsite, add most of the water and mix to form a smooth batter. Add more water if needed. Cook over moderate heat in a lightly greased skillet until bubbles form and burst. Turn and cook the other side until brown. Do not press down on the pancake while it is cooking.

Maple Syrup

1/2 cup Maple sugar 1/2 cup water 1/4 tsp. corn starch

At home put maple sugar and cornstarch in a Zip-loc bag. At camp combine sugar mixture and 1/2 cup cold water in a pan and heat to boiling, reduce to a simmer and cook until slightly thickened and clear.

Apple Syrup

2 individual pkgs. of instant Apple Cider
1/2 cup sugar 1/2 tsp. cornstarch
dash of cinnamon and allspice 1 cup water

Combine all of the dry ingredients in a Zip-loc bag. At camp combine dry ingredients with the water in a pan and bring to a boil, reduce to a simmer and cook until slightly thickened.

Swedish Pancakes

1 (2 serving) pkg. Backpackers Pantry freeze dried applesauce
1 pkg. instant potato pancakes 3 tsp. Egg Replacer
2 oz margarine 4 oz strawberry jam
1/3 cup freeze dried sour cream

At home, combine applesauce, potato pancake mix, and Egg replacer in a Zip-loc bag. Put sour cream powder in a small mix bag. Use margarine and jam from the crew stores. At camp, add enough cool water (approximately 3-3 1/2 cups) to make a relatively smooth, but thick batter. Heat margarine in a skillet and drop batter by the spoonful and cook until brown. While the pancakes are browning, mix enough cool water with the sour cream Powder to make a very thick cream. Serve these pancakes with the jam, sour cream and a couple of slices of smoked pork tenderloin or Canadian bacon.

Scrambled Eggs

Freeze dried eggs as bought from a food supplier or 1 1/2- 2 eggs per person
margarine salt and popper to taste

For freeze dried eggs the most important thing to remember is to allow sufficient time to rehydrated the eggs and to use cool water. For fresh eggs several ways to transport are available. Break eggs into a standard or half size baby bottle, or Gerry tube or Nalgene bottle, or pack in an egg carrying carton (plastic, available at most camping stores). To cook, melt a quantity of margarine in a nonstick pan, when the margarine sizzles, add eggs which have been beaten. Slowly stir the contents of the skillet while occasionally lifting away from the fire. This method helps regulate the heat so the eggs do not stick.

Cheese/Mushroom Omelet

6 eggs	1/2 cup diced cheese.
2 tbs. water	1 cup sliced mushrooms
2 tbs. butter	salt & pepper to taste

Put a cooking bag in an empty pot, turning the top of the bag over the edge. Put eggs and water in the bag and beat well. Add the rest of the ingredients and stir to mix. Take the bag and put into a Bake Baker /pot oven and cook 12-14 minutes.

French Toast

1 loaf French bread	1 pkg. Egg Nog Mix
3/4 cup Sanalac instant Dry Milk	cinnamon to taste
margarine or bacon grease for frying	

At home put all of the dry ingredients in a Zip-loc bag, mix thoroughly. At camp add enough cool water to the bag to make a thin batter. Slice the loaf into 1/2 to 3/4 inch slices. Heat some margarine or fry some bacon, then soak up the fat with paper towel. Use this towel to lightly grease the pan for each batch of slices. Dip the bread into the batter (do not soak it) and fry in the pan. Serve with syrup or stewed fruit.

Hash Browns O'Brien

1-1/2 cups dehydrated potatoes	1/4 to 1/2 tsp. garlic powder
2 tsp. instant onion	2 tsp. dried bell pepper flakes
1-1/2 tsp. bacon bits	3 tbs. oil

Place all ingredients except oil in a plastic Zip-loc bag. Add enough water to fully cover. Let sit 20 minutes or overnight. Cook in frying pan with oil until brown. Alternately all ingredients may be put in the frying pan along with the oil and water and cooked over high heat until done. 4-6 eggs may be added to the skillet for breakfast entree.

Stewed Fruit

1 pkg. dried fruit-apples, apricots, blueberries, cherries, cranberries, peaches, pears, currants or a mixture
1/2 cup sugar, brown sugar, honey or equivalent sugar substitute
1/4 tsp. cinnamon and / or nutmeg and / or allspice
1/4-1/2 cup chopped walnuts, almonds, or pecans (optional)

Put first four ingredients in a pot with water to cover by 1/2 inch. Cover and bring to boil and cook until tender. Top with chopped nuts. This is great by itself or over pancakes or biscuits. Juice may be thickened by adding 1 tsp. cornstarch to a 1/4 cup of the water, dissolving and then adding to the boiling liquid.

Creamed Beef

1 jar Armour Dried Beef or 4 oz thinly sliced Jerky
2 cups white sauce(see sauce section)
1/4 tsp. dried onion flakes salt and pepper to taste

Put meat and onions in a skillet with 1/4 cup water, over medium high heat until water is absorbed. stir in white sauce and salt and pepper. Serve over eggs or biscuits or Bannock.

