

A Fork in the Trail

by Laurie Ann March © 2008

“At Camp” Instructions - Dinners

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.

Please keep in mind that this material is subject to international copyright laws. These instructions are intended for personal use only and are not to be distributed in any way without written permission from Wilderness Press.

Thank you,

Laurie Ann March

Hungarian Goulash

At Camp

Add enough boiling water to the meat, sauce, and vegetable 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 all the ingredients are rehydrated, boil the noodles. Once they're done, drain them carefully. Cover the noodles and set them aside. Pour the meat and sauce into a second pot and bring to a boil. Pour the sauce into the noodles, stir, and serve. If desired, add a little sprinkle of paprika once served.

Tips

It is important to allow dried meat a little more time to come back. If the meat for this recipe doesn't rehydrate all the way soaking in boiling water, simmer it for a few minutes.

Chicken Mushroom Maggi

At Camp

Place the soup and chicken together in a Nalgene bottle or pot. Add just enough boiling water to cover the ingredients and allow to rehydrate. Add boiling water to the mushrooms and green beans in the ziplock freezer bag and allow to rehydrate. Once they are rehydrated, drain any excess water from the vegetables.

Once all the ingredients are rehydrated, boil water and cook the pasta. Meanwhile mix the sauce, chicken, veggies and 2 tablespoons of Maggi seasoning together in another pot. Cut the cheese into small cubes and set it aside. When the pasta is cooked, remove it from the heat and drain well. Replace the lid and set the pot aside. Heat the sauce in your second pot over the stove. Once the sauce is hot, add the cheese and stir until it has melted. Remove the sauce from heat. Place the drained pasta back on the heat, pour the sauce onto the pasta, and stir until heated through. Serve and sprinkle with a little more Maggi seasoning if desired.

Tips

It is important to allow dried chicken a little more time to come back. If the meat for this recipe doesn't rehydrate all the way soaking in boiling water, simmer it for a few minutes.

If you don't want to dehydrate canned chicken, then bring a 7-ounce foil pouch of chicken and add it to the rehydrated soup, vegetables, and Maggi seasoning.

Chicken Potpie with Biscuits

At Camp

Rehydrate the soup in a Nalgene bottle or ziplock bag. Rehydrate the vegetables and chicken in separate ziplock freezer bags. Use enough water to barely cover the dried ingredients. Once the vegetables have rehydrated, drain the excess water from them. Mix the chicken, soup, and vegetables together in a pot. Top with the biscuit dough and bake in an Outback or reflector oven for 30 minutes, until the dough is cooked through.

Tips

While this recipe is better when all the ingredients are baked together, you can make it without a backpacker's oven. Just fry-bake the biscuit dough in one large slab as explained in the Basic Biscuits recipe. Cook the filling over your stove for about 15 minutes or until it's hot all the way through. Spread the cooked biscuit slab on top of your chicken mixture.

If weight is not a consideration, you can take a pouch of chicken without having to dehydrate it first.

Salmon Cakes

At Camp

Cut or grate the cheese as finely as you can. Add a little boiling water to the onion and allow it to rehydrate for about 10 minutes. Drain it and mix all ingredients together in a large bowl or pot. Add 4 tablespoons water and let it set for 10 minutes. Shape the mixture into patties and cook them on a greased frying pan until golden on both sides, about 3 to 4 minutes per side.

Tip

A nice side of vegetables complements this dish well.

Pseudo Perogies

At Camp

Add boiling water to the chives in a Nalgene bottle or cup and allow to rehydrate for 5 minutes. Drain them and set aside. Chop up the bacon, warm it in a frying pan, and then set it aside. Cook the lasagna noodles in boiling water until they are tender and set them aside. Cut up the cheese and set it aside.

If you're using sour cream powder, mix it with the potato flakes. Boil water for the potatoes. Add the potato flakes and stir, adding powdered milk if the potatoes require it. Add the chives, bacon, noodles, and cheese. Stir over low heat until the cheese melts.

Pizza

At Camp

Using an equal amount of boiling water and dried ingredients, add water to the bag containing the vegetables, being 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 onto it before letting it rise. If the weather is cold, you can place the ziplock bag inside your jacket to aid in rising.

