

## **Another Fork in the Trail**

by Laurie Ann March © 2011

### **“At Camp” Instructions - Breakfast**

To make it easy for you to take along the “at camp” instructions with your backcountry meals from *Another Fork in the Trail* I have created these files for you to print out.

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Thank you,

Laurie Ann March

## **Blueberry Hazelnut Quinoa**

### **At Camp**

Mix the contents of the quinoa bag with 3/4 cup of water in a pot. Bring to a boil. Reduce the heat to a simmer and let the quinoa cook for 10 minutes, stirring occasionally. If it becomes too dry, add a little more water. Meanwhile use the milk powder and water to make 1/2 cup of milk. When the quinoa has finished cooking, divide it into 2 servings. Top each with milk and a little brown sugar, if desired, and sprinkle with hazelnuts.

### **Alternate instructions (for dehydrated quinoa)**

At camp you'd simply add 3/4 part boiling water to 1 part quinoa and let it rehydrate for 15 to 30 minutes.

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## **Carrot Cake Quinoa Flakes**

### **At Camp**

Remove the bundles from the bag of quinoa flakes and set aside. Add enough boiling water to the carrots and raisins to barely cover them and let rehydrate for 10 to 15 minutes. When the carrots have rehydrated, boil 1 1/2 to 2 cups of water depending on the desired consistency. Add the quinoa flakes, sugar-and-spice mixture, carrots, and the raisins to the pot, cover, and let sit for about 2 minutes. Stir in the nuts and coconut if you are using them. Divide into 2 servings.

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## **Apple Berry Rooibos Quinoa Flakes**

### **At Camp**

Remove the bundles from the bag of quinoa flakes and set aside. Boil 1 1/2 to 2 cups of water depending on the desired consistency. Add the cheesecloth containing the rooibos and let steep for 5 to 10 minutes. Remove the cheesecloth bundle. Bring the liquid back to a boil and add the quinoa flakes, sugar, raspberries, and apples to the pot. Cover, and let sit for about 2 minutes. Divide into 2 servings.

### **Tip**

After the cheesecloth bundle cools squeeze out any excess liquid, wrap in the leftover plastic wrap, and place in an empty ziplock bag to be packed out.

## **Chia Banana Nut Crunch Oatmeal**

### **At Camp**

Remove the bundles and the note from the oatmeal bag. Cook the oatmeal or multigrain cereal according to the package directions on your note. If you are using freeze-dried bananas, add a little cool water to them so that they will reconstitute. If you are using a fresh banana, cut it into slices and prepare the soy milk. When the oatmeal is to the consistency you prefer stir in the toasted chia seeds, pecans, and banana slices. Sweeten to taste and serve with soy milk.

### **Tip**

A dollop of peanut butter stirred into the hot oatmeal during the last few moments of cooking makes this taste like a gooey peanut butter and banana sandwich.

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## **Creamy Brown Rice Farina**

### **At Camp**

Remove the bundles from the ziplock with the brown rice farina and set aside. Add the farina to 1 cup of water and bring the mixture to a boil. Reduce heat and let simmer for 4 minutes. Add the cardamom, raisins, and nuts. Cook an additional 1 to 3 minutes, being very careful not to over cook the farina. Serve with soy milk poured over top.

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## **Lemon Ginger Scones with Cranberries**

### **At Camp**

Remove the bundles from the ziplock bag. Add 1/8 cup of water to the egg replacer and stir with a fork until frothy. Add the lemon zest to the egg replacer and set aside. Add 1/4 cup butter, vegetable shortening, or vegan butter substitute with the flour mixture using your fingertips until the mixture looks like small beans. Stir in the ginger and cranberries. Add the egg replacer mixture and 2 to 3 tablespoons of lemon juice or water. Just use enough liquid to moisten the dough. It shouldn't be loose or runny but more like the consistency of pizza dough. With the dough in the ziplock bag, lightly flour the ball and then gently knead about 12 times. Make sure the bag is open and lay on a flat surface such as a rock or a camp plate. Add a little more flour and use your water bottle to roll the dough into a circle about 1/2-inch thick. Cut one side off the bag and cut the dough into pizza slice-shaped triangles.

