**The Backcountry Cupboard - Portable Food**

Stock these 25 essentials for grab-it-and-go meals.

*By* *Dorcas Miller**, May 1998*

Want to join us for a trip to the mountains? We're leaving tomorrow after work," the voice at the other end of the phone says. No doubt they want me along for my sterling company. I look at the clock-7 p.m., just enough time to organize my gear before hitting the hay. "Oh, one other thing. Sally can't go, and she'd volunteered to bring the food. Can you handle it?"

I swallow hard. The truth is they only want me for my grub. "Sure," I answer with confidence. "No problem." And it's not, because my cupboard is stocked with the 25 backcountry essentials. At a moment's notice I can scramble together meals for a weekend on the trail, all lightweight, good-tasting, and anything but monotonous. No need to hurriedly inventory what's on hand, frantically dash to the supermarket to fill in the holes, then stay up into the wee hours measuring and bagging ingredients.

Why just 25 ingredients, especially when there's a universe full of foods suitable for backpacking? Because through years of practice, I've noticed that many of the same ingredients keep showing up in most of my backcountry creations. By narrowing the list and designing recipes around these 25 ingredients, I've simplified my life without sacrificing taste or variety.

You'll find most of these backcountry essentials at your favorite supermarket and local health food store, although some specialty items can be hard to track down. I've offered suggestions on where you can get these through mail-order.

If you're the overly fastidious sort, you might consider keeping an inventory list that shows when you're running low on any one item. When you're scraping the bottom of the barrel, you add the items to your household shopping list and scratch them off as you make your usual rounds. Or you place an order with a specialty food company through the mail. Last-minute shopping becomes a thing of the past.

A note about storage. I keep backcountry-only ingredients in a large pretzel tin and stow it in a cool, dry area. If you have shelf space to spare, then reserve room for your camping food supplies. I also store powdered eggs, powdered dairy products, dried or freeze-dried meats or seafood, and anything with a high fat content in a bag in the refrigerator or freezer.

**1. Quick oats.** Make your own no-cook oatmeal by running 1-minute (a.k.a. "quick") oats briefly through a food processor. You want them to be the consistency of the instant oats you find in store-bought packets of instant oatmeal. Team them up with powdered milk, fruit, and brown sugar or other sweetener. On the trail, pour the oatmeal mix (3/4 cup feeds one hungry hiker) into a mug, add boiling water, stir, and let stand.

**2. Powdered milk.** No breakfast cereal is complete without it. Powdered milk supplies calcium, protein, and flavor. The instant, nonfat variety is easy to use, it doesn't lump, and it stores for a long time.

**3. Coffee, tea, And hot choco-late.** Would you be able to start or finish the day without them?

**4. Quick-cooking hash browns.** At the grocery store, look for hash browns that rehydrate with boiling water. If the store doesn't stock them, you might buy a package of instant latkes and use the dried potatoes. Hash browns are the foundation of a sticks-to-your ribs breakfast.

**5. Dried fruit.** Branch out from plain old raisins and prunes to exotic mango, papaya, pineapple, cranberries, and other dried fruit. They taste great in cereals, curries, and desserts. Dried cherries with chocolate pudding is a favorite of mine.

**6. Powdered eggs.** For breakfast on the first day, go ahead and use EggBeaters or a similar egg white product. After that you'll want powdered eggs, which can be doctored quite nicely. Some outdoors stores stock powdered eggs, as do mail order companies AlpineAire and The Baker's Catalogue.

**7. Bagels and tortillas.** Keep a supply of these ready to go in the freezer, or pick up fresh ones on the way out of town. Bagels and tortillas are the backbone of any trail lunch and a good source of complex carbohydrates, which replenish your store of glycogen.

**8. Quick-cooking grains.** For fast dinners you'll want a supply of instant rice, couscous, and small-grained bulgur to choose from. Freeze-dried wild rice is available through AlpineAire.

**9. Chinese or instant Ramen noodles.** These are precooked and dried, so they're ready in a flash, which saves stove fuel. They are good with vegetables and soup mixes. Many supermarkets stock these in the international foods aisle.

**10. Pasta.** Small shells and elbows are easier to drain and eat than are long strands of spaghetti. No-cook pasta is available through AlpineAire.

**11. Instant mashed potatoes.** Allows you to make shepherd's pie, potato pancakes, and a quick, hot lunch on soggy, cold days.

**12. No-cook refried beans.** A real boon for Mexican meals. Just add boiling water and-Presto!-you have seasoned refries for burritos. Look in the international foods or instant soup section of your supermarket. Black bean powder can be substituted if they're not available.

**13. Lentils.** Place in a screw-top bottle with water at the start of the day, and come dinner time the lentils will cook up in about 5 minutes (1/2 cup dried lentils + 1 cup water = 1 cup of ready-to-eat lentils). Use in stews, burritos, curries, and other dishes.

**14. Dried vegetables.** Carrots, cabbage, bell peppers, mushrooms, onions, and tomatoes enhance dinners and create the impression you're eating "real food" rather than trail food. Beware of veggie mixes that contain dehydrated peas, corn, chunks of carrots, and squares of potatoes, all of which may take more than 30 minutes to rehydrate. Health food stores and supermarkets have some dried veggies. Order carrots, cabbage, bell peppers, mushrooms, onions, and tomatoes through AlpineAire. For tomato flakes and dried tomatoes, check out The Baker's Catalogue. Just Tomatoes, Etc. and Backpacker's Pantry sell several mixtures of freeze-dried and dehydrated vegetables.

**15. Freeze-dried corn and peas.** So good-tasting, these gems are worth making the effort to order through the mail (AlpineAire).

**16. Canned turkey, chicken, shrimp, and tuna.** Because of their weight, these meats should be used sparingly, but a little goes a long way toward adding heft and flavor to dinners. Freeze-dried meat and seafood is much lighter than canned, and makes a viable alternative on extended trips, but high cost can be a deterrent. Shop for freeze-dried meat and seafood at your local outdoor store or through AlpineAire or Backpacker's Pantry.

**17. Dried ground beef.** The only way to stock up on this light, extremely versatile ingredient is to make it yourself. Buy extra-lean ground beef, and crumble into very small pieces as you cook it, being careful not to leave any rare meat. Dry the cooked meat in a dehydrator or oven at 130° to 140°F. If you use an oven, leave the door open an inch or two to circulate the air. Dry two to four hours, or until ground beef is dry and hard to the touch. Store in a plastic bag in the refrigerator or freezer.

**18. No-cook soups.** Supermarket shelves brim with delectable offerings that require only adding boiling water, but watch out for astronomical sodium levels. These soups are great as an appetizer and help you rehydrate. Combine a quick-cooking grain and extra seasoning for a simple dinner.

