
RecipeView E-Book Creation!
Backpacking Recipes

RecipeView
<http://www.RecipeView.com>

Contents

| | |
|--|----------|
| Apricot Bombs | 1 |
| Ingredients: | 1 |
| Method of Preperation: | 1 |
| Backpacking Simple Food Ideas | 1 |
| Ingredients: | 1 |
| Method of Preperation: | 1 |
| Camper's Apple Crisp | 2 |
| Ingredients: | 2 |
| Method of Preperation: | 2 |
| Camping Recipes | 2 |
| Ingredients: | 2 |
| Method of Preperation: | 3 |
| Cheddar Cheese Spread | 3 |
| Ingredients: | 3 |
| Method of Preperation: | 3 |
| Cheese And Rice | 3 |
| Ingredients: | 4 |
| Method of Preperation: | 4 |
| Cheese And Rice Plus | 4 |
| Ingredients: | 4 |
| Method of Preperation: | 4 |
| Chicken Cream With Vegetables And Dumplings | 4 |
| Ingredients: | 5 |
| Method of Preperation: | 5 |
| Chocolate Crunch Bars | 5 |
| Ingredients: | 5 |
| Method of Preperation: | 5 |
| Cinnamoned Rice | 6 |
| Ingredients: | 6 |
| Method of Preperation: | 6 |
| Crunchy Granlola | 6 |
| Ingredients: | 6 |
| Method of Preperation: | 6 |
| Date Bombs | 7 |
| Ingredients: | 7 |
| Method of Preperation: | 7 |
| Dehydrating Vegetables | 7 |
| Ingredients: | 7 |
| Method of Preperation: | 7 |
| Dinner Omelet | 8 |
| Ingredients: | 8 |
| Method of Preperation: | 8 |

| | |
|--|-----------|
| Elegant Chicken In Sour Cream | 8 |
| Ingredients: | 8 |
| Method of Preperation: | 9 |
| Fish Cookery | 9 |
| Ingredients: | 9 |
| Method of Preperation: | 9 |
| Fried Lake Trout Walker Lake | 10 |
| Ingredients: | 10 |
| Method of Preperation: | 10 |
| Fruit Syrup | 10 |
| Ingredients: | 10 |
| Method of Preperation: | 10 |
| Garden Vegetable Soup With Beef | 11 |
| Ingredients: | 11 |
| Method of Preperation: | 11 |
| Garlic Crunch | 11 |
| Ingredients: | 11 |
| Method of Preperation: | 12 |
| Greek Wedding Soup | 12 |
| Ingredients: | 12 |
| Method of Preperation: | 12 |
| Green Goulash | 12 |
| Ingredients: | 12 |
| Method of Preperation: | 13 |
| Half Moon Bay Pumpkin Bread | 13 |
| Ingredients: | 13 |
| Method of Preperation: | 13 |
| Honey-Nut Cookie Bars | 14 |
| Ingredients: | 14 |
| Method of Preperation: | 14 |
| How To Make Jerky | 14 |
| Ingredients: | 14 |
| Method of Preperation: | 14 |
| Hyatt Lake Goulash | 15 |
| Ingredients: | 15 |
| Method of Preperation: | 15 |
| Kathy's Magic Popcorn | 16 |
| Ingredients: | 16 |
| Method of Preperation: | 16 |
| Logan Bread | 16 |
| Ingredients: | 16 |
| Method of Preperation: | 16 |
| Macaroni And Beef Simple Supper | 17 |
| Ingredients: | 17 |
| Method of Preperation: | 17 |
| Master Mix - Baking | 17 |
| Ingredients: | 17 |
| Method of Preperation: | 17 |

| | |
|--|-----------|
| Millet Pancakes | 18 |
| Ingredients: | 18 |
| Method of Preperation: | 18 |
| Modern Version Of Hardtack | 18 |
| Ingredients: | 18 |
| Method of Preperation: | 19 |
| Nutty Familia | 19 |
| Ingredients: | 19 |
| Method of Preperation: | 19 |
| Oatmeal-Plus Cookies | 19 |
| Ingredients: | 19 |
| Method of Preperation: | 20 |
| Off-The-Shelf Lunch Foods | 20 |
| Ingredients: | 20 |
| Method of Preperation: | 20 |
| Orange-Sesame Cake | 20 |
| Ingredients: | 20 |
| Method of Preperation: | 20 |
| Orlando, Florida Restaurants | 21 |
| Ingredients: | 21 |
| Method of Preperation: | 21 |
| Packbag Paella | 21 |
| Ingredients: | 21 |
| Method of Preperation: | 22 |
| Pancake Syrup | 22 |
| Ingredients: | 22 |
| Method of Preperation: | 22 |
| Peanut Butter Cookies With Crunch | 22 |
| Ingredients: | 22 |
| Method of Preperation: | 22 |
| Peter's Favorite | 23 |
| Ingredients: | 23 |
| Method of Preperation: | 23 |
| Pow Bars | 23 |
| Ingredients: | 23 |
| Method of Preperation: | 23 |
| Pumpkin Bread, Half Moon Bay | 24 |
| Ingredients: | 24 |
| Method of Preperation: | 24 |
| Salmon Patties | 24 |
| Ingredients: | 24 |
| Method of Preperation: | 25 |
| Sandwich Safety | 25 |
| Ingredients: | 25 |
| Method of Preperation: | 25 |
| Savory Dumplings | 26 |
| Ingredients: | 26 |
| Method of Preperation: | 26 |

| | |
|---|-----------|
| Sesame Granola | 26 |
| Ingredients: | 26 |
| Method of Preperation: | 27 |
| Spaghetti W/Wo Meatballs | 27 |
| Ingredients: | 27 |
| Method of Preperation: | 27 |
| Spinach-Burger Special | 28 |
| Ingredients: | 28 |
| Method of Preperation: | 28 |
| Trail Breakfast/Dessert Cake | 28 |
| Ingredients: | 28 |
| Method of Preperation: | 28 |
| Trout Chowder | 29 |
| Ingredients: | 29 |
| Method of Preperation: | 29 |
| Western Fish Stew | 29 |
| Ingredients: | 29 |
| Method of Preperation: | 30 |

Apricot Bombs

Ingredients:

14 Servings
8 Oz Apricots -- moist, Dried
1/4 Cup Coconut
2 Tbl Marmalade, Orange
4 Tsp Powdered Milk
5 Tsp Sunflower Seeds, Roasted --
Optional
4 Tsp Sesame Seeds -- optional
4 Tsp Nuts -- chopped, optional

Method of Preperation:

1. Steam apricots if apricots are stiff to soften. Grind or chop very fine. 2. Mix and mash apricots together with remaining ingredients. 3. Shape into 1 inch balls, roll in powdered sugar and coat thickly. Repeat in half an hour, or use coconut instead. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Ladies Home Journal- August 1991 File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Backpacking Simple Food Ideas

Ingredients:

1 Servings

Method of Preperation:

Here are very, very simple ideas for dehydrated and light-weight foods. 1) Any packaged dinner mix from the grocery and packed in ziploc baggies ie, Macaroni & Cheese, Rice-a-Roni, Broccoli and Cheese, etc There are tons of these things available today. If they call for milk, then the boys can carry powdered milk in baggies. Margarine will travel well, and since they will be working hard, the extra fat might be desireable. 2) Instant oatmeal and instant grits and bagels are great for breakfast. Again, powdered milk can be used with these. Get some of the new Fantastic Foods hot cereal mixes--they are warm and filling. 3) Dehydrated vegetables and full meals can be found in camping stores. Add dried peas to a box of mac & cheese, for instance 4) Try Ramen noodle soups, or any of those "soup in a cup"s (that can be packaged in baggies so they take up less room). 5) Dehydrated bean flakes that mix up almost instantly with water are available in HFS. Mix these with some cooked minute rice and put in a tortilla. Yum! Flavor them with onion, garlic, cumin powders. 6) Cheese backpacks well. Again, the fat may not be so bad if they are hiking all day. And if it's cold, then the fat is almost necessary to help them stay warm. (You need a lot more calories when it's cold.) Add a hunk to any soup, pasta, rice, or dehydrated veggies you're cooking. 7) Pasta, pasta, pasta. Top it with sauces made from the dry package mixes. A lot of these are

tasty. High in sodium and preservatives sometimes, but for a couple of meals they won't hurt you. 8) Instant mashed potatoes that can be mixed with the powdered milk or water only. Make up an instant gravy to go top. (I *really* like the Hain's brown gravy mix and it's fatfree and all natural.) 9) Dried fruit can be cooked in some water and put on top of a piece of angel food cake for dessert. (Hey, the cake might get crushed a little, but it is lightweight!) Add some cinnamon and Tang (in lieu of orange juice) and you approximate a Cooking Light recipe. 10) The dry veggie burger mixes would make a great meal. Most of them make up with water only and many are quite tasty. 11) Bulgar and couscous cook up in only a few minutes with boiling water. 12) There are lots of dried meats and fish available, but I've never used them As you can see, when we camp, I like to cook things that require water only. No fancy cooking and then tough clean up for me! I find that when I'm "on the trail", ALL foods taste wonderful because I'm always so hungry. I eat things when hiking that I'd never, ever eat at home. I bought hash potatoes and green pepper breakfast package from Sam's freezer and fried in black skillet for first morning quick and smells and taste good. Posted to MM-Recipes Digest V4 #148 by Simps <c.simpson@worldnet.att.net> on May 28, 1997

Camper's Apple Crisp

Ingredients:

4 Servings

Package Together:

3/4 Cup Flour

3/4 Cup Brown Sugar

1/2 Tsp Cinnamon

1/2 Cup Margarine

Pkg Separately:

3/4 Cup Evaporated Apples

Water -- as needed

Method of Preperation:

Simmer apples in water until softened. When well heated, but not completely cooked, add the sugar/flour mixture and spread in a frypan. Continue cooking until mixture is bubbly and thickened. As an alternative this may be baked in a reflector over. Spread the apple mixture in a baking pan and pat out the flour/sugar mixture over them. Bake in front of a good high fire, turning the pan to assure even baking. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske Posted to MM-Recipes Digest V4 #8 by "Rfm" <Robert-Miles@usa.net> on Feb 16, 99

Camping Recipes

Ingredients:

1 Servings

Barbecued Beef

3 Lb beef, Ground

3 Large Onions, chopped

Salt and pepper, To Taste

Ingredients:

2 Servings
4 1/2 Oz Cheddar Cheese, Dehydrated
3 3/4 Oz Rice, Instant
2 Tbl Margarine
Salt --, To Taste
3 Cup Water

Method of Preperation:

1. Bring water to a boil and add rice and salt. Simmer until rice is tender. 2. Stir in cheese and margarine. Cover the pot and let stand a couple of minutes to rehydrate the cheese. Makes about 4 Sierra cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Western Mexican Cookbook File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Cheese And Rice Plus

Ingredients:

2 Servings
4 1/2 Oz Cheddar Cheese, Dehydrated
3 3/4 Oz Rice, Instant
1/2 Oz Onions, Dehydrated
1 3/4 Oz Soy Ham, Or
1 Pkg Freeze-Dried Ham
1 Pkg Freeze-Dried Green Beans --
1 Oz
2 Tbl Margarine
Salt --, To Taste
4 Cup Water

Method of Preperation:

1. Heat water and dip out enough to rehydrate the freeze-dried foods. 2. Bring remaining water to a boil and add rice, onions and salt. Also add soy ham, if it is being used. Simmer until rice is tender. 3. Add ham and beans. Stir in cheese and margarine. Cover the pot and let simmer very low for a couple of minutes to rehydrate the cheese. Makes about 4 or 5 Sierra cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Western Mexican Cookbook File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Chicken Cream With Vegetables And Dumplings

Ingredients:

4 Servings

** Package Together **

2 Oz Freeze-Dried Chicken, Or

4 Oz Chicken-Flavored T V P

1 Oz Freeze-Dried Carrots

1 Oz Freeze-Dried Green Beans

1 Oz Freeze-Dried Peas

4 Chicken Bouillon Cube, Or

1/4 Cup Chicken Bouillon Granules

1 Tsp Dill Weed

1/2 Tsp Tarragon

** Package Separately **

1 Pkg Leek Soup, Packet -- to make

4 1/2 Cups

1 Savory Dumplings

3/4 Cup Dry Milk

1 Tbl Margarine

Salt -- as needed

5 1/2 Cup Water

Method of Preperation:

1. Add 5 c cold water to the pot and add all ingredients except dumplings and milk. Bring to a boil and simmer 10 minutes, stirring regularly. 2. Mix 1/2 c water with milk powder; add to soup gradually. Add margarine. 3. Make dumpling dough and spoon in when soup is simmering. Makes 8 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Terri Woltmon Date: 04-15-94 (20:09) Number: 208 From Ned's Opus Date: 04-15-94 (20:09) Num (4) Cooking File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Chocolate Crunch Bars

Ingredients:

6 Servings

1/2 Cup Honey

1/3 Cup Margarine

1/4 Cup Cocoa Powder, Sweetened --

1 Cup Granola

1 Cup Dry Milk

Method of Preperation:

1. Blend together everthing except the granola to a stiff dough. 2. Knead in the granols, or roll the shaped bars in granola. * Carob powder may be used also. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Cinnamoned Rice

Ingredients:

4 Servings

1 Cup Long-Grain Converted Rice

1/4 Cup Raisins

1 Tsp Cinnamon

1/4 Tsp Salt

2 1/2 Cup Water

1 Tbl Margarine

1/2 Tbl Sugar --, To Taste

Dry Milk -- reconstituted

Method of Preperation:

1. Heat water to boiling. Add rice mixture and lower heat. Cook until rice is tender. 2. Add margine and milk. Serve. This may be prepared ahead of time by combining all ingredients except the margarine and milk and storing in a bag. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Crunchy Granlola

Ingredients:

1 Servings

3 Cup Rolled Oats -- *

1 Cup Coconut -- *, Grated

1/2 Cup Wheat Germ -- *

1 Cup Nuts -- *, Chopped

1 Cup Rolled Wheat

1/2 Cup Sunflower Seeds

1/2 Cup Sesame Seeds

1/4 Cup Margarine (Or Oil)

1/4 Tsp Salt

3/4 Cup Brown Sugar

1 Tsp Water

Method of Preperation:

* Basic foundation ingredients; others may be omitted or modified as desired. 1. Mix the nuts and grains (first 7 items) in a baking pan that is 9 x 13 inches or larger. 2. Mix and heat in a saucepan the margarine, salt, brown sugar and water. Pour over the grain mixture, blending well. 3. Bake in a 325 preheated oven for about 40 minutes until golden and crisp. Be careful not to burn. 4. Cool and store in a jar with a tight lid. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File

Date Bombs

Ingredients:

1 Servings
1 Cup Dates -- fine, Chopped
1/2 Cup Walnut, Sesame, Or Almond
Meal
1/2 Cup Coconut Flakes
2 Tsp Rum (Or Brandy -- optional)

Method of Preperation:

1. Mix and mash ingredients until well blended. 2. Form into 1-inch balls and roll in nut meal or coconut. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File
ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Dehydrating Vegetables

Ingredients:

1 Servings
1 Textfile

Method of Preperation:

Drying vegetables at home requires a little extra effort for a good- quality product that will be stable in storage, rehydrate well and be tasty and tender when cooked. Some vegetables do not rehydrate satisfactorily and, if you choose to preserve them, are better canned or frozen. Frozen asparagus, cauliflower and broccoli are far superior to dried. Some vegetables, such as carrots and potatoes, are available fresh at reasonable prices all year. I don't recommend drying these unless you do if for convenience or for backpacking. The fresher the vegetable when it is processed and dried, the better it will taste when rehydrated and cooked. Many dried vegetables that have been rehydrated and cooked are tougher than fresh or frozen ones. This can be caused by the quality of the fresh vegetable when it is processed, the pretreatment before drying, the method used to dry or the storage time. FRESHNESS -- Tenderness may be influenced by LACK OF FRESHNESS of the vegetable when it was dried. Green beans, for example, may be kept in the refrigerator for one or two days after picking, then cooked and eaten. They will taste quite fresh. If those same beans are refrigerated two or three days before they are dried, they will be much less tender when rehydrated and cooked. * Harvest only fresh and mature vegetables. * Don't let vegetables stand at room temperature any longer than is absolutely necessary. * If you cannot process vegetables immediately after picking, refrigerate them. * Do not wash vegetables until just before you are ready to process them. Then dry them as soon as possible. Water speeds up deterioration and loss of nutrients. PRETREATMENT -- Another factor that influences tenderness of rehydrated vegetables is PRETREATMENT BEFORE DRYING. Most

vegetables are much more fibrous than fruits. Pretreating by steam or water blanching, softens the tissues. This lets water escape more readily during drying and lets it re-enter cells more easily during rehydration. DRYING TIME and TEMPERATURE -- Vegetables are much lower in sugar and acid than fruits, and so must be dried under more controlled conditions to prevent spoilage during the drying process. DRYING TIME AND TEMPERATURE are crucial to the tenderness of dried vegetables. The longer the drying time, the less tender they will be. Use uniformly cut pieces. Drying time is proportional to the thickness squared. If a 1/4-inch dice dried in 2 hours, a 1/2-inch dice will take 8 hours, or 4 times as long. STORAGE TIME -- Even when properly packaged, most vegetables will not keep in good condition as long as fruits, unless stored in the refrigerator or freezer where they will last for years. Otherwise, use dried vegetables within 6 months. Properly packaged vegetables will not spoil, but will gradually deteriorate in flavor and nutrition. ** How To Dry Foods by Deanna DeLong HPBooks, California 1992 ISBN = 1-55788-050-6 Scanned and formatted for you by The WEE Scot -- paul macGregor

Dinner Omelet

Ingredients:

4 Servings

** Package Together **

1 Cup Whole Egg, Dried

1/4 Cup Whole Milk, Dried

1 Tsp Salt

** Package Separately **

1 Pkg Freeze Ham Dices, Dried

3 Slice Cheddar Cheese

1 Tbl Margarine

2 1/2 Cup Water

Method of Preperation:

1. Rehydrate ham in it's package according to the directions. 2. mix eggs and milk with 2 cups of water, blending well to avoid lumps. 3. Melt margarine in frypan and pour in egg mixture. Drain ham and sprinkle it over eggs. Cook gently. 4. When almost done arrange cheese slices over eggs. Remove from heat and cover to melt cheese. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Elegant Chicken In Sour Cream

Ingredients:

4 Servings

** Package Together **

2 Oz Freeze-Dried Chicken, Or

4 Oz Chicken-Flavored T.V.P.

4 Chicken Bouillon Cube, Or

1/4 Cup Chicken Bouillon Granules

8 Oz Pasta, Enriched

1 Tsp Dill Weed
** Package Separately **
1 Env Cream Of Onion Soup Mix
To make 2 1/2 cups
8 Oz Sour Cream Mix
1/2 Cup Almonds, Sliced
2 Oz Freeze-Dried Peas
8 Cup Water

Method of Preparation:

1. Bring 7 cups of water to boiling, add pasta-chicken package, and simmer for 10 minutes, stirring occasionally. Add peas, at the end, for the amount of time recommended on their package. 2. Mix soup mix with 1/2 cup of water. Pour into pot while stirring, and simmer 5-10 minutes more, or until pasta and chicken are tender. 3. Reconstitute sour cream mix with cold water, stir into the pot. Serve sprinkled with almonds on top. Makes about 8 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: El Charro Cafe Favorite Recipes File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Fish Cookery

Ingredients:

1 Servings
Fish Fillet
Salt And Pepper --, To Taste
Lemon Juice --, To Taste
Optional
Tartar Sauce --, To Taste
Optional
Flour -- as needed
Cornmeal -- as needed
Margarine (Or Cooking Oil --)
As needed

Method of Preparation:

Wash prepared fish thoroughly and pat dry with a paper towel. PAN FRIED Add enough oil or margarine to cover the pan bottom. When hot, add the fish and reduce heat to a low simmer. Season with salt and pepper. Brown fish on one side and then turn it over. Cover the pan for the last minute or two. Fish is done when the meat falls in flakes when prodded with a fork. Total cooking time should be 5 - 10 minutes, depending on thickness. Another method is to roll the fish in flour or cornmeal, and then fry as above. The fish may be first dipped in a little water or milk to help the flour stick on the fish better. POACHED Add about 3/8 - 1/2 inch of water to a pan. Add 1 or 2 tbs of lemon juice, or dissolve 1 or 2 packets of lemon crystals in the water. Bring water to a gentle boil, add fish to liquid and season with salt and pepper. Reduce heat and gently simmer for 5 or 6 minutes, or until done. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Date: File

Fried Lake Trout Walker Lake

Ingredients:

6 Servings
1 Laker (or char)
-Or several grayling
1/2 Tsp Salt
1/4 Tsp Pepper (or lemon pepper)
Cornmeal
-- enough for dredging
Shortening
-- enough for frying
2 Tbl Butter
1 Cup Sour cream
1/2 Tsp Lemon juice

Method of Preperation:

Clean and wash the fish and cut into serving pieces, leaving skin on. Salt and pepper and coat thoroughly with cornmeal. Directions: In a fry pan, bring 1/4 to 1/2 inch of shortening to high heat, add fish, and fry for approximately 4 minutes; turn, and cook for 3 minutes more. Fish should be nicely browned. Put cooked fish on hot serving platter. Pour off fat from pan and replace with the butter, add the sour cream, and stir with a spoon to loosen any greables. Cook for several minutes, but do not boil. Remove from heat, add lemon juice, stir, and pour over trout. Please note that this recipe is easy enough that you could make it at home and while camping in a car camp. (Backpacking with sour cream might be a little difficult, though there are powder preparations available to emulate sour cream.)

