

Backpacking Recipes

Apple Crisp

Serving Size : 4

Package Together ;

3/4 C Flour

3/4 C Brown Sugar

1/2 Tsp Cinnamon

1/2 C Margarine

Package Separately;

3/4 C Evaporated Apples

Water

1. Simmer apples in water according to package directions. 2. When well heated, but not completely cooked, add the sugar/flour mixture and spread in a fry pan. Continue cooking until mixture is bubbly and thickened. 3. 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 once or twice to assure even baking.

Makes about 6 cups.

Apple Jack Gorp

Serving Size : 1

1 C Dried Apples

1 Tsp Cinnamon

1 C Raisins

1 C Walnuts -- chopped

1 C Sugar, White Or Brown

Mix ingredients and bag. NOTES : Add to breakfast cereals and other dishes for added flavor, nutrition and interest.

Apricot Bombs

Serving Size : 14

8 Oz Dried Apricots -- moist

1/4 C Coconut

2 Tbsp Marmalade, Orange

4 Tsp Powdered Milk

5 Tsp Sunflower Seeds, Roasted

optional 4 Tsp Sesame Seeds

optional 4 Tsp Nuts – chopped

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. 4. Repeat in half an hour, or use coconut instead.

NOTES : Delicious, but sticky. Package separately, with a little extra powdered sugar in the bag.

Beef Stroganoff

Serving Size : 4

Package Together

2 Oz Freeze-Dried Beef Chunks, Or 4 Oz Beef-Flavored T.V.P.

4 Beef Bouillon Cubes

1/2 C Freeze-Dried Mushroom Slices

2 Tbsp Instant Minced Onions

1/8 Tsp Garlic Powder

8 Oz Whole-Wheat Pasta

Package Separately;

1 env Cream Of Mushroom Soup Mix

8 oz Sour Cream Mix

7 1/2 C Water

Add past-beef mix to 7 cups of boiling water and simmer, stirring occasionally, for 10 minutes. 2. Mix about 1/2 cup water with soup mix. Pour into pot, stirring, and simmer for 5-10 minutes, or until pasta and meat are tender. 3. Reconstitute sour cream mix with cold water and mix into pot. Serve. Makes 7 1/2 - 8 cups.

Breakfast Gorp

Serving Size : 1

1 C Raisins

1 C Dates -- chopped fine

1 C Cashews -- chopped

1 C Brown Sugar

Mix ingredients together and bag. 2. Use about 2 oz. of this mix for each 4-servings. NOTES : This Gorp is added to cereals and other breakfast dishes for added taste, interest and nutrition. Substitute other dried fruits and nuts as desired, with or without sugar added.

Buckwheat Pancakes

Serving Size : 1

3/4 C Buckwheat Flour

3/4 C Flour, All-Purpose

1/2 Tsp Salt

1/3 C Dried Whole Egg

1/2 C Nonfat Dry Milk

1 1/2 Tsp Baking Powder

4 Tbsp Margarine

1 1/2 C Water

Mix all ingredients, except margarine, with water to make a creamy batter. 2. Melt margarine and add gradually to batter while stirring. Makes about 30-40 2-inch pancakes.

Cheddar Cheese Spread

Serving Size : 1

Package Together;

1 C Cheddar Cheese Powder

1/2 C Powdered Milk

Package Separately;

1 Tbsp Butter Or Margarine -- as needed

1/2 Tsp Onion Powder

optional 1/2 Tsp Caraway Seed

optional 1/8 Tsp Garlic Powder

optional 1 Tbsp Bacon Bits

optional 1/2 Tsp Paprika, Sweet

optional 1/2 tsp Marjoram

Mix dry ingredients together ahead of time and store in an air-tight container. 2. To use, gradually add enough water to the mix to make a smooth paste, about 1/2 to 3/4 cup for all of the mix. 3. Add a small amount of butter or soft margarine to enrich and smooth the mixture. 4. Spread on crackers or bread, or use in cooking other dishes. Instant milk powder makes a lumpy spread.

NOTES : This dry mix will keep for a long time on the trail. Prepare only as much as you need at a time.

Cheese And Rice

Serving Size : 2

4 1/2 Oz Dehydrated Cheddar Cheese

3 3/4 Oz Instant Rice

2 Tbsp Margarine Salt -- to taste

3 C Water

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.

