

Another Fork in the Trail

by Laurie Ann March © 2011

“At Camp” Instructions – Desserts and Baked Goods

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

Cherry, Hazelnut, Wild Rice Fry Cookies

At Camp

Combine 1 package of the mix with 1 tablespoon of oil and 1 tablespoon of water. Put an additional teaspoon of oil in a frying pan and heat on a medium-low flame. Divide the batter into thirds and drop the balls of dough into the frying pan. Gently press each cookie down with a spatula.

Cook for about 3 minutes until the bottom browns. Flip and cook the other side. Cool for a few minutes before eating because the chocolate and nuts will be very hot.

Follow these same steps for each of the other 3 bags of cookies when you're ready to eat them.

Double Ginger, Almond, Blueberry Fry Cookies

At Camp

Combine 1 package of the mix with 1 tablespoon of oil and 1 tablespoon of water. Put an additional teaspoon of oil in a frying pan and heat on a medium-low flame. Divide the batter into thirds and drop the balls of dough into the frying pan. Gently press each cookie down with a spatula.

Cook for about 3 minutes until the bottom browns. Flip and cook the other side. Cool for a few minutes before eating because the blueberries and nuts will be very hot.

Follow these same steps for each of the other 3 bags of cookies when you're ready to eat them.

Chocolate Chai Fry Cookies

At Camp

Combine 1 package of the mix with 1 tablespoon of oil and 1 tablespoon of water. Put an additional teaspoon of oil in a frying pan and heat on a medium-low flame. Divide the batter into thirds and drop the balls of dough into the frying pan. Gently press each cookie down with a spatula.

Cook for about 3 minutes until the bottom browns. Flip and cook the other side. Cool for a few minutes before eating because the chocolate and nuts will be very hot.

Follow these same steps for each of the other 3 bags of cookies when you're ready to eat them.

Mayan Black Bean Brownies

At Camp

Add the water to the egg replacer as indicated on your note and set aside. Melt the almond butter in a pan over low heat. Remove from the heat and add 1/8 cup of water, and the egg replacement mixture, to the freezer bag containing the dry ingredients and mix well. Pour the batter into a pot or pan lined with parchment paper and bake for 25 to 30 minutes or until a toothpick or knife inserted in the center comes out clean. Let cool and serve. Wrap any leftovers in plastic wrap for the next day.

Tropical Blondies

At Camp

Add the water to the egg replacer as indicated on your note and set aside. Melt the almond butter in a pan over low heat. Remove from the heat and add 1/8 cup of water, the egg replacement mixture, and the extracts to the freezer bag containing the dry ingredients and mix well. Pour the batter into a pot or pan lined with parchment paper and bake for 25 to 30 minutes or until a toothpick or knife inserted in the center comes out clean. Let cool and serve. Wrap any leftovers in plastic wrap for the next day.

Apple Cinnamon Upside-Down Cake

At Camp

Rehydrate the apple slices in a little boiling water. Let sit until rehydrated, drain and set aside. In a small pot or large ziplock freezer bag, add water to the egg replacer powder as indicated on your note and set aside. Add 1/8 cup vegetable oil and 1/4 cup water to the egg mixture. Add the liquid mix to the dry ingredients and stir just enough to moisten.

Line the bottom and sides of a pot or pan with parchment paper. Place the apple slices in a single layer, with the pecans if you are using them, on the parchment paper and sprinkle with the cinnamon–maple sugar mixture. Gently spread the batter on top of the apple slices. Bake for 25 to 35 minutes or until a toothpick or knife inserted in the center comes out clean. Let cool slightly.

Lemon Rosemary Cupcakes

At Camp

In a small pot or large ziplock freezer bag, add water to the egg replacer powder as indicated on your note and set aside. Add 1/8 cup vegetable oil to the egg mixture. Juice the lemon using a fork and add 1/4 cup lemon juice to the oil and egg mixture. Reserve 1 tablespoon of lemon juice.

Slice the lemon peel into thin layers, being careful to avoid the pith. Sliver 1 teaspoon of the lemon rind and mix it and the rosemary with the dry ingredients. Add the liquid mix and stir just enough to moisten. 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 35 minutes or until a toothpick or knife inserted in the center comes out clean. Set aside.

Make a glaze by stirring the tablespoon of reserved lemon juice into 1/4 cup icing sugar. Spread it over the warm cupcakes or cake.

