

Another Fork in the Trail

by Laurie Ann March © 2011

“At Camp” Instructions – Dinners

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

Unstuffed Peppers with Quinoa

At Camp

Add enough boiling water to the dried 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. Once the unstuffed peppers have rehydrated, you might have to reheat the mixture. Sprinkle with nutritional yeast and serve.

If you are using cheese, put the hot pepper mixture into your backpacking pot, stir in 1/2 cup grated cheese, and then top it with the remaining 1/2 cup cheese. Cover it and let sit until the cheese melts.

Butterbean and Kale Ragout

At Camp

Add enough boiling water to the soup mix to equal the measurement on your sticky note. Do not add the water first or you will have too much liquid. Once the ragout has rehydrated, heat it through and serve.

Chana Masala

At Camp

Add enough boiling water to the dried soup 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. Once the soup has rehydrated, you might have to reheat it. Serve with chapatti, naan bread or pitas, if desired.

Roasted Ratatouille

At Camp

Add enough boiling water to the dried ratatouille 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. Once the mixture has rehydrated, you might have to reheat it. Serve with rice, pasta, focaccia, or your favorite trail bread

Pasta alla Puttanesca

At Camp

Add enough boiling water to the sauce 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. Once the sauce has rehydrated, reheat if necessary and serve over linguini or spaghetti. Drizzle each serving with ½ tablespoon of olive oil before eating.

Tip

The day you plan to have the sauce for dinner, start rehydrating it at lunchtime by mixing the dried sauce with cool water in a leakproof container. The sauce will be fully rehydrated at dinner time.

Gnocchi with Brown Butter and Balsamic

At Camp

Shave the Parmesan cheese and set aside. Boil salted water and cook the gnocchi or tortellini according to the package directions. Drain the water, put the pot in a cozy, and set it aside. In another pot or frying pan melt 1/2 cup butter over medium-low heat, stirring frequently. When the foam subsides, and the butter begins to turn golden brown, remove the pot from the heat. This will take about 2 to 3 minutes. Let it cool for a minute and then add 2 tablespoons plus 1 teaspoon balsamic vinegar and season with salt and pepper. Pour over the gnocchi or tortellini and top with the walnuts and Parmesan cheese shavings.

Tip

If your stove doesn't have a low setting, just lift the pan by the pot grip and hold it a small distance from the flame.

Arugula and Baby Spinach Pesto

At Camp

Add 1/2 part water to 1 part dried mix and allow to rehydrate, adding water a little at a time if necessary. Add 1/4 cup of olive oil to the bag, close the bag and knead with your hands until combined. Shave the Parmesan cheese, if using, with your knife or cut into small pieces and crumble with your fingers. Add the cheese and nuts to the bag and mix again, or, if you are having this with pasta, toss the pasta with the pesto and sprinkle the cheese and nuts on top.

Bruschetta Pasta with Goat Cheese

At Camp

Add warm water to the bruschetta mixture using a little less water than dried mix. Add more water if necessary. Boil salted water and cook the pasta until al dente. Drain the water, drizzle with 2 tablespoons olive oil, put the pot in a cozy, and set it aside. In another pot or frying pan, heat the bruschetta mix and add the goat cheese over low heat. If your stove doesn't have a low setting just lift the pan by the pot grip and hold it a small distance from the flame. Stir gently until the goat cheese melts. Add the bruschetta and cheese mixture to the pasta in the pot and stir to coat. Season to taste with salt and pepper.

Polenta with Sage e'Fagioli

At Camp

Add enough boiling water to the dried bean 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. Once the bean mixture has rehydrated, you might have to reheat it. Set aside in a cozy.

Make the polenta according to the package directions you included in the bag and slowly stir in the polenta 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. Divide the cooked polenta into servings and top with the rehydrated bean and tomato mixture. Sprinkle with nutritional yeast if desired.

Four Pepper Chili

At Camp

Add enough boiling water to the chili mix in a pot to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the pot prior to adding the water. You can always add more water if you need to. Once the chili has rehydrated you may have to reheat it. If you are using the Masa Dumplings, follow their instructions to cook them in the chili.

Autumn Harvest Chili

At Camp

Add enough boiling water to the chili mix 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. Once the chili has rehydrated, you might have to reheat it. Sprinkle with toasted pepitas before serving.

Mushroom Burgundy

At Camp

Add enough boiling water to the Mushroom Burgundy 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. Once the meal has rehydrated, reheat if necessary and serve over broad noodles or with potatoes or French bread.

