

Camp_Food_2004.txt

MV>JR> Ok folks, lets hear from some of you and let me know what would
MV> > make the best survival food to carry in your daypack while out
MV> > in the back country.

MV>.22 long semi-auto pistol? Well, it'd ensure you had enough to eat!

I do that, and make up my own granola type stuff with some jerky,
cheese, and bread. Use a little extra chooped up dry fruit in the
granola to balance the other stuff I take. All non cooking, can carry
plenty for several days, and just need to have water, too.

Pistol shot can be heard from a long way away, although using those CCI
CB longs sure takes the noise down, just won't cycle the action.

Non cooking food means no fire, no stove, can eat and move with ease,
and "no trace."

X SLMR 2.1a X My reality check just bounced.

--- Maximus 2.00

* Origin: Paul Revere Network (176:600/503)

----- Recipe via Meal-Master (tm) v8.00

Title: Backcountry Scones

Categories: Breakfast, Breads, Camping

Yield: 2 servings

2 c	Flour	1 c	Milk -or- 1/2 c powdered
2 c	Oats		Milk mixed with 1 c water
2 T	Sugar	1/2 c	Raisins, sunflower seeds,
1 t	Salt		Currants, nuts, or other
2 t	Baking soda		Fillings
1/2 c	Oil		Water

Camp_Food_2004.txt

IN THE FIELD: Mix all ingredients (use 1/2 c powdered milk mixed with water) except oil. Then add oil. Pat into a well-greased frying pan and score into sections. Cover and cook low heat until done -- about 20 min.

AT HOME: Mix dry ingredients together. Blend in oil with a fork until mixture looks like fine crumbs. Add milk and pat into a large circle about 1/2 inch thick. Cut into small pieces and place on greased cookie sheet; bake 10-15 min at 425 deg until golden brown.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Blueberry Breakfast Cake
Categories: Breakfast, Breads, Camping
Yield: 2 servings

8 oz Fresh blueberries	2 T Sugar
2 c Bisquick mix	ds Cinnamon
1/4 c Powdered milk	Water

Heat blueberries. While heating, mix bisquick, powdered milk, sugar, and cinnamon with enough water to make a thick batter. Drop large spoonfuls of batter onto the blueberries. Cover and let cook until the batter has become cakelike.

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----- Recipe via Meal-Master (tm) v8.00

Camp_Food_2004.txt

Title: Easy Granola

Categories: Breakfast, Cereal, Camping, Grains

Yield: 4 servings

6 c	Rolled oats		-sunflower seeds
2 c	Grated or preshredded -coconut	2/3 c	Bran flakes
2 c	Nuts, chopped (almonds, -cashews, walnuts, etc.)	2/3 c	Wheat germ
2/3 c	Sesame seeds -or-	1/2 c	Vegetable oil
		1/2 c	Honey
		1 c	Dried fruit

PREPARE AT HOME: Roast each of the first six ingredients separately in a 300 deg oven until lightly toasted. Combine. Stir in oil and honey thoroughly. Roast in oven at 250 deg until golden brown. Store in an airtight container.

IN THE FIELD: Add the dried fruit. Stir and serve with milk or yogurt.

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----- Recipe via Meal-Master (tm) v8.00

Title: Egg in the Nest

Categories: Breakfast, Camping

Yield: 1 servings

1 sl	Bread (per serving)	1 T	Bacon grease or butter
1	Egg (per serving)		

Over moderate heat, melt grease in frying pan. The grease should cover bottom of the frying pan. Cut out a hole in center of bread the size of

Camp_Food_2004.txt

an egg yolk. Place bread in the pan of hot grease. Break egg over hole in bread and pour out egg yolk to sit in hole. Fry the egg and bread to personal preference, flip once and serve.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Twigs and Rocks

Categories: Breakfast, Camping, Fruits

Yield: 4 servings

4 c	Blueberry granola	1 c	Raisins -or- currants
1/4 c	Oat bran	1/4 c	Bananas -or- peaches, dried
1/4 c	Walnuts, chopped		Brown sugar to taste
4 c	Raw quick oats		Evaporated milk
1/4 c	Almonds, slivered		Water

Combine all the ingredients. Add brown sugar and milk to cereal if desired. I prefer to eat it cold, but for a change of pace you can cook it up like hot cereal. Add 1 part cereal to 2/3 part water and heat until warm.

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----- Recipe via Meal-Master (tm) v8.00

Title: Eggs MacSanchez

Categories: Breakfast, Camping, Eggs

Yield: 1 servings

Camp_Food_2004.txt

2	Eggs	2 sl	Jerky
1	Tortilla (corn or flour)	ds	Tabasco sauce
2	Jalapeno peppers, diced		

THE NIGHT BEFORE: Beat the eggs. Tear jerky into little pieces, and peel and chop the jalapenos. Add to eggs mix. Then add enough Tabasco to extinguish any flames caused by the jalapenos. Mix well and let sit overnight.

THE MORNING OF: Cook all of the runny stuff over low heat in a pan until it's well done. Scoop it into a tortilla, add a little more Tabasco and hit the trail.

** Wilderness Ranger Cookbook U S Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Griddle Cakes

Categories: Breakfast, Camping, Breads

Yield: 2 servings

1 1/4 c	Flour	1/2 t	Salt
2 t	Baking powder	1	Egg, beaten
1/2 t	Soda	1 c	Buttermilk
1 T	Sugar	2 T	Vegetable oil

Mix dry ingredients. Mix in egg, buttermilk, and oil just until moistened. Batter will be thick and lumpy. Pour on an ungreased griddle, approx. 1/4 c at a time. Cook over medium heat until brown. Flip. Cook until done and serve.

** Wilderness Ranger Cookbook U S Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Jamie's Granola

Categories: Breakfast, Camping, Cereal

Yield: 2 servings

3	Shredded wheat squares	1/4 c	Nuts, your favorite
1 1/2 c	Margarine	1/2 c	Raisins
1 c	Peanut butter	1 t	Cinnamon
1/2 c	Oats	1/2 c	Powdered milk
1/2 c	Sunflower seeds	3/4 c	Honey
1/4 c	Peanuts		

Melt margarine in large pan. Brown shredded wheat. Add oats and brown. Mix in peanut butter, honey, powdered milk and raisins. Cook over medium heat and stir frequently until raisins bulge. Add nuts, sunflower seeds and cinnamon (sometimes I brown nuts separately). If it's too dry, add more margarine or milk.

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----- Recipe via Meal-Master (tm) v8.00

Title: Superstition Surprise

Categories: Breakfast, Camping, Cereal

Yield: 4 servings

2 c	Oatmeal	1/4 t	Nutmeg
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Camp_Food_2004.txt

1/3 c Raisins	1/4 t Allspice
1/3 c Nuts, favorite chopped	3/4 c Powdered milk
1/2 c Brown sugar	Water
1/4 t Cinnamon	

Mix all ingredients in a ziplock bag before hitting the trail. When the breakfast bell rings ... pour boiling water over a bowl of Superstition Surprise and cover the bowl. Wait approximately 2 min. and then you're ready to chow down.

** Wilderness Ranger Cookbook U S Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Sunrise Oatmeal

Categories: Breakfast, Camping, Cereal

Yield: 1 servings

3/4 c Oatmeal	1/4 c Apple, chopped
1/4 c Dried bananas & raisins	1 c Water
1 T Powdered milk	ds Cinnamon

Add ingredients to boiling water. Bring to a boil, reduce heat and cook for about 2 min. Serve.

