



# A HAT Full of Recipes

Backpacking Recipes That Taste Good

Easy to prepare meals for backpackers

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## PLAN AHEAD AND PREPARE

Before anything else, you must properly plan ahead and prepare for every high adventure trek. While there are lots of questions to answer before any trek, only those concerning menu and food will be mentioned here. So...

Are there food allergies or dietary preferences that have to be considered?

Can everyone going on the trek operate and maintain all cooking equipment?

Preparation includes the food and food preparation equipment you will bring. Some items you can construct or prepare in advance such as dehydrating food at home prior to the trip. The list of these foods is almost limitless.

Things like meats, fruits, vegetables, beans, and sauces can all be dehydrated without special or exotic equipment. Home dehydrators are available or lacking one, food can be dehydrated in a home oven set at 200 degrees with the door propped open about 2 inches.

Meals can be premeasured and repackaged for convenience and efficiency. Instructions can be printed on each bag so that any member of the crew can successfully prepare any meal.

Portions can be determined during shake down and training treks to ensure that there is enough to eat and that there are no leftovers and excessive packaging. The latter is of great concern with regard to small mammals like raccoons, squirrels or chipmunks and possibly bears or other pests.

Concerns about equipment like setting up stoves, lighting stoves, changing fuel bottles, adjusting heat, fuel consumption, stove operation at higher altitudes and so forth are best addressed before starting a trek.

## WANNAGIN BOX

When I was a young Boy Scout, each Patrol had a box of supplies and tools for camping and cooking. As described to me, it contained stuff that you would “want again”. This is what we have in our Cook’s Wannagin Box. Your version will have ingredients that suit the needs and tastes of your crew. This is merely to give you an idea of the unlimited items to include.

Salt

Black Pepper

Powdered Milk

Powdered Egg

Garlic Powder

Freeze Dried Onion Flakes

Freeze Dried Mushrooms

Corn Starch

Flour

Powdered Vinegar

Powdered Soy Sauce

Italian Seasoning Mix

Taco or Chili Mix

Spaghetti Sauce Mix

Bullion in a jar

Tomato Paste

Ghee or Powdered Butter

Oil (small resealable containers of canola and sesame)

No Boil Lasagna

No Boil Spaghetti

Ramen Noodles

Converted Rice

Instant Mashed Potatoes

Quinoa

Bulgur

A special blend of Scorpion Peppers, Bhut Jolokia Peppers, Cayenne Pepper and Szechuan Pepper Corns

## **APPETIZERS and SALADS**

This is a habit Troop 189 got into to teach Scouts how to enjoy a civilized dinner and to keep people out of the kitchen area.

### **BACKPACKER SALAD**

Serves 6-8

#### **Ingredients:**

1 bag of coleslaw

1 package Ramen noodles

1 can or pouch of chicken

3 T oil (sesame preferred)

3 T soy sauce (can be liquid or powdered)

#### **Hardware:**

A gallon size plastic bag

Mix everything in large plastic bag about 30 minutes before eating.

- ✓ Coleslaw mix if left unopened in the original sealed bag will last 3 or more days if left in the bottom of a bear can inside your pack.
- ✓ Trader Joe's sells a "Seaweed Salad" that just requires rehydration.
- ✓ Instant soups come in a wide variety of flavors and ethnicities. Oddly, in California you have to go to the Office Supplies Section of *Smart and Final Stores* to find individual packets of soup.
- ✓ Crackers with either hard cheese or sausage albeit stereotypical also work. To break the monotony of this backpacking staple, try canned fish like trout, mackerel or sardines. Try clams, oysters, shrimp or other potted meats. A trip to an ethnic market like Ranch 99 in California will always reward you with new and "exotic" trek adaptable foods. Just make sure to sample them on shake down and training hikes before using them in your final menu.

## BREAKFASTS

You don't have to start the day with several bags of instant oatmeal and hot chocolate. Really, you shouldn't. Humans, and especially young ones, require protein and fat as well as carbohydrates to function at peak efficiency. Four days into a trek, this will become painfully apparent.

If you insist on living on oatmeal from the pouch, at least add dried fruit, nuts and even seeds. Currently, the fad of using Chia seeds in foods is a good thing for backpackers. Other seeds to consider are Flax and Sesame.

## BACKPACK HASH

Serves 4-6 depending on what else is included with meal

**Ingredients:**

1 Package of freeze dried potatoes. Costco is best source for this.

1 or 2 Pouches of corned beef or freeze dried or dehydrated meat.

**Hardware:**

A skillet

Rehydrate potatoes.

Add protein.

Season to taste.

## **BREAKFAST COUSCOUS**

Serves 5-6

**Ingredients:**

1 Package Couscous

Dried or dehydrated fruit

**Hardware:**

1 pot

Prepare couscous according to instructions on package.

Add about ½ cup dehydrated or freeze dried fruit.

Add sweetening, spices (like cinnamon) to taste.

Heat until fruit is rehydrated.

Garnish with nuts or seeds as described above.