Cheese And Rice Plus

Serving Size : 2

4 1/2 Oz Dehydrated Cheddar Cheese

3 3/4 Oz Instant Rice

1/2 Oz Dehydrated Onions

1 3/4 Oz Soy Ham, Or 1 Pkg Freeze-Dried Ham

1 Pkg Freeze-Dried Green Beans

1 oz 2 Tbsp Margarine Salt -- to taste

4 C Water

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 cups.

Chicken Cream With Vegetables And Dumplings

Serving Size : 4

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 C 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 C Dry Milk

1 Tbsp Margarine Salt -- as needed

5 1/2 C Water

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.

Chicken Curry

Serving Size : 4

Package Together;

6 Oz Rice, Instant

2 Chicken Bouillon Cube

1 Pkg Freeze-Dried Chicken

1 Pkg Cream Of Mushroom Soup Mix

Package Separately;

1 Tsp Curry Powder Salt -- as needed

3 oz Coconut -- grated

7 oz Peanuts -- salted

1 C Raisins

6 C Water

Add water and soup mix to pot and bring to a boil. Add rice and bouillon. Simmer gently for several minutes, until rice is almost tender. 2. Add chicken and continue simmering until done. 3. Add curry powder to taste and add salt if needed. 4. Serve with coconut, peanuts and raisins. Makes about 8 cups.

Chocolate Crunch Bars

Serving Size : 6

1/2 C Honey

1/3 C Margarine

1/4 C Cocoa Powder, Sweetened

1 C Granola

1 C Dry Milk

Blend together everything except the granola to a stiff dough. 2. Knead in the granola, or roll the shaped bars in granola. Carob powder may be used also.

Cinnamoned Rice

Serving Size : 4

1 C Long-Grain Converted Rice

1/4 C Raisins

1 Tsp Cinnamon

1/4 Tsp Salt

2 1/2 C Water

1 Tbsp Margarine

1/2 Tbsp Sugar -- to taste

Dry Milk -- reconstituted

Heat water to boiling. Add rice mixture and lower heat. Cook until rice is tender. 2. Add margarine and milk. Serve. This may be prepared ahead of time by combining all ingredients except the margarine and milk and storing in a bag.

Crunchy Granola

Serving Size :

3 C Rolled Oats

1 C Coconut --grated

1/2 C Wheat Germ

1 C Nuts - chopped

1 C Rolled Wheat

1/2 C Sunflower Seeds

1/2 C Sesame Seeds

1/4 C Margarine Or Oil

1/4 Tsp Salt

3/4 C Brown Sugar

1 Tsp Water

Basic foundation ingredients; others may be omitted or modified as desired.

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. NOTES : This is usually eaten with milk.

Powdered milk may be added to the mix ahead of time to simplify preparation, and a little water added at meal time. Add 1 1/2 c dry milk to 5 cups granola.

Date Bombs

Serving Size : 1

1 C Dates -- chopped fine

1/2 C Walnut, Sesame, Or Almond Meal

1/2 C Coconut Flakes

2 Tsp Rum Or Brandy -- optional

Mix and mash ingredients until well blended. 2. Form into 1-inch balls and roll in nut meal or coconut.

Dessert Omelet

Serving Size : 4

Package Together;

1 C Whole Dried Egg

1/4 C Dried Milk

1 Tsp Salt

Package Separately;

1/2 C Sour Cream Mix

1/2 C Evaporated Apples

1/2 Tsp Cinnamon Sugar -- as needed

2 tbsp Margarine

3 C Water

Simmer apples with about 1 cup water and the cinnamon until tender. Add sugar if package directions recommend it. 2. Blend sour cream mix with cool water to make a thick paste. 3. Prepare egg mixture with 2 cups water and cook in 1 or 2 tbs margarine in frypan, keeping the cooked egg in a solid mass. 4. When egg is done, spread half the sour cream on half the egg. Spoon some of the applesauce over the sour cream. Fold egg over and spoon on remaining sauce and cream.

Dinner Omelet

Serving Size : 4

Package Together;

1 C Whole Dried Egg

1/4 C Whole Dried Milk

1 Tsp Salt

Package Separately;

1 Pkg Freeze Dried Ham Dices

3 Slices Cheddar Cheese

1 Tbsp Margarine

2 1/2 C Water

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.

