

A Fork in the Trail

by Laurie Ann March © 2008

“At Camp” Instructions - Lunches

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

Citrus Lentil Salad

At Camp

Rehydrate the salad in the plastic bag using a formula of 1½ 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 adding the dressing.

While the salad is rehydrating, put the contents of the spice packet into the bottle containing the olive oil and lemon juice mixture. Shake vigorously. Pour the dressing on the rehydrated salad and stir gently to combine. Serve the salad with lightly toasted Greek pitas or stuff it into pitas.

Garbanzo Bean, Tomato, and Thai Chili 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. Do not add the water first or you will have too much liquid.

Tip

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.

Jasmine Rice and Shrimp Salad

At Camp

Add boiling water to the mango, ginger, onion, and red pepper mixture using equal amounts of dried ingredients and water. Allow to sit for 15 to 20 minutes or until rehydrated. While that rehydrates, cook the rice according to the directions you included in the bag. Allow the rice to cool. Add the mango mixture and the pouch of shrimp to the rice.

Cut the skin off the blood orange and remove 6 or 7 sections, leaving the membrane behind. Cut the orange sections into thirds and add the pieces to the cooled rice. Squeeze 1 tablespoon of juice from the remaining bit of orange and mix it with 3 tablespoons vegetable oil and the spices, red wine vinegar, and the chili sauce. Combine well and pour over the salad. Mix gently until combined. Sprinkle with toasted coconut and cashews.

Tips

If you don't want to stop on the trail at lunch, cook the rice at breakfast while you pack up your camp, and store it in a ziplock freezer bag until lunch. You can also precook the rice at home and dry it for 7 to 10 hours on lined dehydrator trays; rehydrate it using a ratio of equal parts dried rice and boiling water. If you combine the mango, ginger, onion, and red pepper mixture with cold water at breakfast, it will be reconstituted by lunchtime. If you dried the shrimp then rehydrate at camp by adding equal parts boiling water and dried ingredients.

Curried Tuna and Couscous Salad

At Camp

Add enough boiling water to the tomatoes and onions to barely cover them. Allow to sit for 15 to 20 minutes or until rehydrated. Prepare the couscous according to the directions you packed. Allow the couscous to cool. Make the dressing by mixing the mustard, honey, and red wine vinegar with 2 tablespoons olive oil and the curry powder. When the couscous is done, mix in the tomatoes and onions and add the dressing. Sprinkle with sliced almonds and stir gently to coat.

Tip

If you don't want to cook on the trail, prepare the couscous at breakfast and pack it in a ziplock freezer bag to use at lunchtime. If you combine the tomato and onion mixture with cold water at breakfast, it will be reconstituted by lunchtime.

Carrot Raisin Salad with Peanuts

At Camp

Add just enough water to the carrots and sweet peppers to cover them. Allow to rehydrate for 15 to 30 minutes. Meanwhile pour the tamari and honey mixture into the empty freezer bag. Add ¼ cup of peanut butter and spices. Cut the lime in half and squeeze the juice from one half into the bag with the tamari mixture.

Compress the bag to remove as much air as you can and zip it closed. Knead the bag until the dressing is well mixed. Drain the carrot and pepper mixture well. Add the vegetables to the bag of dressing along with the peanuts and raisins. Let sit for about 10 minutes.

Tip

If you are planning to have this for lunch on the trail, add cold water to the vegetable mixture at breakfast, and it'll be ready by the time you stop for lunch. You can also make the dressing in the morning and let the flavors infuse while you hike.

Chicken and Apple Slaw

At Camp

Shortly before you plan to eat the salad, 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 apple cider vinegar and vegetable oil to suit your taste. Season the coleslaw with salt and pepper.

Tip

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

Cranberry Raspberry Slaw with Almonds

At Camp

Do not start to rehydrate the carrots and cabbage until shortly before you will eat the salad. Rehydrate with cold water using a ratio of 1 part dried mix to 2/3 part water. Check the salad in a few minutes and add a little more water as necessary. Drain any excess water once the cabbage has reconstituted. Then add raspberry vinegar and vegetable oil to suit your taste. Sprinkle the almonds on the coleslaw and season with salt.

Tip

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

Broccoli Carrot Slaw

At Camp

Rehydrate the broccoli and carrots with cold water using a ratio of 1 part dried mix to 2/3 part water. Check them after 10 minutes and add a little more water as necessary. Drain any excess water once they have reconstituted and then add mango vinegar and vegetable oil to suit your taste. Sprinkle the sunflower seeds and bacon on the slaw and season with salt.

Sunny Garlic Hummus

At Camp

Rehydrate the hummus using a formula of 1½ 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.

Tip

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.

Roasted Red Pepper Hummus

At Camp

Rehydrate the hummus using a formula of 1½ parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if necessary. Serve as a dip with Greek pitas or your favorite cracker or use as a spread in a wrap.

Lemon Wasabi Hummus

At Camp

Rehydrate the hummus using a formula of 1½ parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if necessary. Serve as a dip with Greek pitas or your favorite cracker or use as a spread in a wrap.

Tip

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.

Roasted Eggplant Spread

At Camp

Rehydrate the spread using a formula of 1½ parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if necessary.