**19. Nuts.** Peanuts, cashews, almonds, and other nuts add flavor, texture, and lots of calories (in the form of fat) to trail meals. Toasting nuts in an oven set at 350°F for 10 minutes enriches their flavor.

**20. Cheese.** Cheese is loaded with calories, and it gives your taste buds a soothing sensation that carbo-rich foods can't come close to. Parmesan keeps well under trail conditions, as does mozzarella. Plastic-wrapped mozzarella "strings" in single-portion servings must have been designed with backpackers in mind.

**21. Powdered dairy products.** It's incredible what you can find in convenient powdered form, like cheddar cheese, blue cheese, butter, and sour cream. Use these as flavor enhancers to make a mundane meal marvelous. Powdered cheddar (order through AlpineAire or The Baker's Catalogue) goes with almost anything. Blue cheese powder (The Baker's Catalogue) makes pasta or a rehydrated vegetable salad special. Butter powder (The Baker's Catalogue) adds smoothness to grits, cereal, and dinners. I recommend pure butter powder over butter-flavored sprinkles like Butter Buds or Molly McButter, which are available in the baking goods section of most supermarkets. Powdered sour cream (AlpineAire and The Baker's Catalogue) makes a mean beef stroganoff.

**22. Exotic fruit powder.** Use coconut cream powder in Asian dinners, backwoods smoothies, and desserts for intense flavor and lots of additional calories. You'll find coconut cream powder in Asian markets. Coconut powder can be ordered through The Baker's Catalogue. Pure orange powder, also available through The Baker's Catalogue, weaves a distinct flavor into cereals, smoothies, and desserts.

**23. Single-serving condiments.** Praise the fast-food giants for neatly packaging trail-size portions of catsup, mustard, sweet and sour sauce, mayonnaise, lemon juice, relish, salsa, soy sauce, and honey. Get your supply from leftover fast-food meals or negotiate with the folks behind the counter.

**24. Seasonings.** Spices, herbs, and herb blends are obvious choices, but I pack along hot sauce, wasabi (powdered horseradish), bouillon, and good old salt and pepper, too.

**25. Comfort food.** Treat yourself to whatever you really love-chocolate, miso, tapioca pudding, salmon jerky, graham crackers. Buy quality products and don't skimp on portions.

**Resources**

**AlpineAire Foods**, P.O. Box 926, Nevada City, CA 95959; ; http://www.alpineairefoods.com.

**Backpacker's Pantry**, 6350 Gunpark Dr., Boulder, CO 80301; (800) 641-0500.

**Just Tomatoes**, Etc., Box 807, Westley, CA 95387; (800) 537-1985.

**The Baker's Catalogue**, P.O. Box 876, Norwich, VT 05055-0876; (800) 827-6836; http://www.kingarthurflour.com.

**Recipes**

**Dinner Entree**

**Beef Stroganoff**

**Recipe Ingredients**

* 3 Tablespoons powdered sour cream
* 1 Pinch nutmeg
* 6 Tablespoons dried ground beef
* 6 Tablespoons thinly sliced dried mushrooms
* 1/2 Teaspoon dried chopped onion
* 1 1/3 Cups Chinese noodles

**Serves: 2**

If you don't have sour cream powder on hand, a packet of cream cheese saved from your last trip to the bagel store makes a fine substitute.

**At Home:** Place sour cream powder and nutmeg in their own bag. Remaining ingredients go in a separate zipper-lock bag.

**On the Trail:** Place beef mixture in an insulated bowl or pot and add 21/4 cups boiling water. Cover and let stand 10 minutes. Drain off (and drink, if you like) the broth. Add nutmeg and sour cream powder and mix well.

**Breakfast Entree**

**Breakfast Burrito**

**Recipe Ingredients**

* 2 Cups dried hash browns
* 2 Tablespoons dried onion
* 1 Tablespoon dried tomatoes
* 1 Tablespoon dried red and green peppers
* 1 Tablespoon dried mushrooms
* 9 Tablespoons egg (powdered)
* 2 Tablespoons powdered cheddar cheese
* 2 Tablespoons oil
* 5 flour tortilla

**Serves: 2**

**At Home:** Package hash browns and veggies in the same bag. Eggs and cheese go together in a bag.

**On the Trail:** Place dried hash browns and veggies in a pot or bowl, cover with boiling water, and let stand 5 to 8 minutes. Drain any excess water, using the liquid to reconstitute the eggs. Heat the oil in a frying pan and add the potatoes and veggies. Cook undisturbed for 3 to 7 minutes until brown and crispy (a nonstick pan is a godsend on this duty). Turn with a spatula and fry the other side for about a minute. Pour egg mixture right in with the potatoes and cook until the eggs set. Warm the tortillas and wrap around about 1/2 cup of the hash brown/egg. Serve with salsa, ketchup, or hot sauce.

**Dinner Entree**
**Lunch Entree**

**Cashew Chicken Wrap**

**Recipe Ingredients**

* 3/4 Cup dried cabbage
* 3/4 Cup thinly sliced dried mushrooms
* 1/4 Cup dried pineapple without sugar added
* 2 Tablespoons dried onion
* 2 Tablespoons flaked coconut without added sugar
* 8 tortillas
* 1 1/2 Cups toasted chopped cashews
* 10 Ounces canned chicken

**Serves: 2**

If you can't find unsweetened dried pineapple and coconut in your supermarket, try the health food store. You can substitute 11/2 teaspoons coconut cream powder for coconut flakes, but package it with the cashews rather than with the fruits and vegetables.

**At Home:** Package veggies and fruit in a zipper-lock bag.

**On the Trail:** Pour fruit/vegetable mix into an insulated bowl or pot and add 11/2 cups boiling water. Stir well, cover, and let stand 10 minutes. Meanwhile, briefly heat tortillas in frying pan or pot lid. When the filling has rehydrated, drain excess water. Add cashews, chicken, and salt to taste. Spoon 1/2 cup of filling onto each tortilla, turn in the ends, then roll.

**Breakfast Entree**

**Cranberry-Orange Cereal**

**Recipe Ingredients**

* 3/4 Cup bulgur
* 6 Tablespoons dried cranberries
* 3 Tablespoons orange powder
* 4 Tablespoons toasted chopped walnuts

**Serves: 2**

This cereal is a not-too-sweet change of pace from oatmeal that requires no fuel to make. You can substitute orange-flavored breakfast drink for pure orange powder, but it doesn't taste the same.

**At Home:** Place all ingredients except nuts in a zipper-lock plastic bag.

**On the Trail:** Add 11/2 cups cold water to the bag and let stand overnight. In the morning, add walnuts.

**Drink**

**Hot Ginger-Coconut Smoothie**

**Recipe Ingredients**

* 1/4 Cup powdered milk
* 1 Tablespoon coconut cream powder
* 1 Teaspoon sugar
* 1/2 Teaspoon ground ginger

**Serves: 1**

This hot drink is delicious as a pick-me-up when you first reach camp. Or, savor it as a yummy dessert. The powdered coconut provides fat calories and keeps your taste buds happy. If you are a real sugar hound, add more to taste.

