



CANOEING CUISINE RECIPES, TIPS & RESOURCES

Created by Rocky Mountain Canoe Club members for the
2019 Canoeing Cuisine Workshop

*Rocky Mountain
Canoe Club
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2019 RMCC Canoeing Cuisine Recipes, Tips and Resources

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The recipes and cooking information in this document were submitted by Rocky Mountain Canoe Club members for the April 7, 2019 Canoeing Cuisine workshop. Thank you to all of the people who contributed to this effort!

Abbreviations:

DO = Dutch Oven (many of these recipes can be cooked at home. A 12" Dutch Oven has a similar area as a 9"x13" baking dish and a 10" Dutch Oven's area is close to a 9x9 inch pan.)

H = make at home (some of these recipes can also be made over a camp stove)

CS = camp stove

Nc = no cooking needed

De = dehydrated meal

B = recipes for baking on a stove

DUTCH OVEN and MEALS MADE AT HOME

Bavarian Apple Tort (H)

Summited by Kathryn Mutz, this recipe won the Best Dessert category at the Rendezvous 2018 Bake Off competition

Crust

½ cup soft butter

¼ cup sugar

¼ tsp. vanilla extract

1 cup flour

Cream butter and sugar. Add vanilla and flour to make a soft dough. Spread on the bottom and sides of a 9" pie plate or tart pan.

Cream Cheese filling

8 oz cream cheese

¼ cup sugar

1 egg

½ tsp vanilla extract

Beat cheese and sugar; add egg and vanilla. Spread on crust.

Apple Topping

5-6 cups peeled and chunked apples (tart)

1/3 cup brown sugar

½ tsp cinnamon

1/2 cup pecan pieces

Toss together everything except the pecans. Pile on top of the cream cheese layer.

Bake at 450 for 8 min; Reduce heat to 400 and bake 15 minutes. Sprinkle with chopped pecans and bake an additional 10 minutes, covering with foil IF the pecans begin to brown too much.

To change the recipe from a 9" pie pan to a 9x12 inch pan, increase the ingredients by 1 and ½.

Caramel Apple Crisp (DO)

Submitted by Bill Ashworth

Filling

8-10 large granny smith apples; peeled, cored and sliced (or canned equivalent of any fruit)

2 Tbs. lemon juice

2/3 cup sugar

1/3 cup flour

2 tsp. ground cinnamon

3/4 tsp. ground nutmeg

1/4 tsp. ground cloves

3/4 tsp. salt

1 (12 oz.) jar caramel sauce

Topping

2 cups brown sugar

2 cups flour

1 cup instant oatmeal

1 cup butter; melted

½ cup chopped walnuts

In a buttered 12" Dutch oven add apples and lemon juice; stir to coat apples. In a separate dish combine sugar, flour, cinnamon, nutmeg, cloves and salt; stir to mix. Pour dry ingredients over apples and stir until apples are well coated. Spread out apples and pour caramel sauce over the top. In a medium bowl combine brown sugar, flour, oatmeal, and walnuts; stir to mix. Using a fork, mix in melted butter to form coarse crumbs. Spread topping evenly over apples. Cover Dutch oven and bake using 10-12 briquettes bottom and 16-18 briquettes top for 60 minutes. Serves 16

Caramelized Onion and Gruyere Pasta Bake (DO)

From "The Camp Dutch Oven Cookbook", submitted by Henry Williams

Ingredients

1/4 cup (1/2 stick) Unsalted Butter

3 Sweet onions, halved and thinly sliced

1 tsp salt

½ tsp black pepper

4¾ cups water

1 (16 oz) package short cut pasta (penne, shells, fusilli, etc.)

1 ¼ cups heavy cream
10 oz gruyere cheese, shredded

Directions

Melt the butter in a 12 inch Dutch oven over a bed of 12 hot coals. Add the onion, salt, and pepper. Cook, stirring frequently, until they are soft and golden brown, 15-20 minutes. (To save time in camp, this step can be done at home, and the caramelized onions put in a plastic bag and kept in a cooler until ready to use)

Add the water and pasta and stir to mix. Remove 4 of the coals from underneath the pot, cover the pot, and place 20 hot coals on the lid. Bake for about 40 minutes, until the pasta is tender.

Remove the lid, stir in the cream and half of the cheese, and cook, stirring for about 2 minutes, until the cheese is melted. Sprinkle the remaining cheese over the top, move the pot off the bed of coals and replace the lid, including the hot coals. Broil for about 4 more minutes, until the cheese on top is melted. Serve hot.

Cardamom Pear Upside Down Cake (DO)

Submitted by Bill Ashworth who got the recipe from Lillian McMath, Dubois, WY

BROWN sugar bag:

¼ to ½ c. brown sugar

½ t. fresh cardamom

CAKE bag:

1-1/2 c. flour

2 t. baking powder

¾ t. fresh cardamom

¼ t. salt

¾ c. sugar

LIQUID

½ stick soft butter – melted

2 large eggs

¾ c. milk

1 t. vanilla

ADDITIONAL ingredients

Dash of nutmeg

PREP:

Place DO over 5-6 pieces lighted charcoal. Put in ½ stick butter and melt

Add brown sugar bag, beat a little and pour on top. Arrange 1-2 sliced ripe pears on top.

Canned fruit may be substituted.

Put fresh nutmeg on top and cook for a few minutes.

Add LIQUID to CAKE Bag, mix and add to the DO.

Place lid on DO and bake 350 degrees for 40 min. Invert the DO onto the lid and serve with the fruit on top.

Cherry Upside-Down Cake (H)

From Bon Appetit June 1997, submitted by Karen Amundson

Yield Makes 8 Servings

Topping

1/4 cup (1/2 stick) unsalted butter
3/4 cup (packed) golden brown sugar
14 ounces cherries, halved, pitted

Cake

1 1/2 cups all purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup sugar
1/2 cup (1 stick) unsalted butter, room temperature
2 large eggs, separated
1 1/2 teaspoons vanilla extract
1/2 cup whole milk
1/4 teaspoon cream of tartar
1 cup chilled whipping cream
1 1/2 tablespoons powdered sugar

For topping:

Preheat oven to 350°F. Butter sides of 9-inch-diameter cake pan with 2-inch-high sides. Melt 1/4 cup butter in same pan set over low heat. Add brown sugar; whisk until well blended, about 2 minutes. Remove from heat. Spread mixture over bottom of pan. Arrange cherries, cut side down, in single layer in bottom of pan and press lightly to adhere. Set aside.

For cake:

Mix flour, baking powder and salt in medium bowl. Using electric mixer, beat 1 cup sugar and butter in large bowl until creamy. Mix in egg yolks 1 at a time, beating well after each addition. Beat in 1 teaspoon vanilla. Mix in dry ingredients alternately with milk.

Using electric mixer fitted with clean dry beaters, beat egg whites and cream of tartar in another large bowl until stiff but not dry. Stir 1/4 of whites into cake batter to lighten. Using rubber spatula, gently fold remaining whites into batter. Spoon batter atop cherries in pan. Bake cake until deep golden on top and tester inserted into center comes out clean, about 55 minutes. Cool cake in pan on rack 15 minutes.

Whip cream, powdered sugar and 1/2 teaspoon vanilla in bowl to soft peaks.

Run small knife around edges of pan to loosen cake. Place platter over cake and invert onto platter. Let stand 5 minutes. Remove pan. Serve cake warm or at room temperature with whipped cream. (Cake and whipped cream can be made 6 hours ahead. Cover cake and let stand at room temperature. Cover and chill whipped cream.)

Chicken Curry (DO or CS)

Submitted by Karen Amundson

Recipe is for 4 servings, so can be done in a 10" Dutch Oven

Ingredients

¼ c. olive oil
¼ c. red curry paste
2 tsp. curry powder
6 Tbsp. fermented fish sauce
1 chicken breast, boned and sliced
2 potatoes, peeled and cut in 16-20 slices
2 carrots, cut in 16-20 slices
4 cups coconut milk

Ingredients

Heat the oil and add curry paste and curry powder. Stir fry over high heat for 1 minute. Add the fish sauce, chicken, potatoes and carrots. Stir-fry until chicken is reddish brown. Add the coconut milk and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.

Recipe is for a stove burner, but could be done on charcoals if you manage them for a hot start and then move half the coals to a second oven for lower heat.

Chicken Enchiladas (DO)

From the "Outdoor Dutch Oven Cookbook" by Sheila Mills, submitted by Henry Williams

Ingredients

2 lbs. boned cubed chicken (e.g. thighs)
1 bunch green onions
4 oz. can diced, drained green chilies
10 oz. can black olives, drained, chopped 2 Tbls ground cumin
Salt to taste
2 cups sour cream (this seemed a bit much, try using 1 cup – HW)
Flour tortillas (or try corn tortillas – HW)
16 oz. grated Monterey Jack cheese
8 oz. grated cheddar cheese
8 oz. can tomato sauce

Directions

Pro tip: Brown the chicken at home; mix in the onions, chilies (I use more), olives and cumin, then freeze for the trip.

Oil a 12" Dutch oven, cover the bottom with tortillas and top with a third of the chicken, sour cream, cheese and tomato sauce. Repeat for two more layers, saving a bit of cheese to sprinkle on the top layer.