Black Bean Dip

At Camp

Rehydrate the bean dip using a formula of 1½ parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if necessary. Serve the hummus warm or cold with crackers, Greek pita wedges, or tortilla chips or as a spread in a chicken wrap.

White Bean, Walnut, and Pomegranate Dip

At Camp

Rehydrate the bean dip using a formula of 1½ 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, Greek pita wedges, or tortilla chips. It is also good in a chicken wrap.

Curried Bean Pâté

At Camp

Rehydrate the bean pâté using a formula of 1½ 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 as a spread in a vegetable wrap.

Warm Crab and Artichoke Heart Dip

At Camp

Cover the artichoke hearts and chives with boiling water to rehydrate. Set aside for 10 to 15 minutes and then drain off any excess water. Put a little butter in the bottom of your pot over medium heat. Pour in the artichoke mixture and sauté for a few minutes. Stir in the crab and heat for a few moments. Remove from the heat. Add the mayonnaise and cheese and combine well. Stir in the lemon juice and hot sauce.

Tips

If you combine the artichoke and chive mixture with cold water at breakfast, it'll be reconstituted by lunchtime.

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

Chili con Queso

At Camp

Rehydrate the salsa using a ratio of 1 part dried ingredients to 1 part water. When the salsa is rehydrated, unwrap the cheese and cut it into small cubes. Add 2 ½ tablespoons of water to a cool pot and then add 2 teaspoons of Nido or whole milk powder, stirring until combined. Place salsa, cumin, and cheese in a pot and then heat until the cheese melts and the mixture is warm. Serve with tortilla chips.

Tip

Start rehydrating the salsa at breakfast using a leakproof container, and by lunchtime the salsa will be ready to be eaten.

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.

Chicken, Broccoli, and Yellow Pepper Wrap

At Camp

Rehydrate the chicken with a ratio of 1 part dried chicken to 1 part boiling water. In another container, rehydrate the vegetables and chives by covering with boiling water. Drain any excess water from the chicken and the vegetables. Place some chicken and veggies in each wrap and top with salad dressing, oregano, salt, and pepper. Roll it up and enjoy.

Tips

If you would prefer a vegetarian wrap, substitute your favorite raw vegetables for the chicken. To save time, you can start rehydrating the chicken and vegetables at breakfast using cold water and keep them in leakproof containers as you travel. When you stop for lunch, drain off any excess water and enjoy your wraps.

Roasted Red Pepper and Chipotle Chicken Wrap

At Camp

Rehydrate the chicken using equal amounts of chicken and boiling water. In another container, rehydrate the pepper mixture by covering with boiling water. Drain any excess water from the ingredients. Chop the Gouda. Split the chicken and pepper mixture between the two wraps and top each with the smoked Gouda, salt, and pepper. Roll them up and enjoy.

Tip

You can start rehydrating the chicken and the pepper mixture, in separate containers, at breakfast using cold water. When you stop for lunch, drain off any excess water and enjoy your wrap.

Apple Peanut Salad Wrap

At Camp

Mix the fruit, seeds, and peanut butter together and spread it on the wraps. Roll them up.

Tuna Teriyaki Wrap

At Camp

Rehydrate the onion and mushrooms in a small amount of water for about 10 to 15 minutes. While the onions and mushrooms are rehydrating, cut the baby carrots up into matchstick-sized pieces and set aside. In a pot or bowl, combine the tuna, red chilies, teriyaki marinade, and the rehydrated onion and chopped mushroom mixture. Stir well. Place $\frac{1}{4}$ of the mixture in a wrap and top with carrot matchsticks. Roll it up and enjoy.

Tuna Bagel with Black Bean and Corn Salsa

At Camp

Remove the tuna pouches from the ziplock bag. Add warm water to the salsa mixture, using a little less water than dried mix. Once rehydrated, add the tuna to the salsa mixture and place $\frac{1}{4}$ of the mixture on each half of the bagel. Serve open faced.

Tip

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

Tropical Salsa

At Camp

Add warm water to the salsa mixture using a little less water than dried mix. Add more water if necessary.

Tip

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

Cream of Potato and Roasted Garlic Soup

At Camp

Put 2¼–2½ cups of water in a pot to boil. The less water you use, the thicker the soup will be. When the water comes to a boil, turn 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.

Tip

If you are growing water bottle sprouts (see page 91 for the recipe) on your trip, use a few to garnish the soup and add some crunch.

Lentil Soup

At Camp

Rehydrate the soup mixture using equal parts dried mix and boiling water. When the mixture is rehydrated, reheat it if necessary. If the lentils aren't fully rehydrated, let it simmer for a few minutes when reheating. Serve with crackers or pita. Add a dash of Tabasco sauce for a little extra kick.

Tip

You can rehydrate this with cold water if you start first thing in the morning and store it in a leakproof container. Then when you stop for lunch, you can just heat it up.

Masoor Dal

At Camp

Rehydrate the dal by adding enough boiling water to the 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. Reheat the rehydrated dal if it's not warm enough. This recipe goes well with flatbreads such as pita or chapati.

Tip

To save time, you can rehydrate this recipe by adding cold water to the mixture at breakfast and then reheating it when you stop for lunch.