Place in a pan lined with parchment paper, brush with a little reconstituted soy milk if desired, and bake for 10 to 15 minutes. Remove from the pan immediately and serve warm with butter or vegan butter substitute or your favorite jam.

## **Cherry Almond Couscous with Marzipan Crème**

### **At Camp**

Bring 1 cup plus 3 tablespoons water to a boil. Meanwhile make your soy milk if you are using it. Remove the plastic wrap from the marzipan and place it back in the ziplock bag. Add 3 tablespoons of water to the marzipan bag, seal it back up, and carefully knead the bag until you have a mixture that resembles cream. Very carefully add the remaining water to the bag with the couscous. Let stand 5 minutes. Stir the marzipan mixture into the couscous and scoop it into bowls. Top with milk, if desired.

### **Tips**

Marzipan comes in shelf-stable packages, so if you are planning this for after the third day of your trip, it is best to keep the paste in the original packaging, as it will keep for weeks. Once you open it, you will have to consume the marzipan over a few days. Leftover marzipan is delicious with chocolate or melted into a hot drink such as coffee, hot tea, or cocoa, in place of sugar or honey.

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## **Citrus Herb Couscous**

### **At Camp**

Bring 1 cup water to a boil. Meanwhile make 1/2 cup of soy milk. Remove the bundle of candied lemon, lime, and orange powder from the freezer bag and set aside. Very carefully add the water to the bag with the couscous. Let stand 5 minutes. Scoop it into bowls, top with milk, and sprinkle with the powder.

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## **Quinoa Berry Muffins**

### **At Camp**

Remove the bundles from the bag of dry ingredients. Rehydrate the quinoa by adding enough boiling water with the quinoa to equal the measurement on your sticky note. Add 3 tablespoons of water to the chia seeds and let them sit until the mixture is thick and gelatinous. Add the oil-almond extract mixture to the chia mixture. Stir in 1/3 cup water and when well combined add the brown sugar. Then add the chia mixture to the bag of dry ingredients and the rehydrated quinoa and stir to combine. Gently add the dried berries and nuts.

Put the batter into silicone muffin cups placed in your baking pan or pour directly into a parchment-lined baking pan. Bake for 25 to 30 minutes or until a toothpick or knife inserted in the center comes out clean.

## **Sweet Apricot Pistachio Nut Muffins**

### **At Camp**

Remove the bundles from the bag of dry ingredients. Add 3 tablespoons of water to the chia seeds and let them sit until the mixture is thick and gelatinous. Add 1 tablespoon olive oil to the chia mixture. Stir in 1/2 cup of brown sugar. Add 1/2 cup water to the liquid ingredients then stir the mixture into the dry ingredients. Combine well. Add an extra tablespoon of water, if needed, until the muffin batter is evenly and well moistened but still remains fairly thick. Stir in the apricots and pistachio nuts.

Put the batter into silicone muffin cups placed in your baking pan or pour directly into a parchment-lined baking pan. Bake for 30 to 35 minutes or until a toothpick or knife inserted in the center comes out clean. The tops will be firm and golden. Remove the muffins from the pan immediately and let them cool for 10 minutes in the silicone cups before removing. If you leave them in the baking pan they will sweat and become soggy and if you take them out of the cups too soon you'll be left with 1/2 the muffin stuck in the bottom of the muffin cup.

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## **Pumpkin Pecan Breakfast Muffins**

### **At Camp**

Remove the bundles from the bag of dry ingredients. Add 3 tablespoons of water to the chia seeds and let them sit until the mixture is thick and gelatinous. Add the 1/6 cup oil and 1 teaspoon vanilla extract to the chia mixture. Stir in the oil-extract-syrup mixture. Then add the mixture plus 1 cup water to the bag of dry ingredients and gently mix to combine. Stir in the raisins and nuts.

Put the batter into silicone muffin cups placed in your baking pan or pour directly into a parchment-lined baking pan. Bake for 25 to 30 minutes or until a toothpick or knife inserted in the center comes out clean.