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----- Recipe via Meal-Master (tm) v8.00

Title: Eagle Cap Club

Camp_Food_2004.txt

Categories: Brunch, Cheese, Meats, Camping
Yield: 1 servings

1 Salami, hot or spicy 1 pk Crackers, favorite kind
1 lb Sharp cheddar cheese

This is my favorite trail lunch. It's fast, easy and tasty. Slice the cheese and salami. Place between two crackers to make a sandwich. The ingredients can easily survive a ten-day hike in the heat.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Bagel Break
Categories: Brunch, Camping, Vegetarian
Yield: 1 servings

1 Bagel 1 Cucumber, thinly sliced
1 pk Cream cheese 1 Alfalfa sprouts

Cut bagel in half. Spread cream cheese over both halves, using amount to satisfy personal taste. Place cucumber slices and alfalfa sprouts on top and enjoy.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Sauteed Chanterelles

Categories: Brunch, Camping, Vegetarian
Yield: 2 servings

2 c	Chanterelles (or other -mushrooms)	1/4 c	Onion, diced
1/2	Clove garlic, chopped	ds	Soy Sauce

Cook the chanterelles, onions, and garlic on low heat. The key to not overcooking these delicate mushroom is to continually remove the pan from the cookstove. If the garlic is turning brown or the onions are smoking, snatch the dish from heat. Slowly fry until the chanterelles soften. Add soy sauce and serve.

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----- Recipe via Meal-Master (tm) v8.00

Title: Let's eat some Boletus (Sauteed Mushrooms)
Categories: Brunch, Camping, Vegetarian
Yield: 2 servings

1 c	Mushrooms, sliced	2 sl	French bread
1	Butter, stick		Salt, pepper, garlic to
4 oz	V-8 juice		- taste
2 ds	Red wine		

Brush the organic debris from the mushrooms and peel the pores from the undersurface of the cap. Then slice them vertically in about 1/4 inch layers. Heat up the pan until the butter is barely sizzling. Saute' the mushrooms for about 2 min., turning them as they begin to darken. Add V-8 spices, and wine. Stir while cooking for 2 min. Do not overcook. Use sauce leftover for dipping french bread.

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----- Recipe via Meal-Master (tm) v8.00

Title: Vitamin Balls

Categories: Brunch, Camping, Vegetarian

Yield: 2 servings

1 c Honey	1 c Soymilk powder
1 c Peanut butter	1/2 c Carob powder
1/2 c Wheat germ	1 c Sesame seeds

TO PREPARE AT HOME: Mix all ingredients together. Separate into bite-sized pieces and chill. Store in an airtight container and hit the trail.

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----- Recipe via Meal-Master (tm) v8.00

Title: Bongko Bean Spread

Categories: Brunch, Camping, Vegetarian

Yield: 2 servings

1 1/4 c Garbanzo beans, cooked	1/8 t Salt
1/4 t Parsley	ds Garlic
1/4 t Chili powder	Vegetable oil
1/8 t Cumin	

Camp_Food_2004.txt

TO PREPARE AT HOME: Mash the garbanzos or put through a food mill, ricer, or blender until they make a paste. Add spices and stir well. Store in an airtight, heavy plastic container. Eat with crackers or chips. If the bean spread seems too dry, add a little vegetable oil.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Pilaf de Resistance

Categories: Dinner, Camping, Vegetarian, Poultry

Yield: 2 servings

1 c	Brown rice	1/4 c	Celery, diced
1/2 c	Refried beans, instant	2 T	Onion, diced
2 1/4 c	Water	1/2 t	Garlic, diced
1 cn	Chicken or turkey (med)	1 t	Celery, dried
1 sl	Cheddar cheese	1/4 t	Salt
1/4 c	Green pepper, diced		

Bring water to a boil. Add rice. Cover and simmer for 10 minutes. Then add all ingredients except cheese. Simmer and stir occasionally for 5 min. Add cheese and set aside with cover on. Serve when cheese is melted.

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----- Recipe via Meal-Master (tm) v8.00

Title: Hobo Stew
Categories: Dinner, Vegetarian, Camping
Yield: 2 servings

1 pk Lipton soup, any flavor	1 cn Chicken
1/2 Onion, diced	1 Stalk Celery, diced
1/2 Zucchini, diced	3 c Water
1 Jalapeno pepper, diced	ds Curry powder, allspice,
1 Spinach noodles, handful	- celery seed, red pepper

Boil soup in water. Add noodles and chicken. While the soup is coming to a boil, add vegetables slowly. Stir frequently. Once all vegetables are in and soup has returned to a boil, turn off heat and cover for 5 - 10 min. Add spices and serve. This recipe can easily be improvised, but it always turns out good and reasonably healthy for you.

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----- Recipe via Meal-Master (tm) v8.00

Title: Pig's Ass Chili
Categories: Dinner, Camping, Meats
Yield: 2 servings

1 lb Pork, diced	1 T Flour
1/2 Onion	1 Tomato, fresh
4 oz Green chilis, canned	1/3 c Water
1/2 c Cheddar cheese	ds Garlic, salt, pepper

Cube and brown meat in skillet (drain off excess grease). Add onion and brown lightly. Add flour and brown. Add water, tomato, green chili, and spices. Simmer for about 20 min. Spread slices of cheese over top. Let

melt and serve.

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----- Recipe via Meal-Master (tm) v8.00

Title: Six Grain Casserole

Categories: Grains, Camping, Dinner, Vegetarian

Yield: 2 servings

1/8 c	Bulgar wheat	1/8 c	Wheat berries
1/8 c	Brown rice	1/8 c	Barley
1/8 c	Millet	2 t	Spice mix
1/8 c	Soy grits		Water

Combine all grains and simmer in water for 30 minutes. Add spices, mix and serve. If we're talking deluxe camp, add cheese and veggies of your choice.

Spice Mix:: Combine equal parts of curry, salt, pepper, summer savory, thyme, wild seasons, and garlic powder.

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----- Recipe via Meal-Master (tm) v8.00

Title: Veggies and Pots

Categories: Dinner, Vegetarian, Camping

Yield: 2 servings

1 1/2 c Potatoes, dried	Camp_Food_2004.txt
1 1/2 c Veggies, dried - zucchini, - bell peppers, spinach, - onions, mushrooms	ds Oregano, garlic powder, - chili powder, & salt
1/2 c Powdered milk	3/4 c Cheddar cheese, grated
1 pk Chicken noodle soup	Parmesan cheese
	Water

Put all ingredients, except cheeses and spices, in pot with enough water to cover. Cook on medium to high heat, stirring occasionally, until potatoes and veggies are soft. Add seasonings to taste. Sprinkle with cheddar and parmesan cheese and serve. Fresh vegetables may be substituted for dried ones and in any combination you may desire.

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----- Recipe via Meal-Master (tm) v8.00

Title: Flat Tops Trout
 Categories: Fish, Dinner, Camping
 Yield: 2 servings

4 md Fish	ds Salt, pepper, and/or lemon
2 c Pancake batter	- pepper
2 T Vegetable oil	Water

Catch 4 medium sized fish using your favorite flies or lures. Mix pancake batter with water according to directions on package. Heat skillet with vegetable oil (it should be hot enough to bead water). Dip fish in batter. Turning fish often, cook until batter is browned. Add seasonings to taste and serve.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Tofu Curry
Categories: Dinner, Vegetarian, Camping
Yield: 2 servings

1 sm Bell pepper		- of curry powder will
1 sm Onion		- substitute)
8 oz Tofu, vacuum-packed	2 T	Vegetable oil
1 pk Curry & shell pasta mix -or-	1 1/4 c	Water
- (1c whole wheat pasta		Dried pineapple, raw coconut
- shells, 2T dried peas,		- raisins, and peanuts to
- 1t red pepper, and a dash		- taste..

