

Recipes and Trail Foods II

Free recipes for home storage, dehydrated foods, campfires and trail foods. Enjoy!

[Free Bread Making Tips, Milling, Yeast, Useful Information](#)

BACON, CANNED

Found at Food Storage and Supplies

I recently canned some bacon and some hamburger that I had already cooked up. I just diced the bacon, fried it up, drained off the grease and put it into a sterilized pint jar. (each lb. of bacon will make about a pint) Then I added about a quarter cup of water to the pan that I had fried the bacon in, to "deglaze" it. I divided the "juice" between the two jars, put the lids and bands on, and pressure cooked it for 90 min. @ 10 lbs. of pressure. It settles in the jar during the cooking, but it worked great! In a half-pint jar, I canned the bacon grease to use later. I used the same method to can hamburger. It tastes a LOT better than just canning up raw hamburger, and it's already in those little pieces, so you don't have to break it up. At first, my family thought I'd lost my marbles, but now they think I'm a genius. Good luck.

I wonder if you could do the same thing without the water. Would it come out just as good? What do you use boiled bacon for, anyway? I just buy the little cans of bacon from Armor for 79 cents when it goes on sale. Canning without water might come out similar. Just a thought.

The reason that you would add a small amount of water to the jar of bacon is that since the meat is precooked, all the moisture has been removed, and under pressure, without the water, your jars would explode in the canner. Just "frying" the bacon again for a couple of minutes will remove the water that was added.

Posted by Patrice

I decided to try canning bacon just for the giggles. We eat a lot of bacon as flavorings in foods. (i.e. fried rice, quiches, etc.). I bought 16 lbs. #1 Cheapo bacon for \$0.99/lb. I boiled the lot of it, then hot packed it into clean pint jars. Add 1/2 teaspoon salt per jar, then poured clean boiling water into the jars (I didn't use the water I had boiled the bacon in...too fatty). Pressure canned it at 10 lbs. pressure for 75 minutes. Looks like it turned out just fine. When the jars cooled, there was a ring of white fat (lard) around the top, which can easily be discarded when the jar is opened. 16 lbs. of bacon yielded exactly 16 pints. The stuff probably won't be suitable for merely eating (in other words, I'm not going to remove it from the jar, fry it up and eat it for Sunday breakfast), but once fried up and added to casseroles, etc., it oughta be just fine.

Thought you might be interested.

BARLEY, BAKED

1 c Barley
1 Onion, chopped fine
2 c Vegetable stock

Mix barley and onion with 1 cup boiling stock in pan or casserole with tight fitting cover. Bake in 300 degree F oven for 45 minutes. Add second cup of hot stock and continue baking 30 to 40 minutes or until barley is soft and mixture is almost dry. Makes 4 to 6 servings. Variation: Add 2 tablespoons minced parsley; 1/2 to 1 teaspoons of your favorite herbs.

BARLEY, SPLIT PEA SOUP

3/4 Cup Split Peas
1/2 Cup Barley
2 Tablespoons Carrots, Dehydrated
1 Tablespoon Celery Flakes
2 Teaspoons Vegetable Broth Powder
2 Teaspoons Onion Flakes
1 Teaspoon Salt
1 Teaspoon Parsley Flakes
1/8 tsp. Garlic Granules
1 Bay Leaf
1 tbsp. Oil
5 C Water
6 oz Ham, Canned -- cubed, optional

1. Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover.
2. Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened.
3. If used, add pre-cooked meat cook for the last 15 minutes.

BATTER DIP

1 Egg
1/2 Cup Milk or Water
1/2 Teaspoon Salt
1/2 Cup Flour (or corn meal, use a little less water)

1. Beat ingredients together in a mixing bowl.
2. Dip fish, chicken, or meat in this mixture and fry in at least 1" of cooking oil.

BEANS, BAKED

1 lb Great Northern or Navy beans soaked overnight in cold water
1 c Onion; chopped
4 sl Bacon; diced or comparable amount of Bacon TVP
2 tb Sugar
1 tb Dry mustard
1/2 ts Cayenne pepper
2/3 c Molasses
2 tb Cider vinegar
1 1/2 c Tomato juice or reconstituted tomato powder.
Salt

Drain the beans and place them in a large saucepan. Add fresh water to cover the beans. Bring the water to a boil over medium heat. Reduce heat and simmer uncovered, until beans are almost tender, about 45 minutes to an hour. Drain. Preheat oven to 250 degrees. Place the beans in a baking pot or casserole. Stir in the onions, bacon, sugar, dry mustard, cayenne molasses, vinegar, tomato juice, and 1 cup water. Bake the beans uncovered until very tender, about 4 hours. Check the beans occasionally while baking and add more water if necessary, to prevent the mixture from drying. Season with salt to taste.