**At Home:** Combine and bag ingredients.

**On the Trail:** Place dry mixture in an insulated cup and add 1 cup boiling water. Stir well.

**Dinner Entree**

**International Couscous**

**Recipe Ingredients**

* 3/4 Cup couscous
* 4 Teaspoons dried cranberries
* 4 Teaspoons raisins
* 4 Teaspoons thinly sliced dried carrots
* 4 Teaspoons dried onion
* 3 Teaspoons chicken bouillon powder
* 3 Teaspoons chili powder
* 1 Teaspoon garlic powder
* 1/4 Teaspoon brown sugar
* 1/2 Teaspoon butter powder
* 3 Tablespoons toasted sliced almonds

**Serves: 2**

This quick recipe produces a lively and unusual dinner.

**At Home:** Package all ingredients except almonds in a zipper-lock plastic bag.

**On the Trail:** Place the couscous mixture in a pot or bowl and add 11/4 cups of boiling water. Mix well, cover, and let stand 10 minutes (insulate from the cold ground with a fleece jacket). Before serving, add almonds and, if you like, a dash of hot sauce.

**Desert**

**Some More S'Mores**

**Recipe Ingredients**

* 1 Cup graham cracker crumbs
* 1/2 Cup chocolate chips
* 1/2 Cup toasted chopped walnuts

**Serves: 2**

This dessert packs all of the taste of s'mores, and then some, without the mess.

**At Home:** Combine ingredients in a small oven roasting bag.

**On the Trail:** Drop the sealed bag in hot water until the chocolate melts. Remove from water and spoon contents into bowls.

**Camping In A Fridge**

**That's essentially what the outdoors is, so use those cold temps to carry tasty foods that wouldn't stand a chance in summer.**

*By* *Paul Cleveland**, February 2000*

The luster of the waxing moon illuminated our winter playground like a baseball diamond under the lights. Dinner, which had been in the works since we pitched camp, could wait while we had fun. We poured the hot chocolate into a Thermos, wrapped the pot of cooked rice in fleece and stuffed it into a sleeping bag to stay warm, then grabbed our skis. As we showed off our best telemark turns, the main course defrosted in my pocket.

We returned to camp exhilarated and downright starving. Sips of the still-steaming hot chocolate melted the ice off my handlebar mustache while I finished making dinner. From the "oven"-my coat pocket-came a beautiful chunk of sushi-grade ahi tuna. I sliced it quickly and whipped up sushi rolls and instant hot-and-sour soup. A sushi bar in the middle of Washington's Mt. Baker Wilderness-who'd have thought?

That's what I love about winter camping. You can eat food, lots of food, that would spoil in summer. Think about it: You're hiking in a big freezer, so take advantage of it. Pack in zesty ground beef to spice up bean burritos. Breakfast comes complete with sausage links. You can even carry along a smoked turkey breast, instant stuffing, and gravy that tastes as good as Thanksgiving dinner.

Actually, you need this variety so you'll consume enough calories to power you through days of carrying a heavy pack in cold conditions. Here are some menu suggestions.

**Breakfast:** Egg Beaters (found in the refrigerated section of the grocery store) are ideal for snowshoeing trips. They're packaged in a milk-carton-like container (no broken shells to mess with) and, if they freeze on the trail, defrost quickly when you dunk the whole container in boiling water for a few minutes. Fry the eggs in a pan with chopped sausage links, rehydrated peppers, and sun-dried tomatoes, then top with a specialty cheese like gorgonzola. Add a side of bacon and hash browns (check your grocer's freezer section for all sorts of options).

A quick start option: At home, make a sandwich of Nutella, a delicious hazelnut-cocoa spread found near the peanut butter in the grocery store, spread between two shortbread cookies. Each chocolate sandwich packs about 170 calories. Three or four with morning coffee is an excellent start.

**Morning snacks:** Keep crackers, dried fruit, gorp, or other finger food in a handy location. Suck on hard candies, made with sugar rather than artificial sweetener, when you want a quick pick-me-up.

**Lunch:** When midday rolls around, a warm meal will ward off chills and motivate you through an afternoon of breaking trail. The quick option: Make instant soup while eating breakfast and put it in a Thermos (to save pack space, bring a small Thermos instead of an insulated cup) for lunch. Put dehydrated hash browns and warm water in a plastic bag and stick it inside your cook kit. The potatoes will rehydrate during your morning hike. At lunch, fry up the hash browns in a nonstick pan, top with cheese and salsa or hot sauce, and serve with the soup.

**Afternoon snacks:** More dried fruit, granola bars, and jerky. If you're a fan of energy bars, do a "freezer test" at home first and avoid those that get rock hard in cold weather.

**Dinner:** Once you're in camp and have changed into warm, dry clothes, start with an appetizer. Hot drinks, soup, and snacks like gorp or dried fruit maintain the warmth you generated while hiking and bring on a second wind you'll need for the long evening of stove tending. Salty snacks like cheese and crackers, sardines, jerky, or jazzed up popcorn (see Moveable Feast, December 1999) replace electrolytes (salt, potassium, magnesium) and stimulate thirst.

End the day with the same carbo-packed dinner entrßes you love in summer: pasta, rice, dehydrated potatoes, grains, and bagels. Your frozen environment lets you add some life to these old favorites in the way of meats and poultry (steak, boneless chicken, or turkey breast), seafood (frozen tuna, salmon, shrimp, or scallops), and softer cheeses (goat cheese and mozzarella). It'll all stay cold until you cook it. The freezer section of your grocery store has limitless ideas. If you really hate to cook and don't mind the extra weight, consider packing frozen prepared meals such as Create-a-Meal! from Green Giant and Chicken Viola from Birds Eye.

Bring fresh garlic and a well-stocked spice kit-the spicier the better. Red pepper and salsa picante hot sauce warm you from the inside. Keep the recipes simple so there's less chopping, which means less exposure of tender fingers to the cold.

End the meal in style with everyone's favorite, cheesecake. Today's no-bake versions are a divine treat and a welcome boost in the dead of winter.

**Midnight snack:** Winter is the time to have a nightcap. Drink hot tea or coffee and munch on a chocolate bar with nuts right before bed. Make hot herbal tea in your water bottle, tighten the lid, and stash it inside your sleeping bag for a dual purpose-to keep you warm and to keep the water bottle from freezing. The warm bottle will keep you warm on the outside, and you can sip its contents to warm your insides. Snack throughout the night, too, if you get cold or hungry.