Elegant Chicken In Sour Cream

Serving Size : 4

Package Together;

2 Oz Freeze-Dried Chicken, Or 4 Oz Chicken-Flavored T.V.P.

4 Chicken Bouillon Cube, Or 1/4 C 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 C Sliced Almonds

2 Oz Freeze-Dried Peas

8 C Water

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.

Fish Cookery

Serving Size : 1

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 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.

Fruit Syrup

Serving Size : 1

1/4 C Dried Apples
1 C Brown Sugar
1/4 Tsp Cinnamon
2 Tbsp Margarine
1 C Water

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

Serving Size : 4

2 Oz Freeze-Dried Beef, Or 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 Tbsp Instant Minced Onion
2 Tbsp Dried Parsley
1/4 C Tomato Crystals
4 Beef Bouillon, Or 1/4 C 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 C Water -- as needed

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.

NOTES : The freeze-dried vegetables make this a special fresh-tasting morale-booster.

Garlic Crunch

Serving Size : 1

- 1/2 C Sunflower Seeds
- 1/2 C Pumpkin Seeds, Roasted
- 1/2 C Soybeans, Roasted
- 1/2 C Virginia Peanuts -- chopped
- 1 Tbsp Corn Or Salad Oil
- 1/2 Tsp Garlic Salt

Combine the seeds and nuts in a shallow pan. 2. Blend the oil and salt, pour over the mix. 3. Toast at 350 F for about 20 minutes, shaking occasionally. Drain on a paper towel. 4. When cool store in a tight container.

Gorp

Serving Size : 1

Nutty-Fruity Gorp

- 1 C Sunflower Seeds, Roasted
- 1 C evil fruit, Dried
- 1 C Dried Fruit, Mixed
- 1 C Salted Peanuts
- 1 C Raisins

Good Old Gorp

- 1 C Salted Peanuts
- 1 C Caramel Corn
- 1 C M&Ms -Plain Chocolate Candy
- 1 C Cashews, Oil-Roasted
- 2 C Raisins

Sweet-Tooth Gorp

- 1 C M&Ms Plain Chocolate Candy
- 1 C Spice Gumdrops
- 1 C Peanuts, Oil-Roasted

Elegant Gorp

- 1 C Raisins
- 1 C Roasted Cashews
- 1 C Cheesits Crackers
- 1 C Cream Caramels

Mix ingredients and store in air-tight plastic bags. Feel free to substitute other seeds, nuts and dried fruits as desired. Be sure to include items for quick energy and extended energy both.

Greek Wedding Soup

Serving Size : 2

- 1 Env Chicken Noodle Soup Mix -- making 4 cups soup
- 1 Tbsp Dried Parsley Flakes
- 1/3 C Dried Whole Egg Powder
- 1 Env Lemon Juice Crystals
- 4 C Water

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.

Green Goulash

Serving Size : 4

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 C Beef Bouillon Granules

1 Tsp Basil

1 Tsp Paprika

1/4 C Dried Bell Pepper

Package Separately;

1 Env Cream Of Onion Soup Mix -- to make 2 1/2 cup

7 1/2 C Water

1 Pkg Sour Cream Mix -- optional

Bring 7 cups water to a boil. Add all ingredients except soup mix and sour cream mix. Simmer for 10 minutes. 2. Mix should 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 bouillon cube.

Ham And Potatoes Au Gratin

Serving Size :

Package Together;

8 Oz Dehydrated Potato Shreds

2 Oz Soy Ham Nuggets, Or 2 Pkg Freeze-Dried Ham Slices

1 Oz Dried Green Pepper

1 Oz Dried Onions

1 Oz Freeze-Dried Green Beans

Package Separately;

8 Oz Dehydrated Cheddar Cheese

1 Tbsp Margarine Salt -- as needed

4 C Water

Add about 4 cups water to a pot and bring to a boil. Add the ingredients in the potato package and simmer gently, adding a little water if needed, for about 20 minutes or until the potatoes are tender. 2. Add margarine and salt. 3. Add the cheese and blend well. Add freeze-dried ham if it is being used. 4. Cover and heat for a minute. Makes about 8 Sierra cups. Rehydrate according instructions on package.

Hearty Potato Soup

Serving Size : 2

2 Slices Bacon, Or 1 Tbsp Wilson's Bacon Bar

1 Oz Dried Onions, Or 1 Tbsp Freeze-Dried Chives

5 Oz Dehydrated Potato Shreds

2 Oz Chicken Bouillon Granules, Or 5 Ea Chicken Bouillon Cubes

3 C Water Salt -- as needed

Cook the bacon in the pot until it's crisp, remove and drain. 2. Add the onion, potato and bouillon to the fat and slowly add about 3 cups warm water. Bring to a simmer until vegetables are tender, 5-10 minutes. Salt if needed. 3. Serve with bacon crumbles on top. Makes about 4 cups.