Bake 40-45 minutes. Bring salsa and hot sauce for those who like it spicier.
Feeds 6-8

Chicken Tortilla Casserole (DO)

Submitted by Bill Ashworth

Equipment: 12" Dutch oven

Ingredients

2-3 large cans cooked chicken
12-15 corn tortillas
1 can cream of chicken soup
1 12oz can diced green chilies
1 14 oz. can green enchilada sauce
1 14 oz can corn
1/2 cup diced onion
1 cup sour cream or Greek yogurt
4 cups shredded cheddar cheese, divided

Directions:

Tear tortillas into chunks. Put the torn tortillas and the remaining ingredients, except 2 cups of cheese, in a DO. Mix until the chicken and tortillas are well distributed. Bake at 350* for 40-45 minutes or until hot and bubbly. I used 10 coals on the bottom and 14 on top. Sprinkle with remaining 2 cups of cheese during the last 5 minutes of cooking. Serve with salsa and corn chips. Serves 8.

Chili Relleno Casserole (DO, H)

This recipe won Best of Show & Best Main Dish at the 2018 Rendezvous Bake Off competition, submitted by Henry and Kit Williams

Ingredients

Salt and pepper
1 pound Monterey Jack Cheese cut in ~1x1/2x3 inch strips
1 cup milk
1 lb, 11 oz. can of whole green chilies (can use several smaller cans if you can't find the big can. Safeway carries the Hatch brand but Costco has a much better deal for a pack of 2)
Jalapeño relish to taste (optional, we don't use it)
5 eggs

1/2 pound cheddar cheese
1/3 cup flour
Paprika (optional)

Directions

Start 25 briquettes in a chimney if using a 12" cast iron Dutch oven.
Cut chilies lengthwise and scoop out seeds. Slip a strip of Monterey Jack into each chili and fold over. Beat eggs, gradually add flour until smooth. Add milk, salt, pepper, and jalapeño to taste. Beat thoroughly. Arrange the stuffed chilies in greased 9x13 baking dish, or greased 12" cast iron Dutch oven. Sprinkle with cheddar cheese and pour egg mixture over all of it. Bake in a 350 oven for 50 minutes or until the knife comes out clean, or bake in the Dutch oven with 8 coals on bottom, and 17 coals on top for 45-50 minutes, rotating the oven and counter rotating the lid ~1\3 around every 15 minutes for even heating. Sprinkle with paprika.

Gingerbread (DO)

Submitted by Craig Flora

Ingredients

1 box Gingerbread mix
1/3 cup applesauce instead of oil
1 egg

Directions

Stir an egg, applesauce, and mix together then pour into a 12 inch Dutch Oven, using a parchment paper liner to save clean up if available. Put 8 coals underneath and 16 coals on top. Rotate the oven over the coals and lid every 15 minutes to even out the heating. Should be cooked around 45 minutes.

Granola (H)

Submitted by Henry and Kit Williams

Ingredients

3 cups rolled oats
1 cup nuts (e.g. pecans or walnuts)
½ cup pumpkin seeds
1 cup coconut flakes (or shredded)
2 tsp cinnamon
½ cup walnut oil
1/3 cup maple syrup (or honey)
1 tsp vanilla
1 cup dried fruit

Directions

Mix together the oats, nuts, pumpkin seeds, coconut, and cinnamon in a large mixing bowl. In a separate bowl, whisk together the oil, maple syrup (or honey), and vanilla. Pour liquid mixture over the dry ingredients and stir until well coated. Evenly spread it all onto a parchment paper lined cookie sheet. Bake at 325 degrees for 30 minutes total, stirring the granola every 10 minutes. A final stir after taking it out of the oven prevents large clumps. Add the dried fruit after the granola has cooled, and store in an airtight container.

Greek Roasted Halibut (H, DO)

Submitted by Karen Amundson

Recipe is for a home oven, but it can be done in a 12" Dutch Oven

Ingredients

½ c. black olives, chopped
1 small can of corn
½ c. roasted red bell pepper, chopped
¼ c. virgin olive oil
2 Tbsp. grated lemon zest
½ c. chopped fresh parsley
2 Tbsp. minced garlic
2 tsp. fresh oregano, chopped
½ tsp. salt and ½ tsp. ground pepper
4 halibut fillets or steaks, ~6 oz. each

Directions

In a bowl, combine the olives, corn, bell pepper, parsley, olive oil, lemon zest, garlic, oregano, salt and pepper (all but the fish) and stir well. Place fish flat side down in a baking dish. Coat the sides and top of the fish with the marinade.

Preheat the oven to 400 degrees. Roast about 12 minutes (20-25 in the D.O. I think) until it just begins to flake when prodded with a fork. Serves 4. Can substitute a less expensive fish (like cod); ask the grocer for suggestions.

Jambalaya, Easy One-Pot (H, DO)

Submitted by Karen Amundson

<http://blog.myfitnesspal.com/easy-one-pot-jambalaya/>

Ingredients

2 tablespoons olive oil
1 medium yellow onion, chopped
1 medium green bell pepper, chopped (1/3 of a red bell pepper)
3 stalks celery, chopped
1 cup brown rice, uncooked (certified gluten-free if necessary)

1 1/2 pounds boneless skinless chicken breasts, chopped
12 ounces andouille sausage, sliced
1/2 cups low-sodium chicken broth (certified gluten-free if necessary)
1/2 cup dry white wine
1 (14-ounce) can diced tomatoes
2 teaspoon Cajun Seasoning
teaspoon dried thyme
1/2 pound shrimp, peeled and deveined
1/4 cup fresh parsley, copied (Italian from my garden)
Kosher salt to taste (sea salt)

Directions

In a large pot or French oven, add the olive oil and heat to medium. Add the chopped onion, bell pepper, celery and brown rice.

Sauté, stirring frequently until vegetables have softened but are still al dente, about 10 minutes.

Add the chopped chicken and andouille sausage and continue sautéing until chicken is slightly browned, but not cooked through, about 3 minutes.

Add the chicken broth, white wine, diced tomatoes, Cajun seasoning, and dried thyme and stir everything together. Bring pot to a full boil, then reduce the heat and simmer for 40 to 50 minutes until rice is soft.

Add the peeled raw shrimp and fresh parsley and cook until shrimp is cooked through, about 5 minutes.

Allow the jambalaya to sit about 10 to 15 minutes before serving, allowing it will thicken up. Add salt as desired. Serves: 8 | Serving Size: 1 1/2 cups

Lasagna (DO, H)

Submitted by Bill Rivers

Ingredients

1 pound ground beef
1 onion, minced
6 cups cottage cheese
10 lasagna noodles, cooked al dente
1 large can (28 ounces) tomato sauce
1 small can (6 ounces) tomato paste
2 teaspoons dried sweet basil
2 teaspoons dried oregano
1/2 cup red wine
16 ounces mozzarella cheese, sliced or grated (4 cups)
8 ounces fresh mushrooms, sliced
Grated Parmesan cheese for garnish
(Other options include substituting the ground beef for ground turkey or 1 pound of raw zucchini sautéed with onions in a little olive oil)

Directions

Brown the ground beef and onion in skillet or Dutch oven. Drain off the fat. Place half of the beef-onion mixture in bottom of Dutch oven or 9"x12" baking dish. Spread half the cottage cheese over beef. Cover with half the lasagna noodles. Cover noodles with half the tomato sauce and half the tomato paste. Sprinkle with half the sweet basil and oregano and 1/4 cup of wine. Repeat the layer.

Bake in Dutch oven for 30-35 minutes or in 350 degree conventional oven for 35-40 minutes. Sprinkle with mozzarella cheese and cover with mushrooms. Bake 10 more minutes (if baking in conventional oven, leave cover off for the last 10 minutes). Serve with Parmesan cheese. Serves 6-8

Nicky's Lasagna (DO)

from Mills' "The Outdoors Dutch Oven Cookbook", submitted by Bill Ashworth

Ingredients

1 lb ground beef or pork
1 onion, minced
4 cloves garlic, minced
6 cups cottage cheese or ricotta
10 whole wheat lasagna noodles, cooked al dente
1 large can (28 oz) tomato sauce or marinara
1 small can (6 oz) tomato paste
5 tsp dried Italian seasoning
1/2 cup red wine
1 lb mozzarella cheese, sliced or grated (4 cups)
8 oz mushrooms, sliced
2 small zucchini, thinly sliced
Grated Parmesan cheese to garnish

Directions

Brown all the ground beef, onion, mushroom, zucchini, and garlic in skillet or Dutch oven. Drain off fat.

Place half of beef mixture in bottom of Dutch oven. Spread half the cottage cheese over beef. Cover with half the lasagna noodles. Cover noodles with half the tomato sauce & tomato paste. Sprinkle with Italian seasoning and 1/4 cup of the red wine.

Repeat the layer.

Bake in Dutch Oven for 45 minutes. Sprinkle with mozzarella cheese and mushrooms.

Bake 10 more minutes.

Serve with Parmesan cheese

Pineapple Upside-Down Cake (DO)

From the "The Camp Dutch Oven Cookbook" by Donovan, Submitted by Henry Williams

Ingredients

1 cup (2 sticks) Unsalted Butter, at room temperature, divided
3/4 cup white sugar
2 large eggs, beaten
2 cups self-rising flour (2 cups flour, 1 Tbsp Baking Powder, ½ tsp salt)
1 can sliced pineapple rings in juice, drained, 1/2 cup of the juice reserved
1/4 cup brown sugar

Directions

In a large bowl, combine 3/4 cup (1½ sticks) butter with the sugar and stir until well combined and creamy. Add the eggs and mix until incorporated. Add the flour and stir to combine. Stir in the reserved pineapple juice.