Fruit Syrup

Ingredients:

1 Servings
1/4 Cup apples, Dried
1 Cup Brown sugar
1/4 Tsp Cinnamon
2 Tbl Margarine
1 Cup Water

Method of Preperation:

Recipe by: "Backpacker's Cookbook" by Margaret Cross and Jean Fiske 1. Simmer the apples in the water until they are rehydrated. 2. Add remaining ingredients and simmer until sugar is melted and thickened.

Garden Vegetable Soup With Beef

Ingredients:

4 Servings
2 Oz Freeze-Dried Beef
4 Oz Textured Veg. Protein, Beef
Flavored -- (TVP)
4 Oz Pasta Shells
1 Oz Freeze-Dried Peas
1 Oz Freeze-Dried Carrots
1 Oz Freeze-Dried Corn
3/8 Oz Freeze-Dried Green Beans
1 Tbl Minced Onion, Instant
2 Tbl Parsley, Dried
1/4 Cup Tomato Crystals
4 Beef Bouillon
1/4 Cup Bouillon Granules
1 Tsp Basil
1/8 Tsp Garlic Powder
2 Env Vegetable Beef Broth
Soup -- making 20-24 oz
Each
3 Oz Parmesan Cheese --, Grated
7 Cup Water -- as needed
Or
Or

Method of Preparation:

1. Package all ingredients together, except the cheese, which is bagged separately. 2. To prepare, put ingredients, except cheese, in the pot. Add 7 cups cold water and heat, covered, to boiling. Reduce heat and simmer 10-20 minutes, or until vegetable and meat are the correct tenderness. 3. Add more water if soup is too thick. Add cheese on top of each serving. Makes 8-9 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Garlic Crunch

Ingredients:

1 Servings
1/2 Cup Sunflower Seeds
1/2 Cup Pumpkin Seeds, Roasted
1/2 Cup Soybeans, Roasted
1/2 Cup Virginia Peanuts --, Chopped
1 Tbl Corn (Or Salad Oil)
1/2 Tsp Garlic Salt

Method of Preparation:

1. Combine the seeds and nuts in a shallow pan. 2. Blend the oil and salt, pour over the mix. 3. Toast at 350F for about 20 minutes, shaking occasionally. Drain on a paper towel. 4. When cool store in a tight container. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Greek Wedding Soup

Ingredients:

2 Servings
1 Env Chicken Noodle Soup Mix
Making 4 cups soup
1 Tbl Parsley Flakes, Dried
1/3 Cup Whole Egg Powder, Dried
1 Env Lemon Juice Crystals
4 Cup Water

Method of Preparation:

1. Cook the chicken soup according to package directions. 2. Mix the dried egg with 1/3 c water to make a cream. When soup is cooked, slowly ladle a thin stream of soup into the egg mix, stirring the egg vigorously, until about 1 cup of soup has been added. 3. Pour the egg mixture into the soup remaining in the pot, mixing well. 4. Remove from heat, add lemon crystals, and serve. Makes about 4 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Date: File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Green Goulash

Ingredients:

4 Servings
** Package Together **
2 Oz Freeze-Dried Beef, Or
4 Oz Beef-Flavored T.V.P.
Granules
8 Oz Spinach Egg Noodles
2 Oz Tomato Crystals
4 Beef Bouillon Cubes, Or
1/4 Cup Beef Bouillon Granules
1 Tsp Basil
1 Tsp Paprika
1/4 Cup Bell Pepper, Dried
** Package Separately **
1 Env Cream Of Onion Soup Mix
To make 2 1/2 cup

7 1/2 Cup Water
1 Pkg Sour Cream Mix -- optional

Method of Preperation:

1. Bring 7 cups water to a boil. Add all ingredients except soup mix and sour cream mix. Simmer for 10 minutes. 2. Mix sould mix with 1/2 cup cold water. Add to pot and simmer for 5-10 minutes longer, or until noodles and meat are tender. 3. If sour cream is used stir in just before serving. Makes about 8 cups. Variation: a. Canned roast beef may be substituted. Use one less bouillion cube. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Dscollin@aol.Com Date: Thu, 16 Feb 1995 15:20:37 - 0500 File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Half Moon Bay Pumpkin Bread

Ingredients:

3 Servings
3 Cup Sugar, granulated
3 1/2 Cup Flour, all-purpose
1/2 Tsp Salt
2 Tsp Baking soda
1 Tsp Cinnamon
1 Tsp Nutmeg
4 Large Eggs
1 Cup Vegetable oil
2 Cup Pumpkin (cooked)
2/3 Cup Water
1 1/2 Cup Walnuts, chopped
Cream cheese (optional
-for serving)

Method of Preperation:

Preheat the oven to 350 degrees F. Butter your containers well. Sift the dry ingredients together into a large bowl. Make a well in the center of the dry ingredients, and add the eggs, oil, pumpkin and water. Beat thoroughly. It's easier to get all the lumps out if you use an electric mixer. Stir in the walnuts with a wooden spoon. Pour the batter into the containers, filling each only half to two-thirds full. Bake for 60-90 minutes, depending on the sizes of your containers. If you're using a very small container, start checking much sooner. The bread is done when a toothpick in the middle comes out clean. Cool about ten minutes, then loosen the edges of the bread with a knife, and turn out of the pans to cool the rest of the way on a rack. For baking containers, you can use a loaf pan, metal cans, or whatever. I usually use 1-pound coffee cans, and it takes three of them. If you want tiny loaves, you could probably use soup cans. NOTES: * A dessert bread made from pumpkins -- Every year in Half Moon Bay, California there is a Pumpkin Festival, at which prizes are given for the largest pumpkin in the world. Never mind that for the last two years the winner has been in Nova Scotia: the citizens of Half Moon Bay take pumpkins very seriously. At Christmas time in Half Moon Bay, people give each other little tins of this bread as presents. I also take

it backpacking, because it's pretty resistant to being squashed (and tastes fine even when it is). Yield: 3 1-pound loaves. * I think the nuts are important in this recipe. Unless you absolutely hate them, leave them in. * It's not necessary, but you can serve some good cream cheese with it to spread on the slices if you like. : Difficulty: easy to moderate. : Time: 15 minutes preparation, 90 minutes cooking. : Precision: measure the ingredients. : Vicki O'Day : Hewlett-Packard Laboratories, Palo Alto, California, USA : hplabs!oday : Copyright (C) 1986 USENET Community Trust

Honey-Nut Cookie Bars

Ingredients:

1 Servings
2 Eggs --, Separated
2/3 Cup Honey
4 Tbl Nonfat Dry Milk
1/4 Cup Whole-Wheat Flour
1/4 Tsp Coriander
1/4 Tsp Nutmeg
1 Tsp Baking Powder
1 Cup Walnuts (Or Almonds --)
Chopped
3/4 Cup Sesame Seeds, Unhulled

Method of Preperation:

1. Beat egg yolks and honey together. 2. Combine well the dry ingredients except nuts and seeds. Add to the honey mixture. 3. Add the nults and seeds and mix well. 4. Beat egg whites until they hold stiff peaks, and fold into the dough. 5. Spread batter in oiled 9x13 inch baking pan. Bake for 25-30 minutes at 350F in preheated oven. 6. Cool in pan and then cut into bars. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Big Flavors Of The Hot Sun By Chr File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

How To Make Jerky

Ingredients:

1 Servings

Method of Preperation:

Like other dried foods, meat jerky--tough, leathery strips of dried meat--was a staple for pioneers and "mountain men" in times past. Today, beef jerky is still a favorite among backpackers, skiers and campers--and a popular snack for armchair sports fans, too. Modern jerky is prepared in an electric dehydrator or oven; sun drying, the technique favored in pioneer days, presents too great a risk of spoilage or contamination. Turkey-breast jerky compared to jerky made with trimmed beef flank steak, it has less fat. It also has a more

brittle texture, since poultry is fairly fibrous. If you like, you can prepared beef jerky with game instead--but if you do, freeze the meat before drying for at least 30 days or at zero degrees as a precaution against disease. The leaner the meat you use for jerky, the better: a lower fat content means a longer shelf life. As a first step for any jerky, trim and discard all visible fat and connective tissue from the meat; partially freeze it (to make slicing easier), then cut it into thin (1/8- to 1/4-inch-thick) strips about 1 inch wide. Cut with the grain if you like a chewy jerky, across the grain if you prefer a more tender, brittle product. Properly dried beef or game jerky should crack, but not break, when bent; turkey jerky, however, will crack and break. Once the jerky has been dried, let it cool; then pack it in a rigid freezer container or plastic freezer bag and freeze for 72 hours at zero degrees. Then store it in an airtight, insectproof container for up to 3 weeks in a cool, dark, dry place. Or, to maintain flavor and prolong shelf life, refrigerate or freeze. Source: Sunset Home Canning Posted to MM-Recipes Digest by "Deborah Khnen" <DEBKUHNNEN@classic.msn.com> on Feb 13, 98

Hyatt Lake Goulash

Ingredients:

4 Servings

** Package Together **

1 Oz Onion, Dehydrated

6 Oz Potato Shreds, Dehydrated

1 Pkg Puff-Dried Carrot Slices

** Package Together **

1 Tbl Flour

1/4 Tsp Paprika

1/2 Tsp Garlic Powder

1 Oz Beef Bouillon

1 Tsp Marjoram

1 Tbl Parsley Flakes

** Package Separately **

1 Pkg Freeze-Dried Beef Slices

2 Slice Bacon, Or

1 Tbl Bacon Bar -- Cook with

Margarine

2 Tbl Margarine -- if needed

1/2 Cup Sour Cream, Dehydrated

2 Oz Tomato Crystals

1 Oz Worcestershire Sauce

5 Cup Water

Method of Preparation:

1. Cook bacon, or bacon bar with margarine, first. When done, remove bacon but keep fat.
2. While cooking the bacon, rehydrate the onion mix. 3. Add onion, potatoes and carrots to the fat and carefully pour in 4 cups hot water. Simmer until vegetables are almost tender. 4. While the pot is simmering: - Rehydrate the beef in it's packet according to the directions. Blend the tomato crystals with cool water to make a paste. - Mix the sour cream with water to make a smooth paste. 5. When the vegetables are almost tender, add beef, bacon and tomato sauce to the potatoes and blend well. 6. Add the flour package and simmer until

mixture thickens. Season and add Worcestershire sauce. 7. Add sour cream and heat for a minute or two. Makes 8 Sierra cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File
ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Kathy's Magic Popcorn

Ingredients:

1 Servings
1/4 Cup Popcorn
1 1/2 Tbl Brewer's Yeast
1 1/2 Tbl Olive oil
Salt, To Taste

Method of Preperation:

Pour oil into backpack pot. With 3 kernels of popcorn at the bottom and the cover on, turn the stove on high. After the 3 kernels pop, pour the rest of the popcorn in. Just before popping stops, remove pot. Sprinkle Brewer's yeast over popcorn. Add salt if desired. ** Wilderness Ranger Cookbook US Forest Service **

Logan Bread

Ingredients:

1 Servings
6 Eggs
(any mixture of whole wheat
And rye)
3/4 Cup Wheat germ
1/4 Cup Brown sugar
1/2 Cup Powdered milk
1 Cup Oil
1/2 Cup Honey
1/4 Cup Molasses
1/4 Cup Sorghum syrup -- (or maple)
Syrup
(any combination of these
Four sweeteners
Totalling 1 cup works fine)
1/2 Cup walnuts (or pecans), Shelled
1 Cup Dried fruit (raisins, dates,
Apricots -- peaches, etc)

Method of Preperation:

Beat all the ingredients together in a large bowl. Pat down into two greased 5 x 9 loaf pans.

Bake at 275 for two hours, or until a tester comes out clean. The bread will be very heavy and dense. Each loaf weighs 24 ounces. Recipe By : The Modern Backpacker's Handbook, Glen Randall From: Carey Starzinger - Bbq Mailing Li

Macaroni And Beef Simple Supper

Ingredients:

4 Servings

** Package Together **

9 Oz Macaroni, Whole-Wheat

2 Oz Freeze-Dried Beef Chunks

Or

4 Oz Beef-Flavored T V P

4 Beef Bouillon Cubes

2 Oz Tomato Crystals

1 Tsp Basil

1 Tsp Oregano

1/4 Tsp Garlic Powder

** Bag Separately **

1 Env Cream Of Onion Soup --

To make 2 1/2 cups

1 Pkg Freeze-Dried Corn

Salt -- as needed

7 1/2 Cup Water

Method of Preperation:

1. Bring 7 cups water to boil. Add macaroni-meat package and simmer 10 minutes. 2. Mix about 1/2 cup cold water into soup. Add to pot and cook 5 minutes longer, or until macaroni and meat are tender. 3. Corn should be rehydrated according to instructions and added at the proper time. Makes 8 - 8 1/2 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Master Mix - Baking

Ingredients:

1 Servings

4 Cup Whole-Wheat Flour -- *

1 1/2 Tsp Salt

2 Tbl Baking Powder

1 Cup Powdered Skim Milk

1 Cup Powdered Whole Egg

1 Cup Margarine

Method of Preperation:

Thoroughly combine dry ingredients in a bowl. Cut in margarine as for pastry. Use mix within a week, or refrigerate for longer storage. Make about 8 1/2 cups. * May substitute 4 cups sifted enriched, unbleached flour and 1/2 cup soy flour. BISCUITS 2 cups mix, 1/2 cup water. Makes about 15 2-inch biscuits, rolled or patted 1/4 inch thick. Bake in reflector oven, Dutch oven, or frypan over slow fire, turning once. COFFEE CAKE 2 cups mix, 1/2 tsp cardamom or coriander, 1/2 c sugar, 3/4 c water. Pour into greased pan, distribute topping, pour over 3 tbs melted margarine. Bake in oven. Toppings: Jam 1/2 c brown sugar, 1/4 c sesame seeds or chopped nuts, 1/4 tsp lemon peel. 1/2 c breakfast Gorp or Apple Jack Gorp PANCAKES 2 cups mix, 1 cup water. Makes about 30 2-inch pancakes. Variations: Add 1/2 cup cornmeal and a little more water. Add 1/2 c chopped nuts or raisins. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Dscollin@aol.Com Date: Sun, 19 Feb 1995 22:06:15 - 0500 File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Millet Pancakes

