

SOME BASIC BACKPACKING RECIPES

Trail Mix (1 day serving)

1/2 cup of store bought trail mix
2 Tbsp. m+ms.

Chocolate Drink (1 serving)

2 Tbsps. Nestle Quick chocolate powder
4 Tbsps. instant skim milk powder

At home: Estimate how many drinks you will need, and combine sufficient ingredients in a bag.

At camp: Place 1/3 cup of powder (6 Tbsp.) in a cup, then stir in 1 cup of water. (Hot or cold)

*First add a little water to create a wet paste, then mix in the remaining water.

Trail Pudding (4 servings)

***good when you have access to cold water at camp.**

4 ounce (120 gm) instant pudding mix. *Dr. Oetker Double Chocolate Mousse Supreme

2/3 cup dry milk powder.

1/2 cup Oreo cookie crumbs. (in a small Ziploc bag)

At home: Add dry milk to pudding and reseal pouch with tape.

Pack everything into a large (1 liter) Ziploc bag.

At camp: Add 2 cups of very cold water.

Seal bag and shake for a couple of minutes.

Chill bag in stream or snow for 20-30 minutes.

Sprinkle on Oreo cookie crumbs before eating.

Cold Trail Cereal (1 serving)

***just add cold water...saves time + fuel in the morning**

1/2 cup of Granola or Muesli cereal

1 Tbsp. powdered milk.

2 Tbsp. dried Apple

2 Tbsp. slivered Almonds.

At home: Mix and store in a Ziploc bag.

At camp: Stir in 1/4 cup of water.

*toss in a few wild berries if available.

Instant Oatmeal Packets (1 serving)

2 pkg. of flavored instant oatmeal

2 Tbsp. whole milk powder

2 Tbsp. dried fruit (Apple, Mango, Apricot, Raisins)

At home: Place ingredients in a Ziploc bag.

At camp: Stir in a little hot water until desired consistency is reached.

*toss in a few wild berries if available.

DIY Instant Trail Oatmeal (1 serving)

1/2 cup instant oats

1 tsp brown sugar

2 Tbsps. powdered milk

1/4 tsp cinnamon

Dried fruit of your choice: Mango, Apricot, Apple, Raisins.

At Home: Combine ingredients in a quart-sized zip lock freezer bag.

At Camp: Add boiling water to desired consistency, stir and let sit in insulated cozy for about 2 mins.

*toss in a few wild berries if available.

Mashed Potatoes (2 servings)

1 cup potato flakes

1.5 Tbsp. whole milk powder

1/2 tsp salt

1 Tbsp. margarine

2 cups boiling water

At home: Open potato flake bag and add whole milk powder and salt, then seal bag with tape.

At camp: Add margarine and stir in water.

*if desired, add a tsp of vegetable flakes to water before boiling.

*for cheesy potatoes, make potatoes, stir in some green onion, bacon bits and shredded cheese. (Mix well and serve)

Chicken Gravy

1 pkg. of powdered chicken gravy

Add 1 cup of boiling water

Stir in 1 can (142 gm) or pouch of chunked chicken. (break up chicken)

At home: Place gravy packet and chicken pouch in a Ziploc bag.

At camp: Place gravy mix in a Ziploc bag.

Add boiling water and mix well.

Stir in one can of chunked chicken (broken up)

Mix well and place in a cozy for 10 minutes.

*serve with mashed potatoes or rice.

Cranberry Stuffing (2 servings)

1 pkg. Stovetop Chicken Stuffing
Mix in 3 Tbsp. of Crasins
2 Tbsp. margarine
3/4 cup boiling water.

At home: Open stuffing pkg. add crasins and seal bag with tape.

At camp: Place ingredients in a Ziploc bag, add water, mix well and place in a cozy for 10 minutes.

TVP Stroganoff (2 servings)

1 pkg Knorr Sidekicks Stroganoff
4 Tbsp whole milk powder.
2 Tbsp TVP granules.
2 cups water

At home: Add 4 Tbsp. whole milk powder + 2 Tbsp. TVP granules to bag.
Squeeze out air and reseal bag with tape.