Vigorous Veggie Soup

1/2 cup each dried potatoes and carrots 1/4 cup each dried celery and onions
or
1 cup dried mixed soup vegetables 2 bouillon cubes, chicken, beef or vegetable
spices and herbs to taste: try basil, garlic, tarragon, curry, red or black pepper

Add ingredients to 5 cups water and cook for 15 minutes at high heat. Add 1/4 cup margarine and 1/2 cup instant dry milk may be used to enrich this soup.

Tom & Mikes Corn Chowder

4 envelopes Lipton's Cup of Soup- Cream of Potato
2 person pkg. freeze dried corn 1-2 tsp. dried onion flakes
1/4 tsp. ground Jalapeno pepper 1/4 tsp. salt
1/2 cup Sanalac Dry Milk 1/4 tsp. white pepper

Bring 5 cups of water to a boil, add corn and cook for 3 minutes. Stir in remaining ingredients and cook over medium heat 3-4 minutes.

Minestrone

1 -2 person serving freeze dried beef

1 Tbl. dried onion
1/8 tsp. Garlic powder
4 oz vermicelli
dash of cayenne pepper
1 -2 person serving of each of the following:
 freeze dried peas, carrots, green beans
2 sun dried tomato halves, chopped

1 Tbl. Dried celery flakes
4 beef bouillon cubes
1/4 cup grated Parmesan cheese
salt and pepper to taste

At home, put Parmesan cheese in a small Zip-loc bag and repackage all of the other ingredients in a large Zip-loc bag, discarding all commercial packaging. At camp bring 6 cups of water to a boil and add the contents of the vegetables package. Cook until pasta is tender. Sprinkle Parmesan over individual servings.

Pea Soup With Dumplings

Soup:

6 pkg. Lipton's Cup of Pea Soup
2 chicken bouillon cubs
1 tbs. Bacos Bits
1 tbs. margarine
1/8 tsp. garlic powder

1 tbs. dried onion
1/3 cup Sanalac Instant dry Milk
1/4 tsp. white pepper
salt and pepper to taste

Dumplings:

1 1/2 cups Pioneer Baking Mix
1/3 cup Sanalac Instant Dry Milk

1/4 cup dehydrated cheese powder
1/4 tsp. cayenne Pepper

In two Zip-loc bags package the listed ingredients, except the margarine, and label accordingly. At camp bring 6 cups of water to a boil with the soup ingredients, add the margarine and stir, continue to heat. While water is coming to a boil, add enough water to the dumpling bag to make a medium soft dough. Drop the dough in to the simmering soup, cover and cook for 7-10 minutes

Trail Lunch

For each crew member:

1 pkg. Lipton Cup of Soup-any flow
1-2 oz meat stick, jerky, cheese,
 or Spreadables
1 Pkg. melba toast or crackers
1 piece carrot, celery or green pepper
1 brownie(Little Debbie Brand)
1-2 servings instant lemonade powder
1 apple or orange
1 wet wipe

This is a very sufficient lunch that will sustain a heavy work load. One half can of deviled ham may be substituted for the meat.

Tortellini

1 pkg. Amore Tortellini w/cheese
1/3 cup Sanalac Dry milk

1 pkg. Alfredo Sauce Mix
1/3 cup Parmesan cheese

Cook tortellini in boiling water until tender. Drain, reserving 2 cups of the hot water to make the sauce, add the cheese to make smooth sauce. Serve tortellini covered with the cheese sauce.

Bolognese Sauce For Tortellini

1 pkg. Knorr Bolognese Sauce
1 1/2 cups water

1/2 cup Sanalac instant Dry Milk

Bring water to boil, add ingredients, stir and simmer until smooth.

Fettucine Alfredo and Ham

2 pkg. Lipton Noodle Dinners- Alfredo
1/3 cup Sanalac instant Dry Milk
2 (5 1/2 oz) cans Hormel Chunk Ham
2-3 tbs. grated Parmesan cheese(in a small Zip-loc bag)

1 -2 tsp. Molly McButter
1-2 tbs. non dairy coffee creamer

At home, empty the contents of the noodle dinners into a large Zip-loc bag with the rest of the dry ingredients and the can of ham. At camp bring 4 cups of water to a boil, add the contents of the bag and the ham. Cook until the noodles are done. Serve with grated Parmesan cheese.

Chicken Pasta Rossa

1 can Swanson's Mixed Chicken
3/4 cup Sanalac Dry Milk
6-8 oz linguini
1-2 tsp. margarine(or butter buds)

2 pkg. Knorr Pasta Rossa Sauce
1/4-1/2 tsp. crushed red pepper
1/4 cup dehydrated mushrooms

At home, in a large Zip-loc bag combine the Pasta Rossa mixes, milk powder, red pepper, and the pasta. Also put in the can of chicken. At camp bring 4 cups of water and the contents of the bag and the chicken to a boil and cook until the pasta is tender.

