

Trail and Camp Recipes

By: Rivendell

These are tried and true Recipes I have used for years. The very last one is my personal favorite for soothing that sweet tooth.

Gorp

Gorp is a high energy, high calorie mixture that can be put into individual bags. It is handy in this fashion to eat as you walk along.

Use equal amounts of any five or more of the following ingredients:

Nuts-- peanuts, cashews, walnuts or pecans.

Dried fruits --apricots, currants, raisins, apples, figs, dates plums, or pineapple. (Chop into bite size pieces)

Seeds-- unsalted sunflower, pumpkin or sesame.

Grains or Cereals-- rolled oats, puffed rice or wheat.

Sweeteners-- M&M candies, carob, chocolate, or butterscotch morsels. Shredded coconut is also good.

I have found that some folks like to let the chocolate melt through the mix and bind it together. An easy to do this is to place the packets in an outside pocket of your backpack and let the sun do the work for you.

The following is one of my favorite blends:

1 cup mixed M&M candies (plain and peanut) 1 cup pecans (chopped)

1 cup currants

1 cup chopped dries apples

1 cup unsalted sunflower seeds

1/2 cup rolled oats

1/2 cup shredded coconut

Mix together in a large bowl and put into single serving plastic bags. Use either 1/2 or 1 cup per bag depending on the appetite.

Wet Trail Mix

½ lb. unsalted sunflower seeds

½ lb. chopped almonds

½ lb. sesame seeds

½ lb. shredded coconut

1 lb. raisins

1 lb. chopped mixed dry fruit

½ lb. wheat germ

½ lb. soy lecithin

½ lb. rolled oats

1 lb. wheat flakes

1 lb. corn flakes

1½ tsp. salt

1 tsp. ground nutmeg

1/4 tsp. ground cloves

3 tsp. ground cinnamon

Put all the ingredients into a large container and mix well. place 4 oz. servings into plastic bags. Add 2 tbl. of powdered milk to each bag. To eat just add water and enjoy.

Power Balls

1/4 cup sunflower seeds *

1/2 cup shredded coconut

1/2 cup untoasted wheat germ

6 Tbl. ground sesame meal

1/4 cup chocolate or carob powder 1/3 cup honey

1/3 cup creamy peanut butter

Mix all dry ingredients except the coconut and sunflower seeds in a large bowl. Melt the peanut butter and honey in a saucepan. Stir in sunflower seeds. Quickly remove from heat and mix into dry ingredients, adding the coconut last. roll into balls. Individually wrap when completely cool.

* Any finely chopped nut can be substituted.

Basic Granola

4 1/2 cups rolled oats

1/2 cup wheat germ

1 tsp. salt

2 cups unsalted sunflower seeds

1/2 cup shredded coconut

1 1/2 cups chopped almonds *

1 cup raisins *

1/4 cup sunflower oil

3/4 cup raw honey

1/2 cup warm water

Preheat oven to 275 degrees. In a large bowl, combine all dry ingredients, adding the raisins and the coconut last. Stir in the honey, oil and water. Mix well and spread onto cookie sheets. stir the mix often until it is golden brown. remove from oven and stir until cooled. Granola stores best in sealed containers.

* Any favorite fruit or nut can be substituted.

Basic Cornpone

2 CUPS SELF RISING CORNMEAL

2 TBL. SUGAR

1/2 TSP SALT

Mix dry ingredients together well. Store in a heavy duty. zip lock bag. When you are ready to cook, add 1 cup of boiling water to the bag and mix well. Next grease a skillet with bacon grease or oil and preheat. Now form your mix into 3/4 inch thick cakes. Fry them over medium heat turning them when the bottom is a rich brown.

Bannock

1 cup all purpose flour

1/2 tsp. salt

1 tsp. baking powder

2 tbl. powdered milk

Mix and store in plastic bags. To cook» add a small amount of cold water and mix into dough. Preheat a well greased skillet while you are mixing. Without kneading the mix too much» form into an inch thick cake and place it in the skillet. Turn when bottom is brown. Allow your bannock to finish cooking with the pan tilted so that the top receives heat as well as the bottom. Stick with a small stick or toothpick to see if its done. For a treat sprinkle with brown sugar and cinnamon.

Note: the dry mix will store for long periods of time in a well sealed bag.

Camper's Hamburger Skillet Special

1 lb. lean ground beef

1 can cream of mushroom soup

1 medium onion (chopped)

1 can mixed vegetables

1 cup small elbow macaroni

salt, pepper and garlic powder

Place macaroni into 3 cups of boiling water with a dash of salt and boil until tender. While the elbows are cooking, brown the ground beef in a large skillet with the chopped onion. Add spices to taste. When browned, add soup and vegetables. Drain the macaroni and add to the skillet. Simmer for 15 to 20 minutes. For added flavor add grated cheese and a pinch of sweet basil. Serves four to six people depending on the size of their appetites.

Roasted Corn on the Cob

Take pre-cleaned corn ears and brush with butter. Wrap Tightly with foil and roast on coals for 15-20 minutes, turning now and then. Remove and salt and pepper to taste. Serving size: One ear per person.

Another method is to roast the corn in the husk. To do this pull the husk back enough to clean the corn. Do not tear it free though. After cleaning pull the husk back up and soak the whole ear in water for 15 minutes. Place ears on a hot rock near the coals not directly on the coals. Cook for 15 - 20 minutes. Remove add butter, salt and pepper to taste.

Coal Baked Potatoes (plain or sweet)

Scrub outside well and then pierce with a fork several times. Wrap in foil and place in coals. Bake for 35-45 minutes depending on size. Test by sticking with a fork or by squeezing with a gloved hand.

Baked Apples

Wash and core one large apple for each serving desired. Then place each on a large square of aluminum foil. Into the hole of each apple sprinkle 2 tsps. of brown sugar and a little cinnamon. Then add a pat of butter. Wrap each apple securely by bringing the foil up the sides and twisting at the top. Place into a good bed of coals and bake for 40 minutes. Test with a fork for tenderness.

Dream Bananas

This is one of my personal favorites.

Split a whole unpeeled banana down the middle length wise. Try not to cut through the peel on the bottom side. Fill the cut with Kraft caramels and chips of butter. Wrap in foil and bake in a hot bed of coals for about 5-10 minutes or until the filling has melted. Eat with a spoon right from the peel.

Warning: Don't burn your mouth!