Line a 12 inch Dutch oven with heavy-duty aluminum foil to ease removal of the cake and for easier cleanup. Place the Dutch oven over a bed of 8 hot coals. Add the remaining 1/4 cup butter and the brown sugar to the pot and cook, stirring frequently, until the mixture bubbles and darkens a bit, about 3 minutes.

Remove the pot from the heat and spread the butter and brown sugar mixture out evenly over the bottom of the Dutch oven and arrange the pineapple rings in a single layer on top. Pour the cake batter over the pineapple and place the lid on the pot. Return the pot to the heat.

Place 15 hot coals on the lid of the Dutch oven. Bake for about 20 minutes and then check for doneness (a wooden skewer or toothpick inserted into the center will come out clean). Continue to cook, if necessary, checking every few minutes until done. Remove the pot from the heat and let cool for about 5 minutes. Place a large plate on top of the pot (or the Dutch oven lid) and invert the pot (carefully with heat proof gloves protecting you hands and forearms) so that the cake releases onto the plate (or lid). Serve warm or at room temperature.

Pizzarice (DO, H)

Submitted by Jana Red

Source from: <http://www.marksblackpot.com/2007/05/pizzarice.html>

8 oz Italian sausage
1 cup chopped onion
2 cloves garlic, minced
1-1/2 cups long-grain rice
4 oz sliced pepperoni, cut into quarters
1/2 cup sun-dried tomato pesto
1 tsp dried oregano
2-1/2 cups chicken broth
1-1/2 cups shredded mozzarella cheese

1. In a Dutch oven over hot coals, brown sausage. Add onions and garlic. Continue to cook until onions are translucent.
 2. Stir in rice, pepperoni, pesto, oregano and chicken broth. Cover with lid.
 3. Place hot coals on lid and bake for about 20 minutes or until rice is nearly done. Spread cheese over the top of the rice and replace lid on Dutch oven. Continue to bake for about 10 more minutes or until rice is done and cheese is melted.
 4. Can be baked in the oven for 45 minutes at 375 degrees in a foil covered pan.
- Servings: 4

This recipe is easily doubled or tripled. It is also easy to make with Instant Rice and works just as well on the stove as in a Dutch oven. It is also good with veggies (olives, peppers, artichokes, etc) if you are lucky enough to have them along

Salmon Loaf (H, DO)

Recipe is for a home oven; double or triple the ingredients for a 12" Dutch Oven
Submitted by Karen Amundson

Ingredients

- 1 large can of salmon, flaked
- 1 and ¼ cups American Cheese, grated
- 1 egg, beaten
- 1/2 cup cream (or 2 or 3 Tbsp. mayo)
- 1 cup bread crumbs - - reserve some for topping
- 3 Tbsp. butter, melted (1/2 on topping)
- 1 Tbsp. lemon juice (RealLemon is OK)
- 1/8 tsp. pepper (for topping)

Directions

Melt the butter, combine all ingredients (except the pepper and 1/4 of the bread crumbs and half the butter), mix well and press into a pre-buttered loaf pan. Sprinkle the topping items on the top of the loaf.

Bake at 350 degrees for 30 minutes or more. Serves 4 normal people or 3 river rats.

Shrimp Gumbo with Andouille Sausage (H)

By David Tanis, Submitted by Karen Amundson

- 1 pound medium shrimp in the shell
- Salt and pepper
- 2 teaspoons chopped fresh thyme
- 6 garlic cloves, minced
- 4 tablespoons olive oil
- 1 ½ cups diced onion
- 1 cup diced red or green bell pepper

½ cup diced celery
4 tablespoons all purpose flour
1 tablespoon tomato paste
1 teaspoon paprika
¼ teaspoon cayenne
1 cup diced ripe tomato, fresh or canned
6 ounces smoked andouille sausage, in 1 inch thick slices
6 cups shrimp broth or chicken broth
2 cups chopped okra
1 tablespoon filé powder
½ cup chopped scallions for garnish

Directions

Peel and devein shrimp. Reserve shrimp shells for broth. Season shrimp with salt and pepper, thyme and 1/2 teaspoon garlic. Cover and refrigerate. Make the shrimp broth.

Make the gumbo base: In a heavy bottomed soup pot, heat olive oil over medium high heat. Add onion, bell pepper and celery and cook briskly, stirring frequently, until lightly browned, about 8 minutes. Sprinkle in flour and stir to combine. Continue cooking for about 5 minutes, stirring, until flour vegetable mixture is well browned. Add tomato paste, paprika, cayenne and remaining garlic. Cook for 1 minute, stirring well, then add diced tomato and andouille sausage and cook for about 2 minutes. Season mixture generously with salt and pepper.

Stir in shrimp broth and reduce heat to medium. With a wooden spoon, scrape bottom of pot to dissolve any browned bits. Simmer for about 25 minutes, until gumbo base thickens somewhat. Taste and adjust salt. (You may prepare gumbo base up to this point several hours ahead; bring it back to a brisk simmer before continuing.)

Add okra and let cook until softened, about 5 minutes. Add shrimp and cook for 2 minutes more. Turn off heat. Stir in filé powder. Serve immediately sprinkled with scallions, along with steamed rice or cornbread if desired.

Three-way Nut Butter (H)

From “Best Served Wild” by Leonard & Brones, submitted by Kit and Henry Williams

Ingredients

1 part peanut butter
1 part almond butter
1 part chocolate hazelnut butter (e.g. Nutella)

Directions

In a bowl, mix together the nut butters until well blended. Place mixture in a plastic bag or reusable squeeze tube.

Note: Kit and I use this for lunches on either bread, pita bread, crackers, croissants etc.

Tuna Rice Casserole (DO)

Submitted by Bill Ashworth

12-inch Dutch oven

14 briquettes on the lid

8 briquettes on the bottom

Baking time: 30-35 minutes

Ingredients:

2 cups instant brown rice

2 large cans albacore tuna, drained (liquid retained)

2 cans cream of mushroom soup

2 tbs curry powder

2 tbs garlic powder

2 cans French-style green beans, drained (liquid retained)

3 cups crushed non-wheat cereal (like Rice Chex)

½ cup parmesan cheese

3 tablespoon butter, melted or ghee

Directions:

Add rice and total of 1.5 cups liquid (including what's drained from beans and tuna) Add cream of mushroom soup, tuna, beans, and spices. Mix well and place in 12-inch Dutch oven. Combine cereal, cheese, and butter until well coated. Sprinkle over noodle mixture. Bake at 350° for 30-35 minutes or until casserole is bubbly. Serves 6-8.

Vegetable curry (DO)

Submitted by Craig Flora

Dice up:

2 potatoes (preferably red as they remain firmer, but we usually use Gold because that's what we keep in the pantry)

1 Yam

1 cup mushrooms

3-4 carrots

1 bell peppers

1 onion

Toss into a Dutch Oven

Stir in 1 can of Trader Joe's Korma curry sauce

Place 10 coals underneath and 20 coals on top

Rotate oven and lid occasionally to help heat evenly

Should be done in an hour

To serve over rice, we cook the rice at home and put in a cooler so it just needs to be reheated at camp.

CAMP STOVE and NO COOKING

Chet's Clam Sauce (CS)

Submitted by Karen Amundson

My dad's original recipe is attached. I do it differently. I use more olive oil, less butter, add a bottle of clam juice in addition to the liquid that comes with the clams, don't cook the garlic until brown and add a flour to make a roux while the garlic is cooking. I also add more red pepper, more black pepper, more parsley and more basil and no tarragon. So here's my technique for a pound of linguine. (Chet)

Ingredients

3 - 4 cloves garlic diced fine

4 cans minced clams (drained and liquid set aside)

1 bottle of clam juice (if not available add some dry white wine or water)

1/4 - 2/3 cup olive oil

Tablespoon butter

teaspoon red pepper flakes (more or less to your taste for spicy)

lots of freshly ground black pepper

Fresh basil (dried if no fresh available)

sugar snap peas (as many as you like)

1/2 or so fresh sweet red pepper diced in 1/2" or so pieces

1/2 bunch of parsley chopped fine

Package of shrimp (I like the jumbo, shelled & deveined and aim for 5 -6 per person)

grated parmesan cheese

Salt to taste

Directions

Dice the garlic and add to a really hot oil, butter mix. Stir 1/2 minute and then add two heaping tablespoons of flour. Cook on high heat until the garlic is mellow but not brown and the flour is incorporated. Add the reserved clam juice and the bottle of clam juice all at once to the very hot oil/butter/garlic/flour mixture. Add the red pepper and black pepper, bring to a boil and then turn down and simmer while linguine water (in a separate pot) comes to a boil - about 10 minutes. Start cooking the pasta and when it is about 8 minutes from done, add the clams and shrimp to the simmering clam juice, turn up heat and bring to a boil for 5 min. If

you are adding sweet red pepper, or snap peas as vegetables, add them with the parsley and basil when the pasta is about 2 minutes from ready. Test the pasta to be sure it's al dente and when it is, drain it and immediately add the clam, shrimp, clam juice & veggie mixture. Serve immediately or keep warm and serve when ready with a sprinkle of parmesan cheese. If I'm making this without shrimp, I use 5 cans of minced clams. If I'm going to add shrimp, I use only 3 cans of minced clams. I use about half a bunch of parsley and about 3/4 of a package of fresh basil. It's a pretty flexible recipe - mine evolved to this over many years, so revise it to suit your taste.

