

A Fork in the Trail

by Laurie Ann March © 2008

“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 *A Fork in the Trail* I have created these files for you to print out.

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Thank you,

Laurie Ann March

Caramel Apple Tortillas

At Camp

If you're using dried apples, pour a little boiling water over them. Let them sit until rehydrated and then drain. If using a fresh apple, cut it into thin slices. Line your frying pan with parchment paper. Butter one side of a tortilla and place it butter side down on top of the parchment paper. Cover the tortilla with a single layer of thinly sliced apple. If you are using a fresh apple, nibble on the leftover apple with your campmates.

Unwrap the caramels and cut them into smaller pieces. Place the pieces randomly on top of the sliced apples. Butter the other tortilla and place it butter side up on top of the apples and caramels. Sprinkle the tortillas with cinnamon-sugar mixture. Put the pan on your stove with a moderately low flame and cover with a lid or foil. Fry-bake until the apples are soft and the caramels are gooey. Slide out of the pan and onto a plate. Allow to cool slightly before cutting. Cut and serve the dessert on a plate because it can be a little gooey.

Peach Gingersnap Cake

At Camp

Chop the peaches into pieces and put them in a little boiling water. Let them sit until they're rehydrated and then drain. Meanwhile cream 1/8 cup of butter and 1/8 cup of sugar together. In a separate cup or bowl, mix the powdered egg and 1 tablespoon of water, stirring until all the lumps are gone. Add the egg and molasses to the butter mixture and then beat until well combined.

Give the dried ingredients in the ziplock bag a good stir and then add them to the butter mixture. Stir until combined. Slowly add 1/4 cup hot water while stirring. When well combined add the drained peaches.

Line the bottom and sides of a pot or pan with parchment paper. Pour the batter in the pan. Bake for 25 to 35 minutes or until a toothpick or knife inserted in the center comes out clean. Let cool slightly before serving.

Tip

If you have leftovers, wrap them and eat them for breakfast the next day.

Blueberry-Orange Tea Cake

At Camp

Rehydrate the blueberries in a little boiling water. Let sit until rehydrated and then drain and set aside. In a small pot or large ziplock freezer bag, mix the powdered egg and 2 tablespoons of water, stirring until all the lumps are gone. Add 1/8 cup oil to the egg mixture. Juice the orange using a fork and add ¼ cup orange juice to the oil and egg mixture. Stir well.

Slice the orange peel into thin layers, being careful to avoid the pith. Sliver the orange rind and mix it in with the dry ingredients. Add the liquid mix and stir just enough to moisten.

Line the bottom and sides of a pot or pan with parchment paper. Place the blueberries on the parchment paper and sprinkle with sugar. Gently spread the batter on top of the blueberries. Bake for 25 to 35 minutes or until a toothpick or knife inserted in the center comes out clean. Let cool slightly.

Black Currant and Lemon Fry Cake

At Camp

Add 1 tablespoon of water to the lemon zest, and let soak for 5 minutes. Add the lemon zest mixture and 2/3 cup of water to the bag of dry ingredients. Mix well. Heat 1 tablespoon of butter in a frying pan over low heat. Pour in the batter. Drop the black currant jam by teaspoonfuls on top of the batter. Run a knife or spoon through the jam and batter on the top of the cake so that some of the batter covers the jam.

When the jam is distributed, cover the pan and fry-bake over low flame for 10 to 12 minutes or until the top begins to look dry. Using a spatula, carefully flip the cake in the pan and cook the top for 5 minutes. If you aren't comfortable flipping the cake in this manner, then turn the cake onto a camp plate or the pot lid and slide it, top side down, back into the fry pan.

Mocha Moosey Mousse

At Camp

Dump the dry ingredients into a wide-mouth Nalgene bottle or a ziplock freezer bag. Add 2–2 ¼ cups water. Close tightly and shake until the mousse is thick. Pour the dessert into camp cups or bowls. Let sit for a few minutes and enjoy.

Pear Berry Crumble

At Camp

Cover the fruit with boiling water. Let sit until rehydrated and then 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 the white sugar.

Add 2 tablespoons butter to the ziplock bag containing the brown sugar mixture, and knead until the sugar mixture and butter are creamed. Blend in flour and rolled oats. Sprinkle over the fruit mixture. Bake for 30 to 40 minutes until the top is golden. Allow to cool slightly and serve.

Banana Cream Pie

At Camp

Add a little water to the freeze-dried bananas and allow them to rehydrate. Break up the vanilla wafers and place them in the bottom of a pan or divide among bowls. Dump the pudding mixture into a wide-mouth Nalgene bottle or a ziplock freezer bag. Add 2–2 ¼ cups cool water.

Close tightly and shake until thick. Pour the pudding mixture over the vanilla wafers. Top with the rehydrated bananas. Let sit for a few minutes and enjoy.