At camp: Add 2 cups of water to a pot and bring to a boil.
Stir in the Stroganoff mixture, reduce heat and boil for 7 minutes.
Cover pot and let Stroganoff thicken for 5 minutes.

*serve with mashed potatoes.

Backwoods Beef Stew (2 servings)

2 1/2 cups water
1 cup dried scalloped Potato.
1/4 cup dried mixed veg flakes
1/2 pouch Knorr Onion soup
Add all vegetables to water; bring to a boil for 10 minutes. (Until potato is getting tender)
Add soup mix and simmer another 10 minutes.

Cheesy Pasta (2 servings)

6 oz. thin spaghetti, broken in half
1 Tbsp. extra-virgin olive oil
Kosher salt
1 tsp lemon juice
1/4 cup grated Romano, plus more for serving
1/2 Tbsp. unsalted butter
1/4 cup grated Parmesan
1 tsp coarsely ground black pepper, plus more for serving
Put the spaghetti, olive oil, 1/2 teaspoon salt and 2 3/4 cups of water together in a pot.

Bring to a boil over medium-high heat. Continue to cook, stirring the spaghetti frequently to keep it from clumping, until it is al dente, about 8 minutes.

Remove from the heat and stir in the lemon juice.

Gradually sprinkle in the Romano and stir until completely melted, then add the butter. Sprinkle in the Parmesan, pepper and 1/4 teaspoon salt and stir until melted and smooth. The cheese will clump at first but will melt into the sauce and thicken it up after about 4 minutes.

Put the spaghetti into 2 bowls and garnish with additional Romano and pepper.

Chicken n' Gravy Rice (1 serving)

1 cup instant rice

2 tsp chicken gravy mix

1 tsp diced dried shallots or onion

1/2 tsp Worcestershire sauce powder (or 1 tsp liquid sauce)

2 Tbsp. shelf stable parmesan cheese

1 can 3-ounces chicken

At home: Seal the dry ingredients in a quart freezer or sandwich bag.

At camp: Add 1 cup near boiling water and the chicken, stir well, Seal tightly and put in a cozy for 15 minutes.

Fluff up before eating.

Campfire Bannock

6 cups (1.5 L) flour

6 tbsp (90 mL) baking powder

12 Tbsp. milk powder

3 ½ cups warm water

¼ cup (60 mL) vegetable oil

At home: Combine all dry ingredients in a ziploc bag.

At camp: Add water and oil to dry mixture. Stir just until dough comes together (do not overmix).

Find a solid stick thick enough to hold the bannock but not too heavy. Remove the inner and outer bark at one end where the bannock will go. Hold that end over the fire until it's hot but not burnt. That will help the bannock cook from the inside out, and eliminate any germs.

Slice off a piece of dough and roll it between your hands to form a long rope-like shape. Wrap it around the de-barked end of the stick.

Hold the bannock over coals, turning until golden, about 10 minutes.

LOGAN BREAD (makes 24 2.5 inch squares)

*Traditional Mountain Climber's fare

(1st ingredients)

7 cups whole wheat flour 3/4 cup brown sugar 1/2 cup dry milk powder 1/2 tsp salt 1 tsp baking powder 1 tsp cinnamon 1 tsp nutmeg 1/2 cup chopped nuts 1 cup raisins, craisins or other dried fruit

(2ed ingredients)

2 cups water 3/4 cup honey 3/4 cup molasses 3/4 cup melted butter or margarine

Instructions:

Mix 1st ingredients together.

Stir 2ed ingredients into the 1st until you get a stiff dough.

Smash into a 11x17 greased pan 1" high.

Bake for 1 hour at 300 degrees F.

Then turn the oven down to 200 and open the oven door the least amount you can so it still stays open, and thus let it dry out/bake for 2 more hours.

Note: This energy-packed backpacking recipe, a classic originally used by climbers, is very dense so it resists smashing.