Honey Banana Bread

Serving Size : 9

3 Bananas -- ripe

1 Tsp Baking Soda

1/4 C Yogurt, Unflavored

1/4 C Butter Or Margarine

1/4 C Honey

3/4 C Granulated Sugar

1 Egg

1 C Whole-Wheat Flour

1/4 C Wheat Germ

1/4 C Flour, All-Purpose

1/2 tsp Salt

3/4 C Nuts -- chopped

Grease the inside of 3 small loaf pans (3x6 in.) or 1 regular bread pan with shortening. 2. Beat bananas to a pulpy foam, add baking soda, stir well and set aside. 3. Cream together in a large mixing bowl the yogurt, margarine, honey, and sugar. Beat in egg. Add the remaining ingredients and the banana mixture. 4. Place the dough in the pan(s) and bake in a pre-heated oven at 350 F. for about an hour. Let cool in the pan for a little while, then turn out on a rack.

Honey-Nut Cookie Bars

Serving Size : 1

2 Eggs -- separated

2/3 C Honey

4 Tbsp Nonfat Dry Milk

1/4 C Whole-Wheat Flour

1/4 Tsp Coriander

1/4 Tsp Nutmeg

1 Tsp Baking Powder

1 C Walnuts Or Almonds -- chopped

3/4 C Sesame Seeds, Unhulled

Beat egg yolks and honey together. 2. Combine well the dry ingredients except nuts and seeds. Add to the honey mixture. 3. Add the nuts 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 350 F in preheated oven. 6. Cool in pan and then cut into bars. NOTES : A dense chewy cookie that offers a lot of food value and a not-so-sweet, nutty flavor.

Hyatt Lake Goulash

Serving Size : 4

Package Togethe;

1 Oz Dehydrated Onion

6 Oz Dehydrated Potato Shreds

1 Pkg Puff-Dried Carrot Slices

Package Together;

1 Tbsp Flour

1/4 Tsp Paprika

1/2 Tsp Garlic Powder

1 Oz Beef Bouillon

1 Tsp Marjoram

1 Tbsp Parsley Flakes

Package Separately

1 Pkg Freeze-Dried Beef Slices 2 Slices Bacon, Or 1 Tbsp Bacon Bar Cook with margarine 2 Tbsp Margarine -- if needed
1/2 C Dehydrated Sour Cream
2 Oz Tomato Crystals
1 Oz Worcestershire Sauce
5 C Water

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.

Jerky

Serving Size : 1

1 1/2 Lb Flank Steak
3/4 C Red Wine
1/3 C Worcestershire Sauce
1 Tsp Salt
1/4 Tsp Black Pepper
1/4 Tsp Garlic Powder
1/2 Lg Onion -- sliced

Trim all fat from steak. Slice the meat very thin across the grain. 2. Lay the strips of meat in a non-metal pan and cover with marinate made from mixing the remaining ingredients. Cover and place in refrigerator for several hours. 3. Drain meat strips and place on racks in the center of the over. Put foil or cookie sheets below the meat to catch the drips. Set the oven for 200 F. and dry the meat for 8 to 10 hours. Meat should be dry enough to break when bent. 4. Cool and bag in an air-tight container.

Logan Bread

Serving Size : 1

1 C Flour, All-Purpose
4 C Flour, Whole-Grain Wheat
1 C Honey
3 Tbsp Molasses
3/4 C Brown Sugar
3/4 C Dry Milk
1/4 C Salad Oil
1 Tsp Salt
1 Tsp Baking Powder
2 C Dried Fruit And Nuts -- up to 4 cups

Mix all ingredients together using your hands. Add water if the dough will not stick together without it. 2. Pat or roll out onto cookie sheets to a thickness of 1/2 inch. 3. Score into squares with a sharp knife. 4. Bake 1 hour at 300 F. Makes 2 - 9 x 13 in. pans. NOTES : Make beforehand for use on the trail.

Macaroni And Beef Simple Supper

Serving Size : 4

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 C Water

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.

