

# Backpacking Recipes

Here's a few recipes that you might want to try on your next backpacking trip:

## Cashew Rice Curry (Makes 2 generous servings)

### Ingredients:

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)

### Ingredients:

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)

### Ingredients:

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.

## Beef Stroganoff (Makes 2 generous servings)

### Ingredients

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," below)  
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.

## Dried Beef (Use for Stroganoff, above, or other meat dishes)

### Ingredients:

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.

## Chicken Rice Almomondine (Makes 3 generous servings)

### Ingredients:

4 cups water  
1 6 ounce 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 sit for 10 minutes. Fluff with fork and serve.

## 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.

## **Mini Pizzas**

These are easy to make using English muffins, a packet of pizza sauce, and cheese. The English muffins can be rewrapped in tinfoil, while the pizza sauce can be put in a small plastic container, and the cheese in a zip lock bag. When you are ready for this meal you simply add the pizza sauce and cheese on top of the English muffin and wrap them in tin foil. In order to prevent the cheese from sticking to the tin foil, make it loose on top. These can be cooked on top of a stove, or by leaving in the sun for an hour or so, just long enough to melt the cheese. Other ingredients, such as onions, mushrooms, or black olives can be added for a more flavorful variety of toppings.

## **Biscuits & Gravy**

The biscuits can be made at home. I pack them in a water bottle with a large opening on top, since this saves space. The gravy mix is easy to pack since most come in a powdered form than can be put in a Ziploc bag. I find mixes that only need water added, but you can also find one that needs milk, and bring along some powdered milk. When ready for this meal you can head some water and the gravy mix and pour it over the biscuits. The biscuits do not need to be reheated, since they will get warm from the gravy. You can also bring jelly packets and use any left over biscuits as a treat with jelly spread on them.

## **Noodles With Wild Mushrooms**

There are many varieties of mushrooms that are sold in their dried form. These can be purchased at most grocery stores, and an assorted pack of wild ones can provide a wonderful variety of tastes. The noodles can be any type, but I find the flat varieties most efficient for space and durability. Other than the noodles and mushrooms, a couple tablespoons of butter, as well as salt and pepper, are needed. The dried mushrooms need to soak for a couple of hours before being cooked. The liquid used to soak them is reused to cook the noodles in. After the noodles are cooked, they need to be mostly drained, with a slight amount of liquid left in. Add the mushrooms, butter, salt and pepper. Another great addition is some Parmesan cheese sprinkled on top.

## **Backpacking Recipes That Don't Need Cooking**

### **Pita Pockets with Hummus**

This is a quick, filling, and versatile meal. Pita pockets can be found at most grocery stores, and are ideal for packing since they are flat and compact. Hummus is great because it provides a lot of protein and flavor, and can be purchased in powdered form where water is added to reconstitute it. The hummus can be spread inside of the pita pocket, and cucumbers and olives can be added to enhance the flavors.

### **Tuna Fish on Tortillas**

This is a great meal that is easy to make. The tuna fish can be purchased in a pouch. Sweet relish should be packed in a leak-proof plastic container, and mixed in with the tuna during preparation of this meal. The tuna and relish mixture is then heated and served on top of a small tortilla. A slice of cheddar cheese can be put on top of the tuna, and will melt slightly from the heat of it. The tortilla can then be folded in half, or rolled up. This is surprisingly good tasting and very filling.

### **Rice Breakfast, one serving**

Breakfast backpacking recipes don't get much simpler than this.

1/3 cup dried milk  
1 1/6 cup instant rice  
1/4 cup raisins  
1/8 tsp cinnamon  
4 tsp sugar

Add everything into a pot, and boil for as long as the instructions say on your instant rice package. Add raisins afterwards if you don't like them plumped up.

### **Cheesy Baco-Spuds, two servings**

An easy, tasty, lightweight backpacking recipe.

1 1/2 cup potato flakes 1/3 cup drd milk  
1 pkg ButterBuds  
1 T. drd parsely  
1 T. drd onions  
1/2 tsp salt  
2 heaping T. powdered cheese  
bit of pepper  
bacon bits to taste

Mix all ingredients together in a plastic bag, except for bacon bits. Bring water to boil (amounts according to pckg), dump in mixture, stir. Add bacon bits.