Chicken & Green Bean Casserole

3 pkg. Lipton's instant Cup Soup-Cream of Mushroom
2 cans Swanson's Mixin Chicken

1 (4 servings) pkg. freeze dried green beans

3 oz linguini or vermicelli
1/2 tsp. dehydrated onions

2 tbs. dehydrated mushroom
1 tbs. margarine

Bring 5 cups of water to a boil, add noodles, mushrooms, onion, and soup mix. Cook 2 minutes. Add beans, chicken and margarine and cook for 3 minutes covered. Remove from heat and let sit for 5 minutes.

Pasta Amatriciana

1 pkg. Knorr Tomato Basil Soup
1/4 cup Sanalac Dry Milk
1/4 tsp. crushed red pepper
2 tbs. Bacos

1 tbs. dried onion flakes
1 tbs. non dairy creamer
1/4 tsp. garlic salt
8 oz vermicelli

Add all ingredients to the sauce pan except the pasta. Add 3-4 cups of water, stirring to mix. Heat to boiling, add pasta, and cook until done (about 3 minutes more).

Tom's Mistake

1 pkg. Knorr Tomato Basil Soup
1/3 cup dried soup vegetables
3 cups Minute Brand Instant Rice
1 can Polar Brand shrimp

1/8 tsp. cayenne pepper
1/4 tsp white pepper
1/4 tsp. black pepper
4 cups water

Put all ingredients in a pan and bring to a boil. Cook for 5 minutes and serve.

Cajun Shrimp and Rice

1 pkg. Delaune's Etouffee Mix
2 fish flavor bouillon
cayenne to taste

3 cups Minute Brand Instant Rice
1 can Polar Brand shrimp
3 tbs. tomato paste(in a tube)

At home combine etouffee mix and instant rice in a large Zip-loc bag. Add the unopened can of shrimp and extra cayenne if desired. At camp bring 4 cups of water to boil along with the tomato paste, bouillon cubes, and the etouffee rice mix. Cook 7 minutes at a simmer, open and add the shrimp and liquid. Cook for 3-5 minutes more until thickened. Adjust heat with cayenne.

Meat Balls and Spaghetti

1 (8 oz) can Giovanni meatballs or freeze dried meatballs
8 oz thin spaghetti, broken
1 pkg. Pioneer Beef Gravy Mix

1/2 tsp. dried onion
1 tbs. tomato paste

Rehydrate meatballs. Cook spaghetti in boiling water until done, drain reserving 2 cups of the water to use in mixing the gravy mix. Add tomato paste and other dry ingredients. Add tomato paste and other dry ingredients. Add to noodles and serve.

Linguini and Clam Sauce

1 tbs. dried onions	2 tbs. margarine or olive oil
1/4 cup dehydrated mushrooms	1/2 cup Sanalac Instant Dry Milk
3 tbs. Pioneer Baking Mix	1 pkg. Knorr Hollandaise Sauce
1/3 cup Parmesan cheese	1 tsp. basil
1/2 tsp. black pepper	2 tbs. lemon juice
1/2 tsp. dry mustard	1 can clams
4-8 oz spaghetti or vermicelli	

Rehydrate mushrooms and onions. Drain clams reserving juice. Heat oil, sauté onions, mushrooms, and clams for 3 minutes. Add Pioneer Baking Mix, stirring. Add water to the clam juice to make 2 1/2 cups liquid and add this to the dry ingredients. When blended well add to the pot and stir well to mix and prevent sticking. Cook noodles in a separate pot and serve sauce over pasta.

Tuna Casserole

3 pkg. Lipton Cup of Soup-Cream of Mushroom	
1 cup cracker crumbs or 4 oz vermicelli noodles	
1 can tuna in water	1/3 cup Sanalac instant Dry Milk
1 (2 serving) freeze dried green peas	1 tbs. margarine or butter
salt to taste	dash of pepper

At home put all ingredients in a Zip-loc bag. At camp add contents of bag to 4 cups of boiling water and let sit for 5 minutes. If noodles are used cook in boiling water for 3 minutes, then add the rest of ingredients.

Chicken and Rice Dinner

2 Lipton Rice & Sauce Dinners chicken flavor	
2 (5 oz) cans Swanson's Mixin' Chicken	2 tbs. dehydrated mushrooms
1 tsp. dried bell pepper flakes	1 tsp. dried celery flakes
1/4-tsp. garlic powder	1/2 tsp. dried onion

Assemble all ingredients in a Zip-loc bag. In camp add water, per instructions on package. Add extra ingredients and cook until done.

Camp leader's Bouillabaisse

1 pkg. Knorr Bouillabaisse Soup	1/3 cup dried soup vegetables
1 can Polar Brand shrimp	1 can Gordon's Chopped Clams
3 cups Minute Brand instant Rice	3 tbs. margarine

In a 2 quart pot bring 3 1/2 cups water to a boil, add all ingredients and bring to a simmer for 3 minutes.