Tip

The day you plan to have the stew for dinner, start rehydrating it at lunchtime by mixing the dried ingredients with cool water in a leakproof container. The stew will be fully rehydrated at dinner time.

Red Peppers and Artichokes with Saffron

At Camp

Add enough boiling water to the sauce 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. Once the sauce has rehydrated, add 3 tablespoons of olive oil and reheat.

Tip

The day you plan to have the sauce for dinner, start rehydrating it at lunchtime by mixing the dried sauce with cool water in a leakproof container. The sauce will be fully rehydrated at dinner time.

Rosemary and Garlic Sweet Potatoes

At Camp

Add equal amounts of potato flakes and boiling water in a pot and let reconstitute for 10 to 15 minutes or until fully rehydrated. Add a little olive oil, if desired, and stir.

Tips

This dish can also be made into a soup by adding a half cup of vegetable stock for each serving. Leftover potatoes are also wonderful fried for breakfast.

Sweet Potato and Black Urad Dal Burritos

At Camp

Remove the salsa bag and the pepitas, if using, from the bag containing the sweet potato mixture. Add enough boiling water to the salsa 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. Add 3/4 part boiling water to 1 part sweet potato mixture. Let reconstitute for 15 to 20 minutes, adding more hot water as needed. When the mixture has rehydrated dollop a portion of the mixture onto a tortilla, top with salsa and pepitas, if using, roll up and enjoy.

Tips

Warming the tortillas for 10 to 15 seconds in a frying pan will make them more pliable and prevent them from cracking when you are rolling them.

You could also bake these in a backpacking oven. Assemble the burritos but leave out the salsa. Then place the burritos seam side down in your pan, top with salsa and bake for 15 to 20 minutes or until hot.

Red Quinoa and Curried Lentil Stew

At Camp

Add enough boiling water to the dried stew 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. Once the stew has rehydrated, you might have to reheat it. If the stew is too thick for your taste, add a little more water.

Greek Lentils

At Camp

Add enough boiling water to the lentils 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. Once the lentil dish has rehydrated stir in 2 tablespoons olive oil and reheat if necessary.

Lentils with Apples and Wild Rice

At Camp

Add enough boiling water to the dried 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. Once the dish has rehydrated, you might have to reheat it.

Late Harvest Soup with Saffron

At Camp

Add enough boiling water to the soup 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. Once the soup has rehydrated, you might have to reheat it. Sprinkle with cashews if desired.

Chickpea Soup with Olive Oil drizzle

At Camp

Add enough boiling water to the dried soup 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. With this particular soup it is best to add a little less water than what your measurement stated and add more as needed to reach the desired consistency. Once the soup has rehydrated, you might have to reheat it. Pour into bowls and drizzle each serving with up to 1 tablespoon olive oil.

Black Bean, Corn, and Sweet Potato Soup

At Camp

Add enough boiling water to the dried soup 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. This soup will take a little longer to rehydrate than most because of the corn (unless you have substituted freeze-dried). Once the soup has rehydrated, you might have to reheat it.

Mediterranean Vegetable and Balsamic Soup

At Camp

Add enough boiling water to the soup 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. Once the soup has rehydrated, you might have to reheat it.

Nacho Pizza

At Camp

Using an equal amount of boiling water and dried ingredients, add water to the bag containing the pepper and onion mixture, being very careful not to burn yourself. Add boiling water to the jalapeño slices as well. Add boiling water to the salsa bag, using a little less water than dried salsa. Prepare the dough according to the recipe directions and rub a little olive oil on it before letting it rise. If the weather is cold, you can place the ziplock bag inside your jacket to aid in rising.

For wheat pizza dough

Once the dough has risen, press the dough out into the pan. Slice or grate the cheese. Drain any excess water from the pepper and onion mixture. Spread the salsa over the crust and then layer with the cheese and pepper and onion mixture. Drain any excess water from the jalapeño slices and place them on the pizza. Bake the pizza in the oven for 10 to 12 minutes, allowing a few minutes for the oven to preheat with the pizza in it before you start timing. Once the cheese is melted and the crust is golden, remove it from the heat and let it cool a few minutes before eating it.