### **Potatoes and Peas, two servings**

Dried potatoes make a good base for dinner backpacking recipes. So here's yet another recipe based on spiced-up, glorified dried potatoes.

1 1/2 cup potato flakes  
1/2 cup dry milk powder  
1 pckg ButterBuds  
1 T. dried parsely  
1 T. dill  
1 T. dried onions  
some garlic powder  
1/2 tsp salt  
pepper to taste

Put all above into a bag. In separate smaller bag, put: 1 envelope brown gravy mix 1 lb dried peas (or corn or mixed veggies)

Carry some kind of sausage to add to this (get the kind that doesn't need refrigerating) or use dried hamburger. In camp rehydrate the peas for as long as you have time for with the brown gravy in 4-5 cups water (depending on the consistency you want). Bring to a boil. Add the potato/spices bag and stir.

### **Logan Bread**

An energy-packed backpacking recipe, a classic originally used by climbers. Very dense so it resists smashing. Perfect for lunch.

Mix together:

7 cups whole wheat flour

3/4 cup brown sugar

1/2 cups dry milk

1/2 cup dry milk powder

1/2 tsp salt

1 tsp baking powder

1 tsp cinnamon

1 cup chopped nuts

Raisins, other dried fruit

Stir all above ingredients together. Then add 2 cups water, 3/4 cup honey, 3/4 cup molasses, and 3/4 cup melted butter or margarine. Stir all the gooey stuff into the dry stuff until you get a stiff dough. Smash into a greased pan. Bake for 1 hour at 300. 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. This recipe will fill an 11x17 inch pan (1 inch high), and makes about twenty four 2.5 inch square pieces.

### **Peanut Butter Balls**

This is a delicious, very high calorie, relatively healthy, entirely "wing-it" backpacking recipe for lunch.

Start out with peanut butter (crunchy). The amount you use will roughly be the amount of balls you end up with. Try 2 cups. Add honey to the peanut butter (just stir it in) until it tastes sweet enough. Then add milk powder (maybe a cup) for protein, and butter (maybe 1/4 cup or 1/2 stick-softened) for calories, and stir the whole thing up.

Add whatever you want in nuts and raisins. Try sunflower seeds, soy nuts, peanuts, walnuts, raisins.

Stir in enough quick oats (regular oats are too big) to make a thick enough consistency for a reasonably firm glob. Then roll the ball in oats to make it less sticky to handle.

## Lunch

I have never had a satisfactory solution for lunch. You are on the trail, so you probably do not want to cook; but you are hungry. Some suggestions follow.

Summer sausage slices and mustard on a bagel or English muffin. Summer sausage will not spoil without refrigeration, but it is a little heavy in the pack.

Pita bread keeps well, but can get dry. Try pita plus a block of Velveeta (processed) cheese. Cut off a hunk of cheese and wrap pita around it. (Thanks to Evan, ecstone@gnu.fdt.net)

Other possibilities are tuna, crackers, peanut butter, fruit, and all the stuff under Snacks. Cheese spread in an aerosol can in any weather, chunk cheese in cool weather. I have heard that yogurt keeps in cool weather, but I haven't tried it.

## Snacks

Take a lot of snacks. You will need snacks as you hike; meals, alone, are not enough.

Think about eating something every hour you hike. This is not the time to diet.

Gorp is good. There are many gorp recipes based on granola cereal. To the granola add M&Ms, peanuts, raisins--whatever suits your taste. I stick with granola and M&Ms.

Chocolate candy bars are good in cooler weather, but tend to melt in the summer. M&Ms or Reese's Pieces don't melt, of course. Granola bars are always popular--plain granola bars, or the granola/chocolate/caramel concoctions.

## Dinner

Your tent is up. You have cleaned up. You have napped. It's time to treat yourself to a good meal. Below are some recipes for main courses that will be **adequate for one adult** if you supplement them with fruit, cookies, candy. All good recipes have creative names. In preparing for the trip, put everythingl you need for a meal in a recycled newspaper bag--food, paper towel, mints. At dinner time just pull out a bag and you are ready to go.

## **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

Some 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@ngl.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 Grauten

4 - 8 fresh broccoli flowers

2.5 cups of water

2 Tbs Butter or margerine (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})