**By The Numbers**

This all-day smorgasbord should add up to 2 pounds of food per person per day and 5,000 calories. Don't go overboard with too many fancy backcountry dishes or you'll feel like you're carrying the refrigerator on your back. Find a balance by mixing a few luxury dinners with traditional backpacking fare. On weekend getaways, basecamping trips, or when you're hauling gear on a sled (see Gear Works, December 1998), bring a precooked steak or chicken, seafood, a frozen carrot cake or cream pie, and maybe even a bottle of wine.

Also, remember you're going to use up another type of fuel-the kind you cook with. Water is essential for the body and hard to come by during the frozen season, so melting snow is top priority (see Know-How, December 1999). Bring at least 2 quarts of white gas for a weeklong, two-person trip where you'll be melting snow and having a hot lunch or two. White gas stoves are best for cold conditions, since compressed gas doesn't vaporize as well at low temperatures, and you have to warm the canister with body heat before starting to cook. Take along an extra stove so one stove can melt snow for tomorrow's drinking water while the other cooks dinner. Plus you won't be out of luck if one seizes up in the freeze.

**Recipes**

**Breakfast Entree**

**Blazin' Breakfast Burritos**

**Recipe Ingredients**

* 1 chorizo (Mexican sausage)
* 1 Ounce-package Lipton garlic noodles
* 1 egg beaters
* 1/2 Cup freeze-dried peas
* 4 tortillas
* 10 Ounces chicken

**Serves: 2**

Slice and cook the sausage, then remove it from the pan. Pour Egg Beaters into the pan and cook until they're no longer runny. Spoon eggs and sausage into tortillas and eat.

**Dinner Entree**

**Garlic Chicken Supreme**

**Serves: 2**

Cook the noodles according to the package directions. As the noodles are cooking, rehydrate the peas. Once the noodles are done, add the peas and chicken and cook for 1 more minute until heated through.

**Lunch Entree**

**Kanpai Salad**

**Recipe Ingredients**

* 1/2 Pound raw ahi tuna
* 1 1/2 Tablespoons soy sauce
* 1/2 Teaspoon wasabi
* 1/2 Teaspoon sesame seeds
* 1 nori
* 1 Ounce-package instant rice, cooked
* 1 1/2 Tablespoons pickled ginger

**Serves: 2**

Mix the tuna, soy sauce, wasabi, sesame seeds, and nori squares together. Be conservative with the wasabi until you taste the mixture. Wasabi is very hot horseradish paste and you can always add more later. Serve over rice, and add pickled ginger on the side for an authentic twist.

**Dinner Entree**

**Spicy Stir-Fry**

**Recipe Ingredients**

* 1 green peppers, chopped
* 1/2 Teaspoon hot pepper flakes
* 1 1/2 Teaspoons onion flakes
* 1/2 Cup dried carrots
* 1 1/2 Teaspoons garlic powder
* 2 Tablespoons vegetable or olive oil
* 3 Tablespoons soy sauce
* 1 Teaspoon Thai spice
* 1/2 Tablespoon powdered ginger
* 1/2 Pound raw tofu, diced

**Serves: 2 or 3**

Rehydrate dried ingredients. Cook the pepper, hot pepper flakes, onion, carrot, and garlic with oil and soy sauce. Add the Thai spice, ginger, and tofu, cooking until the tofu is lightly browned. Serve with rice or yakisobba noodles.

**Old-Time Vittles**

**Tired of freeze-dried? How about some hardtrack and corn dodgers for a tasty change of pace.**

*By* *Buck Tilton**, BACKPACKER Contributing Editor, September 2000*

The one time I went backpacking with my friend Chris, I found out what it's like to go the "all-natural way," as he calls it. He wears wool, sleeps on a sheepskin after wrapping himself in a wool blanket, and cooks in a black iron pot on open flames. "All natural," I found out, also applies to his cotton food bag with rawhide drawstring: the contents include cornmeal and flour, beans and dried meat, maybe a few raisins. Chris likes to experience the backcountry much like the grisly mountain men did in the early 1800s. In those days of yore, there was a lot of truly wild and rugged land to wander through, and wilderness adventures lasted for many months, even years. The original outdoorsmen saw food as fuel, rather than as an epicurean delight. Not that the first "backpackers"--the ranks included Native Americans, explorers, soldiers, pioneers, cowboys, as well as trappers--despised a tasty meal. Just the opposite, I reckon. Those who spent most of their days outdoors learned to whip up a culinary delight or two from some seriously basic foodstuffs, like dried beans and meat (satisfied the protein needs), plus flour, various forms of oats and grains, and cornmeal. Dried fruit, sugar, pepper, salt, and fat straight from the carcass of a fresh kill also figured into the daily menu, and all in all, these travelers managed to maintain a balanced, albeit predictable, diet that kept them relatively healthy.

Since that excursion with Chris, I've been intrigued by the prospect of making dinner from similarly slim pickins and have experimented with recipes gleaned from the pages of history. The resulting foods offer interesting variations on the traditional trail diet, not to mention edibles that'll outlast your favorite pair of boots.

**Recipes**

**Snack**

**Corn Dodgers**

**Recipe Ingredients**

* 2 Cups cornmeal
* 1/2 Teaspoon salt
* 2 Teaspoons baking powder
* 2 Tablespoons butter
* 2/3 Cup reconstituted milk
* 2/3 oil

**Serves: 8**

Cornmeal packed small and light, making it the favored way for pioneers to lug the yellow grain cross-country. Johnnycakes, or hoecakes, were baked yummies of cornmeal mixed with a dollop of bear grease or lard. My personal favorites, corn dodgers, are easy to make on the trail and were eaten by many a U.S. infantry man.

**At Home:** Combine the dry ingredients in a zipper-lock bag.

**In Camp:** Soften the butter and stir into dry mixture. Add milk. Form into "dodgers," flat, thin patties or tiny bullet-shaped loaves. Fry in a pan of hot oil until both sides are brown. Yield: 20 2-inch dodgers.

**Lunch Side Dish**

**Corn Dodgers (Old Way)**

**Recipe Ingredients**

* 2 Cups cornmeal
* 2/3 Teaspoon salt
* 2 Tablespoons bacon drippings
* 2/3 Cup milk

**Serves: 8**

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**Dinner Side Dish**

**Cowboy Beans**

**Recipe Ingredients**

* 1 1/2 Cups dried pinto beans
* 1/2 Tablespoon seasoned salt
* 1/2 Teaspoon lemon pepper
* 1/2 Teaspoon onion powder
* 1 Tablespoon Worcestershire sauce
* 1 Dash hot sauce
* 3 Cups water

**Serves: 6**

Head 'em up, move 'em out, git along little dogie. The great cattle-drive era of the West lasted only about 20 years or so in reality, and another 50 (so far) on TV and in movies. The cattlemen's menu was dominated by beef, bread, and beans, which explains the blaze on many a saddle.