BEANS, DRIED PREPARING AND COOKING

Soaking and changing the water often helps to tenderize beans and aid digestion. The slower beans and peas are cooked, the sweeter and more concentrated their flavors.

Directions:

Cover with cold water, 3-4 times amount of beans
Discard floaters and damaged beans

Drain water

Cover again with cold water

Slowly bring to a boil. Cook for 2 minutes*

Choose long soak or quick soak Long Soaking Option - Remove from heat. Tightly cover and let stand at least 3 hours or overnight. Refrigerate if more than 3 hours or if the weather is warm to avoid sprouting.

Cooking - Drain beans. Cover with fresh water (by at least 2 inches). Slowly bring to a boil, skimming off any scum. Reduce heat and partially cover pot. Slowly simmer until tender, adding more water as necessary during cooking. (Tender beans mash easily against the roof of your mouth, using your tongue.)

Cool in cooking water; gently remove with slotted spoon. Use cooked beans in recipe of your choice.

Quick Soaking Option - *Continue boiling for an additional 3 minutes. Remove from heat. Cover tightly and let stand for one hour. Cook as above, then use in recipe of your choice.

Dried Beans and Peas Yield Values

When you start with: . . . You will get at least:

1 cup black beans . . . 2 cups cooked beans

1 cup blackeyed peas . . . 2 1/2 cups cooked beans

1 cup Great Northern beans . . . 2 1/2 cups cooked beans

1 cup kidney beans . . . 2 3/4 cups cooked beans

1 cup lentils . . . 2 1/2 cups cooked lentils

2 cup large lima beans. . . 2 1/2 cups cooked beans

1 cup small lima beans. . . 2 cups cooked beans

1 cup pea (or navy) beans. . . 2 1/2 cups cooked beans

1 cup split peas. . . 2 1/2 cups cooked peas

1 cup pinto beans . . . 2 1/2 cups cooked beans

Source: Utah State Extension

BEAN SOUP

Makes about 2 qts.

2c. navy beans or dried limas (dried limas cook really fast and will cook down to almost nothing, so 1 meaty ham or beef bone be careful not to end up with mush, unless that's what you want)

1c. cubed potato

1c. chopped celery

1c. finely chopped onion

1 clove garlic, minced

1 c. cubed carrots
1 small bay leaf

Bring beans to a boil in 2-1/2 qts. water for 2 minutes. Remove from heat, cover, and let stand for 1 hour. Add meaty bone, garlic, and bay leaf to beans. Cover and let simmer 1 hour or more. Remove bone and trim meat. Dice meat and add to beans. Reheat almost to boiling. Remove bay leaf. Serve.

BREAD, CASSEROLE ONION

Submitted by Mushroom

1 cup milk
3 Tbs. sugar
1 Tbs. salt
1 1/2 Tbs. butter or margarine
1/4 cup warm water
2 packages Active Dry Yeast
1 cup minced onions
4 cups unsifted flour

Scald 1 cup milk; stir in 3 Tbs. sugar, 1 Tbs. salt and 1 1/2 Tbs. margarine. Cool to lukewarm. Measure 1/4 cup warm water into warm bowl. Sprinkle in 2 packages active dry yeast; stir until dissolved. Add lukewarm milk mixture, 1 cup minced onions and 4 cups unsifted flour. Stir until blended, about 2 minutes. Cover. Let rise in warm place, free from draft until more than doubled in bulk, about 45 minutes. Stir batter down. Beat vigorously, about 1 minute. Turn into greased 11 quart casserole or 2 9x5x3 inch loaf pans. Bake uncovered in a moderate oven (375° F.) about 1 hour

BREAD, HOPI INDIAN FRY

2 cups flour
1/2 cup nonfat dry milk
1 tbs. baking powder
3/4 teaspoon salt
3/4 cup lukewarm water

Stir and knead dough on floured board - cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt crisco or comparable vegetable oil in a dutch oven so there is about 2

inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar.