Once the dough has risen, press it out into a pan. Slice the cheese and pepperoni if you are using it. Drain any excess water from the vegetables. Spread with sauce and then layer the cheese and other toppings. 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 for a few minutes before eating it.

Cheese Fondue

At Camp

Prepare the items you will dip in the fondue. Cut the cheese into small cubes and return them to the ziplock bag. Put 1 tablespoon of flour into the bag with the cheese, close the bag and shake so that the flour coats the cubes. Cut the garlic clove in half. Add the garlic and ½ cup of wine or juice to a pot and bring to a boil. Add half of the cheese and stir constantly over medium heat until the cheese is melted. If the cheese is sticking turn the heat down to medium-low. Then add the other half of the cheese. Stir until all cheese is melted and warmed through, being careful not to burn the cheese. Reduce the heat to the lowest possible setting. Use a fork to remove the pieces of garlic. Pierce your bread or other dipping items with a fork and dip them in the cheese mixture. If the cheese starts to set up too much for dipping, just melt it again over low heat stirring constantly.

Chipotle Pork with Toasted Tortillas

At Camp

Add enough boiling water to the pork mixture in a pan 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. Allow it to rehydrate for 20 to 30 minutes or until fully rehydrated. While it's rehydrating, grate the cheese if you're using it. Once the mixture is reconstituted, heat it up on a stove, being careful not to burn it. Remove the mixture from the heat and cover it with a lid. Meanwhile, toast several tortillas. Place a generous scoop of the pork mixture on each plate. Garnish with the toasted tortillas and grated cheese as desired.

Tips

It is important to allow dried meat more time to come back. If your meat dish doesn't rehydrate all the way soaking in boiling water, simmer it over medium heat for a few minutes.

Curried Chicken with Raisins and Currants

At Camp

Add enough boiling water to the curry mixture in a pot to equal the measurement on the 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. Allow it to rehydrate for an hour in a pot cozy. Add more water when it's almost finished if necessary. When the chicken is fully rehydrated, boil some water in a separate pot for the rice. Cook the rice according to the instructions you brought. Allow the rice to sit a few minutes in the pot while you heat the chicken mixture. Serve the chicken over the rice.

Tips

If the chicken isn't fully rehydrated after an hour, simmer it over medium heat for about 5 minutes to soften it further. You can make instant rice by precooking your basmati rice at home and drying it for 5 to 7 hours. At camp add boiling water to rehydrate it.

Bruce's Chili con Carne

At Camp

Add enough boiling water to the chili mix in a pot to equal the measurement on your sticky note. Do not add the water first or you will have too much liquid. Once the chili has rehydrated you might have to reheat it.

Bean and Mushroom 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 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.

Tip

This chili is delicious served with cornbread, biscuits, or toasted tortillas.

Basic Italian Pesto

At Camp

Add ½ part water to 1 part dried mix and allow to rehydrate, adding water a little at a time if necessary. Add ¼ cup of olive oil to the bag, close the bag and knead with your hands until combined. Shave the Parmesan with your knife or cut it into small pieces and crumble with your fingers. Add the cheese and the pine 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 on top.

Orecchiette with Clams

At Camp

Chop garlic finely. Shave Parmesan cheese. Set both aside. Boil salted water and cook the pasta until al dente. Drain the water, put the pot in a cozy, and set it aside. In another pot or frying pan, heat 2 tablespoons each of butter and olive oil. Add the garlic and cook for a few moments, over medium heat, being careful not to brown it.

Add ¼ cup white wine and lemon juice. Let simmer for about 5 minutes. Add the clams and parsley and heat through. Season the mixture with salt and pepper to taste. Pour the sauce over the pasta and stir gently to coat. Garnish with shaved Parmesan.

Tip

If you can't find clams in small pouches, use canned clams. If weight is a consideration or you are traveling in an area that bans cans, you can dehydrate the clams. Pour them onto lined dehydrator trays and dry for 5 to 8 hours until they are dried through. Rehydrate at camp by adding as much boiling water as you have dried ingredients and letting it sit for 20 to 30 minutes or until fully rehydrated.

Tomato Basil Sauce

At Camp

Add enough boiling water to the dried sauce to equal the measurement on your 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 and serve over your favorite pasta.

Tip

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

Farfalle Arrabbiata with Red Sauce

At Camp

Shave the Parmesan cheese. Add enough boiling water to the dried 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.