Curried Chicken & Rice

3 cups Minute Brand instant Rice	1 pkg. Pioneer Chicken Gravy
1-3 tbs. curry powder	1/3 cup dried soup vegetables
1 tbs. dried onion flakes	dash of cayenne pepper
1 can Swanson's Mixin' Chicken	1 (2 serving) pkg. of freeze dried peas

At home put all ingredients in a large Zip-loc bag, discarding the original packaging. except for the can. At the campsite put all of the ingredients in a 2 quart pot and add 4 cups of water, bring to a simmer and cook 5 minutes or until the rice is tender.

Instant Baked Potato

2 cups instant potato flakes	1-2 freeze dried chives
1/3 -1/9 cup Bacos	1/2 cup Sanalac instant milk
1 pkg. Butter Buds mix	1/2 pkg. cheese sauce mix
1/2 cup Sanalac milk	1/2 tsp. salt
1 tbs.. non dairy coffee creamer	1/4 cup sour cream mix
pepper to taste	

Combine all ingredients in a freezer Zip-loc bag. Bring 3 1/2 cups of water to boil and then add to dry ingredients and mix thoroughly. Let sit 2-3 minutes to develop flavor.

Meatballs and Gravy

2 pkgs. freeze dried meatballs	1 pkg. Pioneer Brown Gravy Mix
1 Lipton Onion Soup	1/4 tsp. Worcestershire Powder

Reconstitute meatballs. Combine soup and gravy mixes in a pan along with the requisite water. Add meatballs and heat through. Potato are great when cooked in this sauce, see recipe below.

Potato Dumplings

1 pkg. Potato Pancake Mix	1 1/2 tsp. Egg Replacer
1/2 cup Pioneer Baking Mix	Salt to taste

Combine all ingredients in a bag. Add enough water to make a stiff dough. Drop in boiling broth or gravy and cover, cook for 5-7 minutes.

Spanish Rice with Meatballs

4 servings freeze dried meatballs	2 cups Minute Brand instant Rice
1 cup dried tomato pieces	1 pkg. Pioneer Brown Gravy
2 tbs. dried onions	Salt and pepper to taste

Bring 3 1/2 cups water to boil in a pot. Add meatballs, onions, and tomatoes to the pot and cook for 8 minutes. Add brown gravy mix and rice, cook until thickened. Cover and let rice steam for 5 minutes.

Black Bean Enchiladas

1 1/2 cups instant black beans	1/2 cup sour cream powder
6-8 corn or flour tortillas	1 tbs. dried green onion
1 recipe Backpackers Mexican Salsa	

Add boiling water to instant beans and allow to reconstitute. Fill tortillas with bean mixture and top with Salsa and sour cream. A small can of chopped black olives can make this even better.

Backpackers Mexican Salsa

1 pkg. Knorr instant Tomato Soup	1 tbs. dried bell pepper
dash of powdered Jalapeno pepper	dash of cayenne or Tobasco
2 whole dried tomatoes, chopped	1-1 1/2 tsp. vinegar
1 tbs. dried onion	1/4 tsp. Worcestershire powder

Add all ingredients to a cup of boiling water in a heavy duty plastic bag. Seal and allow to rehydrate over night or for at 20 minutes. Adjust consistency by adding water. The dried vegetables should not be chopped in a blender as this will be too fine. This sauce is good on enchiladas or any egg dish.

Chicken Curry & Noodles

2 pkg. Lipton Cup of Soup - Cream of Chicken	
3 pkg. Chicken Top Ramen Soup	
1/2 cup sour cream powder	1 can Swansons Mixin Chicken
1/2 tsp. Lemon juice	1 tbs. curry powder
1/2 cup Sanalac instant dry Milk	1 tbs. dehydrated onions

Crush noodles and add to water as directed on package with onions, and the flavor packet. Mix soup mixes, milk, curry powder, and sour cream mix and add to soup along with the

lemon juice. Cook stirring to blend and serve when thickened. The sour cream and lemon juice are optional, but makes this dish taste good.

GORP

Combine any or all of the following ingredients in the proportions that meet your taste needs. Check with the rest of the crew before you start. Generally figure on a cup a day for each person.

Granola Type Cereal - Heartland, Muesli, Famila, Crackling Oat Bran- all of these are good.

Dried Fruit - currents, raisins (regular and yellow), cherries & cranberries. Chopped or whole apples slices, apricots, peaches, pears, pineapple, papaya, dates, prunes, and figs. Coconut, shredded and toasted, and banana chips.

Nuts & Seeds- peanuts, pecans, walnuts, cashews, mixed salted nuts, sunflower seed kernels, pumpkin seeds, almonds. Generally the nuts and seeds should be hulled and roasted before going into a GORP mixture.

Candy - M & Ws, chocolate bits, butterscotch bits, small hard

Other- Sesame twigs, toasted wheat germ, yogurt covered raisins or peanuts, toasted corn nuts, small jerky pieces, pretzels.