Chicken Continental (CS)

Submitted by Karen Amundson

Ingredients

1 ½ cups cut-up chicken
1 can (4 oz) mushrooms, drained
1 garlic clove, crushed
2 tablespoons olive oil
1 can (13+ oz) chicken broth
9 oz. green beans, cooked
1 tsp. salt
1 tsp. basil leaves (more if fresh)
dash of pepper
1 ½ cup dry Minute Rice

Directions

Sautee chicken, garlic, then mushrooms in oil for 3+ minutes. Add remaining items except rice and bring to a full boil. Stir in rice and remove from heat; cover and let stand 5 minutes. Use fresh beans and mushrooms for best flavor. 4 Servings

Chicken Green Chili Recipe (CS)

Submitted by Debbie Hinde

Ingredients (increase quantities as desired!)

Rotisserie chicken
Bell Pepper
Onion
Mushrooms
Fresh Garlic
Olive Oil
505 Green Chili Sauce

Chicken broth (Just to thin the sauce a little and to keep it from sticking to the pan)

Directions

- Shred chicken into bitesize pieces
- Cut up Bell Pepper, Onion and Mushrooms into bitesize pieces
- Mince and sauté garlic in olive oil for a few minutes then add Bell Pepper and Onion. Cook until pepper and onion are almost tender.
- Add mushrooms and cook until mushroom soften.
- Add chicken and 505 sauce.
- Add a little chicken broth to thin the sauce just a little. You can always add more as needed.
- Cook until heated through.

PACKAGING CHILI FOR VACUUM SEALING:

Freeze in quart sized zip-lock bags. If you freeze it in too large of a bag, the frozen chunk won't fit into the vacuum bag.

Once frozen, remove from zip-lock bag and put into vacuum seal bag. Now you can vacuum and seal the bag since the juices are frozen!

Reheat by placing the vacuum bag into hot/boiling with no mess. Yeeha!

Cilantro Chicken Rice Bowls (CS, H)

Submitted by Jana Read

Source: <http://goodcheapeats.com/20>

Take beans and rice to a whole new level with this savory chicken topping touched with the awesome sauce that is sour cream and salsa verde.

2 cups uncooked brown or white rice
2 can (15 oz) black beans, rinsed and drained
1 lb boneless, skinless chicken breast, chopped
1 Tbs taco seasoning mix
2 Tbs olive oil
1 bell pepper, cored and chopped
1 onion, chopped
1 cup sour cream
1 cup salsa verde (I use the entire can of salsa verde in this)
1 generous handful chopped cilantro plus additional for garnish
1 cup shredded cheddar cheese
2 tomatoes, chopped

1. Start the rice cooking in the rice cooker or in a pan on the stove.
2. Rinse and drain the beans and get them ready to heat in the microwave or in a pan on the stove.
3. Season the chicken with the taco seasoning mix. Stir to coat.

4. In a large nonstick skillet, heat the olive oil. Add the pepper and onion, and cook for 5 to 7 minutes. The onions will start to go clear. Add the chicken and continue cooking until it is cooked through and the vegetables are tender, about 5 minutes more.
5. In a mixing bowl, whisk together the sour cream and salsa verde. Add this mixture to the skillet and heat through. Stir in a handful of chopped cilantro.
6. Assemble bowls by dividing the rice, beans, and chicken mixture among four bowls. Top with shredded cheese, tomato, and additional cilantro. Servings: 6-8

Curried Mushroom Top Ramen (CS)

Submitted by Dave Gill

Tasty, quick, easy clean up, cheap, light weight and keeps without refrigeration

1 package Top Ramen
1 cup water

Prepackaged separately
1/16 to 1/8 tsp salt according to taste
1/4 tsp curry
1/8 tsp garlic powder
1 tsp cornstarch
Powdered creamer for 1 cup
1 Tbs Dried mushrooms

Discard the seasoning packet that came with the Top Ramen
Put prepacked ingredients in a pot with the water and the Top Ramen
Turn the stove on and boil stirring the contents occasionally for about 3 minutes.

Dessert Tartlets a la Stillwater Canyon (Nc)

Summited by Kathryn Mutz

Ingredients

Shortbread tartlet shells (Private Selection has a box of 16 – serves five, plus one extra for the cook. They travel well in the box.)
Dickinson lemon curd
50 Ghirardelli 60% cocoa chocolate chips (about ¼ cup; 3 per tartlet; 2 extra for the cook)
¼ cup of unsweetened, dried or freeze dried berries (freeze dried raspberries – Trader Joes; dried cherries at Natural Grocers)

Directions

Place three large chips in each shell; spread 1 teaspoon of lemon curd in each; top with a few berries. Serves 5

Enchilada Rice (CS)

Submitted by Jana Read

3 cups rice, uncooked
1 pound ground beef
1/2 onion, minced
1 can (15 oz) black beans, drained
1 can (28 ounce) Enchilada Sauce
2 cups Colby jack cheese, shredded
Sour Cream

1. Prepare rice.
2. While rice is cooking, brown ground beef in large skillet . Drain, and return to pan. Add onions and cook until onions are translucent. Stir in beans and enchilada sauce.
3. Slow add cooked rice and stir to incorporate all ingredients.
4. Top with cheese. Cover and let sit for 5 minutes while cheese melts. Serve with sour cream.

This works great with Instant Rice too!

Fry Bread (CS)

Summitted by Bill Ashworth

Ingredients

2/3 cup whole wheat flour
2/3 cup white flour
1/3 cup powdered milk
1 ½ tsp. backing powder
½ tsp. salt
1 Tbs. vegetable oil
1 ½ cups water

Directions

Mix dry ingredients well then add water and mix. Add oil to skillet and heat skillet over medium heat. When oil is hot pour mixture into skillet and cook 12 minutes over medium heat, flipping bread in the middle.

Greg's Pasta (CS)

Submitted by Craig Flora

Cook 1 cup of noodles most of the way
Add 1 cup of broccoli and/or asparagus and/or spinach and/or mushrooms etc, any quick cooking vegetables
Cook until noodles are done
Drain
Stir in 1 can of Trader Joe's "Giant Baked Beans in Tomato Sauce" (includes Mediterranean herbs)
Top with 1/4 cup of Parmesan cheese or other hard cheese, Serve

Pasta with Carbonara Sauce a la Escalante Packrafting (CS)

Submitted by Kathryn Mutz,

Ingredients

¼ pound of prosciutto or other shelf-stable meat, e.g., pre-cooked bacon
2-4 T butter
½ pound of pasta
¼ cup dried parsley (more if it is fresh)
3 raw eggs
½ cup grated parmesan cheese
Salt and pepper

Directions

Chop the prosciutto. Fry it in 2T butter until frazzled looking. (Skip this step if you want a one-pot entree. Or just fry it in the pasta pot before boiling water for the pasta.)

Beat the eggs in a bowl. Cook the pasta.

When ready to serve, work quickly to drain the pasta, leaving it in the pot. Then quickly mix in the prosciutto, 2 T butter, and parsley.

Pour in the beaten egg and continue mixing and lifting the pasta to coat. The hot pasta will cook the eggs. Add almost all the cheese and mix again.

Serve the pasta with a sprinkle of remaining cheese on top of each serving.
Salt and pepper to taste. Serves four

Seafood Perloo (CS)

Submitted by John McLean

When Viv and I used to go camping or canoeing we would reflect on Sir Ernest Shackleton who used to make a meal over a Primus stove consisting of snowmelt to which he added crumbled pemmican and ship's biscuits. This he called 'hoosh'. Our hoosh was almost as simple, consisting of packaged dry soup with meat and rice added. I can see that won't cut it with this group of gourmet paddlers, though. A couple

of slightly more elaborate dishes can be made in either backpacking (dried) or canoeing (canned) versions:

Ingredients

foil packages of shrimp, fish, clams or imitation crab.
mushrooms, canned or dried and rehydrated during the day.
bell pepper or jar of pimentos.
1 cup of dry white wine
1 garlic clove
2 cups chicken broth (bullion).
1/2 cup minute rice.
1 tbsp oil.

Directions

Saute the garlic and bell in the oil, add remaining ingredients and cook until rice is done (~3 min.) Add wine and a dash of Tabasco and serve.

Simple Stew (CS)

Submitted by Dave Burt

Two years ago I was surprised by the enthusiasm my fellow canoeists on a lower Green River trip showed for a super simple stew made by mixing and warming 4 Campbell's canned soups: Jazzy Jambalaya, Chicken & Sausage Gumbo, Vegetable Beef, and Vegetarian Vegetable. The first two were Chunky (ready to eat) and the last 2 were Condensed (but no added water). Presumably other combinations could be tried similarly.

Spanish Chicken and Rice (CS)

Submitted by John McLean

Ingredients

foil package chicken breast.
3 shallots (canoe) or 2 tsp onion powder (backpack).
3 strips bacon or oil and baco-bits.
2 1/2 cups chicken broth or bullion.
can of tomatoes or 2 tbsp tomato paste from tube
can green chiles or 1-1/2 tsp chile molido
1 cup minute rice

Directions

Fry bacon, saute shallots in fat, crumble bacon add remaining ingredients, cook until rice is tender.

