

Another Fork in the Trail

by Laurie Ann March © 2011

“At Camp” Instructions – More Elaborate Dishes

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

Pumpkin French Toast

At Camp

Combine the cornstarch mixture with the milk-and-pumpkin mixture. Place the bread slices in a single layer in the pan. Pour the pumpkin mixture over the bread and let sit for 10 minutes. Flip the slices and let sit for an additional 15 minutes. Preheat a frying pan over medium heat and add a little oil. Fry the toast, turning once, until both sides are a deep golden color. Transfer to a pot or plate and put in a cozy to keep the pieces warm. Repeat with each slice of bread. Top with syrup and toasted pecans.

Poached Eggs with Lentils

At Camp

Warm the lentil mixture in a frying pan, place in a cozy, and set aside.

Put a pot of water on to boil, crack 2 eggs into the pot, and let the water simmer to cook the eggs. The eggs will be cooked when the whites are firm and the yolks are thick and runny. If you prefer your yolks harder, leave the eggs in the water a little longer.

As the eggs come close to being ready to remove from the water, put half of the lentil mixture on each plate. Drizzle the lentils with 1 teaspoon olive oil, top with a poached egg and a sprinkle of crushed red chili flakes, if desired.

Tip

If you want to take this on a backcountry trip where spoilage would be an issue, you could dehydrate the lentil mixture for 6 to 10 hours and use a powdered scrambled egg mix in place of the poached egg.

Eggless Salad Wrap

At Camp

Make sure the tofu is well drained. Pour the dressing over the crumbled tofu in the bag, mix in the shallots, celery, and spices, and let sit in the cooler for 45 minutes to 1 hour. Spoon the mixture onto a wrap, bread, or Boston lettuce leaves.

Sort-of Ceviche

At Camp

Put the red onion and jalapeños in a bowl or pot. Quarter the hearts of palm and chop into 1/2-inch pieces. Cut the avocado in half and remove the pit. Scoop out the flesh and chop into 1/2-inch pieces. Put the hearts of palm and avocado in the bowl and then cut the lime in half. Squeeze the lime juice over the mixture and toss to coat. Cut the tomatoes in half and remove the seeds. Chop and place in the bowl. Chop or tear the cilantro leaves, add them to the mixture, and stir to combine. Let sit for 10 minutes so that the flavors can combine.

Quinoa and Avocado Salad

At Camp (non-dehydrated version)

Remove the package of pepitas from the ziplock bag. Slice the green onion and chop or tear the fresh cilantro and add to the quinoa with the beans, roasted red peppers, and pepitas. Cut the limes in half and squeeze out 3 tablespoons of lime juice. Add 1/4 cup of olive oil and the lime juice to the salad. Mix well. Cut the avocado in half and remove the pit. Score the avocado while it is still in the skin and then scoop out the flesh and gently mix it in with the salad. Season with salt and pepper to taste.

At Camp (dehydrated version)

Remove the package of pepitas from the ziplock bag. Add enough cold water to the ingredients in the ziplock to equal the measurement on your sticky note. Be sure to account for the volume of your dried ingredients prior to adding the water. You can always add more water if you need to. Let rehydrate for 20 minutes or until fully hydrated. If you are planning to eat this as a lunch, you can start rehydration at breakfast. Use a leakproof container such as a wide-mouth Nalgene. Once the quinoa mix is reconstituted, drain off any excess water. Add salt, pepper, and roasted pepitas to the quinoa mixture. Cut the limes in half and squeeze out 3 tablespoons of lime juice. Add 1/4 cup of olive oil and the lime juice to the salad. Mix well. Cut the avocado in half and remove the pit. Score the avocado while it is still in the skin and then scoop out the flesh and gently mix it in with the salad.

Balsamic, Mushroom, and Spinach Salad

At Camp

Slice the mushrooms and add them to a pot or bowl. Chop the onion, mince the garlic, slice the green pepper, and cut the grape or cherry tomatoes in half. Add them to the bowl along with the spinach. Shake the dressing well to combine and pour just enough on the salad to lightly coat the spinach leaves. Sprinkle with toasted walnuts and season with salt and pepper to taste.

Tip

If you are using cheaper balsamic vinegar you may have to add 1 teaspoon dark brown sugar, agave nectar, or brown rice syrup to balance out the flavor of the dressing.