The Campfire Gourmet's Favorite GORP mixture

16 oz.	mixed dried fruit chopped fairly fine (mostly apples, apricots, and dates)	
1 lb	Heartland cereal	1/2 lb. each raisins and golden raisins
16 oz	roasted Virginia peanuts	1/4 lb. sunflower seed kernels
1 box	sesame twigs	1/3 lb. banana chips
2 oz	dried flaked coconut	

Fruit Pemmican

1 cup dried apricots	1 cup dried raisins
1 cup dried apples	1 cup walnuts
1 cup coconut shredded	1/2 cup dates, pitted
1/2 cup margarine	1 cup peanuts
1/2 cup honey	
powdered sugar or toasted sesame seeds	

Put all of the fruit and nuts in a large bowl and mix well. Put through a meat grinder one time Mix in the margarine and the honey and grind once more. Form the mixture into a 1" log by rolling out on waxed paper. Cut into 2" lengths and roll these pieces in powdered

Cream margarine, honey, syrup, sugar, maple flavoring. Add nuts and oats mixing well. Spread in a large sheet pan. Press the mixture down into the pan. Bake at 325 degrees in a convection oven for 15-18 minutes. As soon as the bread has been taken from the oven, use a spatula to press it down again, this keeps the bread from crumbling. Cut into 2" squares while still warm. This bread will keep well when wrapped and is used as a trail meal. It can be served with butter or jelly as desired. Special Note: Molasses or Sorghum Syrup may be substituted for the honey and almonds, pecans, hazelnuts, walnuts or sesame seeds used for the ground nuts.

Corn Fritters

2 person pkg. freeze dried corn	1 tbs. sugar
1/3 cup Sanalac Dry milk	1 tbs. non dairy coffee creamer
1 tsp. Egg Replacer	1/2 tsp. salt
1 cup Pioneer Baking Mix	Margarine or bacon grease

At home put the corn in it's package in a Zip-loc bag along with all of the dry ingredients. At camp, remove the pkg. of corn and soak in 1 cup of water for 5 minutes. Then add the dry ingredients and extra water to make a thick batter. Fry in a greased skillet. Top with syrup.

Trail Puppies

1 Jiffy Cornbread mix	Vegalene or oil as needed
1/3 cup boiling water	

Mix cornbread mix with the boiling water in a Zip-loc bag. Knead until a smooth dough is formed. Cut a small corner off the bottom of the bag and squeeze small puppies into a hot skillet of oil. Fry until golden. A 1/2 teaspoon of dried onions may be added for extra flavor.

Back Packer Apple Cobbler

1 1/2 cups Pioneer Biscuit mix	6 oz dried apples
1/3 cup Sanalac instant dry milk	1/2 tsp. cinnamon
1/2 cup raisins	1/4 tsp. nutmeg
1/2 cup sugar (or equivalent artificial sweetener)	

Combine apples, raisins, 1/2 tsp. cinnamon, and half the sugar in a medium cooking pot, add 3 cups water, bring to a boil and cook for 5-7 minutes. Combine rest of ingredients in a small plastic bag, add 1/2 cup water and knead to form a soft pliable dough. Cut corner of bag and squeeze the top of the fruit and liquid. Cover and cook over moderately high heat for 5-7 minutes more. Remove from heat and serve. Any dried fruit may be substituted for the apples in this recipe. The Campfire Gourmet uses dried cherries, cranberries, & walnuts.

Trail Pie

1 box Jell-O instant Pudding
6 oz cookies, crushed

2/3 cup Sanalac instant milk
3/4 cups water

Assemble mix and milk powder in a in a Zip-loc bag, put the cookies in a separate bag. In camp add water to pudding mixture and massage to mix. Put cookie crumbs in skillet and top with pudding. If this is made prior to the main course it will set and cool.

Orange Mocha Cake

1/2 pkg. Tang (sugar free)
1 cup Pioneer Baking Mix
1/3 cup Sanalac Dry Milk

1 tbs.. margarine
1 1/2 tsp. Egg Replacer
1 cup water

Mix and bake, as with Bannock. Prepare icing below.

1 (6 oz) chocolate bar
1/4 cup margarine
3 tbs. instant coffee

Melt slowly. Stirring well. Pour over the top of the cake.

Brigitte's Pineapple Cobbler

1 1/2 cup Pioneer Baking Mix
1 egg or dry equivalent
1/2 cup pineapple juice
2 tbs. sugar

cinnamon
1 can pineapple chunks
1 tbs. butter
coconut

Mix egg, juice, sugar and cinnamon in a cooking bag. Top with pineapple chunks, cinnamon, coconut and dot with butter. Bake n a Bake Packer/pot oven for 30 minutes, let rest 5 minutes, serve.

Quick Rice Dessert

1 1/2 cups instant rice

2/3 cup Sanalac instant Dry Milk

Your choice of:

raisins, dried banana chips, fruit leather, dried fruit, use an amount that seems appropriate to your supplies or taste

Add, to your liking:

cinnamon, nutmeg, chopped nuts, berries, jam, or a little maple or brown sugar.