BREAD, INDIAN BEAN

4 C. cornmeal
2 C. hot water
2 C. cooked beans
1/2 tsp. baking soda

Put cornmeal in a bowl and mix in the drained beans. Make a hole in the middle and add soda and water. Mix. Form into balls and drop into a pot of boiling water. Cook about 45 minutes or until done.

BREAD, INDIAN FLAT

This is an unleavened bread, so there is no yeast involved. Here is the recipe.

5 C.s all-purpose flour (white or whole wheat)
2 T.s of baking powder
1 1/4 tsp. salt
2 C.s of milk (substitute dry milk powder)
1 1/2 T.s melted butter
oil for frying the bread

This is a good amount for two people on a weekend hike. If your hiking alone divide the recipe in half.

Preparation

In a large bowl mix together the flour, dry milk powder, baking powder, and salt. Stir all the ingredients together making sure that the baking powder is well distributed throughout the flour. After doing this store the flour mixture in a zip lock bag. Use Carnation Instant milk powder and follow the directions on the back of the package to figure out how much milk powder is needed. It doesn't have to be exact just close. This is all the preparation required. when you mix the dough you will only have to add water and melted butter or margarine (the butter is optional).

You will need some kind of bowl to mix the flour mixture and water. Pour the flour mixture into your mixing bowl and slowly add water to the flour and melted butter (optional), while kneading the dough. You should

end up with a stiff workable dough that is not sticky. Now that your dough is made your ready to fry some Indian flat bread. Take your dough and divide it into small balls. The size of the balls is up to you . Next take the balls and flatten them out into patties Try to flatten them so that they are about 1/4 inch thick. This will make the bread cook fast and evenly. Heat up some oil in a frying pan and cook them for a few minutes on each side until they turn golden brown and puff up like pancakes. Don't try to fry bread with margarine or butter because it will burn in the frying pan. One more closing note. If you mix your dough and don't fry it all right away don't worry the dough will keep for a few days, just keep it out of direct sunlight. You can mix all your dough for a few meals all at once.

BREAD, MONKEY

2 cups milk
2 tbs. sugar
2 to 3 tsp. salt
1 tbs. shortening
2 packages dry yeast
1/2 cups warm water
6 to 7 cup flour
Melted margarine

Scald milk and add sugar, salt, and shortening. Cool mixture to lukewarm. Sprinkle yeast into warm water and stir until dissolved. Stir yeast into milk mixture. Gradually add flour to milk mixture, mixing well. Add enough flour to make dough stiff enough to be handled easily. Turn onto lightly floured surface and knead until smooth. Shape dough into a 8x3in loaf. Oil surface lightly. Cover and let rise until doubled (1 hour). Place large pot lid on bottom of Dutch oven, then line with foil. Cut loaf crosswise into 32 slices and dip slices into melted margarine. Place 8 slices to each layer in oven. Let rise again until doubled (1 hour). Bake until golden and crusty

BREAD, MOUND

2 cups whole wheat flour
1/4 cup sugar
1/4 cup shortening
2 tsp. salt
2 pkg. dry yeast

2 cups very warm water

3 to 4 cup flour

Mix whole wheat flour, sugar, shortening, salt, and yeast in large pot. Stir in warm water. Whisk slow for 1 minute, then rapid for 1 minutes. Stir in flour, 1 cup at a time, to make dough easy to handle. Turn dough onto lightly floured surface and knead until smooth. Place in greased medium pot. Lightly oil top of dough. Cover and let rise until double (1 hour). Punch down dough and divide into 1/2's. Let rest 5 minutes. Shape each 1/2 into round, slightly flat loaf. Place on lid of large pot cover and let rise again (45 min). Make 1/2 inch slashes in top of loaf. Sprinkle with 1 tsp. flour. Bake in Dutch oven or cardboard oven until loaves are golden brown --30 to 45 minutes.

BUTTER, CANNED

Sterilize jars in 250 f water for 20 minutes. Dry jars in 250 f oven for 3-5 minutes. Place lids in 180 f water for 20 minutes. Melt butter over very low heat, until it bubbles down. Cover and let gently simmer for 5 minutes. Pour hot butter into hot sterilized jars. Wipe off rims with a damp cloth. Place lids and rings on jars. After lids have popped and jars have cooled, turn them upside down and shake gently to reduce separation. Store in cool dark place.