Chocolate Cashew Pie

At Camp

Break up the chocolate wafers and place them in the bottom of a pan or divide them among bowls. Dump the pudding mixture into a wide-mouth Nalgene bottle or a ziplock freezer bag. Add 2–2 ¼ cups cool water.

Close tightly and shake until thick. Pour over the chocolate wafers. Top with the cashews. Let sit for a few minutes and enjoy.

Lemon and Blueberry Cream Pie

At Camp

Add a little hot water to the dried blueberries and allow them to rehydrate. Break up the graham crackers and place them in the bottom of a pan or divide them among the bowls. Pour the pudding mixture into a wide-mouth Nalgene bottle or a ziplock freezer bag. Add 2–2 ¼ cups cool water. Close tightly and shake until thick. Pour the pudding over the crumbs. Top with the rehydrated blueberries. Let sit for a few minutes and enjoy.

Tastes like S'mores Pie

At Camp

Break up the graham crackers and place them in the bottom of a pan or divide them among the bowls. Pour the pudding mixture into a wide-mouth Nalgene bottle or a ziplock freezer bag. Add 2–2 ¼ cups cool water. Close tightly and shake until thick. Pour the pudding over the graham crackers. Top with the marshmallows. Let sit for a few minutes and enjoy.

Tip

If you prefer to use large marshmallows, toast them before putting them on top of the pie.

Backcountry Apple Pie

At Camp

Cover the apples with boiling water and let sit for 15 minutes. Drain and set aside. In a large ziplock freezer bag, mix the shortening with the flour using your fingertips until the mixture looks like small beans.

Add 2 to 3 tablespoons of cool water, and mix until the pastry comes together. Do not knead. Form the dough into a ball and put a little of the additional flour in the bag, lightly coating the inside of the bag and the outside of the pastry. Lay the bag on its side and place the pastry ball in the center. Close the bag, being sure to remove as much air as possible. Use your water bottle as a rolling pin to flatten the bagged pastry. When the pastry is rolled out evenly and about 1/8 of an inch thick, cut one side off the bag.

Place a piece of parchment paper in your pot or pan. Turn the pastry over onto the parchment paper and peel off the rest of the ziplock freezer bag. Put the rehydrated apples in the center of the pastry, keeping the fruit about 2 ½ inches from the edge. Sprinkle with the brown sugar mixture.

Fold the pastry edges up and over the edge of the filling. The crust should extend on top of the filling about 1 inch toward the center of the pastry. Bake for 30 to 40 minutes, until the pastry is cooked and the filling is hot.

Crepe Flambé

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. Make crepes according to instructions from the Basic Crepes recipe or use crepes left over from the day before. Slice the crepes into ½-inch-wide strips.

Melt the butter in a pot or frying pan. Add the sugar and cook until it's bubbling. Add the crepe strips and sauté until they start to become crisp and are well coated.

Leave the stove on but take the pan away from the flame and add the rum or liqueur. 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 die out, the crepes will be crispy and rich.

Blackberry Peach Cobbler

At Camp

Boil 2/3 cup of water. Cover the fruit and sugar mixture with the water and allow it to rehydrate for about 30 minutes. Add 1/3 cup butter to the dry ingredients and mix until is crumbly. When the fruit is soft, make sure that you have 1/3 cup of liquid remaining—if you don't, add a little more water.

Put the fruit mixture in a pot that has a lid. Heat the fruit until it starts to boil, stirring frequently. Reduce the heat, but make sure the fruit is still very hot. Put the crumbly mixture on top of the hot fruit. Cover and let cook, without stirring, on very low heat about 10 to 13 minutes, until the topping is cooked. Be sure to keep the heat very low so that the fruit does not boil dry.

Strawberry Chocolate Macaroons

At Camp

Add a little water to the strawberries and set them aside to rehydrate. Meanwhile break the cookies up in a pan, and press them down to form a crust.

Boil 1 cup of water and remove it from the heat. Place the freezer bag of chocolate into the hot water, and let it sit until the chocolate has melted. Meanwhile put the strawberries on top of the macaroon crust. Snip a corner off the ziplock bag of chocolate, and squeeze the chocolate on top of the strawberry layer. Allow to sit for several minutes, until the chocolate sets, before eating it.

White Chocolate Macadamia Nut 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.

Nutty Monkey 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.

Raspberry Almond Cookies

At Camp

Put 1 bag of the raspberries in a ziplock bag with some cool water and set aside to rehydrate. Add 1 tablespoon of oil and 1 tablespoon of water to 1 package of the cookie mix. Add the rehydrated raspberries and stir well. Put the 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 as the chocolate and nuts will be very hot.

Cocoa Mocha 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.

Strawberry Shortcake

At Camp

Mix 1 tablespoon of butter and the flour with your fingertips until the mixture looks like small beans. Add ½ cup of water and mix until you have very soft dough. Do not knead. Divide the dough into fourths. Place the balls of dough in a parchment-lined pan for baking and slightly flatten them. Bake for 20 minutes.