Dice bell pepper and onion and saute in oil until soft. Add cubed tofu and saute for a few more min. Add water and curry pasta mix. Bring to a boil. Lower heat and cook 20 min. Top with pineapple, coconut, raisins, peanuts and enjoy.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Tortellini a la Trinity Alps
Categories: Pasta, Dinner, Vegetarian, Camping
Yield: 2 servings

7 oz Tortellini, package	Cheese, oregano, salt,
8 oz Tomato sauce	- pepper to taste

- 2 Shallots, diced
- 4 Mushrooms, diced

Water

Add tortellini to pot of boiling water and cook for 10 - 15 minutes until tortellini is soft and feeling no longer crunchy. Take pot off stove and drain all but a couple of teaspoons of water. Add tomato sauce, shallots, and mushrooms, and simmer over low heat for 2 - 4 minutes. Season to taste with cheese, oregano, salt and pepper.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Pep Jack Stew

Categories: Dinner, Camping, Pasta, Fish

Yield: 2 servings

- | | |
|----------------------------------|----------------------------------|
| 1 c Noodles, any kind | 2 oz Monterey pepper jack cheese |
| 1 c Dried veggies, your favorite | 1/2 c Shrimp |
| ds Vegetable oil | Water |
| ds Garlic powder | |

Boil 3 - 4 c water (more if you want soup). Add dried veggies, oil, and garlic. Let simmer for 5 min. Add shrimp. Add noodles and cook until done. Drain broth (soup in a cup) or leave in. Grate cheese and mix in.

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----- Recipe via Meal-Master (tm) v8.00

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Title: Chicken-Rice Curry

Categories: Poultry, Camping, Dinner, Vegetarian

Yield: 2 servings

1/2 c	Instant rice	1 pk	Chicken noodle soup
1/4 c	Raisins	2 T	Curry powder
4 T	Margarine	1 sm	Chicken, boned in can
4 c	Water		

Saute rice and raisins in margarine. Add water, chicken soup and curry. Bring to boil. Simmer for 15 minutes. When almost done, stir in chicken. Heat until chicken is warm.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Pita Pizza

Categories: Dinner, Camping, Vegetarian

Yield: 2 servings

4	Pita or pocket bread	1 c	Bell peppers, chopped
6 oz	Can of tomato paste	1 c	Scallion, chopped
1/4 t	Oregano	1/2 c	Cheese, grated favorite kind
1	Clove of garlic	1/2 c	Water
1/4 c	Onion, chopped	2 T	Butter
4	Mushrooms, sliced		

Combine tomato paste, water, garlic, oregano, salt and pepper over medium heat. In another pan, saute mushrooms, bell pepper, onions, and scallions in butter for a few minutes. Combine with sauce. In another pan, place

one pita bread. Spread with sauce, top with cheese. Cover with lid and heat until cheese begins to melt. Remove and enjoy.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Marinated Green Beans

Categories: Dinner, Camping, Side dish, Vegetables

Yield: 4 servings

2 c	Green beans, fresh	1 T	Herbs, mixed - oregano, dill
1 sm	Onion, chopped		- basil, chevril
1	Clove of garlic, chopped	1 T	Honey
2 T	Vinegar	1/4 T	Dry mustard
3 T	Olive oil	ds	Pepper, ground

Steam beans until they are just tender. then put everything in a container and mix. Double bag, zip-loc, or poly bottle can be used for storing the beans.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Spanish Rice with Stir-Fry Veggies

Categories: Camping, Dinner, Vegetarian, Mexican

Yield: 2 servings

1 T	Vegetable oil	1 pk	Spanish rice
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Camp_Food_2004.txt

1 sm Red onion, diced	2 sm Cans spicy V-8 juice
3 sm Yellow summer squash, sliced	1 c Water
1 Green pepper, diced	1 c Mozzarella cheese, shredded

Add veggies to heated oil and cover loosely with lid. Stir often for about 5 min., then set aside. In a different pan, combine V-8 juice, water, and rice and bring to boil. Let simmer for about 15 min. without a lid. Add veggies and stir. Sprinkle cheese on top and cover until the cheese is melted.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Chicken-Chuck

Categories: Poultry, Camping, Dinner, Vegetarian

Yield: 2 servings

3 Chicken breasts, boneless	1 lg Red onion
1 lg Green pepper	1 c Minute rice
1 lg Red pepper (sweet)	Olive oil
8 oz Pineapple chunks	Water
2 oz Apple juice	

In a large skillet, brown lightly both sides of chicken breasts in olive oil. Add pineapple juice and chunks from can. Ring cut onion and peppers. Add to skillet along with apple juice. Cover and simmer over medium heat for 20 min. Meanwhile, boil water. Add rice, turn down heat and let simmer until rice is soft. Serve chicken over bed of rice.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Alpine Tortellini with Pesto Sauce
Categories: Pasta, Dinner, Camping
Yield: 2 servings

Instant pesto sauce	1/2 oz Parmesan cheese
10 oz Tortellini	1 oz Pine nuts or cashews
2 T Butter	Water

Bring pot of water to a boil. Add tortellini, reduce heat and cover. When tortellini is soft, leave covered and set aside. In another pan, melt butter and add pesto sauce (follow instructions on pesto sauce package). Drain tortellini and add pesto sauce and nuts. Sprinkle with parmesan cheese.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Ginger Desperation over Rice
Categories: Camping, Dinner, Meats
Yield: 2 servings

1/2 lb Hamburger	Honey
2 T Ginger root, grated	Soy Sauce
1 c Broccoli, chopped	1 c Rice
1 c Cauliflower, chopped	Water
1/2 Lemon	

Camp_Food_2004.txt

Rinse rice. Put in covered pot with 2 c water. Bring to boil at high heat. Turn stove down and simmer until done. (20-40 min. depending on stove and altitude). Brown hamburger in large covered pot over medium heat. Drain excess grease. Add ginger root, broccoli, cauliflower, and simmer over low heat 5-10 min. (vegetables should remain crisp). Squeeze lemon over it and mix. Add honey and soy sauce to taste. Serve over hot rice.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Paul's Breakfast Burritos
Categories: Camping, Breakfast, Eggs
Yield: 4 servings

6 lg Eggs		- shredded (Pizza cheeses)
1/2 Bell pepper, chopped	1/4 c	Parsley, fresh chopped
1/4 Red onion, chopped	8	Flour tortillas
1 c Mushrooms, chopped		Vegetable oil
1 c Turkey sausage, sliced thin		Picante salsa, mild to taste
1/2 c Mozzarella, swiss cheese		

Heat oil over medium heat in frying pan or wok. Saute bell peppers, onions, mushrooms, turkey sausage until softened or lightly browned. Add eggs and scramble. Warm tortillas in a covered pan. When everything is ready, spread egg/veggi mix on tortilla with cheeses and salsa to taste. Then be sure not to overfill your stomach.

