

Troop 11 Backpacker's Cook Book

11/10/07

This is a work in progress. As we discover new recipes that are easy and taste good, we will add them to this document on the troop web site. The focus of this book is to help with the meal planning for backpacking trips. Usually cook groups are 4 people. So the recipes are either single serving or for a cook group of 4 unless otherwise specified.

All new recipes should be tried at home. You really want to know that you like the meal and that you know how to cook it before you get out there and are depending on it. Volunteer to cook dinner at home one night and try a new recipe. You will get the appreciation of your family and gain confidence that the new meal will be a success on your backpacking outing.

Breakfast – Breakfast is usually a “cook it quick” meal so you can get on the trail. Carbohydrates are needed to fuel the day's hiking. Cereal in the form of Oatmeal has the advantage that it only requires heating water. If the individual oatmeal packets are used as a bowl, there are no dishes dirtied and you can get on the trail in record time. Cereal bars (granola bars) can also be used, which require no cooking whatsoever.

Oatmeal with fruit

Nature's Trail - Apple Cinnamon Oatmeal. (2 packs per person)
Freeze dried fruit – bananas, strawberries, blueberries (8-10 pieces per person)
(Try “Just Bananas” or “Just Strawberries” at Henry's)

Boil water. Carefully tear top off oatmeal pouch. Open. Spoon in plenty of hot water because the oatmeal and dried fruit will absorb a lot. Add a few pieces of dried fruit. Stir with your spoon for 2 minutes.

Lunch – Lunch is usually a quick no-cook meal eaten on the trail. Again, high carbohydrates some protein and fat are good to replace the energy you are expending on the hike. For one day hikes, cheese and dry salami with crackers or granola can be a good choice. Trail mix or cereal bars can also be a good choice. Try some of these basic foods for an easy interesting lunch

- Cheese (sliced, sticks, vacuum sealed lasts best)
- "Sturdy" crackers
- Compact bread
- Packet meats, salmon, tuna, chicken
- Pepperoni, dry salami
- Meat sticks
- Beef jerky
- Fresh produce: Apples, oranges, carrots, celery, radishes, and cucumber are heavy, but travel well.

Basic Trail Mix

Mix equal parts of nuts and various dried fruits with additions of chocolate or coconut or salty snacks like pretzels or breakfast cereal.

- 1 part salted peanuts
- 1 part raisins
- 1 part M&Ms

Mix and portion out, remembering that 1 ounce provides 140 calories. Adjust the proportions to taste.

Common Additions:

- Dried fruit: raisins, dried apricots, date nuggets, banana chips, apple chips, dried papaya, dried cranberries, dried cherries.
- Nuts and seeds: peanuts, almonds, hazelnuts, sunflower seeds.
- Chocolate and more: M&Ms, chocolate chips, white chocolate chips, carob chips, dried coconut
- Salty stuff: Pretzels, sesame sticks, oriental rice crackers, salty "party mix" cereal.
- Cereals: Any breakfast cereal, granola.

Dinner – Dinner is your main meal while backpacking. After a long day of hiking, you have reached your campsite and can relax a bit and spend the time to cook a proper meal. This meal needs to be rich in carbohydrates but also contain protein (meat) and some fat. A pasta or grain meal with meat, vegetables and olive oil will round out this meal. Remember, the meat must be packaged in a way that does not require refrigeration and does not have heavy packaging. Dried or bagged meats (tuna, chicken, shrimp, and hamburger are now available in packets).

Easy Sausage Jambalaya

Medium covered saucepan/spoon/cup measure
8 oz. Beef Stick (Sparrer's Brand or similar)
3 oz. Shrimp (Chicken of the Sea- bagged)
1/2 bell pepper (diced)
2 Packages Lipton Cajun Sides Red Beans and Rice
3 1/2 cups water
2 Tbsp margarine (or oil)

In medium saucepan, saute in 2 Tbsp. margarine (or oil), sliced beef stick and 1/2 bell pepper (diced) until tender. Stir in contents of package, 3 1/2 cups water, and shrimp. Bring to a boil. Simmer (covered) until tender- approx. 7 minutes.

Let stand covered about 2 minutes, and then uncovered to cool. Stir and serve.

Serves 4

Curried Chicken Cranberry Couscous

At home, in quart freezer bag mix:

1 1/2 cup couscous
1 cup dried cranberries
2 tbsp dried onion flakes
1 tsp dried parsely
2 tbsp curry powder
1 tsp salt

In camp add:

2 packet chicken (6oz)
2 1/2 cup boiling water

Let sit 8 min, then add:

1/4 cup walnuts
2 tbsp olive oil

Stir, serves 4.

Chicken Rice Almondine

Ingredients:

4 cups water
1 packet chicken (6 oz.)
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.
Serves 4

Untested Recipes – The following is a list of untested recipes from “ziplink” that look interesting. Please be sure to test them first. Also, be sure to adjust the recipe for the size of your cook group.

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 Noodles & Sauce

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

Heat the 2 cups water and 1 Tbsp butter in a saucepan. Add the milk carefully so it doesn't burn. Bring to a boil. Stir in contents of package. Continue boiling over medium heat, stirring occasionally, 8 minutes or until noodles are tender. Sauce will thicken upon standing, about 2 to 3 minutes. Serve, if desired, with grated Parmesan cheese.

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.

Hamburger Helper

1 lb Ground beef, lean
1 pkg Hamburger Helper

At home:

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

On the trail:

½ 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 desire consistency.

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.

Couscous Curry Ginger

3 cups Couscous
3 Tbsp Powdered Shortening
1 tsp Ground Ginger
2 tsp Curry powder
¾ cup Cashews
1 ½ cup Dehydrated Vegetables

At home:

Mix ingredients (except vegetables) in a zip-lock bag. Bag the vegetables separately. Tapes the bags shut.

On the trail:

In the morning, place the vegetables in a large-mouth 1 quart water bottle and cover with water to rehydrate.

At mealtime:

Bring 4 cups of water to a boil, add all ingredients, including the rehydrated vegetables with the water. Boil under tender (5 - 10 minutes).

from Backpacker Magazine; April 1996; Pg 45

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 Instant beef bouillon
(about 1 Tbsp)
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

Jerky Stew with Dumplings

1 cup Unmarinated beef jerky
½ cup Dried sliced carrots
½ cup Dried sliced parsnips
¼ cup Dried sliced mushrooms
2 cups Dried sliced potatoes
1 pkg Instant beef gravy mix
1 cup Biscuit mix
4 cups Water

At home:

Put into 4 small bags: 1. Jerky; 2. Carrots, parsnips, and mushrooms; 3. Potatoes; 4. Biscuit mix

On the trail:

Soak the jerky in 4 cups water for as long as possible, at least an hour.

Bring the jerky and water to a boil and cook for 1 hour. During the last half hour, add the carrots, parsnips, and mushrooms. Add the potatoes the last 15 minutes. Add water if necessary to keep the ingredients just covered.

Add the gravy mix and stir

To make the dumplings: Add $\frac{1}{4}$ cup water to the bisquick mix and make a stiff batter. Form small balls about the size of ping-pong balls, and float them on top of the stew. Cover so they steam and cook until done, about 20 minutes.

from the Hungry Hiker's Book of Good Cooking; Pg. 183