DEHYDRATED MEALS

All-American Chili (De)

Submitted by Lynne Carpenter

Ingredients

6 ounces hot turkey Italian sausage
2 cups chopped onion
1 cup chopped green bell pepper
3 Tbsp minced garlic (8 garlic cloves, minced (½ tsp = 1 clove))
1 pound ground sirloin
1 jalapeño pepper, chopped
2 tablespoons chili powder
2 tablespoons brown sugar
1 tablespoon ground cumin
3 tablespoons tomato paste
1 teaspoon dried oregano
½ teaspoon freshly ground black pepper
¼ teaspoon salt
2 bay leaves
1 ¼ cups Merlot or other fruity red wine
2 (28-ounce) cans whole tomatoes, undrained and coarsely chopped
2 (15-ounce) cans kidney beans, drained
½ cup (2 ounces) shredded reduced-fat sharp cheddar cheese

Directions

1. Heat a large Dutch oven over medium-high heat.
2. Remove casings from sausage.
3. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan.
4. Cook 8 minutes or until sausage and beef are browned, stirring to crumble.
5. Add chili powder and the next 7 ingredients (chili powder through bay leaves).
6. Cook for 1 minute, stirring constantly.
7. Stir in wine, tomatoes, and kidney beans; bring to a boil.
8. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
9. Uncover and cook for 30 minutes, stirring occasionally.
10. Discard the bay leaves.
11. Sprinkle each serving with cheddar cheese.

Note: Like most chilis, this version tastes even better the next day.

All-American Chili In camp

Rehydrate meal by adding water. You'll get a feel for how much water to add, but keep in mind that you can always add more, but you can't take any away! Bring the cold mix to a boil, stirring and keeping it from sticking to the bottom of the thin pot. Add water as necessary. Once it's boiled for a bit and started to soften, turn off the stove and set it aside. (Note: 1 qt. of pre-dehydrated meal makes a

smidge less than a quart of reconstituted meal. You may be tempted to add enough water to make a quart. Don't! The meal will be very runny if you do.)

Go about your camp chores and let the HOT chili reconstitute. When the smell gets to you and you can no longer stand it, spark up the stove again, boiling water for the side dishes (rice, etc). Once they're done and the water drained off, put the chili back on the stove to get it hot again.

Big Bear Beef Stew (De)

Submitted by Lynne Carpenter
(Makes 3 quarts = 6 servings)

Ingredients:

2 lbs stewing beef
1/2 cup flour
2 tsps salt
1/2 tsp pepper
3 tbs shortening
6 carrots
1 cup celery
2 large onions
1 clove minced garlic
(1) 28oz can diced tomatoes
3 bay leaves
1/3 cup water

At Home:

- Cube the stewing beef into dehydrator-sized pieces (no larger than 1/4 in by 1/4 in).
- Mix the flour, salt & pepper together in a bowl and coat beef cubes in this mixture.
- Heat the shortening in a skillet and brown the beef.
- Cut celery into 1/2 inch pieces, cut carrots into 1/4 inch thick 'rounds' and then combine all ingredients into a stewing pot or crock pot.
- Add water to the skillet, scraping the brown bits from the bottom into the mixture.
- Add this browning to the stew.
- Simmer for several hours.
- After stew is cooked through completely, set aside to cool.
- After it has cooled, spread onto dehydration trays (2 cups of stew, or one serving, per dehydration fruit leather tray).
- Dehydrate thoroughly (about 24 hours on at 160+).

Packing:

- Label a small (18cm x 13cm) Ziploc freezer bag with the date and meal name.

- Fill bag with 2 trays (2 servings) of crumbled, dehydrated stew (use a smaller bag if you are making single servings).
- *We also recommend packaging (separately) 2 servings of instant potato flakes (or Minute rice).*

Big Bear Beef Stew In Camp:

1. Rehydrate meal by adding water, stirring and heating.
2. Bring meal to boil and set aside. (Do not add too much water to start off. Add a bit, see how the food absorbs it, then add a bit more. It is impossible to recommend a set amount, as each meal is different. You'll soon get a feel for how much to add. The goal is to not make the meal "runny".
3. Generally, you add a bunch of water to start off, then gradually add more as the meal rehydrates. Note: 1qt of pre-dehydrated meal makes less than a quart of reconstituted meal. You may be tempted to add enough water to make a quart. Don't! The meal will be very runny if you do.)
4. Cook the instant potato flakes (or minute rice) in a separate pot.
5. Reheat the main meal again, adding water to get the consistency you desire.
6. Mix potatoes (or rice) and stew, or eat separately.
7. You'll make all your campmates very jealous because this meal smells as good in camp as it did at home. Yummy!

Quinoa and Spinach Soup (De)

From "A Fork in the Trail", submitted by Lynne Carpenter

Dehydration Time: 7–12 hours

Makes 4–6 servings

Ingredients

3/4 cup quinoa
 2 tablespoons olive or vegetable oil
 1 clove garlic, minced
 1 small jalapeño pepper, minced
 Kosher salt to taste
 1/2 teaspoon freshly ground black pepper
 3/4 teaspoon cumin
 2/3 cup baby red potatoes, peeled and diced
 1/2 cup carrot, peeled and diced
 5 cups vegetable stock
 1 1/2 cups frozen corn
 3 cups fresh baby spinach
 1/4 cup lime juice
 1/8 cup fresh or 1 teaspoon dried cilantro
 1/2 cup green onions, chopped
 1/2 cup feta cheese (optional)

You can substitute the carrots, corn and potatoes with other vegetables such as snap peas and parsnips.

At Home

- Place the quinoa in a fine sieve and rinse for at least 3 minutes to remove the bitter coating.
- Drain and set aside.
- Put the oil in a large pot over medium heat.
- Add the garlic and jalapeño pepper and sauté for a few moments, being careful not to brown the garlic.
- Add salt, pepper, cumin, potatoes, carrots, and quinoa.
- Sauté until the quinoa starts to make popping noises.
- Pour the vegetable stock in the pan and simmer for 12 minutes.
- Then add the frozen corn and simmer for 5 to 7 minutes more.
- Add the spinach, lime juice, cilantro, and green onions and cook until the spinach wilts.
- Crumble the feta and add it to the soup.
- Remove the soup from the heat and allow it to cool.
- Measure the soup and write this measurement on a sticky note.
- Spread the stew on lined dehydrator trays and dry for 7 to 12 hours or until no moisture remains.
- Put the soup and the sticky note in a ziplock freezer bag.

At Camp

- Add enough boiling water to the soup ingredients in a pot to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration container prior to adding the water. You can always add more water if you need to.
- Let rehydrate for 20 minutes or until fully hydrated.
- Once the soup has rehydrated, heat it through over a stove and serve.
- If the soup is too thick, add a little more water.

Tips

Even though there is a jalapeño pepper in this soup it is not spicy. If you want to make it hotter, add some of the seeds from the pepper or use a bit more pepper. Feta cheese is usually packed in brine and therefore salty. If you decide to use it in this recipe you may want to reduce the amount of the salt you add accordingly.

Rice Pudding (De)

Submitted by Lynne Carpenter

This rice pudding recipe is great for breakfast or as a backpacking dessert. Cook the rice at home in vanilla flavored almond milk and then dehydrate it.

At Home:

Combine one cup rice, two cups of Silk® Pure Almond Milk, plus one teaspoon vanilla sugar and bring to a boil. Soy milk can be used, but I prefer almond milk. Reduce heat to low and simmer until rice is tender. Add ¼ cup more liquid if necessary.

Dehydrating Rice:

Spread cooked rice out on dehydrator trays covered with non-stick sheets, parchment paper or the liners that came with your unit. Dry the rice at 125° for approximately five hours. Dehydrating rice times vary with dehydrator models and humidity. Once or twice through the drying process, break up any rice that is stuck together. It's not a problem if some rice remains stuck together since it will separate when you cook it on the trail.

Rice will be hard when properly dried.

Yield: One cup rice = 3½ cups cooked = approximately 1¾ to 2 cups dried.

Rice Pudding with Raisins and Cinnamon (De)

Submitted by Lynne Carpenter

Serves 1

Ingredients

½ Cup Dried Vanilla-Almond Rice

¼ Cup Raisins

½ tsp Sugar

Pinch Cinnamon (about ¼ tsp)

¾ Cup Water to Rehydrate

Pack raisins in a separate small bag and enclose with rice, sugar and cinnamon.

On the Trail

Combine all ingredients with water in pot and soak five minutes. Light stove and heat to near boiling. Remove from stove and wait ten minutes before eating.

Fruity Variation:

Substitute a different dried fruit for the raisins, omit the cinnamon and add ¼ cup fruit leather. Try pineapple pieces and peach/apricot fruit leather. Bananas work well also

Scott's Sierra Spaghetti Sauce (De)

submitted by Lynne Carpenter

(We're not sure how many servings this makes, but keep in mind that a quart-sized ziploc container of sauce = 2 on-trail servings)

Ingredients

2 lbs. lean ground beef

3-4 medium white/red/[yellow onions]

Several celery stalks (chopped from tip to toe)

1 [green] / red/yellow bell pepper (we don't discriminate)

Heck ... make that 2 bell peppers!