Fire-roasted Moroccan Sweet Potato Salad

At Camp

Add a little boiling water to the dried apricot pieces or pomegranate seeds. Make sure you have a well-established campfire with hot coals. Peel and cut the sweet potatoes into cubes. Place the cubes on the piece of foil, drizzle with 1 tablespoon olive oil, and sprinkle with salt. Seal the foil into a package. Place the bundle in the hot coals and bake for 15 to 20 minutes or until the potatoes are tender. Turn the package of sweet potatoes frequently, with tongs, so that the mixture doesn't burn. Remove from the coals and let cool but not all the way—you still want them to be warm.

Mix the 3 tablespoons of olive oil with 2 tablespoons of fresh lemon juice, the spice mixture, and grated ginger. Chop the fresh cilantro and add it to the dressing. Pour the dressing over the warm potatoes and let sit for 30 minutes, stirring from time-to-time, for the flavors to infuse. Stir in the rehydrated fruit and garnish with chopped pistachios. Serve with your favorite flatbread.

Tofu Souvlaki

At Camp

Fill a bag or container with water and soak the bamboo skewers for an hour. Put the tofu on the skewers and grill on a rack, which has been lightly oiled, over hot campfire coals or on a barbeque, turning frequently to prevent burning, until the tofu starts to brown lightly. Serve with a salad, rice, or Greek pitas, and tzatziki, if desired.

Tip

It is very important to oil the grill before cooking the tofu, as it has a tendency to stick.

Grilled Tofu Kebabs with Red Cargo Rice

At Camp

Fill a bag or container with water and soak the bamboo skewers for an hour. Make the rice according to the directions. While the rice is cooking, put the tofu on the skewers and grill on a rack, which has been lightly oiled, over hot campfire coals or on a barbeque, turning frequently to prevent burning, until the tofu starts to brown lightly. Sprinkle the rice with fresh lime juice and top with the tofu before serving.

Tip

It is very important to oil the grill before cooking the tofu, as it has a tendency to stick.

Spicy Black Bean Burgers with Guacamole

At Camp (non-dehydrated version)

Mix the bean-and-salsa mixture with the breadcrumbs. The mixture should be firm. Wet your hands and form into four 1/2-inch-thick patties. Place on waxed paper. Preheat 1–2 teaspoons vegetable oil in a nonstick frying pan and fry the patties, turning once, for about 5 minutes per side. They will be done when the outside is crispy and heated through. Season to taste with the salt and pepper.

While you are waiting for the burgers to cook, mash the avocado and chop the cilantro, and stir in the spices. Squeeze the juice of 1/2 of the lime over the mixture. Use enough lime juice to lightly coat the mixture but don't make it too wet.

Put each cooked patty on a bun bottom, top with the avocado mixture and the top of the bun. If you are ovo-lacto vegetarian a little dollop of sour cream is nice on these too.

At Camp (dehydrated version)

Rehydrate the bean-and-salsa mixture with enough boiling water 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. Let reconstitute for 15 minutes and add more water as needed. Mix the bean and salsa mixture with 1/2 cup of the breadcrumbs. The mixture should be firm. Wet your hands and form into four 1/2-inch-thick patties. Place on waxed paper. Preheat 1–2 teaspoons vegetable oil in a nonstick frying pan and fry the patties, turning once, for about 5 minutes per side. They will be done when the outside is crispy and heated through. Season to taste with the salt and pepper.

While you are waiting for the burgers to cook, mash the avocado and stir in the spices. Squeeze the juice of 1/2 of the lime over the mixture. Use enough lime juice to lightly coat the mixture but don't make it too wet.

Put each cooked patty on a bun bottom, top with the avocado mixture and the top of the bun.

Grilled Portobello Sandwiches

At Camp

Place the mushrooms in the freezer bag and add the marinade, season with salt and pepper, and let sit for 10 minutes. Preheat the grill and pour a bit of vegetable oil on a paper towel. Very carefully oil the grill with the oil-moistened paper towel. Cook the mushrooms for 5 minutes per side until they start to take on color and are cooked through. Meanwhile, cut the buns and spread mayonnaise or vegan mayonnaise on the bottom cut side. If you are using rye bread spread the mayo on one side of two pieces of bread. Place a mushroom on top of the mayonnaise-spread bun, followed by a tomato slice, and the grated cheese. Place the top of the roll or other piece of bread on top. Gently press the sandwich and return it to the grill. Toast for 1 to 2 minutes, then flip the sandwich and toast on the other side. Remove as soon as the bun or bread is golden and crisp and the cheese is melted.