Bring two cups of water to boil, add and your choice of flavorings and let cook for 5-7 minutes, being sure to stir frequently.

Old Fashioned Bread Pudding

3/4 cup water

3 tbs. Sanalac instant Dry Milk

1/3 cup sugar

1/2 tsp. salt

2 eggs or dry equivalent

1 tbs. margarine

1/4 tsp. Cinnamon to taste

1/4 tsp. Vanilla to taste

1/4 cup raisins

1/4 cup nuts

2 cups cubed dry bread

nutmeg to taste

Mix all ingredients except bread , nuts, and raisins in a cooking bag. Add bread, raisins, and d nuts. Bake in a Bake Packer/pot oven for 15 minutes, let set and cool 3 minutes before gobbling.

Strawberry Cheesecake

1 pkg. Jell-O No Bake Real Cheesecake 1/2 cup Sanalac instant Dry Milk
 1/4 cup strawberry jam

At home in a large Zip-loc bag combine cheesecake mix and powdered milk. Leave the crumb crust pkg. intact and place in the same bag. Put jam in a small bag or container (we carry a full Gerry tube of jam for use on Bannock and other breads). At camp remove crumb mixture before adding 1 1/3 cups cool water to the mixture. Also add the jam and mix by kneading. Sprinkle 1/2 crumbs into a shallow pan, add cheese cake mixture and sprinkle top with remaining crumbs. Let sit for 10 to 15 minutes.

Food Equivalents

Food	Amount	Equivalent
apple	1 medium	1 cup, sliced
apples (dried)	1 lb.	6-8 cups, rehydrated
apricots	1 lb.	4 1/2- 5 cups, rehydrated
baking powder	1 teaspoon	1/4 tsp. baking soda + 1/2 tsp. cream of tartar
barley	1 cup dry	3-4 cups, cooked
beans (dry)	1 cup	2 1/2 cups, cooked
	1 lb.	2 1/2 cups, dry
bouillon	1 cube	1 tbs. powdered gravy or sauce mix, for seasoning
broth (chicken or beef)	1 cup	1 bouillon cube or 1 tsp. bouillon granules + 1 cup water
butter	2 cups	1 lb.
	1 stick	1/4 lb. or 8 tbs. or 1/2 cup
buttermilk	1 cup	1 cup sweet milk + 1 tbs. lemon juice or vinegar
cheese	1/4 lb.	1 cup, shredded
chocolate(unsweeten)	1 oz	3 tbs. cocoa + 1 tbs. oil
coffee (ground)	1 lb.	40-50 6 oz servings
coffee (freeze dried)	4 oz	50-60 6 oz servings
corn meal	1 cup	4 cups, cooked
	1 lb.	3 cups
corn starch	1 tbs.	2 tbs. flour for thickening
soda	23	1 cup crumbs
dried fruit	1/2 cup	1 medium fresh fruit
eggs (powdered)	1 lb.	5 1/4 cups
	2 1/2 tbs. + 2 tbs. water	1 whole egg
flour	1 lb.	4 1/2 cups
	1 tbs.	1 tbs. tapioca or 1 tbs.. Arrowroot for thickening
garlic powder	1/8 tsp.	1 clove fresh garlic

graham crackers	15	1 cup crumbs
honey	1 lb.	1 1/3 cups
	1 cup	3/4 cup sugar + 1/4 cup liquid
lentils	1 lb.	5 cups, cooked or 2 1/2 cups dry
macaroni (dry)	3-4 cups	1 lb.
	1 cup	2 1/2 cups, cooked
margarine	1 stick	1/4 lb. or 1/2 cup or 8 tbs.
milk (evaporated)	1 cup	3 cups whipped
milk (fresh whole)	1 cup	1/2 cup water + 1/2 cup evaporated milk or 1/3 cup evaporated dry milk + 3/4 cup water + 1 tbs. non dairy coffee creamer
		5 quarts, reconstituted
milk (non fat dry)	1 lb.	
	1/3 cup +	
	3/4 cup water	1 cup skim milk
molasses	1 cup	1 cup honey
noodles (dry)	1 lb.	6-8 cooked
	1 cup	1 1/4 cups, cooked
oats (rolled)	2 cups	4 cups, cooked
	1 lb.	5 1/3 cups, cooked
onion powder	1 tsp.	1/4 fresh onion
onion, minced dried	1 tbs.	1/4 fresh onion
peaches (dried)	1 lb.	4-4 1/2 cups, rehydrated
potatoes	1 lb.	2 1/2 cups, cooked
prunes (dried)	1 lb.	3-3 1/2 cups, rehydrated
rice (regular)	1 cup or 1/2 lb.	3 cups, cooked
rice (instant)	3/4 cup	
	+ 3/4 water	1 1/3 cups, cooked
spaghetti (pasta)	1 lb.	5-6 cups, cooked
sugar, granulated	1 lb.	2 1/4 cups
	1 cup	3/4 cup honey
	1 cup	1 1/3 cups brown sugar
	1 cup	1 1/2 cups powdered
sweet pepper flakes	1/3 cup	1 fresh bell popper
water	1 lb.	1 pint or 2 cups
	1 gallon	8.34 lb.

