

A Fork in the Trail

by Laurie Ann March © 2008

“At Camp” Instructions - Breakfast

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

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Thank you,

Laurie Ann March

Peanut Butter and Banana Dip

At Camp

Rehydrate dip, using equal parts of boiling water and dried mix. Stir and let sit for a minute or two. Serve with fresh or dried apple slices and toasted whole wheat pita wedges.

Tropical Couscous

At Camp

Bring 1¼ cups water to a boil. While you wait mix the couscous and brown sugar mixture with the fruit, ginger, and butter in a freezer ziplock bag. Place the coconut cream in a bag or container large enough to accommodate at least ½ cup of liquid. Add 1 teaspoon of hot water to the creamed coconut and mix. If you're using coconut powder, then you will need to add 1 to 2 tablespoons of water. To the same container add enough powdered milk and water to make a ½ cup of milk.

Carefully pour the boiling water into the bag with the couscous mixture. Let stand 5 minutes. Stir the couscous, scoop it in bowls, and top it with the milk mixture.

Franola

At Camp

Add a little cold water to the freeze-dried fruit and set it aside. Use the milk powder and water to make ½ cup of milk. Heat 2 tablespoons of butter in a pot or frying pan. When the butter is melted, add the granola and stir until it is hot. Add the freeze-dried fruit and mix until heated. Divide the franola into two servings and top with milk.

Maple Pecan Quinoa

At Camp

Mix the contents of the quinoa bag with ¾ 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 powdered milk and water to make ½ cup of milk. When the quinoa has finished cooking, divide it into 2 servings. Top each with milk and a little maple syrup and sprinkle with pecans.

Strawberry Peach Muesli

At Camp

Pour the muesli into a bowl. If you brought powdered milk, mix it with water and then pour the milk over the muesli. If you prefer yogurt and brought it, top with a dollop of yogurt.

Maple Peach Crepes with Custard

At Camp

Pour boiling water over the peaches and let them rehydrate for approximately 15 minutes. Meanwhile make crepes according to the instructions in the *Basic Crepes* recipe and set aside. Make custard and set aside, preferably in a pot cozy.

In the pot or pan where you made the crepes, add a little butter, the rehydrated peaches, and the maple sugar. Cook until the peaches are heated through and the sugar is syrupy. Place each crepe on a plate and put $\frac{1}{6}$ of the peach mixture in the center. Roll up each crepe and top with one-sixth of the custard. Sprinkle a few of the toasted pecans on each.

Cinnamon Walnut Buns

At Camp

Add nuts and sultanas to the dry ingredients for the yeast dough. Prepare the 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.

Butter the dough, keeping the butter 1 inch away from the edges. Sprinkle with the sugar and cinnamon mixture, followed by the nuts and raisins 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 buns in an Outback or reflector oven and bake for 10 to 12 minutes after the oven is preheated. Once the buns are cooked through and golden, remove them from the heat and let them cool for a few minutes so that the sultanas do not burn your mouth.

Tip

An easy way to roll out the dough is to put it in a freezer ziplock 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 don't want to go to the trouble of rolling the dough out, just pull off little balls of dough, coat them with soft butter, and then sprinkle them with the sugar, cinnamon, nuts, and sultanas.

Chai Tea Breakfast Cake

At Camp

Boil ½ cup water and pour into a mug with the chai tea bags. Allow to steep for 5 or 10 minutes. Remove the plastic wrap bundle of coconut for the topping from the bag with the nuts, coconut and raisins. Mix the nuts, coconut, and raisins in with the other dry ingredients. Once the tea has steeped and is strong, add the 1/8 cup of vegetable oil to the tea and stir. Then mix it in with the dry ingredients. Be careful if the liquid is still hot.

Grease a baking pan with 1 tablespoon butter or line it with buttered parchment paper. Pour the batter in the pan. Place the pan in an Outback or reflector oven (after it has preheated) and then bake for 25 to 35 minutes.

Tip

This recipe also works well with flavored chai teas such as vanilla chai or orange chai. If you use orange chai, substitute cranberries for the raisins.

Breakfast Bread Pudding

At Camp

Add a little hot water to the bag of mixed dried fruit and allow it to rehydrate while you prepare the other ingredients. Cut or tear the bread into 1-inch pieces and put them in the bottom of a pot. Add 1 cup of water to the bag containing the powdered ingredients and mix well. Drain the rehydrated fruit and add it and the raisins to the bread. Pour the liquid ingredients on top of the bread mixture.