Garlic (fresh is best) 2,3 or 4 cloves - minced

2-3 carrot sticks (1/4-inch rounds, plus chopped greens)

1-2 lg (28 fl Oz / 796 mL) can diced tomatoes

1 med (680 mL) can tomato sauce (or pasta sauce)
 1 sm (5.5 fl Oz / 156 ML) can tomato paste
 3 tbsp oregano
 2 tsp rosemary
 2 tsp salt
 1 tsp pepper
 1 tsp sage
 1 tsp thyme
 3 tsp [sugar]/molasses/honey
 OPTIONAL - dash cinnamon
 OPTIONAL - 2-3 tbsp hot-sauce/salsa/picante-sauce

At Home:

- Brown hamburger and drain fat.
- Combine following ingredients into a large (6 qt. or greater) pot: hamburger, can (or two) of diced tomatoes, can tomato sauce and can tomato paste (rinse tomato paste can out with water and add that, to get every drop of the good stuff).
- Put the pot (now mostly liquid stuff) on medium heat.
- Now dice up your onions, mince the garlic, chop the celery (mind the fingers), cut the carrots (and tops) and the bell peppers (whichever colored versions you choose).
- Transfer all the cuttings into the big pot and reduce the heat to 2/10 or something like that.
- Stir and add your spices: a goodly amount of oregano, some rosemary, salt, pepper, sage, thyme, and sugar (or other sweetener, which takes the tartness out of the spices).
- For variety, try a dash of cinnamon. Not enough to notice, but enough to make people say, "Hmmm. What's that? Can't quite tell."
- If you like your spaghetti on the spicy side, consider adding 2-3 tablespoons-worth of [HOT] salsa.
- Stir all ingredients, reduce heat to simmering and allow to simmer for several hours, stirring occasionally.
- When done, remove from the heat and allow to cool.
- Transfer food onto the dehydrator trays (we use Ziploc or Glad 1-Quart containers to measure - one level quart = two servings).
- Depending on how liquidy your sauce, you may need 3 dehydrator trays (solid plastic fruit leather trays) per quart.
- If not, you might fit one quart onto two dehydrator trays.
- Dehydrate until dry and crumbly. (Usually 24-hours or so).

Packing:

Label a small (18cm x 13cm) Ziploc freezer bag with the date and meal name - "Scott's Sierra Spaghetti Sauce" (or something like that). Fill the freezer bag with dehydrated sauce (each bag will hold approximately 2 trays of dehydrated food, equivalent to 1 quart of pre-dehydrated meal, or 2 servings). Also package 2

servings of spaghetti into a separate Ziploc bag. (We found that by breaking the spaghetti noodles in two, they fit nicely into a Ziploc bag).

ALSO ... *after the PCT knowledge* ... you might want to consider using Orzo or spaghetti noodles, instead of regular "spaghetti" noodles. Reason: the smaller/thinner noodles cook faster! Don't forget to add a small Ziploc sandwich baggie of grated parmesan cheese too, for that little extra "trail add-on". (We just put ours inside the noodle bag, which meant it was "double-bagged" and further reduces the chance that the parmesan cheese bag will break, spreading parmesan cheese throughout your gear). ;)

In camp

Rehydrate meal by adding water to Scott's Spaghetti Sauce. You'll get a feel for how much water to add, but keep in mind that you can always add more, but you can't take any away! Bring the cold mix to a boil, stirring and keeping it from sticking to the bottom of the thin pot. Add water as necessary. Once it's boiled for a bit and started to soften, turn off the stove and set it aside. (Note: 1 qt. of pre-dehydrated meal makes a smidge less than a quart of reconstituted meal. You may be tempted to add enough water to make a quart. Don't! The meal will be very runny if you do.)

Go about your camp chores and let the HOT spaghetti sauce reconstitute. When the smell gets to you and you can no longer stand it, spark up the stove again, boiling water for the noodles/orzo. Once they're done and the water drained off, put the spaghetti sauce back on the stove to get it hot again. Then, shut off the jet engine of a stove (we used the whisperlite, which anything but a whisper). Combine 1/2 of each - noodles and sauce ... sprinkle with parmesan cheese ...

Sort-of-Shepard's Pie for 2 (De)

Submitted by Dan Custer

Add together in cook pot with a lid

- ½ cup Dehydrated buffalo burger

- ½ cup Dehydrated mixed veggies

- 2 cups of water

Bring to near boil, cut heat, wrap pot in cozy, and let set for 20 minutes to re-hydrate.

Bring to boil, cut heat, and then add:

- ¼ cup Beyond Better queso cashew cheese sauce

- ¾ cup Potato flakes

Stir then let sit in cozy for 10 minutes. Eat

Trail Angel Cake (De)

Submitted by Lynne Carpenter

If your sweet tooth starts acting up in the woods, reach for the Trail Angel Cake in your pack. Sweet strawberries, angel food cake, and warm chocolate sauce drizzled on top will tame your cravings.

Serves 1

Ingredients

½ cup dried strawberry slices (see below)

1 cup dried angel food cake crumbs (see below)

3 Tbsp sweetened cocoa powder

½ cup water + a few tsp

At Home

Dry angel food cake in half-inch slices and then break into smaller pieces.

See the making bread crumbs and drying cake below.

Pack dried strawberries and sweetened cocoa mix in separate small plastic bags.

Chocolate milk powder works well. Enclose in larger plastic bag with dried angel food cake.

Dehydrating Angel Food Cake

Cut cake into slices about ½ to ¾ of an inch thick and dehydrate at 125 F for approximately four hours.

Won't Spoil. Angel food cake dries well because it contains no oil or butter.

Cakes made with oil, butter, or egg yolks may spoil on long backpacking trips if not eaten right away due to the high fat content.

Backpacking Dessert Recipes with Dried Cake:

Some of the cake absorbs the warm pineapple or strawberry juices and some of it remains crunchy. Drizzle chocolate sauce over it or push it down into the pudding.

Dehydrating Strawberries

Dehydrating strawberries for Trail Angel Cake.

Dried strawberries are only fair for snacking, but they are delicious when rehydrated and heated with a little sugar such as in the Trail Angel Cake recipe.

Wash strawberries and pat dry with paper towels. Cut off the leafy crown and slice strawberries crosswise into ⅛ inch to ¼ inch thick pieces.

If you want to sweeten the strawberries, sprinkle with sugar after you place the slices on the trays. Sweetening the strawberries in a bowl first draws out juices and makes them messier to work with.

Dehydrate at 135° until leathery or crispy (8 – 12 hours).

Trail Angel Cake

On the Trail:

Combine strawberries with 0.5 cups water (per serving) in pot. Light stove and warm for ten minutes over low flame. The mission is to warm and rehydrate the strawberries and create some tasty strawberry juices at the same time, not to boil the red out of them.

Combine cocoa powder with four teaspoons of water (per serving) in a second pot. If using one pot, transfer strawberries and juices to a serving cup and make chocolate sauce in the same pot. Stir continuously over low flame, adding more water a teaspoonful at a time until the sauce reaches desired consistency.

Cover strawberries with cake crumbs. Push the cake down into the strawberry juices but don't stir. Drizzle chocolate sauce over cake. Some of the cake will absorb the strawberry juices and some will remain crunchy. Explore with spoon.

Trail Chili for 2 (De)

Submitted by Dan Custer

Add together in cook pot with a lid

2 Tbs. McCormick's powdered chili sauce

½ cup Dehydrated buffalo burger

½ cup Dehydrated black beans

3 cups of water

Bring to near boil, turn off heat, wrap cook pot in cozy, and let the chili re-hydrate for 20 minutes.

Take cozy off, stir, and heat again.

Wrap in cozy and let set for 10 minutes (Optional). Eat

CAMPING TIPS

Food

- One thing we do is put a package of precooked rice or pasta, a can of veggies and a can or package of meat, chicken or fish in a pot and heat. Nothing fancy but it fills the void and no refrigeration needed.
- Hard cheese, salami and fresh veggies work well and don't need refrigeration
- One of the speakers at Canoecopia talked about one pot meals. They dehydrated everything and threw it in a pot and used heat and a cozy to hydrate it. They suggested <http://www.backpackingchef.com> for ideas.
- When using a cooler. prepare meals at home, vacuum seal and freeze them. All of the prep work is done at home and dinner in camp is as simple as boiling water to heat the meals in pouches. It takes less hot water to wash utensils and minimizes leftover foods and trash to haul out.
- You can freeze already made soup to help keep a cooler cold.
- A great breakfast is French Toast, but to keep it super simple for camping, cook them at home and then freeze them. Then just warm them up at camp in a skillet.

- *Fresh eggs:* Vacuum pack raw eggs in their shells – gently! -- if you want them to last a long time and not worry about them breaking and making a mess.
- *Pasta:* Use campanelle, rotini, conchiglie or other shaped, rather than spaghetti style, pasta to make it easier to serve and to better hold onto the sauce.
- *Tartlet desserts:* If packing and heat are not major constraints, you can spread melted chocolate chips into tartlet shells before the trip, but they will not all fit back into the box. Or, before packing, put the chips into the tartlet shells and microwave to melt, then spread. With either method, let the chocolate harden before repacking!
- A great way to organize your food is to designate one bag for each day (make it even easier and have each day's bag be a different color). Into that bag goes smaller sacks with all of your meals for that day. You can buy or make nylon or net bags that can be washed and used over and over again.
- Nido powdered milk, you can get it in grocery stores, has fat in it so it taste much better than other powdered milks.
- Aluminum Dutch Ovens loose more heat than cast iron ones so if it is windy, you will need to put up a wind screen.
- To determine the number of charcoal briquettes you need to heat a Dutch Oven to 350 degrees, double the diameter of the Dutch oven and use at least that number of charcoal briquettes. Place 2/3 of them on top of the DO and 1/3 on the bottom.