Weights & Measures

1 pinch or dash = 1/8 tsp.
 1 tsp. = 5 ml
 3 tsp. = 1 tbs. = 15 ml
 2 tbs. = 1 fluid oz = 30 ml
 4 tbs. = 1/4 cup
 5 1/3 tbs. = 1/3 cup

Abbreviations

tsp. = teaspoon
 tbs. = tablespoon
 oz = ounce
 pt = pint
 qt = quart
 gal = gallon

16 tbs. = 8 fluid oz 1 cup = 240 ml
 1/4 cup = 2 fluid oz
 1/2 cup = 4 fluid oz 120 ml
 1 cup = 8 oz = 1/2 pt = 240 ml
 2 cups = 16 fluid oz = 1 pt 480 ml
 4 cups = 32 fluid oz = 2 pt = 1 qt
 1 liter = 33.8 oz = 1000 ml
 16 cups = 4 qt = 1 gal
 1 oz = 28 gm
 4 oz = 1/4 lb. = 1123 gm
 8 oz = 1/2 lb. = 227 gm
 16 oz = 1 lb. = 454 gm
 1 kg = 2.2 lb. = 1000 gm

lb. or lb = pound
 ml = milliliter
 l = liter
 gm = gram kg
 fl oz = fluid ounce

Can Sizes and Weights

Can Size	net Weight	Volume	Cups
No. 1	10.5-11 oz	9.5 fl oz	1 1/3
No. 1 1/4	14.5 oz	12.5 fl oz	1 1/2
No. 1 1/2	16 oz	15.0 fl oz	2
No. 300	5 1/2 oz	13.5 fl oz	1 3/4
No. 303	16 oz	15 fl oz	2
No. 2	1 lb. 4 oz	1 pt 2 fl oz	2 1/4
No. 2 1/2	1 lb. 13 oz	1 pt 10 fl oz	3 1/4
No. 3	3 lb. 2 oz	1 qt 14 fl oz	5 3/4
No. 5	3 lb. 10 oz	1.5 qt 4 fl oz	6 1/2
No. 10	6 lb. 9 oz	3 qt	12 to 13

Camping Food Sources (Houston)

The first source for foods appropriate for camping and backpacking should be your local neighborhood grocer. Check the sauce, baking, imported foods sections as well as the areas where you would find canned meat products, snacks-crackers, cookies, portioned desserts, fast foods (pasta, rice or soup mixes) and the health food or restricted diet sections. Most items need to be able to be prepared with 10 to 15 minutes cooking time at the most.

Grocers with reasonably good sections and selections follow.

Fiesta	Gerlands	H. E. B.
Jamal Family Market	Kroger	Randall's
	Rice Epicurean	

Any of the oriental or other ethnic food markets can also supply you with many tasty foods suitable for camping and backpacking. Health food stores can be a source of dried fruits, herbs, vegetables, meatless entrees, grains, egg and dairy substitutes, etc. The ones listed here are stores I have found to carry items appropriate to our purpose.

A Moveable Feast	Ye Seekers	Whole Foods
2202 West Alabama	9336 Westview	2900 So. Sheperd
	4004 Bellaire	11145 Westheimer

Other sources around the country are listed here for your convenience.

Alpine Aire
P.O. Box 1600
Nevada City, California 95959
916-272-1971

Arrowhead Mills
P.O. Box 2059
Hereford, Texas 79046
803-364-0730

Backpacker's Pantry
Larry Pearce
Redding, California 96003
1-800-374-4445

Bazaar of India
1331 University Avenue
Berkeley, California 94702

Bernard Fine Foods, Inc
PO Box 487
San Jose, California 63102
1-800-538-7941

B & M Brown Bread
Pet incorporated
St. Louis, Missouri

Campmor
PO Box 997-C
Paramus, New Jersey 07653-0997
1-800-526-4784

Cardullo Gourmet Shop
6 Brattle Street
Cambridge, Ma. 02138

Chef-to-Go
5511 Sixth Ave. South

Darigold, Inc
Seattle, Washington 98119

Seattle, Washington 98108
1-800-233-2074

Dri-Lfte Foods, inc.
1540 Charles Drive
Redding, California 96003
916-241- 9280

Familiar Foods, Inc.
City of Industry,
California 91744

Hain Pure Food Company
Los Angeles, California 90061

Morinaga Nutritional foods
5800 So. Eastern Ave. #.270
Los Angeles, Ca 90040

Outdoor Kitchen
PO Box 1600
Nevada City. California 95959
1-800-322-MEAL

Philmont Scout Ranch
Cimmaron, Now Mexico

Red Wagon Store
Division of Boyd Coffee Co.
PO Box 20547
Portland, Oregon 97220
1-800-223-8211