Boil salted water in a separate pan. Cook the pasta in it and then drain. Place the covered pot with the pasta in a cozy and set aside. Heat the reconstituted sauce in another pot. Pour the sauce on the pasta and garnish with Parmesan shavings.

Linguini with Red Clam Sauce

At Camp

Add enough boiling water to the dried 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. Set the sauce aside to rehydrate for 30 minutes or until fully rehydrated.

Boil salted water in a pot. Cook the pasta and then drain the water. Place the covered pot containing the pasta in a cozy and set aside. Heat the sauce in another pot. Add the clams when the sauce is hot and heat for another minute. Pour the sauce on the pasta.

Tip

If you can't find clams in small pouches, use canned clams. If weight is a consideration or you are traveling in an area that bans cans, you can dehydrate them. To do so, pour the clams onto lined dehydrator trays and dry them for 5 to 8 hours until they are dried through. Rehydrate them at camp by combining equal parts boiling water and dried ingredients.

Ginger Mango Chicken with Cashews

At Camp

Remove the cashew bundle from the ziplock bag. Add enough boiling water to the chicken and sauce 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.

Keep the meal in a cozy until it is reconstituted (about an hour or until fully hydrated). If the meat is not completely rehydrated after soaking in the boiling water, simmer it gently over medium-low heat for several minutes. Sprinkle with cashews just before eating.

Tuna with Salsa, Lime, and Pasta

At Camp

Add enough boiling water to the salsa mixture in a pan 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. Set the salsa aside for 15 minutes or until fully rehydrated.

Once the salsa is rehydrated, boil salted water in a separate pan. Cook the pasta, drain, and place the covered pot with the pasta in a pot cozy. Heat the salsa mixture and stir in the tuna. Pour the sauce over the pasta, stir, and serve.

Pasta with Italian Sausage and Sweet Peppers

At Camp

Add just enough boiling water to the sausage and peppers in their separate ziplock freezer bags to cover the dried ingredients. Be very careful not to burn yourself. Add enough boiling water to the dried sauce in a large pot 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. Boil salted water and cook the pasta. Drain the water and place the covered pot containing the pasta in a cozy. Drain any excess liquid from the rehydrated sausage and peppers and add them to the sauce. Heat up the sauce. Pour the heated sauce on the pasta and garnish with Parmesan shavings if desired.

Pasta Carbonara

At Camp

Pour some boiling water in with the dried onion. Then drain it and set it aside. Mince the clove of garlic. Add water to the egg mix, according to the mix's directions and set aside. In a pot or frying pan, sauté the bacon and onion until the bacon is warm and the onion starts to brown. Add the 2 ½ tablespoons olive oil to the pan. Remove it from the heat and pour in the minced garlic. Set the pan aside. Boil salted water and cook the pasta. While waiting for the pasta to cook, shave or crumble the Parmesan cheese in a separate container. When the pasta is cooked, remove it from the heat and drain the water. Add the bacon mixture to the pasta in the pot and stir. Immediately add the egg and cheese. Stir quickly to evenly distribute the egg mixture and coat the pasta.

Tip

If you are going to use this recipe a week or more into a trip, substitute ½ teaspoon dried garlic for the garlic clove to avoid spoilage.

Garlic Shrimp with Orange and Balsamic Sauce

At Camp

Cut the orange in half crosswise and set one half aside. Use a fork to extract the juice from the remaining half into a bowl. Add the saffron threads. Let this infuse for a few minutes. Use the juice and saffron infusion as part of the liquid requirement for the jasmine rice. While the rice is cooking, put the 1 tablespoon butter and the salt, pepper, and balsamic vinegar in a frying pan or small pot along with the shrimp. Mince the garlic and add that to shrimp mixture. Using a fork, juice the other half of the orange into the shrimp. When the rice is cooked, remove the pot from the heat and set it aside in a pot cozy. Warm up the shrimp mixture for 2 or 3 minutes until heated through. Divide the rice into 2 servings and pour half of the sauce over each serving.

Tip

If you can't find shrimp in small pouches, use canned shrimp. If weight is a consideration or you are traveling in an area that bans cans, you can dehydrate them. To do so, pour the shrimp onto lined dehydrator trays and dry for 3 to 8 hours until they are dried through, being careful not to overdry them. To rehydrate the shrimp at camp, combine equal parts boiling water and dried ingredients.