Master Mix - Baking

Serving Size : 1

4 C Whole-Wheat Flour

1 1/2 Tsp Salt

2 Tbsp Baking Powder

1 C Powdered Skim Milk

1 C Powdered Whole Egg

1 C Margarine

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: a. Add 1/2 cup cornmeal and a little more water. b. Add 1/2 c chopped nuts or raisins.

Millet Pancakes

Serving Size : 1

1/3 C Dried Eggs, Whole

1/2 C Nonfat Dry Milk

1 C Millet Meal -- coarsely ground

1/3 C Soy Flour

1/2 Tsp Salt

1 1/2 Tsp Baking Powder

4 Tbsp Margarine -- Melted

1 C Water

* May substitute whole-wheat flour for the Soy flour.

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. NOTES : This makes a sweet, crunchy pancake. Makes about 30-40 2-inch pancakes.

Mushroom Omelet

Serving Size : 4

Package Together

1 C Dried Egg, Whole

1/4 C Dry Milk

1 Tsp Salt

Package Separately;

2 Tbsp Margarine

2 C Water

2 Pkg Sour Cream Mix

1/2 C Dried Mushrooms -- freeze-dried

Pour water over mushrooms to cover and soak to rehydrate (5 minutes for freeze-dried). 2. Prepare sour cream mix by adding water to form a thick paste. 3. Mix dried egg with 2 cups water. Melt margarine in pan pour in egg mixture. 4. Cook gently until set. Spread half of the sour cream and mushrooms on one-half of the omelet, fold and spoon remaining over the top. NOTES : May use dehydrated sour cream also.

Nutty Familia

Serving Size :

1 C Quick Oatmeal

1 C Rolled Whole Wheat

1 C Wheat Germ

1 C Nuts -- chopped

1/2 C Raisins

2/3 C Brown Sugar

Mix ingredients together and store in an air-tight jar. NOTES : Usually eaten with milk, powdered or fresh. Powdered milk may be mixed in ahead of time, and a little water added at meal time. Add 1 1/2 c dry milk to 5 cups of familia.

Oatmeal-Plus Cookies

Serving Size : 1

1/4 Lb Margarine

1 C Brown Sugar -- packed

1 Egg

1 Tsp Vanilla

1 C Whole-Wheat Flour

1/2 Tsp Baking Soda

1/2 Tsp Salt

1/2 C Rolled Oats

1/2 C Nuts -- chopped

1/2 C Coconut -- grated

3/4 C Raisins

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 350 F. Makes 3 dozen.

Orange-Sesame Cake

Serving Size : 1

1 1/2 C Whole-Wheat Flour

1/2 C Soy Flour

1 Tsp Salt

2 Tsp Baking Powder

1/4 C Sesame Seeds

1/4 C Whole Dried Egg

2 Tbsp Orange Peel -- grated

1/2 C Sugar

1/2 C Margarine

2 Tbsp Shortening Or Margarine -- to grease pan

3/4 C Water

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. Serves 4.

Packbag Paella

Serving Size : 4

2 Oz Freeze-Dried Shrimp

2 Oz Freeze-Dried Chicken

1/2 Oz Freeze-Dried Ham

Package Together;

1 Tbsp Dried Onions

2 Tbsp Dried Green Peppers

2 Tbsp Chicken Bouillon Granules

1 Tsp Basil

1/4 Tsp Garlic Powder

1 Tsp Paprika

Package Separately;

1/2 C Tomato Crystals

1/2 Oz Freeze-Dried Peas

1 C Quick Brown Rice, Or 1 C Converted Rice

4 C Water

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.

Pancake Syrup

Serving Size : 1

1 C Brown Sugar

1/4 C Water

2 Tbsp Margarine

Heat until bubbly and slightly thickened.

Peanut Butter Cookies With Crunch

Serving Size : 1

1 C Margarine

1 C Peanut Butter, Chunky

3/4 C Sugar -- packed

2 Eggs

1 Tsp Vanilla

2 C Flour, Whole-Grain Wheat

2 Tsp Baking Powder

2 C Granola

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.

NOTES : Prepare ahead of time and wrap servings for use on the trail.

Peanut Butter Soup

Serving Size : 2

1 Env Cream Of Onion Soup Mix -- makes 2-1/2 c soup

1/2 C Dry Milk

1/8 Tsp Nutmeg

3 Tbsp Peanut Butter

3P 1/2 C Water

Put soup mix in pan, add 2 1/2 cups cold water. Heat to boiling, stirring frequently. 2. Mix milk powder with 1 cup water. Add to soup and turn heat to simmer, and cook for 5-10 minutes. 3. Blend in peanut butter while soup is simmering. Makes about 4 cups.