Bake in a preheated Outback or reflector oven for 30 minutes or until a toothpick or knife inserted in the center comes out clean.

Tip

If you are using an Outback Oven, you may want to line the pot or pan with parchment paper to make cleanup easier.

Orange Cranberry Pancakes

At Camp

Add a small amount of hot or boiling water to the orange zest in your camp mug. Allow to rehydrate for 5 to 10 minutes and then drain. Add the cranberries and orange zest to the dry ingredients. Mix $\frac{3}{4}$ cup of water into the dry ingredients. Stir to moisten and add extra water as necessary to obtain a pancake consistency. Do not overmix or the pancakes will be tough.

Pour a little vegetable oil into a frying pan and heat over a medium flame. Pour in $\frac{1}{4}$ 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 syrup if desired.

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 it into the pan. Between pancakes, be careful to situate the bag so that the batter doesn't spill out of the cut corner.

Chai Tea Pancakes

At Camp

Add $\frac{1}{2}$ cup boiling water to the chai tea bag and let steep for 3 to 5 minutes. Allow the tea to cool for a few minutes and then add $\frac{1}{2}$ cup cool water. Add the blueberries to the dry ingredients. Add $\frac{3}{4}$ cup of the chai mixture to the dry ingredients in the large ziplock bag. Stir to moisten and add extra water as necessary to obtain a pancake 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 $\frac{1}{4}$ 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 syrup if desired.

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.

Cheesy Mushroom Pancakes

At Camp

Add a small amount of hot or boiling water to the mushrooms and onions. Allow to rehydrate for 5 to 10 minutes and drain. Mix $\frac{3}{4}$ cup air-temperature water into the dry ingredients. Stir to moisten and add extra water as necessary to obtain a pancake batter consistency.

Place a bit of vegetable oil in a frying pan and heat on medium. Pour in $\frac{1}{4}$ of the batter and cook until the edges appear dry and then flip. 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 if desired.

Tip

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

Egyptian Bean Breakfast

At Camp

Rehydrate the bean mixture using equal parts of boiling water and dried mix. When the beans are rehydrated, reheat them if necessary. Serve with pita bread.

Spicy Potato Cakes

At Camp

Boil $\frac{1}{2}$ cup water; pour a small amount into the chili sauce and the rest into the potato and chive mixture. When the potatoes are cool enough to handle, add the flour mixture and combine well. Open the cornmeal bundle and place it on a flat surface.

Make several small pancakes from the potato and flour mixture, and then dip both sides of each pancake in the cornmeal. Fry over medium heat in an oiled pan until golden. Serve topped with a little chili sauce.

Tips

Be sure to use potatoes that require you to add water only.

If you are only going for a weekend, you can take the chili sauce in a Nalgene bottle or another suitable leakproof container.

Salsa with grated Monterey Jack cheese works well as an alternative topping.

Black Bean Cakes

At Camp

Add boiling water to the bean mixture, in a ziplock freezer 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 bean 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 $\frac{1}{4}$ of the mixture into the frying pan and then flatten into a patty. Fry the patties for approximately 4 minutes turning occasionally. Season with salt and pepper to taste.

Huevos Rancheros

At Camp

Rehydrate the salsa using equal parts of boiling water and dried mix and let it sit for about 15 minutes. Combine scrambled egg mix with water as indicated on the note you enclosed and beat well with a fork. Add hot sauce to taste and stir. Melt a little butter or oil in the bottom of a pot or frying pan, and add the eggs and cook as you would for scrambled eggs. Season the eggs with salt and pepper.

Place a tortilla on each plate, and scoop half of the egg mixture into the center of each one. Top with salsa and the grated cheese. Roll up each tortilla and serve.

Breakfast Wrap

At Camp

Mix equal parts of boiling water and ham and onion flakes, and let it rehydrate for about 15 minutes. While the ham is rehydrating, thinly slice or grate the cheese. Combine scrambled egg mix with water as indicated on the note and beat well with a fork. Add hot sauce to taste and stir. Drain off any excess water from the reconstituted ham and onions.