Bean and Corn Tostada

At Camp

Cover the meat with boiling water in a pan and allow it to rehydrate. Add enough boiling water to the salsa 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. When the meat and salsa are rehydrated, boil salted water in a separate pot and cook the rice according to the instructions you brought. While the rice is cooking, break or cut the cheese into very small pieces. Remove the rice from the heat and allow it to sit for 5 minutes. Meanwhile, toast each tortilla in your frying pan until crisp. Add the salsa and meat to the pan of rice and mix. Put each toasted tortilla on a plate and then pour $\frac{1}{4}$ of the mixture on top of each. Top with $\frac{1}{4}$ of the cheese.

Tips

Because there are 2 tostadas for each person, it is easier to prepare one for each of you, eat that, and then prepare seconds.

Baja Chicken with Pinto Beans and Rice

At Camp

Add enough boiling water to the chicken and sauce mix separately to equal the measurements 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 chicken and sauce are reconstituted, boil water in a pot and cook the rice according to the note you included in the bag. When the rice is cooked, remove it from the heat and place it in a pot cozy. Mix the chicken and sauce

together in a pan and heat it through over medium heat. Serve the rice and top with the sauce and finally the tortilla or corn chips.

Tip

Minus the chips, this dish makes a great wrap filling.

Moroccan Chicken with Sweet Potatoes

At Camp

Add enough boiling water to the chicken mixture in a pot 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. Put the pot in a cozy and let sit for at least an hour or until fully rehydrated. When it is fully rehydrated, reheat it. Serve with French bread or pitas, if desired.

Tips

It is important to allow chicken more time to come back. If the chicken doesn't rehydrate completely soaking in boiling water, simmer it over medium heat for a few minutes before serving.

Minestrone

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 soup has rehydrated, heat it through and serve. Garnish the soup with some shaved Parmesan.

Cuban Pork Stew

At Camp

Add enough boiling water to the pork mix to equal the measurement on your sticky note and set aside to reconstitute for 30 minutes or until fully rehydrated. 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. While the stew is reconstituting, make the rice and place it in a pot cozy to keep it warm. Then reheat the stew, being careful not to burn it. Meanwhile, rehydrate the bananas with a little cool water. Mix them into the stew and stir to heat through. Serve the stew with the rice.

Tip

You can substitute a fresh banana cut into chunks or dehydrated banana slices for the freeze-dried banana slices. To make them, let the fresh banana chunks or slices soak in lime juice for about five minutes. Then dry them for 6 to 12 hours. Dehydrated banana slices take longer to rehydrate than

freeze-dried bananas do; I recommend using boiling water to help speed up the process.

Harvest Pork and Apple 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. Let the stew rehydrate for 30 to 40 minutes. Add more water if necessary. If the meat does not fully rehydrate, simmer it for about 5 minutes on your camp stove.

Beef Stew with Dumplings Stew

At Camp

In a pot that has a lid, add enough boiling water to the stew 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. Allow to rehydrate for 30 to 50 minutes or until fully rehydrated. Add $\frac{1}{2}$ cup water to the dumpling mix in the zipper bag.

Put the rehydrated stew on the heat and bring it to a boil. Make sure you have enough liquid in the pot so that it won't boil dry while you make the dumplings. You may want to add a little more water before you add the dumplings so that the stew doesn't become too thick and stick to the pot. Cut the corner off the ziplock bag so you have about a 2-inch opening. Squeeze several dumplings, each about the size of an egg, onto the top of the stew. Cover the pot and cook undisturbed for 15 minutes on medium-high heat. The dumplings should be moist on the outside but cooked in the center.

Tip

It is important to allow dried meat more time to rehydrate. If your meat dish doesn't rehydrate completely soaking in boiling water, simmer it over medium heat for a few minutes.

African Chicken and Groundnut Stew

At Camp

Add enough boiling water to the stew ingredients 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, heat it through. Pour in the peanuts and stir in the peanut butter. Heat for a minute or until all the peanut butter has melted and been incorporated into the stew.

Couscous Primavera

At Camp

Cover the vegetables with boiling water and set in a cozy until they are reconstituted. Once they have rehydrated, drain off any excess water, add 2 tablespoons of olive oil and parsley, and set aside. Boil water and cook the couscous according to the package directions you brought. When the couscous is done, add the vegetables and stir over low temperature until heated through. Garnish with slivers of Parmesan cheese and serve.