Ingredients:

1 Servings
1/3 Cup Dried Eggs, Whole
1/2 Cup Nonfat Dry Milk
1 Cup Millet Meal -- coarsely
Ground
1/3 Cup Soy Flour -- *
1/2 Tsp Salt
1 1/2 Tsp Baking Powder
4 Tbl Margarine --, Melted
1 Cup Water

Method of Preperation:

1. Combine, mix and bag the dry ingredients ahead of time. 2. Mix water into the dry pancake mixture to form a creamy batter. 3. Stir in the melted margarine. 4. Add to the fry pan by spoonfuls and cook. Bake a little slower (cooler pan) than regular flour pancakes. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Date: File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Modern Version Of Hardtack

Ingredients:

6 Servings
2 Cup White Flour
Sesame Seeds (Optional)
1/2 Cup Wheat Germ
Seasoned Salt (Optional)
1 Tbl Sugar
Caraway Seeds (Optional)
2 Cup Masa Harina
Onion Flakes (Optional)

1/2 Cup Quick-Cooking Oats
1 3/4 Cup Water
1 Tbl Salt

Method of Preperation:

Mix all dry ingredients thoroughly. Add water. Mix with hands until well- moistened but not sticky. Divide into 4 parts, roll out each quarter until 1/4 inch thick, place on cookie sheet (each part should cover half a cookie sheet). Bake at 350 for 30 minutes. Score with a knife before baking, if desired. Break into pieces as needed. Keeps indefinitely in air-tight, moisture-proof containers. Zip-lock bags are good for carrying hard-tack in a backpack.

Nutty Familia

Ingredients:

1 Servings
1 Cup Quick Oatmeal
1 Cup Rolled Whole Wheat
1 Cup Wheat Germ
1 Cup Nuts --, Chopped
1/2 Cup Raisins
2/3 Cup Brown Sugar

Method of Preperation:

1. Mix ingredients together and store in an air-tight jar. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Dscollin@aol.Com Date: Wed, 25 Jan 1995 20:56:21 - 0500 File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Oatmeal-Plus Cookies

Ingredients:

1 Servings
1/4 Lb Margarine
1 Cup Brown Sugar --, Packed
1 Egg
1 Tsp Vanilla
1 Cup Whole-Wheat Flour
1/2 Tsp Baking Soda
1/2 Tsp Salt
1/2 Cup Rolled Oats
1/2 Cup Nuts --, Chopped
1/2 Cup Coconut --, Grated
3/4 Cup Raisins

Method of Preperation:

1. Blend together the margarine and brown sugar. 2. Add the remaining ingredients one at a time while blending. Add each one as the preceding one disappears. 3. Drop generous teaspoons onto greased cookie sheets. Bake about 12 minutes at 350F. Makes 3 dozen. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Off-The-Shelf Lunch Foods

Ingredients:

1 Servings
See Directions

Method of Preperation:

Drink mixes, pre-sweetened with vitamin C. Milkshake and Malt mixes. Instant soup Hard cheeses; parmesan, dry monterey jack, well aged cheddar. Jerky, salami and other dry sausages Dried meats Canned meats and seafood Crackers, small and hard Cookies, candy Dried fruits Nuts and seeds Peanut and other nut butters Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Orange-Sesame Cake

Ingredients:

1 Servings
1 1/2 Cup Whole-Wheat Flour
1/2 Cup Soy Flour
1 Tsp Salt
2 Tsp Baking Powder
1/4 Cup Sesame Seeds
1/4 Cup Whole Egg, Dried
2 Tbl Orange Peel --, Grated
1/2 Cup Sugar
1/2 Cup Margarine
2 Tbl Shortening (Or Margarine --)
To grease pan
3/4 Cup Water

Method of Preperation:

Blend all the ingredients thoroughly, using the low speed of the electric mixer. Bag mixture and close top securely. 1. Grease the baking pan with margarine. 2. Blend water into the mix to make a stiff batter. Spread batter in pan and bake about 30 minutes, or until it's done.

Orlando, Florida Restaurants

Ingredients:

1 Servings

1 Text reference

Method of Preperation:

Maybe the general world IS getting healthier... veg. meals seemed fairly available, and sometimes even VLF veg meals. Morocco in Epcot had great steamed veg. couscous, and the Polynesian Revue (with advance request) prepared a large plate of steamed mixed vegetables and baked potato that made a good meal (w/the fruit plate that was everyone's appetizer). I actually can't recommend the vegetarian place in Magic Kingdom (Sleepy Hollow), since it seemed like their offerings were higher fat (even the bagel chips they sell are fatty). Of course, my SAD husband wouldn't have eaten there anyways. It is a good parade watching spot so we had a snack stop there so I could peek at the menu. There was only one meal that I really got stuck eating something I didn't want to. And it wasn't hard bringing in snacks & drinks in a backpack either. Outside of Disneyworld, everyone (SAD and VLF and 4.75 yo) liked Pebbles, which is in the Crossroads Shopping Center. There's also a supermarket there where I got my best Florida souvenir: Rotel tomatoes!! ... my husband did ask why I was bringing back canned tomatoes :-). And Delta did amazingly well with our special meal requests; the vegetarian meals were LF to VLF (including Guiltless Gourmet chips w/salsa!). Source: Original Posted by aiko@epoch.com (Aiko Pinkoski) to the Fatfree Digest [Volume 15 Issue 15] Feb. 15, 1995. Individual recipes copyrighted by originator. FATFREE Recipe collections copyrighted by Michelle Dick 1995. Formatted by Sue Smith, SueSmith9@aol.com using MMCONV. Archived through kindness of Karen Mintzias, km@salata.com. 1.80 File
ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/fatfreex.zip

Packbag Paella

Ingredients:

4 Servings

2 Oz Freeze-Dried Shrimp -- *

2 Oz Freeze-Dried Chicken -- *

1/2 Oz Freeze-Dried Ham -- *

** Package Together **

1 Tbl Onions, Dried

2 Tbl Green Peppers, Dried

2 Tbl Chicken Bouillon Granules

1 Tsp Basil

1/4 Tsp Garlic Powder

1 Tsp Paprika

** Package Separately **

1/2 Cup Tomato Crystals

1/2 Oz Freeze-Dried Peas
1 Cup Quick Brown Rice, Or
1 Cup Converted Rice
4 Cup Water

Method of Preperation:

1. Presoak all freeze-dried foods, following package directions. 2. Add 3 1/2 c water to pot, bring to a boil, and add rice and onion mixture. 3. When rice is tender and most of the liquid absorbed, add the freeze-dried items. Heat for a few minutes, season and serve. Makes 8 Sierra cups. Variations: a. Add a bit of saffron for a traditional Spanish flavor if it is available. b. * May substitute canned shrimp, and soy ham and chicken. Cook the soy meats along with the rice and add extra water to rehydrate. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Pancake Syrup

Ingredients:

1 Servings
1 Cup Brown Sugar
1/4 Cup Water
2 Tbl Margarine

Method of Preperation:

Heat until bubbly and slightly thickened. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File
<ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Peanut Butter Cookies With Crunch