----- Recipe via Meal-Master (tm) v8.00

Camp_Food_2004.txt

Title: Snowmass Trout
Categories: Fish, Camping, Dinner
Yield: 2 servings

4	Trout, legally caught	1/3 c	Corn meal
10 sl	Bacon	1/3 c	Bisquick mix
10 oz	Green Olives, stuffed	1/2 t	Corn starch
2	Cloves garlic		Black pepper to taste

Mix corn meal, Bisquick, corn starch, and pepper. After catching and cleaning trout. Fry bacon until chewy. Remove bacon and set aside. Heat green olives in bacon grease. Slice garlic and place equal amounts in fish body cavity. Roll fish in corn meal mix. Slice chewy bacon into two inch strips and wrap around olives. Re-fry until bacon is more crisp. Remove wrapped olives and fry fish until golden brown. While frying fish, enjoy the wrapped olives as hors d' oeuvres.

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----- Recipe via Meal-Master (tm) v8.00

Title: Burrito Power
Categories: Dinner, Camping, Mexican
Yield: 4 servings

8 oz	Refried beans	3 oz	Salsa
2	Jalapeno peppers	3 oz	Sour cream
6 oz	Corn, canned whole kernel	1 pk	Whole wheat tortillas
3 oz	Black olives, canned		Cheddar cheese, grated

Combine beans, peppers, corn, and olives. Cook until warm. Remove and

cover. In skillet, warm tortillas. Spread mixture onto shells. Sprinkle with cheese. Fold over and heat until cheese melts. Then top with sour cream and salsa. Serve. Continue process until everyone screams enough!

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Red Lentil Glop
Categories: Camping, Dinner, Vegetarian
Yield: 2 servings

1 c Red lentils	ds Pepper, garlic powder,
1/2 c Sunflower seeds	- cayenne, and onion powder
1/2 c Onion, mushrooms, zuchinni	- to taste
- each or others to suit	Cheese (any kind) chunked
- personal taste	Water

Bring water to boil. Add all ingredients except cheese. If using fresh veggies, add them after 5 min. Boil until lentils are reasonably soft (6-8 minutes). Remove from heat. Pour out excess water. Add cheese and stir until melted. Shovel into mouth with a trusty spoon.

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----- Recipe via Meal-Master (tm) v8.00

Title: Mountain Brook Trout
Categories: Fish, Dinner, Camping
Yield: 1 servings

Camp_Food_2004.txt

1	Brook trout	1 t	Garlic, add more to taste
2 T	Butter	1/2 t	Dill weed
1 t	Lemon	3	Bacon strips

Once the fish is caught and cleaned, prepare two sheets of tin foil large enough to seal your catch. Add all ingredients and seal tightly. Cook over medium heat, turning every few minutes, until sizzling (approx. 20 min.). The bacon fat keeps the fish from burning.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Tortellini with Clams

Categories: Pasta, Camping, Dinner, Fish

Yield: 2 servings

8 oz	Tortellini pasta	1/4 c	Red pepper
1 sm	Can of clams	1 sm	Red onion, optional
1 c	Powdered milk - add water		Parmesan cheese
	- and make it thick		Water
3 T	Butter		Italian seasoning to taste
1/4 c	Green pepper		

-----ITALIAN SEASONING-----

Mix equal parts of:	Garlic salt
Oregano	Coarse ground black pepper
Basil	Thyme

Boil tortellini until done. Drain off excess water. Add butter. When melted, add other ingredients and cook until heated through.

NOTE: If you don't like your veggies crunchy, boil them along with the tortellini.

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----- Recipe via Meal-Master (tm) v8.00

Title: Alpine Spaghetti

Categories: Pasta, Camping, Dinner, Italian

Yield: 2 servings

1/2 c	Pinon nuts	1 T	Olive oil
1/2 c	Romano cheese, grated		Spaghetti noodles (for two)
1/4 c	Raisins		Water
1/2 T	Italian seasoning		

-----ITALIAN SEASONING-----

Mix equal parts of:	Garlic powder
Oregano	Garlic salt
Basil	Coarse ground black pepper
Thyme	

Add spaghetti to boiling water. Mix in oil. Cook until soft. Drain excess water and add rest of the ingredients. Heat until warm. This is delicious when served with wild greens or alfalfa sprout salad.

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----- Recipe via Meal-Master (tm) v8.00

Title: Backcountry Burritos
Categories: Camping, Dinner, Mexican
Yield: 10 servings

1 pk Dried refried beans	Lettuce, head
10 Tortillas	1 Tomato
Cheddar cheese, grated	2 c Water
Hot sauce or salsa	

Bring water to boil. Add beans. Stir occasionally and then let stand 5 minutes. Put beans, cheese, hot sauce, lettuce, and tomatoes on tortillas and stuff yourself.

** OPTIONS **

Add sliced black olives, sour cream, or whatever your stomach desires.

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----- Recipe via Meal-Master (tm) v8.00

Title: Taco Salad
Categories: Camping, Dinner, Mexican, Meats
Yield: 2 servings

1 Chili con carne, med can	1/2 sm Onion
3 oz Mild salsa	1/4 Lettuce, head
Tortilla chips, to suit	Cheddar cheese, grated
1/2 Tomato	

Camp_Food_2004.txt

Heat up chili and salsa on stove. Pour over a plate of crushed tortilla chips, easily obtained by putting them in the bottom of your backpack. Dice up tomato, onion, lettuce. Mix with chips and chili. Cover with grated cheese. Let cheese melt, then enjoy.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Regurgitate de la Prospector con Yama Yama
Categories: Camping, Dinner, Vegetarian
Yield: 2 servings

1 c Rice	1 c Seaweed
1/2 c Lentils	6 sl Cheese, favorite kind
1 c Sunflower seeds	1 ds Cayenne, to taste
1/2 c Flax seeds	2 ds Lemon, thyme, dill,
15 Prunes, pitted	- basil and sage
1 Yama yama barley tea bag	Water
1 T Margarine	

In water, cook rice with lentils, prunes, and seeds. Once boiling, dip tea bag in for 5 - 10 minutes. Then add margarine, seaweed, cayenne, and spices. Mix. When rice mixture is near done, add cheese, reduce heat and cover until cheese is melted. Drive trusty spoon through crust and then gorge oneself.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Camp_Food_2004.txt

Title: Chicken Ramen Goulash

Categories: Poultry, Dinner, Camping, Pasta

Yield: 2 servings

1 pk Chicken Ramen noodles	1/2 c Celery, chopped
6 1/2 oz Chicken, can	Other vegetables to taste
Mushrooms, sliced to taste	Salt & Pepper to taste

Make soup according to directions on package. Just before noodles are cooked, add the remaining ingredients and cook until warm.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Cajun Style Fish and Rice

Categories: Cajun, Dinner, Camping, Fish, Alcohol

Yield: 3 servings

16 oz Fish fillets	1 T Red pepper
1 lg Onion	3 T Black pepper
4 oz Butter	1 c Dry white wine
3 Cloves of garlic	4 c White rice
1 t Salt	Water

Cook rice in water. Dice onion and garlic then brown in butter over medium heat for 10 min. Add 1/2 c water (or 1 c wine) and seasonings to onion and garlic mixture. Cover and simmer on low heat for 30 min., stirring occasionally. Add fish, cover and simmer for an additional 10 min. Don't overcook. Serve over rice.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Ute Lake Tacos

Categories: Camping, Dinner, Mexican, Meats

Yield: 2 servings

6	Blue corn tortillas	4 sm	Green onions, chopped
1 c	Cheddar cheese, grated		Cumin, garlic, chili powder
1/2 lb	Ground beef	-	to taste
2 T	Vegetable oil	Salsa	to taste

Cook ground beef. Add seasonings. Pour oil into small pan and heat. Fill each tortilla with beef, onions, and cheese. Fold over into a sandwich. Fry both sides for about 1 minute. Remove from pan. Drain on paper towel or cloth. Add salsa to taste and serve.