Zucchini Canoes

At Camp

Cut the zucchinis in half, lengthwise, and drizzle with olive oil. Season the cut sides with salt and pepper. Grill them, cut side down, over the fire for 5 to 8 minutes or until tender. Let them cool enough so you can handle them. Scoop out the flesh and reserve it, being careful to leave the skins intact as you will be using the skins as a dish.

Chop the zucchini meat, the basil, and the tomato, and then mix with 1/2 cup of the cheese, crushed red chili pepper flakes if you are using them, and the cracker crumbs. Spoon the mixture back into the zucchini skins and sprinkle with the remaining cheese.

Place each zucchini half on a piece of foil big enough to wrap it completely. Put 4 toothpicks in each half to keep the foil up off the cheese. Wrap and seal the foil around the half being careful not to tear the foil or disturb the topping. Place in the hot coals of your campfire or on your grill for about 10 minutes or until the cheese is melted. Remove from the heat and let cool enough so that the cheese doesn't burn your mouth. Serve with a side of your favorite pasta tossed in a little garlic and olive oil or with a side of garlic bread.

Veggie Quesadillas

At Camp

Chop the mushrooms and slice the green onions. Then chop the pepper and tomatoes. Heat a little vegetable oil in a pot and add the cumin. Sauté the mushrooms and green peppers until tender.

Remove from the heat and add the onions, cabbage, and tomatoes, Season with salt and pepper and set aside.

Heat a frying pan over medium-heat. Put a tiny bit of vegetable oil in the bottom of the pan and place a tortilla in the pan. Warm the tortilla for 10 seconds on each side. When you see little air pockets starting to form in the tortilla spread 1/6 of the vegetable mixture on one half. Sprinkle the vegetables with one-sixth of the cheese. Fold the tortilla in half so that the bare side covers the filled side in a half moon shape. Use your spatula to press down on the tortilla for a few seconds until the cheese starts to melt. Turn the quesadilla over to toast the other side. The quesadillas are done when the cheese has melted and the outside is crispy and golden. Garnish with salsa and sour cream.

Grilled Pound Cake with Peaches, Honey, Lime, and Basil

At Camp

A half hour before dinner, soak the bamboo skewers in water. At the same time, chop the fresh basil; mix it with 1 tablespoon honey and the juice from the lime. Let sit until you are ready to make dessert so the flavors have a chance to infuse. Preheat the grill or make sure you have good campfire coals. Cut the peaches into 1-inch by 2-inch chunks and thread them on the skewers. Grill the fruit for about 10 minutes on a rack over hot coals or a barbeque grill that has been well oiled. Turn the skewers often so that the fruit doesn't burn. Remove the fruit from the fire and set aside. Grill the pound cake slices just until they are toasted and start to take on some golden brown color. Sprinkle each slice with a little bit of Grand Marnier and then top with one-fourth of the peaches. Drizzle each serving with one-fourth of the lime juice–basil syrup.

Fresh Berries with Balsamic Reduction and Black Pepper

At Camp

Take the balsamic reduction and fruit out of the cooler about 45 minutes before you plan to have dessert. After dinner, hull and quarter the strawberries and mix with the other berries. Divide into 4 servings and drizzle with the balsamic reduction and sprinkle with a very small amount of black pepper.

Bananas Foster

At Camp

Melt 2 tablespoons of the butter or vegan butter substitute. Peel the bananas and cut them in half lengthwise. Cover the bananas with the melted butter, then sprinkle them with 1 tablespoon brown sugar. Grill the bananas on a rack over hot coals or a barbeque grill for 5 minutes, turning once during cooking. Remove from the heat and set aside.

Melt the rest of the butter or vegan butter substitute in a frying pan over medium heat. Add the remaining brown sugar and cinnamon. Stir until the sugar has dissolved and then add the pecans. Remove the pan from the burner and add 1/2 cup dark rum. Put the pan 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, add the bananas and spoon the warm banana mixture into 3 bowls or use it as a topping.