Ingredients:

1 Servings
1 Cup Margarine
1 Cup Peanut Butter, Chunky
3/4 Cup Sugar --, Packed
2 Eggs
1 Tsp Vanilla
2 Cup Flour, Whole-Grain Wheat
2 Tsp Baking Powder
2 Cup Granola

Method of Preperation:

1. Cream margarine, peanut butter, sugars thoroughly together. 2. Add eggs and vanilla and beat well. 3. Mix in flour and baking powder, then add granola. 4. Drop dough from teaspoon onto greased cookie sheets. Flatten each cookie in crisscross pattern with a fork dipped in flour. 5. Bake at 350 F. until lightly browned, about 10 minutes. 1 cup of Raisins may be added if desired. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske
From: Date: 05/28 File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Peter's Favorite

Ingredients:

4 Servings

** Package Together **

8 Oz Soy Nuggets, Beef Flavored

1 Oz Green Pepper, Dehydrated

2 Beef Bouillon Cubes

8 Oz Whole-Wheat Noodles

** Package Separately **

10 Oz Sour Cream Sauce, Packet

Salt -- as needed

6 Cup Water

Method of Preperation:

1. Heat water until simmering, add noodle bag. Cover and simmer for about 20 minutes, stirring occasionally. 2. When noodles are tender add the reconstituted sour cream. Salt and serve. Makes about 8 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Pow Bars

Ingredients:

1 Servings

1/2 Cup Honey (Or Molasses)

1/2 Cup Peanut Butter

1 Cup Dry Milk, Non-Instant

** Options **

Chocolate Chips

Raisins (Or Fruit Bits), Dried

Coconut

Cashew Butter -- *

Almond Butter -- *

Method of Preperation:

1. Knead all ingredients together with your hands, adding enough milk powder to form a stiff but not crumbly dough. Optional ingredients can be kneaded in as well. 2. Shape into logs

about 2-3 inches long and 1 inch in diameter. 3. Roll in powdered milk, confectioner's sugar or coconut. Makes about 6. * May be used in place of peanut butter. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Pumpkin Bread, Half Moon Bay

Ingredients:

24 Servings

0000

3 cups Granulated Sugar

3 1/2 cups All-Purpose Flour

1/2 Tsp Salt

2 Tsp Baking Soda

1 Tsp Cinnamon

1 Tsp Nutmeg

4 Large Eggs

1 cups Vegetable Oil

2 cups Pumpkin, Cooked

2/3 cups Water

1 1/2 cups Walnuts, Chopped

Cream Cheese, Optional

For Serving

Method of Preperation:

Preheat the oven to 350F. Butter your containers well. Sift the dry ingredients together into a large bowl. Make a well in the center of the dry ingredients, and add the eggs, oil, pumpkin and water. Beat thoroughly. It's easier to get all the lumps out if you use an electric mixer. Stir in the walnuts with a wooden spoon. Pour the batter into the containers, filling each only half to two-thirds full. Bake for 60-90 minutes, depending on the sizes of your containers. If you're using a very small container, start checking much sooner. The bread is done when a toothpick in the middle comes out clean. Cool about ten minutes, then loosen the edges of the bread with a knife, and turn out of the pans to cool the rest of the way on a rack. For baking containers, you can use a loaf pan, metal cans, or whatever. I usually use 1-pound coffee cans, and it takes three of them. If you want tiny loaves, you could probably use soup cans. NOTES: * A dessert bread made from pumpkins -- Every year in Half Moon Bay, California there is a Pumpkin Festival, at which prizes are given for the largest pumpkin in the world. Never mind that for the last two years the winner has been in Nova Scotia: the citizens of Half Moon Bay take pumpkins very seriously. At Christmas time in Half Moon Bay, people give each other little tins of this bread as presents. I also take it backpacking, because it's pretty resistant to being squashed (and tastes fine even when it is). Yield: 3 -- 1-pound loaves. * I think the nuts are important in this recipe. Unless you absolutely hate them, leave them in. * It's not necessary, but you can serve some good cream cheese with it to spread on the slices if you like. >From: Reggie Dwork <reggie@reggie.com>

Salmon Patties

Ingredients:

4 Servings
1 Lb Salmon, canned
-(either pink (or red))
1 Pinch Salt
1 Small Onion, diced
1/4 Cup Bread crumbs
-plain (or spiced)
2 Eggs
1 Tsp Lemon juice

Method of Preperation:

Mix all of the ingredients together in a bowl. Form into patties about 1/2 to 3/4 inch thick and 2 1/2 - 3 inches diameter. This should make about 8 patties. Fry in oil or butter until brown and crispy, or bake in a well-greased pan at 400 degrees until brown (about 15 minutes).
NOTES: * Snack or Main Course -- This is a very nice finger food, great for lunch on a hike. Or they can be served hot as a main course. * I usually make a double batch. * These are great either hot or cold. If you take them out of the freezer in the morning and put them in your backpack, they'll be just right by lunchtime. : Difficulty: easy, especially if you like squishing stuff with your hands. : Time: 5 minutes preparation, 15 minutes cooking. : Precision: no need to measure. : Glenn Trewitt, Center for Integrated Systems, Stanford University : {ucbvax,decvax}!decwrl!glacier!trewitt, trewitt@su-amadeus.stanford. edu : mt Xinu, 2910 Seventh St., Berkeley, CA 94710 USA : {ucbvax,decvax}!mtxinu!ed +1 415 644 0146 : Copyright (C) 1986 USENET Community Trust

Sandwich Safety

Ingredients:

1 Servings
-Robbie Shelton

Method of Preperation:

Few lunch boxes, school lockers, or backpacks are refrigerated, so it's important for the sandwich make to know a bit about food safety and food spoilage. The two most important principles are keeping temperatures cool and avoiding cross-contamination. To minimize the growth of bacteria and other organisms that can cause food spoilage or food-borne illness, remember the basic formula 4-40-140: Perishable foods should spend no more than 4 hours at temperature between 40 and 140 degrees Fahrenheit. (Higher temperatures kill spoilage organisms, and lower temperatures keep them from growing.) By the end of four hours, bacteria may have multiplied to unsafe levels. the effect is cumulative, so food that has sat out at room temperature for two hours and then been returned to the refrigerator has only another two hours of room temperature shelf life left unless it has been cooked again. What are perishable foods? Basically, those which are high in protein and moisture but low in acid, salt, or sugar (all of these are preservatives). Highly salted or dry-cured meats, such as prosciutto or dry salami, and most cheeses can stand room temperature much better than, say, home-cooked turkey breast or egg salad, Incidentally, mayonnaise has gotten a bad rap in terms of spoilage. Many cooks have an extreme fear of putting mayonnaise into

sandwiches that will be out of refrigeration for more than a matter of minutes, fearing that it will spoil quickly. In fact, commercial mayonnaise contains enough vinegar to prevent spoilage for hours. (This is not necessarily true of homemade mayonnaise.) The meat will probably spoil sooner than the mayonnaise. In any case, observe the four hour rule and you should be safe. In practical terms, a sandwich made in the morning from properly stored ingredients and taken to school or work should be fine at noon but it is suspect by midafternoon. The other principle to remember in sandwich making (as in all cooking) is to avoid cross-contamination, that is, reinfesting cooked foods with bacteria from raw foods (mostly meats). Prevention is simple. Tools, hands, and surfaces used for handling raw meats need to be thoroughly washed before being used for any food that will not be cooked. Most delicatessens do not sell raw meats, but if they do, they should have separate handling areas (including slicers, if appropriate) for raw and cooked items. This information is from THE ART OF THE SANDWICH by Jay Harlow.

