

Another Fork in the Trail

by Laurie Ann March © 2011

“At Camp” Instructions – Lunches

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

Jicama, Savoy Cabbage, and Mango Slaw

At Camp

Shortly before you plan to eat the salad, rehydrate the dried ingredients with cold waters using a ratio of 1 part dried mix to 2/3 part water. Check the salad after a few minutes and add a little more water as necessary. Drain any excess water once the cabbage and jicama have reconstituted and dress with a mixture of 2 tablespoons white balsamic vinegar and 2 1/2 tablespoons olive oil. Adjust to suit your taste. Season the slaw with salt and pepper.

Tip

Don't let the slaw rehydrate in too much water or for too long or it will become soggy.

Jicama and Red Cabbage Slaw

At Camp

Add boiling water to cover the corn and let it rehydrate for about 30 minutes. Shortly before you plan to eat the salad, rehydrate the remaining dried ingredients with cold water using a ratio of 1 part dried mix to 2/3 part water. Check the salad after a few minutes and add a little more water as necessary. Drain any excess water once the cabbage and jicama have reconstituted and dress with a mixture of 1 tablespoon vinegar, 1 to 2 tablespoons fresh lime juice, 1/2 teaspoon agave nectar, and 3 tablespoons vegetable oil. Adjust to suit your taste. Season the slaw with salt and pepper.

Tips

Don't let the slaw rehydrate in too much water or for too long or it will become soggy.

You could use freeze-dried corn in place of the home-dehydrated corn to reduce rehydration time or you can start the rehydration process at breakfast so that you don't have to take your stove out at lunch.

If you aren't vegan honey can be substituted for the agave nectar.

Mushroom Salsa

At Camp

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. You can always add more water if you need to. Once the salsa has rehydrated, you might have to reheat it. Drizzle with a little olive oil.

Tip

You can also use cold water to rehydrate this by adding water at breakfast and letting it rehydrate as you hike.

Caribbean Hummus

At Camp

Rehydrate the hummus using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if it's too dry. Serve as a dip with Greek pitas or your favorite crackers or use as a spread in a wrap. This is also nice served with plantain or cassava chips.

Smokey Lentil Pâté

At Camp

Rehydrate the lentil pâté 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. Serve the dip warm or cold with crackers, Greek pita wedges, or tortilla chips or use as a spread in a vegetable wrap.

Olive Tapenade

At Camp

Add enough water to the tapenade 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. Let rehydrate for 10 to 15 minutes and add more water if needed. Stir in 1 tablespoon of olive oil and serve with your favorite cracker or flatbread.

Pumpkin Hummus

At Camp

Rehydrate the pumpkin mixture using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if it's too dry.

Roasted Corn and Ancho Salsa

At Camp

Add hot water to the salsa mixture using a little less water than dried mix. Add more water if necessary. Serve with tortilla chips, crackers, bagel crisps, or in a wrap with beans.

Tip

If you are planning to have this for lunch on the trail, add hot water to the salsa mixture at breakfast, and it will be ready by the time you stop for lunch.

Greek Red Pepper Dip

At Camp

Rehydrate the dip using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if it's too dry. Serve as a dip with Greek pitas or your favorite crackers or use as a spread in a wrap.

Tips

If you need to increase your fat intake for cold-weather hiking, drizzle a little olive oil on the hummus just before you eat it.

Fresh vegetables also make a great accompaniment for this dip.

Grilled Strawberry Jalapeno Salsa

At Camp

Add warm water to the salsa mixture using a little less water than dried mix. Add more water if necessary. Serve with tortilla chips, crackers, or bagel crisps.

Tip

If you are planning to have this for lunch on the trail, add warm water to the salsa mixture at breakfast, and it will be ready by the time you stop for lunch.

Pear and Fennel Slaw

At Camp

Add just enough water to the fennel and pears to cover them. Allow to rehydrate for 15 to 30 minutes. Once the mixture has rehydrated, drain off any excess water and add the dressing.

Tip

If you are planning to have this for lunch on the trail, add cold water to the slaw mixture at breakfast, and it will be ready by the time you stop for lunch.

Roasted Tomato Dip

At Camp

Rehydrate the tomato dip 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 necessary. When you reach your lunch stop, you can warm the dip or enjoy it cold with crackers, bagel crisps, bread sticks, Greek pita wedges, or tortilla chips. It is also good in a wrap with vegetables or used as a sauce.

Balsamic French Lentil Salad with Walnuts and Chèvre

At Camp

Rehydrate the lentil mixture by adding 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. You can always add more water if you need to. Once the lentils are rehydrated, about 15 to 20 minutes, drain off any excess water, reheat if desired, and dress with the mixture of 2 1/2 tablespoons of olive oil and 1 1/2 tablespoons balsamic vinegar using just enough to coat. Crumble the goat cheese on top and season with salt and pepper to taste. Serve with pieces of baguette or Greek-style pitas.

Tip

You can also start this rehydrating at breakfast with cool water. Then simply reheat or serve cold at lunch

White Bean and Artichoke Dip

At Camp

Remove the crushed red chili and cheese bundle, if using. Rehydrate the dip using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes then stir in the contents of the bundle and then add a little more water if the dip is too dry. Serve warm or cold, as a dip with your favorite crackers or pita wedges or use as a spread in a wrap.

Tip

If you need to increase your fat intake on cold-weather hikes simply add some extra olive oil to the dip before serving.