Meanwhile, add 1/3 cup of water to the sugar and strawberries and let sit until strawberries are rehydrated. Add more water if needed. The mixture should be saucy.

When the biscuits are cooked, let them cool slightly. Cut 2 of them in half. Place the bottom half of a biscuit on a plate, and pour some of the strawberry mixture over it. Replace the top of the biscuit and top with more of the strawberry mixture. Repeat for the other biscuit. When the other two biscuits have cooled, wrap them in plastic wrap.

Chocolate Fondue

At Camp

Use 2 different-size pots; put water in the larger pot along with a couple of rocks and then place the smaller pot inside the first. The rocks keep the pot off of the bottom, which allows space for water underneath and keeps the chocolate from scorching. Heat over a medium flame.

Break up the chocolate in the smaller pot and melt it over the hot water. Turn the stove off when the chocolate is melted. Using a fork, dip your items in the chocolate.

Tip

If you have leftover melted chocolate, pour in some nuts or granola and stir. If the chocolate is still hot, let it cool a little before placing it in a ziplock bag to eat as a snack later in your trip.

Mango Berry Crunch

At Camp

Cover the fruit mixture with 2/3 cup boiling water and allow it to rehydrate for about 30 minutes. Heat 1 tablespoon of butter in a pot or frying pan over medium heat. Add the sugar and stir until combined. Drain the fruit and add it to the sugar mixture. Stir until heated through and then add the cereal. Cook for 1 minute and serve.

Black Forest Brownies

At Camp

Melt 1/3 cup butter in a pot over low heat. Pour the melted butter and 2 tablespoons water into the ziplock freezer bag containing the dried 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 the edges are set and dry. Let cool and serve. Wrap any leftovers in plastic wrap for the next day.

Basic Bannock

At Camp

Add enough cold water to the bannock mix to make sticky dough. Cook the dough in a frying pan. When the bottom is golden, flip the bannock to cook the top.

If your pan is smaller than 9 inches in diameter, divide the dough in half and cook half at a time. You want the bannock to be about ½ inch thick before cooking. Allow to cool. Wrap any leftovers in parchment paper, and store them in a ziplock freezer bag.

Tips

Bannock is good to dip in soups or stews and also makes great sandwiches.

Add a tablespoon of sugar and dried fruit to the dry ingredients for a sweet bannock.

Add roasted garlic powder to some butter and use the bannock as a base for garlic bread.

Chapati

At Camp

Add water to the contents of the freezer bag a little at a time to make a thick dough. Add 1 tablespoon of vegetable oil, and knead the dough through the bag, with the zipper open, for a few minutes. Close the bag and let the dough sit for 30 minutes to rest.

Divide the dough into 4 balls. Flatten each ball between your palms until you have ¼-inch-thick circles. Lightly grease a pan with vegetable oil. Fry the circles of dough in the pan over medium-high heat. Turn them once during cooking. When the bread is golden brown and spotty, it's ready to be eaten.

Cornbread

At Camp

Add 2 tablespoons water to the powdered egg and mix well. In a separate bowl add 1/3 cup water to the milk powder and mix well. Then pour the egg into the milk and stir to combine. Melt ¼ cup butter over low heat, and stir it into the milk mixture. Stir the dry ingredients; then add the wet ingredients and combine just until moistened.

Line your pan or pot with parchment paper and grease the paper with 1 tablespoon butter. Pour the batter into the lined pan, and bake for 20 minutes or until a toothpick or knife inserted in the center comes out clean.

Tip

Make the cornbread even more delicious by adding a little cayenne and cheddar before baking it.

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 ½ cup of water until you have 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're golden on the bottom; then flip them and cook until they're done.

Tip

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

Basic Crepes

At Camp

Add water to the flour mixture and beat with a fork until smooth. Put a little butter or powdered vegetable shortening in a frying pan, coating the bottom. Pour about ¼ cup of the batter into the pan and immediately lift the pan away from the heat. Rotate the pan to make a thin circle. Place the pan back on the heat and cook the crepe until the edges are done. Then flip it and cook the other side until it's golden.

Tip

If you are going on a short trip or plan to have crepes within the first few days of a longer trip, you can make the crepes at home. To keep them for your trip, place the cooled crepes between sheets of waxed paper and then place them in a large ziplock freezer bag. You'll need to use them in the first two or three days.

Basic Yeast Dough

At Camp

Put ½ cup warm water in your cup and mix in ½ teaspoon of sugar. Sprinkle the rapid-rise yeast into the water, and let it sit for a minute or two. Pour the liquid ingredients 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 cinnamon buns.)

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

Herb and Olive Focaccia

At Camp

Add boiling water to the olives and onions in a single Nalgene bottle and let them rehydrate. 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. Drizzle with 1 or 2 teaspoons olive oil. Sprinkle with rosemary and garlic. Top with onions and olive pieces. Sprinkle with salt and black pepper to taste.

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