Cleaning

- For cleaning dishes when filtered water is in short supply: wipe the food off your dishes and silverware with a paper towel. Put a dab of dishwashing soap on a wet paper towel and clean your dishes. Wash off the soap with a thin stream of cold or warm filtered or drinkable water.
- Line your Dutch Oven with parchment paper or foil to help with clean up. Parchment paper specifically shaped for Dutch Ovens is available in camping stores or on Amazon.
- Create homemade campfire starters by combining melted paraffin with wood chips, wood shavings, or shredded paper and put it in cardboard egg cartons.
- Do you have a water or food container you want to use canoeing but it doesn't have a place to tie a rope so it can be attached to the canoe? Just glue a D ring to it. If you use a Vittle Vault (one of the suggested food containers listed on the past page of this document), you may want to consider this method.
- Help settle the silt from a muddy river by placing the water in a bucket and using a little food grade Alum. After an hour or more the silt has settled to the bottom of the bucket so you can filter the cleared water without clogging your water filter. Instructions and the amount of Alum needed can be found on the last page of this document in the Water Treatment section.

COOLER INFORMATION

Cooler Info for the RMCC Canoeing Cuisine Class

Written by Karen Amundson

Picking a Cooler

1. Measure the space in your canoe and buy something to fit; best to have the cooler no more than 1" higher than the gunnels; usually you want the cooler to sit in front of and in reach of the solo or stern paddler.
2. While a Yeti is likely to stay cool the longest, it is expensive and the insulation takes up a lot of what is usable space in a lesser brand. I look for some insulation, but focus more on the "Keeping it Cool" section below.
3. Usually I buy hard-sided rectangular coolers. See uses for some other types below.
4. Best to get 1 whose lid fastens shut so that you will not lose contents in a flip nor in a camp with raccoons or ring-tailed cats. If your lid does not fasten, then buy 2 6' straps to secure the lid shut.
5. A drain to remove ice water can be nice, but I do not use loose ice or even block ice. See section below.
6. Handles or something to strap the cooler to should be part of your purchase.

Keeping it Cool

- a) Bring an old white or light-colored towel that is bigger than the cooler lid on the trip; dip it in river water, wring it a bit, and lay it on top to do its evaporative cooling. You may want a strap to insure that it doesn't blow away unless you are very diligent about keeping it wet.
- b) Freeze gallon spring water or apple juice cube-shaped jugs 2-3 days before the trip as your main cooling source. Leave 8% air space for the water to expand into ice. For smaller coolers or to provide cold drinks, freeze water bottles filled with iced tea or lemonade or something that is good after it thaws.
- c) Freeze meat that will be used 2-5 days into the trip. It will be fresher and have done some cooling work. Frozen tamales do well this way.
- d) When you are in camp, go to great measures to keep the cooler out of the sun.

Other Tips:

- i. If bringing items that need to be in a tupperware container, use cubic rather than round ones as they will pack together better.
- ii. If your main cooler is not big enough for all items, pack the 1st night's meal in a soft-sided cooler that can squash into the ends of the canoe or into some odd space; include frozen iced tea for cooling purposes.
- iii. If you have oranges, apples, potatoes, onions, eggplant, and any other vegetables/fruits that will not bruise easily, you can put these into a soft-sided cooler bag and lay it on the middle-bottom of the canoe where the river will keep it cool for a week or so. Note that you should put bag(s) of soft items like clothing and sleeping bag on top; nothing too heavy or likely to poke the food.

- iv. To save space, you can cut a bell pepper in half (or thirds), remove all seeds and non-edible parts and stack them together like spoons; put an onion or another vegetable for the same meal into the spoon area. This can go in a good zip-lock or in a tupperware container.
- v. Buy egg carriers for 2, 4, 6, 8, and/or 12 eggs and use these for raw or hard-boiled eggs. Label the carton or mark the eggs if you bring both kinds. You may want a miniscule baggie of salt right in with the hard-boiled eggs so you don't have to find it somewhere else.
- vi. Strawberries and raspberries to not last as long in the cooler as they do in a refrigerator. Use them sooner. Best with a frozen Sara Lee pound cake (2 sizes) and refrigerated spray whipped topping which stores better and provides more than a carton of Cool Whip.
- vii. Use a dish rag, dish towel, and/or pot holder between the ice and an item that could get "burned"; or between items that may poke each other. Then you can also use them as intended in camp.
- viii. You want to be able to flip a canoe and have the cooler not move more than an inch (and not lose contents). To this end, D rings on the bottom of the boat can be used with the 6' straps. And other methods will work too.

Non-Cooler Tips

- A) Buy, make, or re-use a round tupperware or tube for round crackers to keep them from crumbling. Similarly with square crackers.
- B) If you are cooking freeze-dried packages for just 1 person and you can only find tasty dishes made for 2 people, buy 2 packs and split the contents into 3 even quantities using the 2 original packages as well as a freezer pint-sized baggie. Copy instructions into the baggie, and mark the original bags as "2/3 recipe". This is also helpful if you need to replace many burned calories or if you like to eat larger quantities.
- C) The Idahoan mashed potato packets can be a very good base for an easy meal if you add chicken and maybe a vegetable. They use less water, fuel and original space than rice or noodles.

BAKING ON A CAMP STOVE

Submitted by Bill Ashworth
BakePackertm

BAKEPACKER SPECIFICATIONS:

Standard model

7 3/8" dia. Fits 7 1/2 dia. Cook pot. Use with larger than 8: dia. Cook-pots results in excessive heat loss and extended cooking times. Bakes up to 3 cups dry mix.

Weight: 8 oz.

Alternative to using a BakePacker (BakePackers are no longer being sold): any steamer with center stem removed can be placed on the bottom of the pan.

BASIC STEPS

1. Add ingredients to plastic bag.
2. Mix in bag by squeezing. Arrange bag on BakePacker grid and loosely close bag.
3. Add 1" water to pot. Place BakePacker into pot. Cover and boil.
4. After baking, remove bag, serve and enjoy!

RULES OF THUMB

1. Baking times for quickbreads (Important)

The closer the fit of the BakePacker inside your cook-pot the better. Using BakePacker in a cook-pot that leaves a lot of space around the perimeter will result in excess heat loss and extended cooking time.

3/4 cup dry mix = 8-10 minutes baking time. 3 minutes standing time. Serves 1-2

1 1/2 cup dry mix = 15-18 minutes baking time. 5 minutes standing time. Serves 2-3

3 cups dry mix = 22-26 minutes baking time. 5 minutes standing time. Serves 4-6

ADD 3-5 MINUTES TO BAKING TIME IF RAISINS, BERRIES, FRUIT, OR NUTS ARE ADDED

2. Liquid Content

You will use less liquid in BackPacker cooking because the baked product loses no moisture during cooking. The recipes herein using dry prepackaged mixes have allowed for this liquid reduction and should not be altered. Generally you should reduce liquids about 25%.

RECIPES

Omeletes and Eggs (B)

Everybody likes a golden, fluffy omelet but hardly anyone likes to prepare one because problems occur. They burn easily, they fall apart; they don't get done in the center and clean-up can be difficult. The BakePacker makes an excellent omelet with minimum effort. It is desirable but not necessary to have the eggs at room temperature.

Hashed Brown Omelet

4 eggs

1 cup diced/shredded cheese

1/4 cup chopped onions

1 cup hashed brown potatoes

Salt/pepper

2 TBS chopped red or green pepper

Opt: top with crisp bacon pieces

Add all the ingredients to bag. Mix thoroughly. Boil/bake 18 minutes. Serves 3-4

Appetizers

Pizza Appetizer (B)

1 Pita	½ tps Garlic powder
3 TBS tomato paste	½ tps Onion powder
1 oz sliced pepperoni	¼ tps Dried chili flakes
½ tps Italian seasoning	½ cup Cheese

Place pita on flat surface and spread the tomato paste evenly. Add the spices and pepperoni. Place the pita in the bag and scatter the cheese across the surface. Boil/bake for 12 minutes.

Baked Goods

Cakes (B)

There are three rules when using commercial cakes mixes (Duncan Hines, Betty Crocker, Pillsbury, etc)

1. Forget the instructions on the box. They are too complicated for the wilderness
2. The basic mix is 2 cups cake mix and 2 T powdered egg plus 1 cup of water. After mixing, boil/bake for 20 minutes (at sea level). A fresh egg can be used in place of the powder.
3. For every 2000ft of elevation, add 1 minute to cooking time

Practice with your favorite cake mix at home on your kitchen range. You may have to adjust the water. **Remember:** the BakePacker will not bake Brownies or Fudge Cake.. to much shortening in these mixes.

Simple frosting suggestions: to ½ cup powdered sugar, add 1 ½ tbs water plus a few drops of extract (vanilla, lemon, rum, etc). This can be mixed inside a little sandwich plastic bag and drizzled over baked cake.

Muffins

There are a variety of small (6oz to 9oz) muffin mixes available in the grocery store. They are inexpensive, tasty, and perfect for BakePacker baking. The exception is any of the "Brownie" mixes. These contain a lot of shortening and do not bake well in the BakePacker. Some brands to look for are: Martha White, Gold, Metal, Jiffy, and Krusteaz. These mixes offer you a large selection of flavors. You can add the liquid and egg measurements on the mix package. Substituting powdered/scrambled egg mix and powdered milk (reconstituted) works equally well. Any Fat-free versions (like some Krusteaz) only require water.