Five-Spice Pineapple Slaw

At Camp

Shortly before you plan to eat the salad, remove the spice and nut bundles. Then rehydrate the dried ingredients with cold water using a ratio of 1 part dried mix to 2/3 part water. Check the salad after a few minutes and add a little more water as necessary.

Drain any excess water once the cabbage has reconstituted and then add the five-spice powder, apple cider vinegar, and vegetable oil to suit your taste. Season the coleslaw with salt and pepper and sprinkle the chopped macadamia nuts on top.

Tip

Don't let the slaw rehydrate in too much water or for too long or it will become soggy.

Harvest Hummus with Roasted Pepitas

At Camp

Remove the pepitas from the freezer bag. Rehydrate the hummus using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes, and then add a little more water if it's too dry. Sprinkle with the pepitas and serve as a dip with Greek pitas or your favorite crackers or use as a spread in a wrap.

Tip

If you need to increase your fat intake on cold-weather hikes simply add some extra olive oil to the hummus before serving

Ginger, Wasabi, Edamame Spread

At Camp

Rehydrate the spread using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes, and then add a little more water if it's too dry. Serve as a dip with your favorite crackers or pita wedges or use as a spread in a wrap.

Tips

If you need to increase your fat intake on cold-weather hikes simply add some extra olive oil to the spread before serving.

Indian Carrot Salad

At Camp

Remove the spice bundle and mustard seeds from the freezer bag and set aside. Rehydrate the salad mixture in the plastic bag by using a formula of 1 1/2 parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if needed. If you accidentally use too much water, be sure to drain the salad well before serving.

When the salad has rehydrated, dress it with the infused oil, garam masala, 2 tablespoons of lime juice, and a pinch of salt.

Tip

If desired toast 1/4 teaspoon black mustard seeds in 1 teaspoon of the heated infused oil and add to the salad with the garam masala, lime juice, and salt. Don't do this at home, as the black mustard seeds will make the salad really pungent when they've sat in the dressing too long. It should be done right before you serve the dish.

Mediterranean Garbanzo Bean Salad

At Camp

Rehydrate the salad by adding enough boiling water to the mix to make it equal to 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 salad has rehydrated, reheat it if desired.

Tips

If you'd like to have this recipe for lunch, you can add cold water to the mixture at breakfast and let it rehydrate in your pack as you travel.

This is also good for dinner served on couscous or quinoa that has been cooked with a little vegetable stock or orange juice or with pitas that have been toasted, drizzled with a little olive oil, and sprinkled with a bit of the za'atar spice.

Toasted Quinoa Tabbouleh with Black Lentils

At Camp

Add boiling water to the quinoa mixture and to the lentils, if using, to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration containers prior to adding the water. You can always add more water if you need to. Drain any excess water. Chop the cucumber into 1/2-inch pieces and stir into the quinoa mixture. Juice the lemon with a fork and mix well with 1/3 cup of olive oil. Pour over the tabbouleh and let sit for 5 to 10 minutes to let the flavors combine. Season with pepper and salt.

Tips

You could rehydrate the lentils and quinoa mixture together, but sometimes the lentils will turn the quinoa a muddy color so I like to reconstitute them separately.

If you will be using this early in your trip you could use fresh tomatoes instead of drying them with the quinoa.

Gazpacho

At Camp

At breakfast add enough cool 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. When you stop for lunch stir in 1/8 cup each diced cucumber and diced sweet yellow pepper. Drizzle with a little olive oil, if desired, and serve with your favorite bread, crackers, or pita.

Tips

You won't use all of the pepper or cucumber so I usually plan to use the rest for a simple cucumber salad at supper and to snack on the leftover pepper while I hike.

To save time at lunch, you can dice the pepper and the cucumber at breakfast while your camp mates break down camp. Put them in a spare ziplock freezer bag and pack them carefully in the top of your pack

Grilled Vegetable and Sprout Wrap

At Camp

Rehydrate the main bag of vegetables with cool water at breakfast using a ratio of 1 part dried vegetables to 2/3 part water. When you stop for lunch, check the vegetables and add the carrots to the rehydration container with the rehydrated vegetables. If you have excess water in the container it will rehydrate the carrots. If not, add a little more water. Add 2 tablespoons of water to the dip in the bag. Wait 5 minutes and add a little more water if necessary. Cut a slit in the bag and squeeze some dip out on each wrap. Spread. Drain the vegetables well and add some to each wrap. Add a few tablespoons of the trail-grown sprouts. Season the wrap to taste with salt and pepper.

Tip

You'll likely have leftover sprouts. Use them to garnish a soup for dinner, to top gazpacho or a wrap the next day, or for a little salad. If you plan to keep them for a day or two don't forget to water them.

Water Bottle Sprout Garden

At Camp

One morning about three or four days before you want to eat the sprouts, place 2 tablespoons of sprouting seeds in your water bottle and add a cup of filtered water to the seeds. Seal the bottle and let the seeds soak for 4 to 6 hours.

Open the bottle and place two layers of cheesecloth over the opening. Secure with a rubber band. Drain the seeds well and if you are still on the move attach the bottle to the outside of your pack with the carabiner.

For the next few days all you need to do is rinse the seeds/sprouts at breakfast and dinner. To rinse just pour in about 1 cup of potable water and gently swirl the sprouts in the bottle. Then drain well. Carry the bottle with the top open and the cheesecloth in place; replace the cloth if it gets dirty. By the third or fourth day, depending on the type of seeds you're growing, you will have crunchy sprouts.

Tips

If you will be going on a short trip, you can start the sprouts at home a day or two before you leave. If you have leftover sprouts, keep watering them and save them for the next day.