Peter's Favorite

Serving Size : 4

Package Together;

8 Oz Soy Nuggets, Beef Flavored

1 Oz Dehydrated Green Pepper

2 Beef Bouillon Cubes

8 Oz Whole-Wheat Noodles

Package Separately;

10 Oz Sour Cream Sauce, Packet

Salt -- as needed

6 C Water

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.

Power Bars

Serving Size : 1

1/2 C Honey Or Molasses

1/2 C Peanut Butter

1 C Dry Milk, Non-Instant

Options - Chocolate Chips Raisins Or Dried Fruit Bits Coconut Cashew Butter -Almond Butter 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.

Savory Dumplings

Serving Size : 4

2 C Master Mix -- see recipe

3/4 C Water

Savory Dumplings

1 Tbsp Instant Minced Onions -- toasted or plain

2 Tbsp Dried Parsley

1/2 Tsp Sage

Cheese Dumplings

1/4 C Powdered Cheddar Cheese, Or 1/4 C Parmesan Cheese -- grated

1/4 tsp Oregano

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. NOTES : See recipe for Master Mix flour mixture.

Spaghetti W/Wo Meatballs

Serving Size : 4

Package Together;

8 Oz Beef-Flavored Soy Nuggets, Or 1 Pkg Freeze-Dried Meatballs

2 Beef Bouillon Cubes

1/2 Oz Dried Onions

10 Oz Spaghetti -- break into 3" pieces

Package Separately;

4 Oz Tomato Crystals

1 Pkg Spaghetti Sauce, Packet

4 Oz Parmesan Cheese -- grated

6 C Water

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 cups.

Spicy Tomato Soup

Serving Size : 2

2 Oz Tomato Crystals

2 Oz Chicken Bouillon Granules, Or 5 Ea Chicken Bouillon Cubes

1/2 Tsp Sugar

1/4 Tsp Basil

1 Tsp Instant Minced Onion, Or 1 Tsp Freeze-Dried Chives

1 Pkg Lemon Crystals

1 Tsp Dried Parsley

3 C Water

Add all ingredients to a bag and seal tightly. 2. To prepare add ingredients to a pot and gradually add 3-4 cups cold water. 3. Bring to a boil and simmer a few minutes to blend flavors. Makes 3-4 cups.

Spinach-Burger Special

Serving Size : 3

Package Together ;

1 C Beef Flavored T V P, Or 2 Wilson's Meat Bars -- left wrapped

3 Tsp Instant Minced Onions

1 Tsp Basil

1/4 Tsp Garlic Powder -- to taste

4 Beef Bouillon Cubes

2 C Brown Rice, Quick

Package Separately;

1/2 C Tomato Crystals

1 1/2 Oz Spinach Flakes

2 Oz Parmesan Cheese

6 C Water Salt -- to taste

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.

Sturdy Graham Rounds

Serving Size : 48

4 C Graham Or Whole-Wheat Flour -- unsifted

2 Tbsp Sugar

1/4 C Warm Water

1 Tbsp Dry Yeast

3 Tbsp Vegetable Oil

2 1/2 C Flour, Unbleached, Enriched -- as needed

2 C Warm Water

2 Tsp Salt

2 Tbsp Instant Minced Onion

Dissolve yeast and sugar in 1/4 cup warm water and let sit for several minutes. 2. Add graham flour, 1/2 c unbleached flour, salt, onion to a large mixing bowl. 3. Add yeast, oil and 2 cups water to bowl. Mix very thoroughly. 4. Add 1 1/2 c unbleached flour more, mixing with heavy spoon. 5. Turn out dough onto floured surface, knead until smooth and elastic, about 10 minutes, adding more flour as needed to prevent sticking. 6. Put dough in an oiled bowl, cover, and let rise until doubled in size. 7. Punch dough down, divide into 24 equal parts. Shape each into a ball, then flatten to 1/2 inch thick. 8. Place onto a greased cookie sheet and let rise until doubled, about 30 minutes. Bake at 425 F until lightly browned. Remove and cool on a rack. 9. Split each like an English muffin, return halves to oven, split side up, and bake at 150-200 F until crisp and dry throughout, about 2-3 hours.