Tip

If you like, pack in fresh rosemary instead; it will keep for a few days in cooler weather. You'll need about 1/2 teaspoon.

Winter Fruit Crumble

(note: "Bob's Red Mill Gluten-Free All Purpose Baking Flour" was erroneously listed as "Bob's Red Mill All Purpose Flour" in this recipe. Both will work here but be sure to use the GF version if you have Celiac disease.)

At Camp

Place the tea bag bundle in a pot with the dried fruit and cover with boiling water. Let sit until the fruit is rehydrated and then remove the tea bag, drain, and set aside. Line the bottom and sides of a pot or pan with parchment paper. Place the rehydrated fruit in the bottom of the pot and sprinkle it with 1 tablespoon of white or maple sugar.

Add 2 tablespoons butter or vegan butter substitute to the ziplock bag containing the brown sugar mixture and knead until the sugar mixture and butter are creamed. Shake the bag of flour, oats, and spices to ensure it is well combined then blend in the butter mixture. Sprinkle over the fruit mixture. Bake for 30 to 40 minutes until the top is golden. Allow to cool slightly and serve.

Monkey Bread

At Camp

Prepare the yeast dough and let rise according to the recipe directions. If the weather is cold, you can place the ziplock inside your jacket to aid in rising. Once the dough has risen, break off pieces and roll them into 1-inch balls.

Melt the butter or vegan butter substitute over medium-low heat. Dip each ball in melted butter and then in the cinnamon-sugar mixture. Place the pieces together to form a ring in a parchment paper-lined pot or pan, sprinkling with nuts between each layer.

Bake in an Outback Oven or reflector oven for 10 to 12 minutes after the oven is preheated. Once the bread is cooked through and golden, remove from the heat and let cool for a few minutes before eating so that the nuts don't burn your mouth. Pull apart and enjoy.

Chocolate Hazelnut Spirals

At Camp

Prepare the yeast dough and let rise according to the recipe directions. If the weather is cold, you can place the ziplock inside your jacket to aid in rising. Once the dough has risen, press it out into a rectangular shape.

Spread the dough evenly with hazelnut spread, keeping the spread 1 inch away from the edges.

Sprinkle with the chopped hazelnuts and roll it up starting on one of the long sides.

Moisten the long edge with a bit of water and press to seal the roll. Cut into 6 pieces.

Place the rolls in an Outback Oven or reflector oven for 10 to 12 minutes after the oven is preheated.

Once the bread is cooked through and golden, remove from the heat and let cool for a few minutes before eating so that the nuts don't burn your mouth.

Make a glaze by stirring 1 tablespoon of Frangelico or Kahlua into 1/4 cup icing sugar. Spread it over the warm hazelnut rolls.

Tips

An easy way to roll out the dough is to put it in a large ziplock freezer bag and use your water bottle as a rolling pin. Then all you have to do is cut off one side of the bag and add the filling.

If you are making this for the kids use a tablespoon of reconstituted powdered almond milk or other powdered milk to make the icing.

Brandied Fruit Compote with Sweet Biscuits

At Camp

Ensure that you are at least 6 feet away from anything flammable—do not make this recipe under a tarp or near your tent. Mix the fruit, 1 tablespoon sugar, and all but 2 tablespoons brandy in a frying pan and carefully heat the mixture. Let the fruit simmer in the hot brandy until it rehydrates and the mixture thickens. Remove from the heat and set aside. Follow the “At Camp” instructions for the biscuits. Bake as indicated in the instructions for the biscuit recipe. Add the remaining brandy to the fruit while it is off the burner. Put the pan of fruit back on the heat and carefully tilt the pan so that the alcohol catches fire. Alternatively turn off the stove and light the pan with a match—either way be very careful. When the flames go out, spoon the warm compote on top of the biscuits.

Tips

If you want to make this for children use a bag of fruit tea such as peach or cranberry and 1/2 cup of water. Steep the fruit and tea in boiling water for 5 minutes.

Masa Dumplings for Chili or Soup

At Camp

Bring your chili or soup to a boil ensuring that there is some liquid in the pot as the dumplings will absorb some of the liquid. Add 2 teaspoons vegetable oil and enough water to the bag of dry ingredients to make soft dough. Cut a corner off the bag so that the opening is about 3/4-inch across. Squeeze out dumplings, approximately the size of a large marble, into the boiling chili or soup. Reduce the heat, cover, and cook the dumplings for 10 minutes or until cooked through.