For gluten-free pizza dough

Once the dough has risen, sprinkle your pan with a little cornmeal and press the dough out into the pan. Bake the pizza, without toppings, in the oven for 10 minutes, allowing a few minutes for the oven to preheat with the pizza in it before you start timing. Meanwhile, slice or grate the cheese. Drain any excess water from the pepper and onion mixture. Remove the pan from the oven and spread the salsa over the crust and then layer with the cheese and pepper and onion mixture. Drain any excess water from the jalapeño slices and place them on the pizza. Put the pizza back in the oven for 10 minutes, allowing a few minutes for the oven to preheat again with the pizza in it before you start timing. Once the cheese is melted and the crust is golden, remove it from the heat and let it cool a few minutes before eating it.

Mediterranean Pizza

At Camp

Using an equal amount of boiling water and dried ingredients, add water to the bag containing the vegetables, being very careful not to burn yourself. Add boiling water to the sauce bag, using a little less water than dried sauce. Prepare the dough according to the recipe directions and rub a little olive oil on it before letting it rise. If the weather is cold, you can place the ziplock bag inside your jacket to aid in rising.

For wheat pizza dough

Once the dough has risen, press the dough out into the pan. Slice or grate the cheese. Drain any excess water from the vegetables. Spread the sauce over the crust and then layer with the cheese and the vegetable mixture. Bake the pizza in the oven for 10 to 12 minutes, allowing a few minutes for the oven to preheat with the pizza in it before you start timing. Once the cheese is melted and the crust is golden, remove it from the heat and let it cool a few minutes before eating it.

For gluten-free pizza dough

Once the dough has risen, sprinkle your pan with a little cornmeal and press the dough out into the pan. Bake the pizza, without toppings, in the oven for 10 minutes, allowing a few minutes for the oven to preheat with the pizza in it before you start timing. Meanwhile, slice or grate the cheese. Drain any excess water from the vegetables. Remove the pan from the oven and spread the sauce over the crust and then layer with the cheese and the vegetable mixture. Put the pizza back in the oven for 10 minutes, allowing a few minutes for the oven to preheat again with the pizza in it before you start timing. Once the cheese is melted and the crust is golden, remove it from the heat and let it cool a few minutes before eating it.

Israeli Couscous with Eggplant, Walnuts, and Feta

At Camp

Add enough boiling water to the dried eggplant 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. Add boiling water to the Feta cheese or caper bag using a little less water than you have dried ingredients. Be careful not to burn yourself. While the eggplant is rehydrating cook the couscous referring to the package directions you included. Drain the couscous, then add the rehydrated eggplant mixture and return to the burner to heat through. Stir in the walnuts, mint or basil, chives, and 1–2 tablespoons olive oil. Top with the feta or capers. Season with black pepper to taste.

Couscous Pilaf

At Camp

Cover the vegetables with boiling water and set in a cozy until they are reconstituted. Once they have rehydrated drain any excess water into a pot. Set aside. Add enough water to the excess water from the vegetables to cook the couscous referring to the package directions you included and bring it to a boil. Add the couscous and, when it has cooked, add the vegetables, spices, olive oil, and sliced almonds. Stir over low temperature until heated through. Season with salt and pepper to taste.

Couscous with Chickpeas, Pomegranate, and Pistachios

At Camp

Cover the chickpeas and pomegranate seeds with boiling water and set in a cozy until they are reconstituted. Once they have rehydrated drain any excess water into a pot. Set aside. Add enough water to the excess water from the chickpeas to cook the couscous referring to the package directions you included and bring it to a boil. Add the couscous and, when it has cooked, add the chickpeas, pomegranate seeds, spices, pistachios, and olive oil. Stir over low temperature until heated through. Season with salt and pepper to taste.

Thai-Inspired Couscous

At Camp

Remove the peanut and coconut powder bundles. Set aside. Add enough boiling water to the vegetable 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. When the vegetables are rehydrated, boil enough water for the couscous plus 1/2 cup. Cook the couscous according to the package directions you brought. Add the coconut powder to the additional 1/2 cup of water, mixing thoroughly. Stir the vegetable mixture and the coconut milk together and serve with the couscous. Sprinkle chopped nuts on top before serving.

Vegetable and Cashew Stir-Fry

At Camp

Remove the agave or honey and soy sauce bottle, cashew bundle, and noodles. Set aside. Add enough boiling water to the vegetable 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. Cook your rice or noodles according to the package directions. Drain and then add the agave or honey and soy sauce mixture, as well as the vegetables, to the rice or noodles. Stir to combine. Sprinkle with the cashew nuts and crushed red chilies, if using, before serving.