* variation *

Add diced cooked potatoes to meat mixture.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Simple Mountain Bulgar

Categories: Poultry, Camping, Dinner, Vegetarian

Yield: 2 servings

Camp_Food_2004.txt

1 c Bulgar wheat
1/2 pk Knorr's Minestrone Soup mix
2 1/3 c Water
1 sm Zucchini

1 sm Carrot
1 Clove garlic, smashed
1 Can of chicken

Combine Knorr's soup mix with water and bring to boil. Pour in bulgar wheat and garlic. Stir. Bring mixture back to a boil. Turn stove to low, cover and let cook for 12 min. Listen to ensure that it doesn't burn. Add veggies and chicken, then cook another 4 - 5 minutes until done. Add more water as needed. The more variety of veggies you add, the more tasty the recipe.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Pine Needle Tea
Categories: Camping, Beverages
Yield: 2 servings

1/2 c Fresh pine needles, crushed 1 c Water, boiling

Pine needles are rich in vitamin C, and they are pleasant to chew on. Place the pine needles in a tea ball. Steep in boiling water for about 5 minutes. Add honey to sweeten to taste. Enjoy a drink that smells like Christmas.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Whole Grain Baking Mix
Categories: Camping, Breads
Yield: 1 servings

2 c	All purpose flour	1/2 c	Cornmeal
2 c	Whole wheat flour	1 c	Shortening
3/4 c	Powdered milk	2 T	Baking powder
1/2 c	Quick cooking oats	1 t	Salt

TO PREPARE AT HOME: In a large container, thoroughly combine dry ingredients. Using a pastry blender, blend in the shortening until evenly dispersed. Store tightly covered, up to 2 weeks at room temperature or up to several months in the refrigerator.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Whole Grain Biscuits
Categories: Camping, Breads
Yield: 3 servings

1 c	Whole grain baking mix	1/3 c	Water
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Mix just until moistened. Drop dough by spoonfuls on greased skillet, cover and cook 10-12 minutes.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Whole Grain Pizza Crust
Categories: Camping, Breads, Italian
Yield: 2 servings

1 c Whole grain baking mix	4 oz Pizza sauce
1/4 c Warm water	Favorite Pizza toppers
1/2 pk Active dry yeast	1/2 c Pizza cheeses

Soften yeast in warm water. Stir in baking mix. Knead about 25 strokes. Let rest 10 minutes. Grease skillet. Pat crust onto bottom of pan, building up the edges. Cook about 10 minutes. Spread pizza sauce on crust, sprinkle with favorite pizza toppings. Top with pizza cheeses (mozzarella, swiss, romano, parmesan, etc..). Cook 10 minutes or until cheese is melted.

HINT: Put a heat diffuser between skillet and flame to keep the bottom from overcooking.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Cous-Cous Menagerie
Categories: Fish, Dinner, Camping, Vegetarian
Yield: 2 servings

3 c Cous-cous	1 c Fresh veggies, sliced
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	Camp_Food_2004.txt
1 c Boiling water	- your favorites
1 pk Knorr's tomato-basil soup	2 Cloves garlic
1/4 c Powdered milk	1/4 c Parmesan cheese
1 Can of clams	Basil, marjoram to taste

Add cous-cous to boiling water, cover and remove from heat. Let sit for 10 minutes. Combine other ingredients in separate pot and heat on stove. When warm, add to cous-cous. Sprinkle with parmesan cheese and enjoy.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Upside Down Pizza
 Categories: Camping, Dinner, Italian
 Yield: 2 servings

2 1/2 c Flour	1 t Sugar
1 T Yeast	1 c Tomato sauce
1 c Warm water	1 lb Mozarella cheese
ds Salt	1 c Mushrooms, sliced
1 T Oil	Other favorite toppings

Dissolve the sugar, salt and oil in the warm water. Dissolve yeast into water solution. Let stand 5 minutes. Mix flour in until it's not sticky and knead well. Let dough rise about 15 minutes. Flatten dough and cook it on a low flame in a skillet. Turn over and cook the other side until a light brown. Set aside. In the skillet, add cheese, mushrooms, and any other pizza toppings. Add tomato sauce. Place crust on top of the sauce. Cook for 10 minutes on a low flame or until cheese browns. Flip over and let stand for a few minutes before serving.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Pat's Pasta and Stir Fry
Categories: Pasta, Camping, Dinner, Vegetarian
Yield: 4 servings

-----PASTA-----

3 c	Flour, all purpose	4 T	Oil
1 c	Flour, whole wheat		Water, enough to cook pasta
4	Eggs		

-----SAUCE-----

8 T	Butter or margarine	4 T	Garli-Ghetti seasoning
2 T	Bacon bits		

-----STIR-FRY VEGGIES-----

1/4 c	Broccoli, chopped	1/4 c	Celery root, chopped
1/4 c	Zucchini, sliced	1/4 c	Almonds or cashews
1/4 c	Summer Squash, sliced	1 sm	Water chestnut, canned
1/8 c	Onion, chopped	2 sl	Tree of life - Baked Tofu
1 c	Mushrooms, chopped		- cubed
1/4 c	Bok Choy, sliced	4 T	Oil
1/4 c	Celery, sliced		

** Pasta **

Sift the flours together onto the work surface and form a "well" in the center. Add the eggs and oil to the center of the flour and knead the dough together, scraping the flour from the outside into the liquid

Camp_Food_2004.txt

ingredients. Once the dough has formed a nice, smooth ball, continue to knead it by hand for several minutes. Using an Atlas Pasta machine roll the dough out into sheets and allow to rest prior to cutting into noodles. Cut the sheets into fettacine noodles. Place in large pot of boiling water and cook for about 8 to 10 minutes. Drain. Place servings into large shallow bowls.

** Stir-Fry Veggies **

Slice and chop all veggies. Heat together with oil in wok until slightly softened. Don't overcook... Place servings on top of hot noodles.

** Sauce **

Mix the butter, bacon bits, and seasoning together in medium sauce pan. Heat over low to medium heat until ingredients have melted and blended together. Spread over noodles and veggies.

Be sure to skip lunch as this is goooooood and filling too!!!..
The Gourmet Gold Garli-Ghetti seasoning may be obtained from:

: Randan Corp.
: POBox 1145
: Gilroy, Ca 95021
: 800-4-GARLIX

----- Recipe via Meal-Master (tm) v8.00

Title: Veggie Spaghetti

Categories: Camping, Dinner, Pasta, Vegetarian

Yield: 2 servings

2 pk Ramen noodles	1 t Italian herbs
1 sm Zucchini, thinly sliced	1/2 t Garlic powder

Camp_Food_2004.txt

1 sm Onion, chopped
1 sm Tomato paste, can

Water

Start by thinly slicing the zucchini squash and thinly chopping the onion. Boil the noodles and zucchini together until cooked. Drain all but about 1/2 cup of water and add the spices, tomato paste and onions. Stir and beat as desired. Enjoy...

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Quesa Noche'

Categories: Camping, Dinner, Mexican, Cheese

Yield: 6 servings

6	Flour tortillas	1	Bell pepper
1/2 lb	Cheddar cheese		Salsa to taste
1	Onion		

Cook tortillas over medium heat in pan. Sprinkle chopped onions, bell peppers, and salsa over one half of tortilla while it is cooking. Then put cheese over the same half, on top of the ingredients. As soon as the cheese starts to melt, fold the untouched tortilla half over to make a half circle. Turn the quesa noche' over until the cheese is melted. Then serve with more salsa.