## **BREAKFAST BURRITOS**

Serves 3-4

### **Ingredients:**

1 Package Freeze dried eggs, or omelet mix or scrambled egg mix

4-6 Flour tortillas

Seasonings of your choice

### **Hardware:**

2 skillets; one to prepare eggs and the other to heat tortillas

Prepare scrambled eggs.

Heat tortillas.

Wrap eggs in tortillas.

## **ENTREES**

Generally these are the main meal of the day. Served with a soup or other first course and a desert don't take very long to prepare and are more palatable than freeze dried Spaceman food from a pouch.

## THANKSGIVING DINNER

Serves 3-4

### **Ingredients:**

1 Package of Stuffing Mix

1 Can or Pouch of chicken

1/3 cup of dried fruit (your choice)

### **Hardware:**

Either a pot or skillet

Rehydrate stuffing mix with 1 cup of water in the pouch. This step can take up to 20 minutes.

Heat rehydrated stuffing, chicken along with it's broth and dried fruit over medium heat.

Serve immediately.

## HIGH ADVENTURE TEAM CHICKEN STEW

(This was improvised on a snow camp outing a few years ago)

Serves 4

### **Ingredients:**

2 cans of chicken and the juice it's packed in

2/3 cup Freeze Dried Corn

1/3 cup Freeze Dried English Peas



1 Package Freeze Dried Hash Browns

¼ cup Freeze Dried Onions

½ Pouch Powdered Milk to start, add more to taste if desired

Season to taste with

Salt

Pepper

Garlic Powder

**Hardware:**

1 large pot

Put all ingredients in the pot, simmer until done, usually about 20 minutes.

## TAMALE CASSEROLE

Serves 4

**Ingredients:**

Package of Corn Bread Mix

Powered egg equal to one egg for corn bread

Powdered milk for corn bread mix

1 small (usually 4 ounces) can of diced chilies

Freeze dried ground beef or homemade dehydrated ground beef or a can/pouch of chicken or TVP (texturized vegetable protein). Any combination of these.

Package of taco mix

Can of tomato paste and water if required for taco mix

**Hardware:**

1 skillet, this doesn't work in a pot.

1 vessel to mix corn bread batter

Combine chilies, protein, seasonings in pan and rehydrate.

Make corn bread. Layer on top of seasoned mixture.

Cover and bake until done; about 20 minutes.

## **SALMON BAKE**

Serves 4

**Ingredients:**

Pouch or can of salmon or tuna or trout or clams or shrimp

1 box No boil spaghetti or rigatoni

1 Pouch of pesto mix

Powdered milk to make pesto

**Hardware:**

1 skillet

Rehydrate pasta making sure to add the pesto mixture and about ¼ cup extra water. You have to monitor this to make sure it doesn't burn and stick to pot. If it seems like it's starting to cook too fast, just add a little more water.

Add fish.

Heat and correct seasoning.

## ONE PAN LASAGNA

Serves 3-4

### **Ingredients:**

No boil lasagna

Spaghetti Sauce Mix

Tomato paste if the mix you have chosen requires it

Freeze Dried or Dehydrated Beef or Sausage or canned chicken or whatever suits your preference

Hard cheese sliced thin

### **Hardware:**

1 skillet and cover or an Outback Oven

Put a single layer of uncooked lasagna in skillet. Layer meat, cheese, sauce another layer of lasagna the another layer of stuff. Add enough water to cover since you're rehydrating the lasagna as well as heating everything up. Put lid on skillet and cook over medium low to medium heat. Monitor the progress of this assembly, it should take about 20 minutes to complete. Add another layer of cheese and let it melt just before serving if desired.

## MUSUBI

Serves 4-6

### **Ingredients:**

2 Cups of Rice. If you have lots of time water and fuel make real rice, otherwise you have to use converted rice. If you use converted rice you have to add a little extra water.

1 Can Spam. Ranch 99 has a wide range of flavors

1 Package of *Nori*. Prepackaged healthy snack kind is virtually indestructible.

**Hardware:**

1 pot

Make rice, add vinegar and sweetener.

Make *nigiri* if you can't do that, invest in a *nigiri* press

Slice Spam into small pieces and place on *nigiri*

Wrap in *nori*

## BACKPACKING BREAD

Combine:

2 cups bread flour

1 tablespoon sugar

3/4 teaspoon salt

1 1/2 teaspoon yeast

Add 2/3 cup water & knead. Let rest at least 30-45 minutes if you are doing this at the end of the day. If you are doing this outside, it can rise in the bear can for up to 18 hours, or in your pack all day. In the winter, you must keep this next to your body otherwise it won't rise. Divide

and shape into 4 equal sized baguettes. You can let it rise again for about 30 minutes, but if you don't, it will still work. Just before baking, slash top in 3 places.

Using an ***OUT BACK OVEN***, or if you are a NOLS graduate, a ***FRY BAKE***, divide recipe into 4 equal portions, bake each portion for about 20 – 25 minutes depending on your stove.. Use your nose more that the thermometer to keep track of the bread. If you smell it in less than 10 minutes turn the heat down.