As I said earlier, this is a new recipe to me, too. My dad said his mother used to can butter, but he didn't have her old recipe. Try this, but be careful. If you open a jar and it doesn't seem right to you, don't eat it. I only put up one jar this time. If it is okay after a month, I will put up more. I just wanted to start small, because this is an unproven recipe, and butter isn't as cheap as it used to be.

CANNING BUTTER/MARGARINE

GHEE- Melt butter in heavy saucepan over moderate heat. (I used 5 lbs.) Increase the heat after it's melted and bring the butter to a boil. When the surface is completely covered with foam, stir the butter gently and reduce the heat to the lowest possible setting. Simmer UNCOVERED and UNDISTURBED for approx. 1 hr. or until the milk solids in the bottom of the pan have turned golden brown and the butter on top is transparent. Take off flame and let sit 5 mins. There will be a crust on top and this can be gently skimmed off with a slotted spoon. Strain the butter through a sieve lined with 4 layers cheesecloth or pc. of linen. If there are any solids in the ghee, no matter how small, strain it again until it is perfectly clear. Pour into hot sterilized oven dried jars. (250 degrees for 20 mins.) Wipe rims of jars and put on hot sterilized lids and rings. This should seal by itself. If not, I have put jars in boiling water bath for 20 mins. I have also put it in pressure canner at 8 lb. pressure for 5 min. The ghee will be a pretty

yellow color. However, when it cools, it will be a light yellow opaque color and will not harden completely. I turn jars a few times before storing. This will supposedly last for 5-6 yrs., if not longer. Should be kept Cold. This stuff is much better for you than reg. butter and will not burn if used for frying etc. as all of the solids have been strained out and the water boiled away. Believe me, it tastes GREAT spread on toast, potatoes, etc. By the way, I buy my sweet cream butter from my local dairy. 10 lb. tub runs \$16 and has been freshly made. Tubs are food grade so they are good for storing dried fruits, etc. Sorry for the long post. Hope this helps you all. PS Do a search on Ghee and read the comments from doctors on the benefits of ghee. It has been used for centuries in India, etc. Chow----

CALZONE

Dough:

2 cup warm water

1 Tbs. sugar

1 packet yeast (approx. 1 Tbs..)

1 tsp. salt

6 cups all purpose flour

1/4 cup olive oil

Filling:

Your choice

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes. This is also good with chili beans and with curries.

CAMPFIRE BANNOCK

4 cups flour

8 tsp. baking powder

1 tsp. salt

1 tsp. sugar

about 3 cups cold water

Mix dry ingredients thoroughly and stir in enough water to make a thick batter that will pour out level. Mix rapidly with spoon until smooth. Pour into large greased frying pan and set on hot coals. Turn when bottom is brown. Cook until no dough sticks to a sliver of wood poked into the middle.

CHEESE, CANNING

Found at Food Storage and Supplies

1 (3 oz.) can evaporated milk

1 tablespoon vinegar

1/2 teaspoon salt

1 lb. Velveeta cheese or any yellow cheese you have on hand, I've used all kinds with good results but processed

cheese is the best

1/2 teaspoon dry mustard

Melt milk and cheese in double boiler. Add rest of ingredients and mix well. Place in pint jars and seal. If desired place in water boiling bath for 10 minutes. Hope you can use this recipe.

Anyway Folks, I was just experimenting with this to see if I could pressure cook it. Yuck! I don't recommend it. The cheese turned brown. Like it was burnt. Otherwise, it was great. On another note, I found a #10 can of Cheddar Cheese Sauce, concentrated, in Wal-Mart. I added 32 oz. water as per the instructions. Then it called for 20 oz jalapeno, peppers removed, (I will also make a batch WITH peppers), and instead of adding the jalapeno juice I added 20 more oz. of water and salt to taste. Then I boiled my lids, filled my jars and processed in the pressure cooker for 20 minutes @ #10. My kids don't like the hot flavor to cheese but I added some jalapeno juice to a little I had left over and it was fantastic. The can said this cheese can be used for eggs, broccoli, hamburgers, hot-dogs, dipping etc... Anything you would normally use a cheese sauce for. Oh, yeah, I ended up with 10 pints.