**At Home:** Place the beans, seasoned salt, lemon pepper, and onion powder in a zipper-lock bag.

**In Camp:** Place bean mixture, Worcestershire and pepper sauces, and water in a pot and bring to a boil. Simmer about 5 minutes.

**Dinner Side Dish**

**Cowboy Beans (Old Way)**

**Recipe Ingredients**

* 2 Pounds pinto beans
* 2 Pounds salt pork
* 2 onions, finely chopped
* 4 Tablespoons sugar
* 2 green chiles, chopped (optional)
* 2 tomato

**Serves: 6**

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**Snack**

**Hardtack**

**Recipe Ingredients**

* 1 1/2 Cups milk
* 4 Cups flour
* 4 Tablespoons butter
* 3 Teaspoons brown sugar
* 1 1/2 Teaspoons salt

**Serves: 12**

It was hard and it was hardy. Union soldiers supposedly marched toward the South in 1861 with hardtack leftover from the War of 1812. These crackers, wrote one Civil War correspondent, were "hard as bricks and indestructibly unappetizing." The newer version is surprisingly good, but still hard as a brick.

**At Home:** Mix the ingredients into a dough and roll out to a thickness of about 1/2 inch. Cut into squares. Prick the squares with a fork or knife. Place them on a lightly greased baking pan and bake at 400 degrees F for 20 to 30 minutes, until golden brown. Yield: 24 2 x 2-inch bars.

**Dinner Side Dish**

**Hardtack (Old Way)**

**Recipe Ingredients**

* 6 parts flour
* 1 part water

**Serves: 12**

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**Snack**

**Hudson Bay Bread**

**Recipe Ingredients**

* 1 Cup butter, softened
* 1 Cup of sugar
* 3 Tablespoons light corn syrup
* 3 Tablespoons of honey
* 1/2 Teaspoon vanilla
* 9 1/2 Cups finely ground rolled oats
* 1/2 Cup sliced almonds

**Serves: 6**

This was a European staple before workers of the Hudson Bay Company packed it along on beaver-trapping excursions into what is now the American West. No light snack, this early energy bar reportedly stoked the metabolic fires of Sir Edmund Hillary as he ascended Everest.

**At Home:** Click on an item to delete it At Home - Cream together the butter, sugar, syrup, honey, and vanilla. Grind the oats using a food processor or coffee grinder, then slowly stir in the almonds and oats. Press it all into a 13 x 9-inch pan. Bake at 325°F for 15 to 20 minutes. Don't overcook; it crumbles. As soon as you remove it from the oven, press the mix firmly with a spatula. Cut into squares and let cool in the pan.

**Dinner Side Dish**

**Hudson Bay Bread (Old Way)**

**Recipe Ingredients**

* 3 Cups butter
* 4 Cups sugar
* 1/2 Cup maple syrup
* 1/2 Cup honey
* 19 Cups finely ground rolled oats

**Serves: 6**

This was a European staple before workers of the Hudson Bay Company packed it along on beaver-trapping excursions into what is now the American West. No light snack, this early energy bar reportedly stoked the metabolic fires of Sir Edmund Hillary as he ascended Everest.

**Afternoon Snack**

**Jerky**

**Recipe Ingredients**

* 2 Pounds lean meat
* 1/2 Cup Worcestershire sauce
* 1/2 Cup soy sauce
* 1 Teaspoon each crushed garlic, red pepper, black pepper, salt

**Serves: 6**

No one knows exactly when it was discovered that you can dry meat and store it for later consumption but for centuries, the recipe has remained unchanged: Slice up the meat and hang it until all the water evaporates.

**At Home:** Partially freeze the meat so it's easier to slice into strips no more than 1/2-inch thick. Trim away fat. Mix the Worcestershire and soy sauces with the garlic in a dish. Rub the meat with a little salt and pepper and place it in the marinade. Refrigerate the marinating meat for at least 24 hours. Pat the meat dry and place it in a dehydrator or oven for 7 to 8 hours, until it's dry yet pliable. For oven drying, evenly space the meat on the rack and spread foil beneath it to catch the drips. Set the oven to 150°F, and leave the oven door open slightly for better circulation.

**Calories:** 57
**Carbohydrates:** 1.1
**Cholesterol:** 15
**Fat:** 3
**Protein:** 5.9
**Saturated Fat:** 1.2
**Sodium:** 381

**\* High Protein**

**Lunch Side Dish**

**Jerky (Old Way)**

**Recipe Ingredients**

* 2 Pounds elk, deer, or other game
* 2 Tablespoons salt
* 2 Teaspoons each red pepper, black pepper, crushed garlic
* 1 Cups water

**Serves: 6**

No one knows exactly when it was discovered that you can dry meat and store it for later consumption but for centuries, the recipe has remained unchanged: Slice up the meat and hang it until all the water evaporates.

**A Dandy Way To Stop Weeds**

**This vegetarian burger recipe will suit your palate and clean-up the environment.**

*By* *Susan Newquist**, BACKPACKER Associate Editor, August 14, 2000*

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| --- |
| **Dandelion** |

Whether at home or in the backcountry, there’s one weed everyone can recognize from 40 paces: dandelion. Land mangers across the country are trying to stem this little yellow monster that spreads like wildfire, due in part because it’s so darn cute. You just can’t help but pick the wiry white heads that look like a perm gone bad and blow the puffy parachute seeds.

One Pennsylvania man may have found a way to slow down the yellow scourge in the backcountry, one flower at a time. Frank Cetera, of Slippery Rock, makes dandelion burgers on his backpacking trips.

Admittedly, he isn’t trying to clean up the environment. "I saw it as using a wild resource common to everyone’s environment," says the 28-year-old Cetera. "I like to try new and different things and I like to cook." He saw the dandelion burger recipe in a newsletter and adapted it to backpacking by using lightweight ingredients. The recipe calls for a cup of dandelion blossoms. No blossoms, no seeds, no weeds.

While dandelion burgers may not be the entire answer to the noxious weed problem organizations like Student Conservation Association, The Nature Conservancy, and the Bureau of Land Management are trying to fight, it does answer the grumbling in your stomach.

While Cetera has never served his culinary delight to friends for which he often organizes backpacking trips, the burgers did take top prize in a cooking contest. The nutritionally sound recipes receive first place last National Trails Day at a backcountry cooking event sponsored by the Pennsylvania chapter of the North Country Trail Association. All the more fitting, since the 28-year-old frequents southwestern Pennsylvania’s trails and names the Laurel Highlands among his favorites.