It should be apparent that bread calls for a second stove in the cook group. You can bake the loaves one after the other. If you are impatient, use the dough to make FRY BREAD instead of regular bread. To do that, put a liberal layer of oil in the bottom of the pan and it will brown and rise quickly when you put the cover on.

## RAMEN NOODLES

Troop 189 Discoveries

Can be used as the basis for pizzas, spaghetti, chow mien, and anything else you want.

For spaghetti, use a pack of dry spaghetti or pizza seasoning, some tomato paste in a tube, two packs of Ramen/serving and other spices like onion flakes, garlic powder, red pepper etc. Rehydrate the ramen along with the dried or dehydrated meat of your choice in a heavy duty zip lock bag with about ½ cup of water to each pack. Homemade dried hamburger works well in this recipe. Do this at the lunch break and it will be ready to go by dinner. Now you are heating and not cooking for a significant fuel savings.

For chow mein, add Chinese 5 Spice, garlic powder, onion flakes, and a few packets of soy sauce to taste. Rehydrate as described above, only this time let the ramen brown a little before adding the flavorings.

By making a crunchy noodle pancake, you can make a desert by adding your favorite rehydrated dried fruit.

## HOMEMADE DEHYDRATED HAMBURGER

Troop 189 method

Fry out hamburger meat. Rinse in hot water, drain well. Place in a dehydrator or lacking that, in a 200 degree oven. Since each model of dehydrator and oven are different, you will have to experiment, but it will take at least 8 to 9 hours using either method. It will be obvious when the meat is completely dehydrated because it will look black and shriveled like a peppercorn. Add to whatever dish requires meat.

## COMFORT FOOD

Troop 189 Recipe

Serves 3-4

### **Ingredients:**

3 packages Ramen Noodles

1 or 2 pouches of gravy mix (comes in chicken, beef or pork) to taste

2 TBL dehydrated onions

½ TSP red pepper

1 12 oz. can chicken or 2 6 oz. cans tuna or 1 12 oz. can roast beef

### **Hardware:**

1 skillet

Rehydrate noodles with ½ cup water/package. Place in large Ziploc plastic bag at lunch break, by dinner, the noodles will be ready to use.

At dinner time;

Heat 1 TSP oil in pan

Add noodles, sauté until crisp to taste

Add meat and onions, heat for about 3 minutes

Add gravy mix with water as directed on pouch

Heat thoroughly

## CHILI RELLENOS

Troop 189 Recipe

Serves 3-4

### Ingredients:

1 4-oz can whole green chilies. You could use Jalapenos, but it will be spicier.

¼ lb. jack cheese cut in strips

2 eggs or dehydrated equivalent

¼ cup milk rehydrated from powdered

¼ cup flour

¼ tsp baking powder

½ cup cheddar cheese

### Hardware:

1 skillet

Slit each chili, if you discard the seeds they will be less spicy; not that they are in the first place

Stuff each with jack cheese

Place in an outback oven's pan

Beat eggs until foamy add flour and baking powder

Beat this mixture until smooth

Pour over chilies

Sprinkle or lay on cheddar cheese

Bake about 20 – 25 minutes at medium high

A soufflé like dish should result

Eat while hot

## NOODLES IN A RAIN CLOUD

Troop 189 Recipe

Serves 4

### **Ingredients:**

2 packages Ramen noodles

4 eggs or rehydrated equivalent

½ package of Bacon Bits, use the real stuff

Garlic to taste

Hard cheese for topping; Swiss, Cheddar, Emmenthaler all work

### **Hardware:**



1 skillet

Rehydrate noodles using about  $\frac{3}{4}$  cup of water per package, put in zip lock bag, put in your pocket at least 3 hours before you make dinner.

Brown noodles in a little oil in a skillet. I happen to use an Outback Oven

Either add water to the dehydrated eggs or break fresh ones into a plastic bag. Beat well by agitating the bag.

Flip noodles.

Add eggs and garlic + whatever other spices you like

Cover for about 5 – 8 minutes, let eggs set

Remove cover, top with sliced cheese, cubes don't work very well

Replace cover, let cheese melt.

## H.A.T. COOKIES

Make these at home

Ingredients:

$\frac{1}{4}$  cup shortening

$\frac{1}{4}$  cup unsalted butter

$\frac{1}{2}$  cup dark brown sugar

$\frac{1}{2}$  cup granulated sugar

$\frac{1}{2}$  cup shredded coconut

$\frac{3}{4}$  cup + 1 Tablespoon pastry flour

Pinch salt

Pinch baking soda

Pinch ground cinnamon

2 cups old fashioned oats

½ cup dried fruit

1/3 cup unsalted nuts

1/3 cup M&M candies

1 egg

Blend shortening, butter, brown sugar and sugar. Add egg and mix well. Add coconut, flour, salt baking soda and cinnamon. Mix until blended. Fold in oats by hand, then mix in dried fruit, nuts and M&Ms. Spoon out in equal portions on parchment lined baking pan.

Bake at 360 degrees for 10 to 12 minutes, or until golden brown.

Makes 2 dozen.