COFFEE SUBSTITUTES

Found at misc.survivalism

In the mid 70's, there was a coffee shortage/huge price increase, and my wife and I were into the "subsistence mode". I believe we read about it in Mother Earth News, but wherever we got it, we tried roasting garbanzo beans. We voted with our feet; when coffee prices came back down, we fed the remainder of the garbanzo beans to the livestock; but they were better than nothing in the interim. The

interim could last longer this time.

COFFEE SUBSTITUTES FROM PLANTS AROUND US, TWO

The American Beech Tree's nuts when taken out of the husks, roasted until dark and brittle, then ground, will make a fine coffee. Store this in an airtight container. They are best collected after the first hard frost when they normally drop to the ground. Once stored, they can be used all year round. You might have to fight the squirrels for them. Prepare normally.

Chicory coffee - remember that blue flower with almost leafless stalks that grow just about everywhere there's a road. They look like daisy's, but their petals are blue and are squared off at the ends. The white fleshy roots, roasted until dark brown and brittle, then ground, make an excellent coffee. Prepare like coffee. Use 1-1/2 tsp. per cup of water. Store in an airtight container. Use all year round.

CORNBREAD

3/4 C Cornmeal

1 Tbs. Dried Eggs, Equiv. 2 Eggs

3/4 C Flour

4 Tsp. Baking Powder

1/4 C Sugar

3/4 Tsp. Salt

2 T Dry Milk

1/4 C Shortening

Combine dry ingredients and store in a sealed container until ready to use.

1. Grease a frying pan and shake a little flour in it.
2. Add 3/4 c. water and shortening to the dry mix and stir until just moistened.
3. Cook in the covered pan in coals for 20 minutes or until done. (425 degrees. F.)

CORN BEAD #2

1 C. cornmeal

1 C. flour

2 T. sugar

1 T. baking powder

1 tsp. salt

1/3 C. oil

1 egg

1 C. milk

Measure milk and put in a bowl. Add egg, oil and sugar. Beat. Sift flour, baking powder, salt. Stir into milk mixture and add cornmeal. Mix well. Pour into baking pan and bake at 400 degrees F. for 25 minutes. It's excellent to serve with beans. The two combined make a complete protein.

CORN CASSEROLE, INDIAN

1 C. dried sweet corn

1/4 C. dried onions

1 C. tomato powder

3 T. dried green peppers

1C. dry bread crumbs

2 T. dried cheese

1 T. shortening or margarine

Reconstitute vegetables. Add seasonings. Place in casserole dish. Dot with margarine or shortening. Sprinkle with cheese and crumbs. Bake at 375 degrees F for 30-35 minutes.

DANDELION BLOSSOMS, FRIED

You need fresh dandelion blossoms, dry bread crumbs or cracker crumbs, 1 beaten egg, and oil or fat.

Gather fresh dandelion blossoms. As many as needed for your family. Do not leave any stem part on, it is very bitter. Wash and dry them on paper towels. Beat one egg very well. Take a handful of blossoms at a time, put in beaten egg, take out with a slotted spoon. Have crumbs in a large bowl or bag. Add dandelions, shake a few times. They are ready to fry. Fry in hot oil till golden brown, remove with slotted spoon, drain and salt.

DANDELION GREENS

2 lbs. fresh dandelion greens
2 cloves garlic
2 T. oil
salt and pepper to taste

The small young leaves are the most tender. Larger, older leaves are bitter. Clean and wash the leaves. Do not eat the stem or the flower. Cut the leaves in half. Heat the oil and garlic in a saucepan. Add the leaves, salt, and pepper. Cook about 12 minutes or until tender. Add water if it gets too dry. Serve hot. pudding.

DUMPLINGS, DANISH

1/4 C. butter, melted
1C. white or wheat flour
2 eggs
1 C. hot broth or liquid

Stir all ingredients together and cook in a pan until thickened. Cool slightly and add 2 eggs, one at a time beating until a dough forms. Salt and pepper to taste. Drop by spoonfuls into hot soup. Do not boil. Dumplings are done when they float to the top of the soup.

DUMPLINGS, NEVER FAIL

3.00 ts Baking Powder
1.00 c Flour
1.00 md Egg
6.00 tb Cold water
1.00 tb Oil
1.00 ts Salt

Beat the egg well then add the 6T of cold water. Measure the Water carefully. Add the oil and salt and whisk together. Mix the baking powder and flour together. Blend the two mixes into a smooth batter quickly. Drop into boiling stew and cover continuing to boil for 15- 20 mins. Yield: 8 Dumplings.