* May substitute grated orange peel and 1/2 tsp cumin. NOTES : Use with cheese spreads, peanut butter, jam or hunks of salami.

Tomato Bisque

Serving Size : 4

2 Oz Tomato Crystals

2 Oz Chicken Bouillon Granules, Or 5 Ea Chicken Bouillon Cube

1/2 Tsp Sugar

1/2 Tsp Basil

1 Tsp Freeze-Dried Chives

1 Tbsp Dried Parsley

1 C Dry Skim Milk, Or 3/4 C Dry Whole Milk

6 C Water

Put all ingredients except dry milk into pot, add 5 cups cold water, and bring to a boil. Reduce to simmer. 2. Add 1 cup water to dry milk powder and make a smooth cream. Add to simmering soup, cover, and cook 5-10 minutes. Make dumplings to go with this soup. Makes 6-7 cups, not including dumplings. NOTES : Use with cheese dumplings.

Trail Breakfast/Dessert Cake

Serving Size : 4

2 Cups Master Mix

1/2 C Granulated Sugar

3 Tbsp Margarine

1 1/4 C Breakfast Gorp -- include brown sugar

3/4 C Water

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.

Trail Milk Shakes

Serving Size : 1

1/2 C Whole Dry Milk, Or -- for more fat 1/2 C Nonfat Dry Milk -- for more protein

1 Tbsp Flavoring -- as needed

1 Tbsp Malted Milk Powder

1 C Water

Fill the one-cup chain shaker with cool water, shake and serve. Flavorings: Blueberry syrup mix Cocoa or carob + 1/4 tsp pumpkin pie spice Instant coffee Kool-Aide fruit flavors Fruit jam Rum, sherry For extra-high protein add 1 tbs dry egg white to mix using non-fat dry milk.

Trout Chowder

Serving Size : 2

Package Together;

1 Tbsp Dried Onions

1 Tbsp Salt

1/8 Tsp Pepper

1 Tsp Dill Weed

1/4 Tsp Tarragon

1 Tsp Chives, Freeze-Dried

Package Separately;

3 Tbsp Margarine

1 1/2 C Instant Mashed Potatoes

1 C Whole Dry Milk

1 Env Lemon Juice Crystals

1 Trout Fish Fillet

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.

Western Fish Stew

Serving Size : 3

Package Together;

3 Oz Dried Onions

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 C Water Salt -- to taste

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.

Whole-Wheat Pancakes

Serving Size : 2

1/2 C Whole-Wheat Flour

1/2 C Flour, All-Purpose

2 Tsp Baking Powder

2 Tsp Sugar

1/2 Tsp Salt

1/4 C Dry Milk

1/4 C Dried Eggs

3/4 C Water

2 Tbsp Margarine

2 Tbsp Cooking Oil

Mix dry ingredients together in a bowl. Stir in water, adding a little at a time to make a medium-thin batter. Blend in 2 tbs melted margarine. 2. Add margarine or cooking oil to the fry pan. When oil is hot add batter to make about 3 inch diameter cakes. 3. Cook until cakes look dry around the edges and the bubbles don't close up after bursting. Turn neatly and cook until bottom is done.

Whole-Wheat Trail Bread

Serving Size : 6

2 1/4 C Warm Water -- about 155 degrees F

1 Tbsp Active Yeast

2 Tsp Salt

1/2 C Dry Milk

2 Tbsp Honey

2 Tbsp Molasses

1/4 C Sugar, White

1/2 C Vegetable Shortening

2 Eggs

3 C Flour, All-Purpose

2 C Whole-Wheat Flour

1/2 C Wheat Germ

Combine water and yeast and let set for about 5 minutes. 2. Mix in salt, milk, honey, molasses, sugar, shortening and eggs. 3. Add the white flour and blend in well. 4. In another large bowl add the whole-wheat flour and wheat germ. Pour the yeast mixture over this flour and blend very thoroughly. Cover and let rise in a warm place for about an hour. 5. Turn dough out onto a well-floured surface and knead vigorously. 6. Divide dough into 6 equal portions and shape into loaves. 7. Grease 6 small bread pans (3 x 5 in.) and place dough into them. 8. Brush tops of loaves with oil and let rise for about an hour. 9. Bake in a pre-heated oven at 375 F. for about 30 minutes. Turn loaves out onto a rack to cool.