Tip

If you eat meat, a pouch of crab or salmon is a welcome addition to this dish.

Quinoa and Spinach Soup

At Camp

Add enough boiling water to the soup ingredients in a pot 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 20 minutes or until fully rehydrated.

Once the soup has rehydrated, heat it through over a stove and serve. If the soup is too thick, add a little more water.

Tips

Even though there is a jalapeño pepper in this soup, it is not spicy. If you want to make it hotter, add some of the seeds from the pepper or use a bit more pepper.

Feta cheese is usually packed in brine and therefore salty. If you decide to use it in this recipe you may want to reduce the amount of the salt you add accordingly.

Crabby Asparagus and Wild Rice Soup

At Camp

Cover the pieces of asparagus with boiling water and set the pot in a cozy for about 15 to 20 minutes until the vegetable chunks have reconstituted. After the asparagus has rehydrated, drain off any excess water and set it aside. Bring 2 ½ cups of water to a boil. Add the chicken bouillon and stir until dissolved. Add the seasonings, garlic (minced if using fresh), chives, and wild rice. Simmer until the wild rice is cooked (about 10 minutes). Add the asparagus and crab and heat through.

Tip

If you dried the crab then rehydrate at camp by adding equal parts boiling water and dried ingredients.

Thai Pumpkin Soup

At Camp

Add enough boiling water to the dried soup in a pot 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, heat it through over a stove. Add shrimp if desired.

Tip

If you can't find shrimp in small pouches, use canned shrimp. If weight is a consideration or you are traveling in an area that bans cans, then you can dehydrate them. To do so, pour the shrimp onto lined dehydrator trays, and dry for 3 to 8 hours until they are dried through, being careful not to overdry them. Rehydrate at camp by combining equal parts boiling water and dried ingredients.

Smoked Salmon and Corn Chowder

At Camp

Put 2 $\frac{1}{2}$ –2 $\frac{3}{4}$ cups of water in a pot to boil. Use the smaller amount of water for a thicker soup. When the water comes to a boil, add the corn and salmon and let simmer for a few minutes. Shut off the heat and add the bag of dry ingredients. Stir for a few moments. Add more water if necessary to reach the desired consistency.

Baked Clam Chowder

At Camp

Add a little hot water to the bag of freeze-dried vegetables and allow them to rehydrate for a few minutes while you prepare the other ingredients. Cut or tear the bread into 1-inch pieces. Put the bread chunks into a pot. Add 1 cup of water to the bag containing the powdered ingredients and mix well. Drain the rehydrated vegetables and add to the bread. Add the clams to the bread and vegetables and mix gently. Pour the liquid ingredients on top of the bread mixture.

Bake in an Outback or reflector oven for 30 minutes or until a toothpick or knife inserted in the center comes out clean. Allow the oven to preheat, with the food in it, for about 5 minutes before you start timing. An Outback Oven should be set on "Upper Bake," and a reflector oven should be quite hot.

Tips

If you are using an Outback Oven, lining the pot or pan with parchment paper will make cleanup easier. If you dried the crabmeat then rehydrate at camp by adding equal parts boiling water and dried ingredients.

Vegetable Crisp

At Camp

Cover the vegetables with boiling water in a pot and rest in a pot cozy until reconstituted. Drain off any excess water and place the rehydrated vegetables back in the pot. Add the herbs and 2 tablespoons butter to the ziplock bag containing the flour, salt, and oats. Mix together in the bag until you have a crumbly topping mix. Add shaved Parmesan if desired. Sprinkle the topping on the vegetables. Bake in an Outback or reflector oven for 30 minutes or until the top is golden. Allow the oven to preheat, with the food in it, for about 5 minutes before you start timing. Cool slightly and serve.

Tip

If you are using an Outback Oven, line the bottom and sides of the pan or pot with a single piece of parchment paper; it will make cleanup much easier.

Chipotle 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 2 tablespoons of butter and stir. Sprinkle with cinnamon if desired.

Tips

This dish can be eaten on its own but is great with chicken or pork.

To make this recipe into a soup, add a cup of chicken stock or milk made from nonfat powder.