EGGS, DEHYDRATED

Submitted Via. E-mail by Debi

Hi. You can also dehydrate eggs. I have for the past several years and they work just fine. Break eggs into a bowl or blender and blend whites and yolks together, like you would make scrambled eggs. (Do not add milk :)) Pour onto a LIGHTLY greased dehydrator leather tray and dry at 145* for 4 hours then lower the temperature until the lethicin is dry and brittle. Return to blender and blend to granulate. Store in airtight container (vacuumed sealed bags, e.g.). To reconstitute: 1 TBSP egg powder to 2.5 TBSP water. Just add to recipe.

FLOUR SUBSTITUTES

In standard recipes, one of the following may be substituted for one cup of wheat flour:

- 1 cup corn flour
- 3/4 cup coarse cornmeal
- 7/8 cup rice flour
- 1 scant cup fine cornmeal
- 5/8 cup potato flour

There are some problems in the use of substitutes for wheat flour. The following suggestions will improve the eating quality of the final product:

1. Rice flour and cornmeal tend to have a grainy texture. A smoother texture may be obtained by mixing the rice flour or cornmeal with the liquid called for in the recipe, bringing this mixture to a boil, and cooling it before adding the other ingredients.
2. Soy flour must always be used in combination with another flour, not as the only flour in a recipe. It has no gluten, and by itself has an unappealing taste.
3. When using other than wheat flour in baking, longer and slower baking time is required. This is particularly true when the product is made without milk and eggs.
4. Because they have little or no gluten, substitutes for wheat flour do not make satisfactory yeast breads.
5. Muffins or biscuits, when made with other than wheat flour, are of better texture if baked in small sizes.
6. Dryness is common characteristic of cakes made with flours other than wheat flours. Moisture may be preserved by frosting or storing cakes in closed containers.

HAMBURGER, MOCK

- 1 C. wheat
- 1 can red kidney beans (or cooked beans)

1 egg
salt and pepper to taste

Cook wheat 1 hour. Blend wheat in blender then add beans and continue to blend. Add egg and salt and pepper. This can be molded into patties and fried or used in any recipe calling for hamburger.

LENTIL ROAST

1 1/2 C. cooked lentils
1/4 C. cooked lima beans
1/2 C. rolled oats
2/3 C. dry milk powder
1 1/2 C. fine bread crumbs
2 C. water
1/4 C. vegetable oil
1 egg
1 C. chopped nuts
1/2 tsp. sage
1 tsp. vegetable or chicken base
1 C. grated celery
1 tsp. grated onion
1 C. grated fresh carrots

Combine all ingredients and mix thoroughly. Add more bread crumbs for a drier loaf. Spoon into a 9"x13" baking dish coated with a non-stick vegetable spray. Bake at 350 degrees F. for 30-40 minutes. Serve with white bean gravy, if desired. Serves 8-10.

MACARONI AND BEEF SIMPLE SUPPER

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

1 Envelope Cream Of Onion Soup -- to make 2 1/2 cups

1 Pkg. freeze-dried Corn

Salt -- as needed

7 1/2 C Water

1. Bring 7 cups water to boil. Add macaroni-meat package and simmer 10 minutes.
2. Mix about 1/2 cup cold water into soup. Add to pot and cook 5 minutes longer, or until macaroni and meat are tender.
3. Corn should be rehydrated according to instructions and added at the proper time.

Makes 8 - 8 1/2 cups.

MARGARINE, HOME CANNED

Cut 2 lb., plus 2-3 pats of High Quality Margarine into a 1 1/2 qt. pan. Melt very slowly over low heat until it bubbles down. Cover, let simmer for 5 minutes. Pour hot Margarine into hot sterilized (20 min. at 250 f) oven dried jars. Fill jar to within 1 inch of top of jar. (Be careful not to get Margarine on the rim of jar.) Wipe rims with clean damp cloth, place lids and rings on jars. After lid has popped and jar has cooled (can place in refrigerator for a short time for this), to harden, turn upside down a few times before it hardens and it will not look separated. Shake it easily.

Use ONLY TOP BRANDS of Margarine. Do not use soft type, or inexpensive, or any margarine containing lard.

Stores for 3 years or longer.

It works for BUTTER, too.