So next time you’re in dandelion country, think about chewing down on weeds and whip up a dandelion burger:

**Dandy Burgers:**
1/2 teaspoon salt
1/3 cup wheat flour
1/8 teaspoon pepper
1/2 teaspoon garlic powder
1/4 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 cup wheat germ
1/4 cup powdered milk
1 1/2 tablespoons powdered egg or 1 fresh egg
1 cup fresh-picked dandelion blossoms
1/4 cup chopped fresh onion
1/4 cup chopped fresh green onion

*At home:* Combine dry ingredients in a zipper lock plastic bag. In camp: Add onions, dandelion blossoms and egg, if using fresh to the zipper lock bag. Kneed well, into a stiff batter. Using clean hands, shape into patties and fry on each side. Yield: 4 patties.

Calories: 110
Carbohydrates: 16 g
Protein: 6 g
Fat: 2 g
Cholesterol: 54 mg

**The Chameleon Grain**

**Rice takes on the flavor of whatever you add to it, so no wonder it's such a tasty, versatile trail food.**

*By* *Liz Rusch**, August 2000*

Munch on this mindbender: What backpacking food is red and spicy, creamy and cheesy, and even sweet, crunchy, and fruity? Give up? Rice, of course, that amazing chameleonlike grain that adopts the flavor and consistency of whatever tumbles with it in the pot. Simply add some grated tomato powder and red pepper one day, cheese the next day, and brown sugar and dried berries on day three and you have enough variety to keep your taste buds blissfully happy.

"Rice is versatile enough to be a staple food for Asians, Hispanics, and Africans all around the world-a full two-thirds of the world's people," says Amy Maxwell, of the USA Rice Federation, an industry association located in Houston. Plus, it's lightweight, durable, and nutritious-all qualities enticing to any backcountry traveler.

**Small Grain, Big Nutrition**
The tiny grains have all the good nutritional stuff you need out on the trail: complex carbohydrates, essential amino acids, thiamin, riboflavin, niacin, phosphorus, iron, potassium...the list goes on. But there's none of the bad stuff; rice is not only cholesterol-free and sodium-free, but it has only trace amounts of fat. It's also nonallergenic and gluten-free. Most important is that it's easy on the digestive system-so you can keep your dinner down at high altitude-and wallet, costing only about $.05 per serving.

Botanists have identified more than 40,000 varieties of this healthy grain. Backpackers need concern themselves only with one easy-to-find, fast-cooking type of rice: instant, which is actually precooked rice that has been dehydrated (see "The Instant Rice Taste Test" on page 41). The dried granules revive in boiling water within 10 minutes. To save fuel, you can rehydrate instant rice by soaking it in tepid water for about 30 minutes.

"Instant rice is almost as nutritious as raw rice," says the Rice Federation's Maxwell. "Brown rice provides slightly more fiber, vitamin E, phosphorus, and calcium, but enriched white rice packs more thiamin and iron."

If you'd rather go fresh-off-the-stalk, reach for varieties that cook in 25 minutes or less: long-, medium-, and short-grain white rice, jasmine, or basmati. Long- and medium-grain rice cook up light and fluffy, while short-grain rice comes out stickier and clumps together. Jasmine and basmati are considered aromatic rices, so named for their roasted nutty or popcorn smell and taste.

Other varieties, such as brown, sweet, black japonica, Arborio, and Wehani or red rice, are tasty but take 40 minutes or more to cook, so leave them for the dinner table at home. Wild rice, which is technically not a rice but an aquatic grass, also takes ages to cook.

Your local grocer probably stocks several brands of flavored rice, or what I call "rices with spices." Offerings vary from herb-and-butter to mushroom-and-chicken to Spanish rice and fried rice. The taste varies widely, from downright bland to subtle and creamy, to harshly salty. Most have reasonable cooking times of 15 to 25 minutes, but check the directions on the packages before tucking any into your pack. Some require milk, butter, or oil, so be prepared with your backpacker-ready substitutes. Also read the nutrition information. The sodium content of many flavored varieties is 30 to 40 percent of the recommend daily allowance. Plus some creamy versions have considerable saturated fat.

To better tailor the dish to your taste and to control the nutrition, add a pinch of this or that to plain instant rice. For example:

* Your favorite instant soup cooked with rice makes a tasty side dish.
* For an easy, cheesy rice, add Butter Buds and grated parmesan cheese to hot, cooked rice.
* Try rehydrated peas and chopped mint for a green rice.
* The juice or zest of a lemon or orange, along with a dash of olive oil, makes for a tangy, fruity rice.
* Cinnamon, sugar, and coconut flakes turn leftover rice into a satisfying dessert or next day's breakfast, if kept cool overnight.

**Recipes**

**Breakfast Side Dish**

**Fruity Breakfast Porridge**

**Recipe Ingredients**

* 1/2 Cup powdered milk
* 1/4 Teaspoon cinnamon
* 1/4 Teaspoon nutmeg
* 1/2 Cup chopped walnuts
* 2 Cups cooked brown rice
* 1/4 Cup brown sugar
* 1/4 Cup raisins
* 1/4 Cup dried berries
* 1 Cup water

**Serves: 4**

Make a meal with brown rice the night before and save 2 cups for this super oatmeal substitute.

**At Home:** Combine the milk, nuts, cinnamon, and nutmeg in a zipper-lock plastic bag.

**In Camp:** Combine all dry ingredients in a pot with ½ cup water and rice and cook over low heat for 8 to 12 minutes, stirring frequently. As the porridge simmers, add water until it reaches your desired consistency.

**Dinner Side Dish**

**Greek Spinach Pilaf**

**Recipe Ingredients**

* 2 Cups uncooked long-grain instant rice
* 2 Tablespoons dried mint
* 2 Tablespoons dried oregano
* 1 Tablespoon dried thyme
* 1 Pinch salt
* 1 Pinch pepper
* 6 Ounces fresh baby spinach
* 2 Tablespoons dried onion
* 2 Tablespoons olive oil
* 2 Tablespoons tomato powder
* 2 Cups water
* 4 Ounces feta cheese, crumbled

**Serves: 2**

Make this on day one or two of your trip.

**At Home:** Combine the rice with mint, oregano, thyme, salt, and pepper in a zipper-lock plastic bag. If the spinach is not prewashed, wash and dry it thoroughly and repack in a large zipper-lock plastic bag. Leave air inside.

**In Camp:** Sauté onion in olive oil for 2 minutes. Mix tomato powder with ½ cup water and add to pot. Stir in spinach and simmer, covered, for 2 to 3 minutes, until wilted. Stir in the rice bag and remaining water, and bring to a boil. Cover and cook for 5 minutes. Let stand for 5 minutes. Sprinkle feta cheese over the rice before serving.

**Dinner Side Dish**

**Nutty Rice**

**Recipe Ingredients**

* 5 Cups uncooked instant brown rice
* 1 1/2 Cups sunflower seeds
* 1 1/2 Cups slivered almonds
* 1/4 Cup parsley flakes
* 1/4 Cup chicken bouillon granules
* 6 Cups water

**Serves: 8**

This is also a bulk recipe that can be divided into four equal parts for meals that serve two campers (add to 1 1/2 cups water).