** Option **

Add sliced black olives, mushrooms, leaf spinach, or the meat of your choice to change the flavor.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Crab and Cheese Curry

Categories: Camping, Dinner, Fish, Vegetarian

Yield: 2 servings

1/3 c	Powdered milk	ds	Salt
2 c	Water	2 ds	Pepper
1 1/2 T	Butter	4 oz	Crab flakes
1 1/2 T	Flour	4 oz	Cheese
1 1/2 T	Curry powder	1/4 c	Rice

Mix the powdered milk and 1 c water. Set aside. Cook rice and set aside. Melt butter in medium pan. Stir in flour to create a paste. Slowly stir in milk. Heat for a few minutes then add spices and cheese. When cheese has partially melted, stir in crab flakes. (Keep crab frozen until ready to leave for trip. It will last 2 to 3 days.) Heat until hot. Serve over rice. Enjoy.....

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Coyote Lake Zucchini

Categories: Camping, Dinner, Vegetarian, Cheese

Yield: 2 servings

2 lg	Zucchini, sliced	1 1/2 c	Minute rice
1 sm	Can tomato sauce	1 c	Cheese, grated favorite
1 pk	Onion soup mix		Water, as needed

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Slice zucchini and place in pot with tomato sauce. Mix in onion soup mix and 1/2 c water. Let this simmer at low heat until zucchini are tender. In another pot, prepare minute rice according to directions. Once zucchini is tender and rice is done, mix all the ingredients of the two pots together. Add grated cheese, mix evenly and chow down.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Chicken and Dumplings

Categories: Poultry, Camping, Dinner, Vegetarian

Yield: 2 servings

1 c	Flour	1	Carrot, chopped
2 t	Baking powder	1/2	Onion, chopped
1/4 c	Powdered milk		Salt, thyme, oregano, basil,
2 T	Vegetable oil		-pepper, parsley, sage to
1 sm	Can boned chicken		-taste....
1	Stalk celery, chopped	4 1/2 c	Water

Dumplings:

: Mix flour, baking powder, milk, and salt together. Add 1/2 c water and oil and mix until moistened.

Chicken Broth:

: Combine chicken, celery, carrot, onion, and spices with 4 c water. Bring to a boil. Reduce heat. Drop dumpling dough by spoonfuls into broth and simmer until dumplings are cooked.

Variations:

: Add zucchini, chili powder, green chili, or cabbage to chicken broth. Substitute ramen or veggie noodles for the dumplings.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Dandelion Salad
Categories: Vegetarian, Dinner, Camping
Yield: 2 servings

6 c	Dandelion leaves, young & - tender	2 T	Brown sugar
		1/4 t	Salt
4 sl	Bacon	1 T	Lemon juice
2 T	Vinegar	1	Egg, hard boiled

Cook bacon over stove. When done, remove and cool grease. Add vinegar, lemon juice, sugar and salt to bacon grease and heat slowly while stirring. Pour hot bacon dressing over washed and dried dandelion greens. Add chopped egg and crumpled bacon to top and eat as you watch the clouds roll by.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Linguini and Clams
Categories: Dinner, Camping, Pasta, Fish, Vegetarian
Yield: 2 servings

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1/2 c Olive oil	6 oz Can of clams
1/2 t Pepper	3 T Parsley
1/2 c Parmesan cheese	1/2 c Mushrooms, dried
1 t Oregano	1 T Onion, dried
2 T Basil	16 oz Linguini noodles
3 cl Garlic	Water, as needed

Reconstitute onions and mushrooms in water for a few minutes. Drain. Saute onions and mushrooms in oil. Add herbs and seasonings. Pour in juice from can of clams. Simmer for 15-20 minutes. while cooking noodles in water. When mushrooms are tender, add clams and parmesan cheese. Remove from heat and serve with noodles.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Max and Louise

Categories: Dinner, Camping, Vegetarian, Pasta

Yield: 2 servings

1 qt Water	1/2 c Onions
2 c Pasta noodles	Garlic, the more the merrier
1/2 lb Cheese, cheddar, jack, any	Salt, soy sauce, oregano,
- combination of your	- basil, cumin, cayenne,
- favorites	- black pepper, cinnamon to
1/2 c Pine nuts	- taste
1/2 c Nuts	

Prepare the pasta using a minimum of water so that you don't have to pour any out (after a day on the trail you need the water, and there's all the good pasta juices in it) but still have some standing water over

Camp_Food_2004.txt

the noodles. The onions, whether fresh or dehydrated, should be added to the water with the pasta.

When the pasta is ready, add the cheese, nuts and garlic. While the cheese is melting, add spices to taste.

The key to this meal, as with all wilderness meals, is to freely adapt the recipe to the supplies you have in your pack.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Old World Chicken

Categories: Poultry, Dinner, Camping

Yield: 2 servings

1 lb Chicken, cut into pieces	1/4 t Poultry seasoning
1/4 t Curry powder	1/4 t Onion powder
1/4 t Garlic powder	8 oz Bottle soy sauce
1/4 t Sage	1 t Butter
1/4 t Oregano	

Put chicken pieces in large pan, greased lightly with butter. Add spices and soy sauce. Cook over medium heat until done.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Sheep Herder Potatoes

Categories: Side dish, Dinner, Camping
Yield: 2 servings

1 cn Whole new potatoes	Salt, pepper, & garlic
1 cn Evaporated milk	- powder to taste
ds Flour	

Drain water off the canned potatoes and dump them into a pan over medium high heat. With a spatula, start cutting the potatoes as they fry. Once heated, add the evaporated milk and let it start to simmer. Don't let the pan get too hot or the milk will scorch. Add seasonings to taste. Add flour for thickening if needed.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Fish Chowder
Categories: Fish, Camping, Dinner
Yield: 4 servings

6 sm Trout	1/4 c Flour
1 md Onion	1/4 c Powdered milk
6 Carrots	Salt, pepper, garlic,
6 Potatoes	- parsley to taste
6 Stalks celery	Water, as needed
10 oz Can of corn	

Clean and peel raw vegetables. Chop them into small pieces and add to pot of boiling water. Cook until tender. In a separate pot, boil the cleaned and beheaded trout for 10 minutes. Remove trout (save cooking broth) and let fish cool. Once cool, skin trout and remove bones. When

Camp_Food_2004.txt

vegetables are tender, add fish, reserved fish broth, can of corn, and seasonings to taste. Combine flour with powdered milk in a pint jar. Shake well. Add to vegetable mixture, stirring constantly until chowder thickens to desired consistency. Serve with crackers or hot biscuits.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Cous-cous with Veggies

Categories: Dinner, Vegetarian, Camping

Yield: 2 servings

1 Box Cous-cous

1 c Veggies, any kind

1 cl Garlic

Butter, salt pepper to taste

Water, as needed

Boil veggies in water. Add garlic and cous-cous. Remove from heat. Once water is absorbed by cous-cous, season with butter, salt and pepper.

Variations:

Add a can of turkey or chicken after veggies are boiled.

Season with soy sauce.