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## **Blueberry Lavender Biscuits**

### **At Camp**

Add 2 teaspoons of the lavender sugar mixture to the dry biscuit mix and combine well. Follow the "At Camp" instructions for the biscuits. When you place them on the parchment-lined pan, sprinkle the remaining lavender sugar on top of each biscuit. Bake as indicated in the instructions for the biscuit recipe. Serve warm with butter or vegan butter substitute.

## **Herb and Cheese Biscuits**

### **At Camp**

Remove the herb bundle from the bag and mix the herbs with the dried ingredients. Follow the “At Camp” instructions for the biscuits. Break up the cheese into small pieces and place it into the mix before you add the water. Bake as indicated in the instructions for the biscuit recipe. Serve warm with butter or vegan butter substitute.

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## **Green Tea and Ginger Quinoa Pancakes**

### **At Camp**

Add 1/2 cup very hot water, preferably water that has been off the boil for a few moments, to the green tea and let steep for 3 to 5 minutes being sure not to let it get too strong. Remove the tea bag. Allow the tea to cool for a few minutes and then add 1/2 cup cool water. Add the chopped candied ginger to the dry ingredients in the ziplock bag. Combine well. Add 3/4 cup of the tea mixture to the dry ingredients in the ziplock bag. Stir to moisten and add extra tea as necessary to obtain a pancake batter consistency.

Place a little vegetable oil in a frying pan and heat over a medium flame. Pour in one-fourth of the batter and cook until the edges appear dry. Then flip and cook until the underside is golden. Repeat until you have 4 pancakes, adding more oil to the pan between each pancake as necessary. Serve with a little butter and your favorite syrup.

### **Tip**

The batter is easy to manage if you make it in the ziplock freezer bag. Then simply cut off a corner of the bag and squeeze the batter into the pan. Between pancakes, be careful to situate the bag so that the batter doesn't spill out of the cut corner.

## **Earl Grey and Apple Pancakes**

### **At Camp**

Add some boiling water to the dried apples so they can rehydrate a bit. Add 1/2 cup boiling water to the Earl Grey tea bag and let steep for 3 minutes, being sure not to let it get too strong. Remove the bag. Allow the tea to cool for a few minutes then add 1/2 cup cool water. Drain the apples well, or if you are using fresh, chopped apple, add it to the dry ingredients in the ziplock bag. Combine well. Add 3/4 cup of the tea mixture to the dry ingredients in the ziplock bag. Stir to moisten and add extra tea as necessary to obtain a pancake batter consistency. Do not overmix or the pancakes will be tough.

Place a little vegetable oil in a frying pan and heat over a medium flame. Pour in one-fourth of the batter and cook until the edges appear dry. Then flip and cook until the underside is golden. Repeat until you have 4 pancakes, adding more oil to the pan between each pancake as necessary. Serve with a little butter and your favorite syrup.

### **Tips**

When brewing the tea don't let it get too strong and don't squeeze the tea bag as this will make it bitter.

The batter is easy to manage if you make it in the ziplock freezer bag. Then simply cut off a corner of the bag and squeeze the batter into the pan. Between pancakes, be careful to situate the bag so that the batter doesn't spill out of the cut corner.

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## **Cinnamon Griddle Toast**

### **At Camp**

Remove the bag with the milk and chickpea flour mixture from the large ziplock freezer bag and dump it in a pot. Add 2/3 cup of water and 1 teaspoon of maple syrup or agave nectar, and combine well. Put a little vegetable oil in your frying pan and preheat it over medium heat. Dip a piece of bread into the mixture and fry it, flipping once, until golden. Repeat with the remaining slices. Garnish with dried-fruit compote, freeze-dried berries, a drizzle of your favorite syrup, or a fresh sliced banana and a handful of toasted pecans.

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## **Potato Spinach Hash Browns**

### **At Camp**

Add equal amounts of potato-spinach mixture and boiling water and let reconstitute for 10 to 15 minutes, adding a little more water as necessary but maintaining a thick consistency. Pour the chickpea flour onto a piece of parchment paper. If it is windy weight the corner with something heavy like a small rock. Lay the other piece of parchment paper on a plate or rock. While you heat the oil in a frypan over medium heat, make little patties about 1/4-inch thick and 3 inches in diameter. Dip each side in chickpea flour and lay in single layer on the second piece of parchment paper. Fry in hot oil until each side is a deep golden brown. Season the hash browns immediately with salt and pepper. Serve hot.