Savory Dumplings

Ingredients:

4 Servings

2 Cup Master Mix -- see recipe

3/4 Cup Water

** Savory Dumplings **

1 Tbl Minced Onions --, Instant
(or plain), Toasted

2 Tbl Parsley, Dried

1/2 Tsp Sage

** Cheese Dumplings **

1/4 Cup Powdered Cheddar Cheese

Or

1/4 Cup Parmesan Cheese --, Grated

1/4 Tsp Oregano

Method of Preperation:

1. Mix ingredients and add water, as needed, to make a stiff dough. 2. Spoon out dough by teaspoon and drop into gently simmering soup or stew. 3. Cover the pan and simmer gently until dumplings have risen and are cooked in the center, about 5-10 minutes. Try varying seasonings, as with biscuits, for different flavors. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Dscollin@aol.Com Date: Sun, 19 Feb 1995 22:05:37 - 0500 File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Sesame Granola

Ingredients:

6 Servings

1/2 Cup Vegetable oil

1/2 Cup Honey

1 Tsp Vanilla extract

2 Cup Rolled oats (quick

-or old fashioned
-oatmeal, uncooked)
2 Cup Wheat flakes
1 Cup Sunflower seeds
1 Cup Raisins
3/4 Cup Sesame seeds
1/2 Cup Walnuts, chopped
1/2 Cup Coconut, flaked

Method of Preperation:

Preheat oven to 350 degrees F. Combine all the dry ingredients and mix well (do not break up the wheat flakes). Heat oil, honey and vanilla in a large saucepan. Remove from heat and mix in the other ingredients stir until everything is coated well. Spread into a 13x19-inch baking pan and bake at 350 degrees F. for 15-20 min or until golden brown. Allow to cool before removing from pan. NOTES: * A crunchy sesame seed granola -- I got this recipe from the back of a page from a green engineering pad with a circuit diagram on the other side. Where it came from before that I do not know. Yield: About 6 servings. * These are much better than any store bought granola. I eat it as desert or carry it instead of gorp when backpacking. It is very good eaten straight, with no milk. : Difficulty: easy. : Time: 15 minutes preparation, 20 minutes cooking : Precision: no need to measure. : Pat Caudill : Tektronix, Inc., Portland, Oregon, USA : patc@tekrl.tek.com tektronix!tekrl.tek.com!patc : Copyright (C) 1986 USENET Community Trust

Spaghetti W/Wo Meatballs

Ingredients:

4 Servings
** Package Together **
8 Oz Beef-Flavored Soy Nuggets
Or
1 Pkg Freeze-Dried Meatballs
2 Beef Bouillon Cubes
1/2 Oz Onions, Dried
10 Oz Spaghetti -- break into 3"
Pieces
** Package Separately **
4 Oz Tomato Crystals
1 Pkg Spaghetti Sauce, Packet
4 Oz Parmesan Cheese --, Grated
6 Cup Water

Method of Preperation:

1. Bring 6 c of water to a simmer and add the contents of the first bag. 2. Blend the tomato crystals with cool water and mix in a chain shaker or cup. When pot has simmered about 20 minutes, blend in sauce mix and tomato crystal paste. 3. Continue cooking until spaghetti is tender. Serve with cheese. Make 8 or 9 Sierra cups. Recipe By : "Backpacker's Cookbook"

Spinach-Burger Special

Ingredients:

3 Servings

** Package Together **

1 Cup Beef Flavored T V P, Or

2 Wilson's Meat Bars -- left

Wrapped

3 Tsp Minced Onions, Instant

1 Tsp Basil

1/4 Tsp Garlic Powder --, To Taste

4 Beef Bouillon Cubes

2 Cup Brown Rice, Quick

** Package Separately **

1/2 Cup Tomato Crystals

1 1/2 Oz Spinach Flakes

2 Oz Parmesan Cheese

6 Cup Water

Salt --, To Taste

Method of Preperation:

1. Crumble meat bar, if used, into pot and brown slightly over medium heat. 2. Add 6 c cold water and remaining ingredients, except spinach and cheese. If using beef TVP add now also. 3. Bring to a boil, then simmer for 20-10 minutes, or until rice and TVP are tender. 4. Add spinach flakes about 10 minutes before done. Mix in cheese just before serving. Makes 6-7 cups. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Trail Breakfast/Dessert Cake

Ingredients:

4 Servings

2 Cup Master Mix

1/2 Cup Granulated Sugar

3 Tbl Margarine

1 1/4 Cup Breakfast Gorp -- include

Brown surgar

3/4 Cup Water

Method of Preperation:

1. Melt margarine and add about half to the Master Mix and blend well. 2. Stir water into

Master Mix, adding a little at a time to allow the dehydrated ingredients to absorb enough water to rehydrate. 3. When batter is well blended, spread it in a greased baking pan and sprinkle the Breakfast Gorp over the top. Drizzle the last of the melted margarine over the Gorp and bake, about 30 minutes. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Trout Chowder

Ingredients:

2 Servings
** Package Together **
1 Tbl Onions, Dried
1 Tbl Salt
1/8 Tsp Pepper
1 Tsp Dill Weed
1/4 Tsp Tarragon
1 Tsp Chives, Freeze-Dried
** Package Separately **
3 Tbl Margarine
1 1/2 Cup Mashed Potatoes, Instant
1 Cup Whole Dry Milk
1 Env Lemon Juice Crystals
1 Trout Fish Fillet

Method of Preperation:

1. Add 1 quart of water and the seasonings to the pot, heat to boiling. 2. Mix the margarine, potatoes, and milk with a little cold water to a creamy consistency. Stir into the boiling water. 3. Cut the trout into bite- sized pieces. Add to the pot and simmer gently until the fish is done, about 5 minutes. 4. Salt to taste, season with lemon crystals. Makes about 5 cups, not including fish. Variation: a. Use canned minced clams, whole shrimp, or oysters when the fish aren't biting. Add canned fish at the end, and only cook long enough to warm the fish. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske From: Victor_j_heintz.Wbst128@xerox.Comdate: Fri, 6 Jan 1995 08:46:13 Pst File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Western Fish Stew

Ingredients:

3 Servings
** Package Together **
3 Oz Onions, Dried
2 Chicken Bouillon Cube
2 Beef Bouillon Cubes
1/4 Tsp Garlic Powder
1/2 Tsp Thyme
2 Pkg Lemon Crystals
1 Stick Cinnamon -- 1" pieces

**** Package Separately ****

2 Oz Tomato Crystals

1 Lb Fish Fillet

5 Cup Water

Salt --, To Taste

Method of Preperation:

1. Fillet the fish and cut into chunks. 2. Add everything except tomato and fish to 4 or 5 cups of water. Bring to a boil, reduce heat and simmer gently for 10 to 15 minutes. 3. Blend the tomato crystals with enough cool water to form a smooth paste. Add slowly to the simmering broth. 4. Add fish and cook until it flakes easily. Serves 3 or 4. Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>