Add pine nuts, nuts, raisins and/or maple syrup and eat hot for breakfast.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Packer's Peppers Magnifique
Categories: Dinner, Camping, Vegetarian, Cheese
Yield: 2 servings

2	Whole green pepper, gutted	1/2 c	Green onions
	- one per person	6 sl	Cheese, per person
1	pk Near East brand wheat pilaf		Garlic, lemon pepper to
1	c Raisins		- taste

Place pilaf, raisins, onions and spices in large pot. Cook pilaf according to directions. Place whole green peppers on top of pilaf mixture while cooking so that they can be steamed soft by the time the pilaf is done (about 25 minutes boiling time). When done, stuff the pepper with alternating layers of pilaf and cheese until pepper is bulging. Top with more cheese and stuff yourself until bulging.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Tortilla Pizza
Categories: Camping, Dinner, Breads, Italian
Yield: 2 servings

3/4 c	Water	1 T	Garlic
6 oz	Tomato paste	1 t	Vegetable oil
1 T	Oregano	1 c	Mozzarella cheese, grated
1 T	Basil	4	9" whole wheat tortillas
1 T	Thyme	1 c	Pizza toppings, to taste

Combine water with tomato paste. Add spices and stir until

Camp_Food_2004.txt

consistency is uniform. Add more or less water depending on the desired thickness of sauce. Heat to boiling, stirring constantly, then set aside. Make sure skillet is well oiled. Put 2 tortillas together in skillet and cook over low heat until brown. Spread 1/2 sauce on top, add 1/2 toppings and 1/2 cheese, cover and cook 4 to 5 minutes or until cheese melts. Repeat for second set of tortillas.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Cous-cous with Chicken
Categories: Camping, Dinner, Poultry, Vegetarian
Yield: 2 servings

1 pk Cous-cous	Tobasco to taste
4 oz Can chicken	Water, as needed
1 c Dried veggies	

Boil cous-cous and dried veggies with enough water to cover. When water is absorbed, add chicken, Tobasco and any other seasonings to taste.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Miller's Beef Jerky
Categories: Camping, Meats
Yield: 4 servings

Camp_Food_2004.txt

24 oz Flank steak	1 t Onion powder
3/4 c Red wine	1/2 t Garlic powder
1/3 c Worcestershire sauce	1/4 t Pepper
1/2 c Soy sauce	1/2 Onion, sliced
1 t Seasoned salt	3/4 c Water

PREPARE AT HOME;;

: Trim fat off of steak. Slice it along the grain into thin strips. Combine rest of the ingredients. Add strips of meat, cover tightly and let sit, refrigerated, overnight. In the morning, drain off liquid and arrange meat strips over oven rack. Put foil below the meat to catch drips. Bake at 150° for 6 to 8 hours, leaving the oven door slightly open. Turn oven off and let jerky sit for about 2 more hours or until dry. (Thickness of jerky determines cooking time. Use your own judgement.)

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: High Bush Cranberry Tea
Categories: Beverages, Camping, Alcohol
Yield: 2 servings

1 c Cranberries, off nearest	oz Brandy
- bush	Water, as needed
ds Honey	

Place 8 to 10 cranberries in a cup (cranberries are best after the first frost. Berries can usually be found anytime of the year as a few will last over the winter). Pour boiling water over berries and add a

Camp_Food_2004.txt

taste of honey. Mash berries to release flavor. A small amount of brandy can be added as a nightcap. Watch out for the seeds.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Paul's Toddies

Categories: Beverages, Camping, Breakfast

Yield: 1 servings

1 t Postum	1 ds Cinnamon, optional
2 t Hot chocolate mix	1 ds Vanilla, optional
1 t Powdered milk	Water, as needed

Mix dry ingredients. Boil 1 c water. Add water to dry ingredients, stir and serve. Drink up, hic...

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Hell Canyon Brownies

Categories: Cakes, Camping

Yield: 36 brownies

1 c Unbleached flour	8 oz Pkg. semisweet chocolate
2 Eggs	6 oz Can frozen orange juice
1 c Brown sugar	1/4 c Coconut
1/2 t Salt	1/2 c Walnuts

Camp_Food_2004.txt
1 t Vanilla

1/4 c Margarine

PREPARE AT HOME::

Cream margarine, sugar and eggs. Add all other ingredients. Mix and spread into shallow, greased 9"x9" pan. Bake at 325ø for 30-35 minutes. Cut into 1 1/2" squares and seal in airtight container to take along on trip. These are guaranteed to get you up Hell Canyon and back in a day.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Kathy's Magic Popcorn
Categories: Camping, Desserts
Yield: 1 servings

1/4 c Popcorn
1 1/2 T Olive oil
1 1/2 T Brewer's Yeast
Salt to taste

Pour oil into backpack pot. With 3 kernels of popcorn at the bottom and the cover on, turn the stove on high. After the 3 kernels pop, pour the rest of the popcorn in. Just before popping stops, remove pot. Sprinkle Brewer's yeast over popcorn. Add salt if desired.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Chocolate Tortillas

Categories: Camping, Desserts
Yield: 2 servings

4 Flour tortillas Butter or oil
2 Chocolate bars

Heat butter or oil in skillet. Add tortilla and cook until lightly browned. Flip tortilla. Add grated or broken up chocolate according to personal taste. Cover skillet so chocolate will melt. Fold tortilla and enjoy. Repeat.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Boy Scout Ice Cream
Categories: Camping, Desserts, Dairy
Yield: 1 servings

1 cn Eagle Brand sweetened, - blueberry are best)
 - evaporated milk Fresh snow
1 cn Fruit pie filling (cherry or

Start by placing about 2 quarts of clean snow in a 4-quart or larger bowl and pour in 1/2 of the milk. Mix the snow and milk together with a spoon (wooden ones work best) until the mixture has the consistency of ice cream. Adjust mixture by adding either milk or snow or both as needed. When the mixture is right, pour in the fruit. If things look a little runny, set the entire mixture outside the tent in the sub-zero temperatures. Eat as soon as possible. Makes enough to feed a small troop.

Hint: This recipe is best in teh winter. Summer snow is usually too coarse and dirty to make ice cream.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Backcountry Cheesecake

Categories: Camping, Desserts

Yield: 4 servings

1 T Butter	1 1/3 c Water
1/3 c Milkman powdered milk	1 pk Jello cheesecake mix

In pan you want to make cheesecake in, melt butter. Mix in graham cracker crumbs included in cheesecake mix. Add water to make a stiff paste and press along bottom of pan. Combine milk with filling mix. Pour over crust. Set in a cool place (a snowbank works great) for about 15 min. Voila - instant cheesecake!! Garnish with favorite strawberry, cherry, or blueberrys fresh or preserves.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Backcountry Compote

Categories: Camping, Desserts, Alcohol

Yield: 4 servings

3 c Mixed dried fruit (your	- taste
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Camp_Food_2004.txt

- favorites)
- 1 T Cinnamon
- 1 c Whipped cream or yogurt
- Brown sugar or honey to

- Water
- Options: almonds, sunflower
- seeds, coconut, trail mix,
- brandy, or fresh fruit

In a saucepan, cover the dried fruit with water. Cook til soft. Add sweetener, cinnamon and any optional ingredients (this is a good time to clean out your pack!). Continue to simmer gently. Whipped cream or yogurt is mixed in or dolloped on top for garnish. Serve on pancakes for breakfast or alone for dessert.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Jello Salad
Categories: Camping, Desserts
Yield: 4 servings

- 3 oz Pkg of Jello mix, any flavor
- 2 c Water
- 1 c Fruit, any kind
- 1/2 c Trail mix
- Options: candy or nuts