**At Home:** Combine all dry ingredients in a zipper-lock bag.

**In Camp:** Pour the bagged ingredients and water into a pot. Bring to a boil. Stir once or twice. Lower heat to simmer; cover, and cook 5 minutes. Let stand 5 minutes. Fluff with a fork.

**Dinner Side Dish**

**Pesto Walnut Risotto**

**Recipe Ingredients**

* 1 small onion
* 2 Tablespoons olive oil
* 1 1/2 Cups uncooked short-grain white rice, not instant
* 4 Cups water
* 4 chicken bouillon cubes
* 1/2 Ounce-package dried pesto mix
* 1 Cup grated parmesan cheese
* 1/2 Cup chopped walnuts

**Serves: 3**

How can it be practical to make rich, creamy risotto in the backcountry when it takes tons of soup broth and restaurants can't make it in less than 40 minutes? With my tried-and-true tricks, you can have risotto with just 25 to 30 minutes of simmering.

**In Camp:** Chop the onion and sauté it in hot oil over a low flame until it's soft, about 3 minutes. Add the rice and cook another 3 minutes while stirring. Add 1 cup of water and 1 bouillon cube, and simmer about 5 minutes, stirring constantly. Add another cup of water and another bouillon cube, and simmer, stirring constantly for another 5 minutes. Add the last 2 cups of water and two bouillon cubes and simmer another 10 to 15 minutes, or until the liquid is almost completely absorbed. Add the pesto packet, Parmesan cheese, walnuts, and pepper, and stir until smooth and creamy. Serve immediately.

**Dinner Side Dish**

**Red Hot Rice**

**Recipe Ingredients**

* 5 Cups uncooked instant long-grain white rice
* 2 1/2 Ounce-packages tomato soup mix
* 3 Ounce-packages dried vegetables or vegetable flakes
* 1 1/2 Teaspoons ground red pepper
* 1 1/2 Teaspoons ground black pepper
* 6 Cups water

**Serves: 8**

This spicy rice is ideal for big groups or long trips. If you're looking to serve only a few, divide the mixed dry ingredients into four equal parts and pack them in zipper-lock bags. Each bag serves two and requires only 1½ cups water.

**At Home:** Combine all dry ingredients in a zipper-lock bag.

**In Camp:** Pour the bagged ingredients and water into a pot. Bring to a boil. Stir once or twice. Lower heat to simmer; cover, and cook 5 minutes. Let stand 5 minutes. Fluff with a fork.

**Dinner Side Dish**

**Sue's Shiitake and Bean Rice**

**Recipe Ingredients**

* 8 dried shiitake mushrooms
* 4 1/2 Ounce-packages instant mushroom rice
* 1/2 Cup dehydrated black beans
* 1/4 Cup grated cheddar cheese

**Serves: 2**

**In Camp:** Place the mushrooms and rice in a pot and fill the pot with enough water to cover the ingredients. When the water comes to a boil, reduce heat and boil for 5 minutes. Add the beans to the pot, reduce heat slightly, and simmer 5 minutes. Drain off excess water and stir in rice seasoning packet (if there is one) and cheese.

**Pass The Powdered Beans**

**When it comes to punching up a bland menu, there's a whole world of flakes, granules,**

*By* *Dorcas Miller**, July 2000*

I have a friend who, while heading out the door for northern Canada, told me he planned to eat Ramen noodles for dinner-every dinner, for two months. No slight against Ramen noodles, but for 60 days straight? I remember thinking how boring his "menu" was and how it didn't have to be. For example, simply adding half a cup of rehydrated mixed vegetables and a sprinkling of Parmesan cheese to Ramen noodles-or rice or spaghetti-makes a world of difference. All it takes is a quick trip to the local food store or a few minutes with a mail-order catalog to find backpackable ingredients that will add new life to traditional backwoods staples or vary your menu with new entrees.

Granted, these ultralight, good-tasting ingredients can cost more than plain ol' noodles, but anything you can do to keep your palate happy and the nutrients coming is worth the extra expense.

"Some people think nothing of putting money into the best equipment for outdoor adventures," says Jean Spangenberg, product development specialist at Adventure Foods in Whittier, North Carolina. "But when it comes to paying for the necessary fuel to keep their most important piece of equipment (their bodies) going, they balk." A change in attitude is in order, she adds.

If you're a smart shopper, you won't overpay for quality fixings. Read on to find the ingredients you want, then contact the companies and ask for their catalogs. That way, you can comparison shop and get the best price. Be sure to figure in shipping when comparing cost of mail order vs. your local store. You can also save money by buying in bulk, then setting up a food co-op with your backpacking buddies.

Sources for the ingredients are abbreviated and in parentheses.

**Beans and lentils, freeze-dried:** Legumes are a great protein source and add hearty flavor to soups and stews. Dehydrated bean flakes and powdered beans (HFS/S; PFO for organic) are fine for burritos, spreads, and soup thickeners, but if you like to see beans in your bowl, opt for freeze-dried. Options for freeze-dried include kidney, black, pinto, and white beans, plus lentils (AA/AF/BP).

**Butter powder:** Real butter powder (TBC) tastes better than butter-flavored sprinkles (S). Add to hot cereal, pancakes, soups, and stews. Rehydrated butter powder doesn't spread or taste like the real thing on bagels.

**Cheese powder:** Add to eggs and one-pot meals (AA/CAS/S/TBC). Try blue cheese powder in macaroni and cheese for a distinctive taste (TBC).

**Coconut cream powder:** Combine this unique ingredient (AFS) with rice, onion, cilantro, ginger, garlic, and shrimp for a Thai-flavored dinner, or team with fruit and rice for an amazing rice pudding. Powdered coconut (TBC) can be substituted, but because it has less fat, it lacks the same richness.

**Eggs, whole powdered:** Use in place of fresh eggs when baking, or scramble with herbs or salsa for a breakfast with bite (AA/AF/TBC).

**Fruit, dehydrated:** Great as a snack and cooked in pancakes or cobblers. Apples, apricots, bananas, cranberries, dates, figs, mangos, peaches, pineapple, prunes, and raisins are widely available (CC/HFS/JT/M/S; WA sells organic varieties). Also consider sweet or sour cherries and blueberries (CC/JT/M/TBC/WA), bananas, guava, nectarines, and strawberries (WA has some organic items). Add variety with raspberries and persimmons (JT/M), jackfruit, kiwi, passion fruit, and star fruit (M).

**Fruit, freeze-dried:** Cook blueberries and pineapple (AA), peaches and strawberries (AA/BP) in cobblers, pancakes, or hot cereal. They also make a fine snack by themselves.