That is the recipe I found. It looked a little fractured to me, so I talked it over with a few people who have put a few more pints in the pantry than I have, and this is what we came up with.

MARGARINE SUBSTITUTES

Copied from postings at

Food Storage and Supplies forum

Use either applesauce or pureed prunes as a substitute in your baking.

A woman at church demonstrated oven canning and showed how she had been 'canning' margarine in jars with regular metal lid seal and it is good for a year on her shelves.

I read on another BBS last night that someone had substituted butter flavored crisco in her recipes and that it worked great...said she couldn't tell the difference except in one instance where her tollhouse cookies came out a little greasy, but she wasn't sure she hadn't screwed up the recipe on those. I'm gonna get a little and give it a try. She says she uses it in the same amount as the recipe calls for in using margarine. Man we're all gonna have major cardiac disease if we survive this...but maybe we'll at least survive! Guess that's what counts...

Crisco contains emulsifiers which are designed to give baked products it is used in a higher volume. If you use Crisco, or other shortening, in something like toll house cookies, they will be higher volume instead of flat. A pound cake will be lighter and raise more. Substitute it for direct amounts of margarine or butter.

I almost always use Butter Flavor Crisco instead of margarine when baking with very good results.

A post on another board said that butter and margarine can be stored in a salt water brine (make it salty enough to float an egg) in a covered crock or plastic bucket. The encyclopedia of country living tells how to do it also. I will be trying this and I think that you would have to keep a plate with a weight on top of the butter to keep it below the water level. They say that butter will keep a long time like this if it is stored in a cool place.

Most grocery stores sell a powder substitute that I mix with a little extra-light olive oil, works well and can't really taste the difference.

MASTER MIX, BAKING

4 C Whole-Wheat Flour -- *
1 1/2 Tsp. Salt
2 Tbs. 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.

OATMEAL, BAKED

5 Cups Oats -- Rolled (Raw)

2 1/2 Cups Milk -- Rice, Soy Or Dairy

4 Medium Eggs

1/2 Cup Honey

1 Tablespoon Baking Powder

1 Teaspoon Cinnamon

1 Pinch Salt

1 Teaspoon Vanilla Extract

1/2 Cup Raisins -- Seedless, Unsulphured (optional)

Mix together and pour into an ungreased 9 x 13 baking pan. Bake at 350 for 30 minutes or until golden brown. This re-heats well. You can assemble ahead (even overnight) and bake later.

OATMEAL BAKED, BREAKFAST TREAT

3 cups quick cooking oats

1 cup packed brown sugar

2 teaspoons baking powder

1 teaspoon ground cinnamon

1 teaspoon salt

1 cup milk (can be reconstituted milk)

1/2 cup melted margarine or butter

2 eggs, beaten (or equivalent powdered eggs and water)

Mix together and pour into a 9 inch square greased pan. Bake at 350 degrees F for 40-45 minutes. Serve warm with milk.

OATMEAL, SUGAR OVERDOSE

8c water

1 tbs. salt

3 cups quick oatmeal
2 cups brown sugar
2 sticks margarine

Bring water and salt to boil. Add brown sugar and margarine. When at rolling boil, add oatmeal. Cook 5 minutes, stirring constantly. Cook 15 minutes if using non-instant oatmeal. Guaranteed to get you going and keep you going on a cold weather camp out.

RICE, CHICKEN FLAVORED

1. Mix 1 1/3 cups rice mix with 2 cups cold water and 1 tb butter or margarine in a medium saucepan. Bring water to a boil over high heat.
2. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed. Add canned chicken chunks as desired. Makes 4 to 6 servings.

RICE, CINNAMON

1 C Long Grain Converted Rice
1/4 C Raisins
1 Tsp. Cinnamon
1/4 Tsp. Salt
2 1/2 C Water
1 Tbs. Margarine
1/2 Tbs. Sugar -- to taste
Dry Milk -- reconstituted

1. 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.

RICE AND LENTILS, ASIAN

Amount Measure Ingredient:

1/2 Cup Brown Rice
1/2 Cup Lentils
2 Tablespoons Butter
1 Onion -- chopped
1/2 Teaspoon Salt
1/2 Teaspoon Cinnamon
1/2 Teaspoon Ginger
1/2 Tsp. Cardamom
2 Whole Cloves
1 Bay Leaf
1 pinch Cayenne Pepper -- optional
2 1/2 C Water

1. Melt butter in cook pot and add all dry ingredients. Sautee a few minutes and then cover with water.
2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder.