Put a pat of butter or some oil in the bottom of a pot or frying pan. Once it has melted, add the eggs and cook as you would for scrambled eggs. Add the ham and cheese to the pan and stir until the cheese is melted and the ham is warmed. Place a tortilla on each plate and scoop half of the egg mixture into the center of each one. Roll up each tortilla and serve.

Breakfast Frittata

At Camp

Combine equal parts of boiling water and dried mixed vegetables to reconstitute. Let sit for about 15 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 ¼ cup of Parmesan cheese to the egg mixture and pour into the preheated pan. Top with the rehydrated vegetables and cook on medium to low heat until the egg mixture is cooked. Add salt and pepper. Remove the frittata from the pan, cut it into two servings, and sprinkle each with 1 tablespoon of grated Parmesan.

Tip

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.

Ham and Swiss Rollups

At Camp

Rehydrate the ham using equal parts of boiling water and dried mix and place in a cozy for about 30 minutes. Follow the *Basic Biscuits* recipe to create the biscuit dough. Instead of making biscuits, however, put the dough inside a large ziplock bag and lay it on a flat surface.

Using a water bottle (or your hands) roll the dough inside the bag. Break the cheese into small pieces. Cut one full side of the ziplock bag off and then sprinkle the dough with the ham and cheese bits. Roll the dough up and then slice it into 6 rounds.

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

Tips

This recipe is good for a layover day or for when you have a shorter hiking day planned. It also makes for a hearty lunch or dinner along with your favorite soup.

You can vary this recipe by using different cheeses or adding your favorite herbs.

Breakfast Pizza

At Camp

Combine the spaghetti sauce and tomato slices, in separate containers, with equal parts of hot water and dried ingredients, and let rehydrate for 20 minutes or until fully rehydrated. Line the bottom of your frying pan with parchment paper. Put a little olive oil on the parchment paper and then place the pita on top. Lightly oil the top of the pita. Spread half the spaghetti sauce over the “dough” and follow it with half the tomato slices, bacon bits, and crumbled cheese. Lightly sprinkle with salt and pepper.

Cover the frying pan with a lid (an upside-down pot works well in a pinch), and cook on low until the cheese melts and the toppings are hot, being careful not to burn the bottom. Repeat for the second pita.

Sausage and Potato Breakfast

At Camp

Rehydrate the sausage using equal parts of boiling water and dried sausage. Add the powdered eggs and milk to the dry potato flakes. Add boiling water according to the potato package directions. Stir in the sausage and butter once the potatoes are ready. If desired, put the potato mixture into a frying pan and fry in a little oil or butter until golden.

French Toast

At Camp

Remove the bag with the egg and milk mixture from the large ziplock freezer bag and dump it in a pot. Add $\frac{3}{4}$ cup of water 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 egg mixture and fry it, flipping once, until golden. Repeat with the remaining slices. Serve with a drizzle of your favorite syrup or rehydrated freeze-dried berries.

Tip

For the best results, use powdered scrambled egg mix and not powdered whole eggs.

Trail Yogurt

At Camp

Boil $\frac{1}{4}$ cup of water and pour it in your thermos to warm the metal. Mix $1\frac{3}{4}$ cup water and the powdered milk together in a pan. Scald the milk by heating it until the edges start to bubble and it reaches the boiling point. Be careful not to boil though. Remove the milk from the heat and cool until the milk is warmer than body temperature but not overly hot. If the milk is too hot, you will kill the culture; and if it's too cool, the yogurt will not set.

Discard the now cooled water out of the thermos. Then put the yogurt culture in the thermos and add a little bit of the warm milk. Stir until the powder has dissolved. Then pour the remaining milk into the thermos. Stir well and secure the lid tightly. Put the thermos in a large ziplock bag and then inside a cozy.

At bedtime take it into your sleeping bag with you. If you are a restless sleeper, wrap the cozy in some clothing and set it beside you where you won't knock it over. Avoid disturbing it as much as possible; do not shake or stir. By morning, you will have yogurt. If you don't like unsweetened yogurt, add a little honey or vanilla sugar to it before serving.

Tips

You need as much milk powder as you would normally use to make 2 cups of milk even though you will only be making $1\frac{3}{4}$ cups. These extra milk solids make for a richer and better texture.

The yogurt may not incubate if you use old culture.

Freeze-dried berries go well with yogurt, and it makes a great topping for a bowl of granola.