R.T. French Co.
Potato Division
Idaho Falls, Idaho 83401

Eastern Mountain Sports
One Voss Farm Road
Petersborough, New Hampshire 03458
603-924-7231

General Foods Corp.
White Plains, New York 10625

Mitton G. Waldbaum Company
Wakefield, Nebraska 68784

Mountain House
Oregon Freeze Dried Foods, Inc.
PO Box 1048
Albany, Oregon 97321
503-926-6001

Perma Pak Distributors
2467 So. Main Street
Salt lake City, Utah 84115
801-486-4159 or 4201

Recreational Equipment Inc. (**REI**)
PO Box 88125
Seattle, Washington 98138 -0125
1-800-426-4840

Richmoor Corp
PO Box 8092
Van Nuys, California 91409
818-787-2510

Smokey Canyon/Van Rich, Inc.
16850 Chicago Ave.
Lansing, Illinois 60438
1-800-323-3222

Star Food Processing, Inc.
3444 East Commerce
San Antonio, Texas 78220
512-223-4553

Stokley Van Camp, Inc.
PO Box 9003
Chicago, Illinois 60604-9003

Stow-A-Way industries
PO Box 957
East Greenwich, Rhode Island
02818 401-885-6899

Survival Supply Co.
15010 Keswick Street
Van Nuys, California 91405
818-902-0388

The Pavo Company
3010 Niagara Lane
Minneapolis, Minnesota 55441

The Suther Company, Inc.
Sycamore, Illinois 60178
1-800-328-3024

Thomas Lipton, Inc.
Englewood Cliffs, New Jersey
07632

TimberCrest Farms
4791 Dry Creek Road
Heraldsburg, California 95448

Today Food Products
Portland Oregon 97230

Trail Foods Co.
PO Box 9309
No-Hollywood, California 73105
818-894-4370

Uwajimaya, Inc.
6th South and South King
Seattle, Washington 98104

wee pak
Ken's Mountaineering Division
Sun Valley, Idaho
1-800-722-2710
Fax 1-208-726-4925

Wilson and Company
Oklahoma City, Oklahoma

Worthington Foods, Inc.
Worthington, Ohio 43085

Yurika Foods Corp.
33067 Industrial Road
Livonia, Michigan 48150
313-425-6300

Resources For More Recipes and Ideas

Camp Cooking, by Dr. Duane R. Lund, Nordell Graphic Communications

Camp Cooking For Small Groups, published by the Boy Scouts of America

Camping Facts by Jim Willmore

Campers Guide to Outdoor Cooking, by John G. Ragsdale, Guff Publishing Co.

Cook Book of the New Zealand Scout Association

Chuck Wagon Cook Book. by Beth McEfresh, published by Sage Books

Dutch Oven Cooking (1st and 2nd Editions), by John G. Ragsdale, published by Gulf Publishing Company

Gorp, Glop, and Glue Stew. by Yvonne Prater and Ruth DyarMendenhall, published by The Mountaineers

Kayak Cookery, by Linda Daniel, published by Globe Pequot

Let's cook Dutch, by Robert L Ririe, published by Horizon Publishers

Moveable Feast, by Carolyn Gunn, published by Rodale Press

N.O.L.S. Cookery by Nancy Pallester, published by Teachers College Press, Kansas State Teachers College

Roughing it Easy and Roughing it Easy 2. by Dian Thomas published by Warner Books

Roughing it Elegantly, by Patricia J. Bell, published by Cat's Paw Press

Supermarket Backpacker, by Harriet Barker, published by Contemporary, Books, Inc.

The 2 oz Backpacker by Robert S. Wood, published by Ten Speed Press

The Basic Essentials of Cooking in The Outdoors, by Cliff Jacobson, published by ICS Books, Inc.

The Backpackers Merit Badge Book, published by the Boy Scouts of America

The Boy Scout Handbook, published by the Boy Scouts of America

The Cooking Merit Badge Book, published by the Boy Scouts of America

The Expedition Cookbook, by Carolyn Gunn, published by Chockstone Press

The Hungry Hiker's Book of Good Cooking. by G. W. McHugh, published by Affred A. Knopf

The New Healthy Trail Food Book, by Dorcas S. Miller, published by The East Woods Press Books, Inc.

The One Burner Gourmet, by Harriett Barker, published by Contemporary Books Inc.

The Original Road Kill Cookbook, by B.R. Peterson, published by Ten Speed Press

The Trekking Chef by Claudine Martin, published by Lyons & Buford

The Well - Fed Backpacker. by June Fleming, published by Vintage Books

The Wilderness Handbook, by Paul Metzoid published by W.W. Norton & Co.

Wilderness Ranger Cookbook, by Valerie Brunell and Ralph Swain published by
Falcon Press

World Championship Dutch Oven Cookbook, by the Kohler's and the Michauds,
published by Watkins Printing,

Notes / Recipes