### **Tip**

If you have a stove that runs too hot on medium then carefully use your pot lifter to hold the frying pan an inch or so above the flame.

## **Asparagus and Cheese Frittata**

### **At Camp**

Combine equal parts of boiling water and dried asparagus to reconstitute. Let sit for about 15–20 minutes. In a separate container, mix scrambled egg powder with water as indicated on the note you enclosed and beat well with a fork.

Put a little butter or oil in the bottom of a pot or frying pan. Add 1/4 cup of grated Swiss cheese to the egg mixture and pour into the preheated pan. Top with the rehydrated asparagus and cook on medium to low heat until the egg mixture is cooked. Add salt and pepper. Remove the frittata from the pan, cut into two servings, and sprinkle each with 1 tablespoon of Swiss cheese while the frittata is still hot.

### **Tips**

If a little egg mixture remains uncooked in the center, just tilt the pan slightly and let the uncooked egg move to the outer edges.

If you plan to have this more than a few days into your trip, keep the Swiss cheese in a block and cut it thin with a knife or use a grater designed for backpacking when you are at camp.

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## **Polentina with Stone Fruit Compote**

### **At Camp**

Remove the bags from the polenta bag. Put 1/4 cup water in a pot with the fruit mixture. Heat until boiling, add 1 teaspoon butter or vegan butter substitute, and set aside to rehydrate. Make 3/4 cup soy milk. Add the milk with 1 cup of water in pot. Bring to a boil being careful not to burn the milk and slowly stir in the polenta mixture a bit at a time so that it doesn't lump. Cook while stirring constantly for 1 to 5 minutes depending on the note you made about the cooking time. Add the vanilla extract if you are using it. Divide into 2 servings and top with fruit compote.

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## **Roasted Sweet Potato Breakfast Bread**

### **At Camp**

Rehydrate 1/4 cup of the sweet potato mixture by adding 1/4 to 1/3 cup boiling water. It is best to start with the smaller amount and add more water as needed. Mix 2 tablespoons of shortening with the flour mixture using your fingertips until the mixture looks like small beans. Add the raisins to the dry ingredients. Mix the cooled and rehydrated sweet potatoes and 1/3 cup water together and add to the flour mixture, combining until you have very soft dough. Add more water by the tablespoon, if necessary, to bring the dry ingredients together. Bake in a parchment-lined pan for 20 to 30 minutes or until a toothpick inserted in the center comes out clean.

### **Tip**

If the sweet potato mixture rehydrates too wet, add 1 tablespoon or so of flour to thicken it.



## **Lentil Cakes**

### **At Camp**

Remove the bundles from the bag of lentils. Add boiling water to the lentil mixture, in a ziplock bag, using a little less than 1 part water to 1 part dried ingredients. Let sit for 5 to 10 minutes and add a little more water if necessary. Add the spices and oats to the lentil mixture in the freezer bag. Be careful as the liquid may still be hot. Let the air out of the bag, close it tightly, and knead it to mix everything together.

Heat the olive oil in a frying pan. Cut one corner off the bag. Squeeze one-fourth of the mixture into the frying pan and then flatten into a patty with your spoon or spatula. Fry the patties for approximately 4 minutes, turning occasionally. Season with salt and pepper to taste.

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## **Spiced Breakfast Dal**

### **At Camp**

Add enough boiling water to the lentil mixture to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration container prior to adding the water. You can always add more water if you need to.

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## **Chocolate Chickpea Butter**

### **At Camp**

Rehydrate the chickpea mixture in the ziplock bag using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 or 10 minutes and then add a little more water if needed. Once rehydrated, add 1 tablespoon of peanut butter and a drizzle of olive oil. Knead the bag until well combined. Serve as a spread for baguette slices, bagels, croissants, digestive-style cookies, or biscuits.