Flatbread

At Camp

Put 1/2 cup warm water in your cup and mix in 1 teaspoon of sugar. Sprinkle the rapid-rise yeast into the water, and let it sit for five minutes. Meanwhile add 1/2 cup warm water to the freezer bag containing the salt. Remove the extra flour bundle from the large bag of flour and set aside. When the yeast is activated pour the mixture, along with the salt water mixture, into the large bag with the flour. Knead the bag for 8 to 10 minutes, adding more flour if needed. Divide the dough into 6 pieces and flatten each piece into a 1/4-inch thick circle. Heat a little of the oil in a frying pan over medium heat and fry each flatbread, flipping once, until golden brown on both sides.

Quinoa Chickpea Spiced Fry Bread

At Camp

Add 1 to 1 1/4 cups water to the flour mixture to make a loose batter. Heat a 1/8-inch layer of oil in a frying pan over medium-high heat. Drop the batter by heaping tablespoonfuls into the pan, flattening and smoothing with the back of a spoon. Fry the bread until the top edges start to appear dry and the bottom is golden and crispy. Flip and cook on the other side. Serve immediately, while still warm.

Focaccia with Caramelized Balsamic Onions and Rosemary

At Camp

Add a little less boiling water than you have dried ingredients to the onion mixture and set it aside to rehydrate. Once it has rehydrated drain off any excess liquid. Prepare the dough and let rise according to the recipe directions. If the weather is cold, you can place the ziplock bag inside your jacket to help the dough rise.

Once the dough has risen, press it into a pot or pan lined with parchment paper. Top with the rehydrated onion and rosemary mixture. Then crumble the goat cheese on top, if you are using it. Drizzle with 1 to 2 teaspoons olive oil and season with salt and pepper.

Place in an Outback Oven or reflector oven and bake for 10 to 12 minutes after the oven has preheated. Once the bread has cooked through and is golden, remove the focaccia from the heat. Let it cool for a few minutes before eating so that the onions do not burn your mouth.

Basic Biscuits

At Camp

Mix the butter (or shortening) with the flour mixture using your fingertips until the mixture looks like small beans.

Mix in 1/2 cup of water until you have a very soft dough. Do not knead. Shape into 6 biscuits.

Place in a pan lined with parchment paper for baking. Bake for 20 minutes. If you are preparing these in a frying pan, cook until they are golden on the bottom, then flip them and cook them until they're done.

Tip

Do not use margarine or oil because it will make the biscuits tough and they will not cook properly.

Gluten-Free Biscuits

At Camp

Mix the butter (or shortening) with the flour mixture using your fingertips until the mixture looks like small beans.

Mix in 1/4 cup of water until you have a very soft dough (add more water if needed). Do not knead. Shape into 6 biscuits.

Place in a pan lined with parchment paper for baking. Bake for 20 to 25 minutes.

Basic Yeast Dough

At Camp

Put 1/2 cup warm water in your cup and mix in 1/2 teaspoon of sugar. Sprinkle the rapid-rise yeast into the water and let it sit for a minute or two. Pour the yeast mixture into the dry ingredients and add 2 teaspoons of vegetable or olive oil. (Use olive oil to make pizza or herb bread and vegetable oil to make sweet bread like Monkey Bread.)

Knead for 5 minutes or until the ingredients are well combined and the dough is elastic. Let rise for 5 minutes, then shape it into 6 buns, a loaf, or a pizza crust. Bake for 10 to 15 minutes or until golden.

Gluten-Free Pizza Dough

At Camp

Put 1/2 cup warm water in your cup and mix in 1 teaspoon of sugar. Sprinkle the rapid-rise yeast into the water and let it sit for 1 or 2 minutes. While you are waiting for the yeast, add 2 tablespoons of olive oil to 1 teaspoon of apple cider vinegar and add the salt and xanthan gum mixture. Add it to the yeast mixture once the yeast has sat for a few minutes. Add the liquid ingredients to the flour and herb mixture and knead for 2 to 3 minutes. Line a pan with parchment paper and lightly oil the top of the paper. Lightly sprinkle cornmeal on top of the oil. With wet hands press the dough out onto the lined pan. Bake the pizza crust for 10 minutes and then remove the pan from the heat. Flip it over and add your sauce and toppings and bake for 10 to 15 minutes or until all the toppings are heated through.