**Ginger, candied:** Adds zing to gorp (S/TBC/WA; HFS may sell in bulk, which is less expensive).

**Grains, quick-cooking:** Quinoa, quick-cooking barley, and instant rice are readily available (S) as the center of any meal. Add lemon juice, oregano, and dried cranberries to leftovers for a tangy cold lunch. If you're not a white rice fan, try freeze-dried (AA) or dehydrated brown rice (AF) in soups and other one-pot meals. Add veggies, seasoning, and a little meat to wild rice (AA/GWR) for a distinctive and delicious entree.

**Maple syrup granules:** Add water, and presto-maple syrup (above right) to top pancakes or add to bland oatmeal (AF/BP/HF).

**Meat (beef, chicken, and turkey), freeze-dried:** Expensive but extremely lightweight, these add protein to one-pot meals. Throw a handful of chunks in a pot with rice to create stuffing for a burrito (AA/AF/BP/R).

**Meat (chicken, sausage, bacon), dehydrated:** Dehydrated chicken and sausage (CC) require longer rehydration time than freeze-dried meats. Bacon bits (S) are a lightweight way to add meaty flavor to eggs and soups.

**Pasta, quick-cooking:** Just add boiling water and let stand for 10 minutes. It's the fastest pasta around (AA).

**Salsa, dehydrated:** Use on burritos, eggs, and anything else that needs spicing up (HFS/PFO).

**Shortening, powdered:** Expensive but ideal when you don't want to mess with a leaky bottle of oil. Sprinkle into a frying pan-it melts to oil as it heats up-or use in baking, where 1/2 teaspoon of powder equals 1 teaspoon of oil or shortening (HF).

**Shrimp, cooked freeze-dried:** Pricy but so good. Rehydrate in water, and then cook with rice or other grain (AA).

**Sour cream powder:** Stir a teaspoon of powder into hot cereal, pancakes, and biscuits. To make a garnish for Mexican food or one-pot meals, just add water (AA/TBC).

**Tomato powder:** Indispensable for making spaghetti sauce even your Italian aunt would be proud of. Add herbs like basil, oregano, and garlic plus dehydrated veggies like onions, green peppers, and thinly sliced mushrooms to water. Stir in tomato powder and let simmer until the veggies are rehydrated (AA/AF/TBC).

**Tuna, freeze-dried:** Canned tuna is a staple for backpackers, but to go really light, try freeze-dried (AA).

**Vegetables, dehydrated:** Add veggies and seasonings to beef or chicken broth for a warm soup. Try cabbage, carrots, celery, mushrooms, onions, sweet peppers, and tomatoes (AF/CC/HFS/JT/S/TBC; AA has greatest selection).

**Vegetables, freeze-dried:** Peas and corn (AA/AF/BP/JT/MH/R; M has only corn) and green beans (BP/MH/R) rehydrate in about 10 minutes. Asparagus and broccoli are better as soup add-ins than as side dishes (AA/AF).

**Resources**

AA/AlpineAire Foods. For a list of retailers, contact P.O. Box 926, Nevada City, CA 95959; ; www.alpineairefoods.com

AF/Adventure Foods, 481 Banjo Ln., Whittier, NC 28789; (828) 497-4113; www.adventurefoods.com; adfoods@dnet.net

AFS/Asian food stores-bigger cities usually have one or two Asian groceries

BP/Backpacker's Pantry, 6350 Gunpark Dr., Boulder, CO 80301; (800) 641-0500

CAS/Cabot Annex Store, Rt. 100, Box 332, Waterbury, VT 05676; (802) 244-6334

CC/Chamy Co., 3131 Western Ave., Ste. 329, Seattle, WA 98121; (800) 322-7010

GWR/Gibbs Wild Rice, P.O. Box 277, Deer River, MN 56636; (800) 344-6378

HF/Harvest Foodworks, RR 1, Toledo, ON, Canada, K0E 1Y0; (800) 268-4268; www.harvest.on.ca; thefolks@harvest.on.caHFS/Health food stores

JT/Just Tomatoes, Etc., P.O. Box 807, Westley, CA 95387; (800) 537-1985; tomatoes@evansinet.com

M/Melissa's, P.O. Box 21127, Los Angeles, CA 90021; (800) 588-0151; www.melissas.com; hotline@melissas.com

MH/Mountain House. For a list of local suppliers, contact P.O. Box 1048, Albany, OR 97321; (800) 547-0244; www.ofd.com/mh; mtnhouse@ofd.com

PFO/Paradise Farm Organics, 1000 Wild Iris Ln., Moscow, ID 83843; (800) 758-2418; paradise@moscow.com

R/Richmor. For a list of local suppliers, contact P.O. Box 8092, Van Nuys, CA 91406; (800) 423-3170; www.richmor.com; mail@richmor.com

S/Supermarkets

TBC/The Baker's Catalogue, P.O. Box 876, Norwich, VT 05055-0876; (800) 827-6836; www.kingarthurflour.com

WA/Walnut Acres Organic Farms, Penns Creek, PA 17862-0800; (800) 433-3998; www.walnutacres.com

**Dorcas S. Miller** stalks trail-food ingredients in Chelsea, Maine. She is the author of Backpacker's Backcountry Cooking:

From Pack to Plate in 10 Minutes ($16.95, The Mountaineers Books, 800-553-4453) and Good Food for Camp and Trail:

All-Natural Recipes For Delicious Meals Outdoors ($14.95, Pruett Publishing, 800-247-8224).

**Recipes**

**Afternoon Snack**
**Lunch Entree**
**Snack**

**Cheesy Couscous**

**Recipe Ingredients**

* 1/2 Cup couscous
* 6 pieces dried tomato
* 2 Tablespoons cheese powder

**Serves: 1**

**At Home:** Combine all ingredients in a zipper-lock bag.

**In Camp:** Place ingredients in a bowl and add 1 cup boiling water. Let stand 10 minutes. Serves one.

**Afternoon Snack**
**Desert**
**Dinner Entree**
**Dinner Side Dish**
**Lunch Entree**

**Coconut Mango Rice Pudding**

**Recipe Ingredients**

* 1/2 Teaspoon potato starch
* 2 Tablespoons powdered milk
* 1 1/2 Tablespoons coconut cream powder
* 1/2 Teaspoon sugar
* 1/2 Cup instant rice
* 1 Tablespoon dried mango, chopped

**Serves: 48**

**At Home:** Combine first four ingredients in a zipper-lock bag. Mix well, then add dried mango and rice.

**In Camp:** Pour ingredients into an insulated mug and add 1/2 cup boiling water. Stir well. Cover and let stand 5 minutes.

**Dinner Entree**

**Phil's Ultralite Potatoes With Gravy**

**Recipe Ingredients**

* 1 Ounce freeze-dried beef
* 1 Ounce freeze-dried green beans
* 1 envelope gravy mix

**Serves: 2**

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