Notes:

- a. Substitute 1 tbs. Onion flakes for the fresh onion for a trail meal.
- b. Add meat of your choice if desired.

RICE MIX, CHICKEN FLAVORED

4 C Long Grain Rice
1 Tsp. Salt
2 Tsp. Dried Parsley -- flakes
4 Tbs. Chicken Bouillon -- instant
2 Tsp. Dried Tarragon
1/4 Tsp. White Pepper
12 Oz Chicken, Canned OR DRIED, RECONSTITUTED as desired.

Preparation:

1. Combine all dry ingredients in a large bowl. Stir until evenly distributed.
2. Store in a cool, dry place and use within 6 to 8 months. Makes about 4 cups of mix.

RICE MIX, DILL LEMON

4 C Long Grain Rice
4 Tsp. Dill Weed Or Dill Seed
8 Tsp. Chicken Bouillon -- dried
5 Tsp. Lemon Peel -- grated, dried
2 Tsp. Salt

1. Combine all ingredients in a large bowl and blend well.
2. Put 1-1/2 cups of mix into 3 pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months. Makes about 4-1/2 cups of mix.

RICE, DILL LEMON:

1. Combine 1-1/2 cups of mix, 2 cups cold water, and 1 tb butter or margarine in a medium saucepan.
2. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed.

Makes 4 to 6 servings.

Notes:

Add canned OR rehydrated dry chicken if desired.

RICE PUDDING, DANISH

This recipe has been in the family (Not mine LOL) for at least a hundred years. It's easy to fix, doesn't take many ingredients, and tastes really good hot or cold.

2 quarts milk (can use reconstituted powdered milk)
1 cup sugar
1/2 teaspoon salt
1 cup white rice
(maybe 1 1/4 depending on the type of rice) 4-5 eggs (or equivalent powdered eggs)
1 tablespoon vanilla

Mix milk, sugar, rice and salt and heat to almost a boil. Let simmer 45 minutes or until the rice is soft. Beat eggs. Take rice off the heat and quickly stir in the eggs. If it doesn't immediately thicken up, reheat

until it does thicken. This should happen before it boils. Pour it all into a bowl, then add vanilla. Let sit for 20 minutes. Serve hot or cold.

ROSE HIPS, CANDIED

Remove seeds from 1 1/2 cups of rose hips by using the point of a knife. The rose hips should be ripe, but firm. Prepare a syrup by combining 1/2 cup sugar and 1/4 cup water; heat until the sugar is dissolved. Add the pitted rose hips and boil for 10 minutes. Lift the fruit from the syrup with a slotted spoon and drain on waxed paper. Sprinkle with sugar and dry in the sun or dry in a dehydrator following manufacturer's instructions. Store between sheets of waxed paper in a tightly covered container until used.

SAUSAGE, COUNTRY GRAVY

Submitted by Brandie

6 servings

3 Tablespoons canola oil

1/4 cup unbleached flour

2 cups reconstituted dried milk

1 teaspoon salt

1/4 teaspoon black pepper

1 teaspoon sage

1 teaspoon thyme

1 teaspoon onion powder

Browned TVP sausage

Stir oil and flour together in a 2 quart pan. Stir in milk, salt and pepper. Whisk until bubbly. Whisk in seasonings. Add browned sausage last. Serve with biscuits or potatoes.

SPAGHETTI, ALPINE

8 Ounces Spaghetti

1 Tablespoon Olive Oil

1 Cup Parmesan Cheese -- grated

3 Teaspoons Ground Sweet Basil

1 Tablespoon Parsley Flakes

1 Garlic clove -- minced

Water

1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.
2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

WHOLE WHEAT, BOSTON BAKED

4 C. whole kernel wheat

1 lb. bacon, cut in fourths

1/4 C. molasses

1/3 C. catsup

1/2 tsp. dry mustard

10 C. water

1 large onion, diced

1/3 tsp. pepper

2 tsp. salt

In a large roaster or Dutch oven, combine wheat, water, bacon, and onion. Combine remaining ingredients in bowl and pour into pan with wheat. Cover and bake at 200 degrees F. for 6 hours. Remove cover the last 1/2 hour of baking. Add a little boiling water if mixture becomes a little dry. Serve hot with bread. Makes 14 cups.