Blueberry Muffins (B)

Krusteaz Fat-Free Supreme Muffin Mix

1 cup Muffin Mix

½ cup Water

Optional: ¼ chopped nuts

Optional: ¼ cup raisins, blueberries, etc

Muffin cups (pref. silicon)

Combine Mix and water in a pot or mixing bowl. Fill muffin cups ¾ (silicon preferred). Boil/bake for 15 minutes. Serves 4

Raisin, Dates, and Walnut Oatmeal Muffins (B)

1-1/4 cup Bisquik mix

1 packet Quaker Raisin, Date, & Walnut Instant Oatmeal (1/3 cup)

1 egg

½ cup milk (if using powdered egg and powdered milk, use ¾ cup water)

1 Tsp sugar

Add all the ingredients to plastic bag. Mix thoroughly by squeezing bag. Spoon into muffin cups ¾ full and place into 2nd bag. Place this bag into BakePacker, spreading over cover grid. Loosely fold down top of plastic bag. Place BakePacker into pot checking water level (1") Cover pot and bring to a boil, adjusting heat to a medium boil. Boil/bake for 15 minutes for 15 minutes (don't peek).

Remove from heat and let stand covered 5 minutes. Serves 3-4.

BAKING TEMPERATURE CHART FOR DUTCH OVEN COOKING

by Lodge Cast Iron
Total Briquettes and Top/Bottom Split

Oven top/bottom	325°F	350°F	375°F	400°F	425°F	450°F
8"	15	16	17	18	19	20
	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
	20/10	21/11	22/12	24/12	25/13	26/14

Add a few extra briquettes for windy conditions or cold ambient temperature
To mimic stove top cooking, place all briquettes under the oven

Dutch Oven Size Comparison

Diameter	Area (in ²)	Δ%	Volume (Qt)
12	113	0%	6
10	79	31%	4
8	50	56%	2
6	28	75%	1

Glass Pans	Area (in ²)
9x13	117
9x9	81

A 12 inch Dutch Oven is similar in size to a 9x13 inch glass pan
A 10 inch Dutch Oven is similar in size to a 9x9 inch glass pan

RMCC DEHYDRATION PRESENTATION

Lynne Carpenter and Dan Custer

April 2019

Why dehydrate food?

By dehydrating food, you control what you eat, especially if on a restricted diet. And you can eat what you like. Vacuum sealed dehydrated food takes a minimal amount of space, and does not require a cooler. If you like to cook then dehydrating food can be a fun DIY project. It's a great way to preserve a bountiful garden harvest. Also, having dehydrated food on hand can be used for emergencies or given away as presents for goodwill on the trail/river.

Recommended tools

A dehydrator is a must, and using a good brand of dehydrator, like Excalibur or Nesco, is recommended. A good dehydrator will have temperature control, a must for dehydrating meat. Also, spare parts, like trays and tray inserts are available for good dehydrators. You will need mesh trays for solid foods like beans, veggies, and meat, and you will need tray inserts for drying liquid foods, such as spaghetti sauce or fruit leather.

A vacuum sealer is recommended but not required. Vacuum sealed food will last much longer, take less space, and will be waterproof in transit. Dan uses a method of putting dehydrated food in a zip lock bag wrapped with a paper towel. The paper towel helps prevent sharp edged food from puncturing the vacuum bag. A strip of paper is put in the mouth of the zip lock bag prevent it from trapping in air while vacuum sealing. Then he vacuum-seals the wrapped zip lock bag of food along with a note describing how to rehydrate and cook the meal. The note should describe what the meal is, how many portions to expect, and a date when it was prepared. Dan does not keep dehydrated meat longer than a year and always stores it vacuum sealed and in a freezer.

A reference book is helpful. Dan likes ***Recipes for Adventure***, available at Amazon or from the author's website, <https://www.backpackingchef.com>.

A vegetable chopper really helps with keeping food sized properly. Small pieces dry easier than large pieces.

Dehydrating food

A couple of rules. Rule one: Everything needs to be dehydrated as a single layer. Don't allow ingredients to be stacked or overlapped on the dehydrator tray. Rule two: Fat goes rancid, greatly reducing the shelf life of dehydrated food, so remove as much fat as possible before dehydration.

Ground beef can be dehydrated, although it does not rehydrate well. For that reason, many people mix in bread crumbs with the burger to help with rehydration. Dan uses ground bison, a leaner meat, and so has not had to add bread crumbs. Always use lean meat because you will have less fat to remove. Dan cooks bison burger and breaks it up into as fine of pieces as he can. Then he drains away fat, pressing the meat with a wood spatula. Next, he puts the meat in a colander and pours a couple of pots of boiling water over the meat. After the meat has cooled, he loads it into the dehydrator. His 5 tray Nesco dehydrator will dry 2 pounds of bison burger in about 6 hours.

Dehydrated chicken does not rehydrate well, with exception of canned chicken. If your recipe calls for chicken, go with canned chicken.

Most vegetables need to be blanched before drying them. One method of blanching is with steam. Dan likes to steam packages of frozen vegetables until they are lightly cooked. Frozen veggies are easy because someone else did the chopping. Dan also dehydrates cans of diced tomatoes after rinsing them. Lynne uses a food chopper to prepare fresh veggies efficiently.

Beans can be dehydrated. Dan has had good luck with several varieties of canned beans, but likes canned black bean best. Rehydrated canned beans that have been dehydrated work well for Dan. Each tray in his Nesco dehydrator will hold a can of beans. Lynne has dehydrated hummus!

Potatoes can be dehydrated, but Dan does not recommend it. Cutting up potatoes into quarter inch cubes takes a long time, but even worse was that the potatoes did not rehydrate well, even though they were cooked until soft. Store bought potato flakes are inexpensive and work great. Potato flakes will not fail.

Cooking a meal at home and then dehydrating it makes a ready to eat meal. Be aware that you need less water than expected when rehydrating. With this method you do not have to guess how much of each ingredient to add to the recipe. Lynne uses this method with great success.

Individual ingredients can be dehydrated and then combined to make a ready to eat meal, but the recipe is a little bit tricky. You need a sense of the volume ratios between dehydrated ingredients versus fresh ingredients. A good dehydration cookbook is useful, like ***Recipes for Adventure***, available at Amazon or <https://www.backpackingchef.com>.

Rehydration is the moment of truth

What could go wrong? First, you could have added too much water to the pot. In that case having a package of store-bought potato flakes at the ready might save the day. Second, the food did not rehydrate well and you are chewing on rocks.

Dehydrated food needs to soak in water to rehydrate. If in doubt about how much water to use, then go with a cup of water for every cup of dried food. Rehydration works best with hot water. Dan recommends putting the dehydrated food in a pot, add water, and then slowly heating until a near boil. Remove the pot from the stove and cover the pot in an insulated cozy. The cozy should be insulated on all sides, including top and bottom. Let the hot mixture set in the cozy for at least 20 minutes while you tend to camp chores. You may want to reheat before eating. If the food is not totally rehydrated you may need to heat it again and then let it set in the cozy for another 10 minutes.

Wide mouth thermos is another way to prepare food in advance. In the morning add boiling water and the dried food to the thermos, then seal the thermos and give a shake. The food will be ready for lunch or dinner. The food should stay hot for about 12 hours. However, cleaning the thermos is not as easy as cleaning a pot.

Lynne recommends bringing a small bottle of cooking oil, she uses canola oil. Adding oil to a meal gives it some of the fat that our bodies crave. Remember, we don't want fat in our dehydrated food to help keep it from going rancid.

Books

We just briefly touched on the topic of dehydrating food. There is so much more to know and finding a good book or two will give you lots of ideas. Two books that Dan recommends are Trail Food: Drying and Cooking Food for Backpacking and Paddling by Alan S. Kesselheim, and Recipes for Adventure: Healthy, Hearty and Homemade Backpacking Recipes by Chef Glenn McAllister.

Store bought dehydrated food

If you want dehydrated food but don't have a dehydrator, Harmony House provides a variety of dehydrated foods. Their products can be purchased from their website, <https://www.harmonyhousefoods.com/>, Amazon, and at the REI Denver Flagship store.

WATER TREATMENT AND FOOD TRANSPORT

Water Treatment



Alum Solution

Use it to settle silt from river water before filtering.

Powdered Alum: \$2.25 for 2.7 oz at Krogers

To Make a Solution:

Add 1 to 1.5 oz Alum to 1 Liter of water before your trip

To Settle 5 gals of river water, add 6-8 tbs of Solution and stir for about 60 seconds. Substantial settling in about an hour, ideal to let sit over night.



P&G Water Treatment

From Amazon: 12 @\$1.87 ea; 240 @ \$.50 ea

To Settle AND treat water:

Add one packet to 3-5 gallons river water and stir for about 60 seconds.

Complete settling in about 5 minutes

Food Transport



5 Gallon Bucket with Gamma Seal

\$7 - \$10 for Gamma Seal makes for inexpensive waterproof food containers (this bucket will fit into a 3.5 gallon plastic bucket that can be used for hauling water, settling water using Alum solution, a washing station, etc.)



Food Barrel. Pack & Bucket

\$75 for 30 Liter, \$95 for \$60 liter food barrel

Back pack for portaging barrels: \$80 - \$150

Barrel Bucket \$15 - \$20 (2-3 used to organize food inside the bucket)



VittelVault (with Gamma Seal)

\$15 for 5lb (1.3 gal)

\$28 for 30lb (8 gal)

\$25 for 50lb (13 gal)