Add 1 c of boiling water and 1 c cold water to jello mix. Add fruit and any other filler desired. Place in a pan or container that can be tightly covered. Put container in a cold flowing creek for a few hours (or overnight) and the salad will be set.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Pistachio Pudding
Categories: Camping, Desserts
Yield: 4 servings

1 pk Pistachio pudding, instant	3 T Powdered milk (enough to
2 c Water, cold	- make 2 c of milk)

Mix powdered milk with water in 1 quart water bottle. Add pistachio pudding mix. Shake vigorously for 2 minutes. Pour liquid into cups. Allow to set (time varies depending on outside temperature) and serve.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Fruit Soup
Categories: Camping, Desserts, Fruits
Yield: 8 servings

2 qt Water	3 Cinnamon sticks
8 oz Dried apricots	2 c Juice, any kind
8 oz Raisins	3 T Cornstarch
8 oz Pitted prunes	Yogurt or whipped cream

Soak fruit overnight in water, if possible. Other dried fruit can be added or substituted. The next day, bring water, fruit, and cinnamon to boil and simmer until tender. Dissolve cornstarch in 1/2 c juice. Add mixture plus the rest of the juice to soup and stir until thick. Serve either warm or cold. A spoonful of yogurt or whipped cream makes this an extra treat.

Camp_Food_2004.txt

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Apricot/Peanut Delight
Categories: Camping, Desserts, Fruits
Yield: 2 servings

1 pk Dried apricots	1 pk Rice cakes
8 oz Peanut butter	Water

Cut the apricots into small pieces. Place in pan with enough water to barely cover fruit. Cook slowly until you have a warm, thick paste. Meanwhile, break each rice cake into 4 pieces. Smear with peanut butter. Cover with warm apricot puree and enjoy.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Fruit Squares
Categories: Camping, Desserts, Fruits
Yield: 16 squares

2 Eggs	1 c Fruit, chopped (dried fruit
1/2 c Honey	- apricots, raisins, apples,
2/3 c Flour	- pineapples, pears, etc.)
1 c Pecans, chopped	1/2 c Chocolate chips

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PREPARE AT HOME:

Mix eggs and honey. Add flour and mix. Blend in nuts, fruit and chocolate chips. Scrape into a greased 8"x8" baking dish. Bake at 350°F for 30 minutes or until the top begins to brown. Cut into squares (2") and store in an airtight container for trip.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: Cookstove Cake

Categories: Camping, Cakes, Desserts

Yield: 4 servings

1 pk Richmoor Sierra Coffee Cake	1 lg Pot
- (any water-based cake mix)	1 sm Pot
1/2 c Water	Pebbles

Line bottom of larger pot with one layer of small pebbles. Pour cake mix and water into smaller pot and mix until smooth. Place small pot inside of large pot (on top of pebbles). Cover and cook over low to medium heat for 15 minutes or until the cake doesn't stick to a wooden toothpick or match. Enjoy and then when they've cooled off return the pebbles to where you found them.

** Wilderness Ranger Cookbook US Forest Service **

----- Recipe via Meal-Master (tm) v8.00

Title: High Country Fry Bread

Categories: Camping, Desserts, Breads
Yield: 4 servings

2 c	Flour		Water
1 t	Salt	3 c	Oil (enough to fry bread)
1 T	Baking powder		Honey to taste
1/2 T	Cooking oil		

Mix dry ingredients. Add 1/2 Tbsp oil and enough water to make a stiff dough. Knead for 5 minutes. Roll into 3" balls and flatten each like a pancake. Cut thin lines from the center to outside of pancake (in the shape of a star) so that air can get into the dough. Place this into heated oil in skillet. Cook until golden brown and crispy. Top with honey.

Variations: Top with refried beans and grated cheddar cheese; stir-fried veggies and cheese; fruit pie filling; you decide.....

** Wilderness Ranger Cookbook US Forest Service **

Backcountry Recipes

This area is available for any backcountry recipes you have discovered that you would like to share. To submit a recipe, please send me e-mail.

Recipe Index

Backcountry Breakfast

Beef Jerky Recipe

Granola Chews aka "Trail Cookies"

Wake-Up Oatmeal

Tasty Omlets

Bean and Pasta Soup

Tangy Water

Chicken & Dumplings

[IMG]

Heart Hash Browns

[IMG]

Backcountry Breakfast

My favourite backcountry breakfast: 1/2 cup (or maybe a little bit more) oatmeal
1/4 cup Carnation low fat powdered milk
1/3 cup raisins
1/3 cup mixed nuts (chopped walnuts & sliced almonds)
a dash of shelled sunflower seeds
1 tablespoon of brown sugar Mix ingredients thoroughly in a bowl and pour contents into a baggy. When ready to eat breakfast all you have

Camp_Food_2004.txt

to do is dump contents from the baggy into a pot and add 2 cups boiling water. Let contents sit for two minutes, then serve. John H. Jordan jjordan@acsu.buffalo.edu

Beef Jerky Recipe

Slice lean boneless beef (such as brisket) into 1/8" strips, trimming fat. Cut with the grain for chewy jerky or across the grain for crumbly jerky. Lay strips on oven rack (use foil or pan underneath to catch drippings). Salt to taste. Dry in oven at lowest

temperature (150 degrees), leaving door slightly ajar, for 8-12 hours. Turn several times for even drying. Taste test occasionally. For more seasoned flavor, marinate cut meat overnight in the following ingredients: Enough for 1-1/2 pounds of meat. 1 tsp. each - salt, seasoning salt 1/2 tsp. each - pepper, onion powder, garlic salt 1/4 cup each - soy sauce, worchestershire Dry as above. Vary marinade as experience and personal taste dictate... for instance, I use a little liquid smoke, One packing buddy of mine uses a little hot pepper sauce.... I got this from Bill Thomson..without the 'p' ... last known e-mail address: wthomson@edge.ercnet.com

Chicken & Dumplings

Ingredients

2 envelopes Lipton's Cream of Chicken Cup-o-soup

1 can Swanson's Chunk Chicken Meat

1/2 package of mixed freeze-dried vegetables

1 cup Bisquick in a zip-lock bag

Water

Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

This recipe was submitted by Steve Rohde

Hearty Hash Browns

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Take a box of frozen hash browns in a ziplock but ditch the box. Take along enough alluminum foil to hold them. Use your favorite condiments on them and ball them up in the alluminum foil and place in the fire where you can reach it with a stick. Check every now and then to see if they are done. If you are somewhere where they don't allow fires cook as you regurly do on a camping stove.

This recipes was submitted by Grant Smith

[IMG]

Camper's delights

MISC. FOOD

Cereal
Oat meal
Pancake mix
Eggs
Cheese
Potatoes
Rice
Spagetti
Kraft dinner (yuk!)

MEATS and DRINKS

Bacon
Sausages
Steaks
Pork Chops
Hamburger
Hotdogs
Cooked Ham - Canned
Sandwich meat
Ice

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Stew
Beans
Chili
Corn
Carrots
Chinese Food - Canned
Soup
Mustard
Ketchup
Mayo
BBQ Sauce
Salt/Pepper
Butter
Syrup
Cooking Oil
Jam/Peanut Butter
Bread
Hamburger Buns
Hotdog Buns
Pita Bread
English Muffins
Keyser Rolls

Coffee/Tea
Milk
Juice
Pop
Duff (tm)

SNACKS

Apples
Oranges
Granola Bars
Cookie
Muffins
Dried Fruit
Popcorn
Chips
Candy
Gum

*** NOTE: Please don't litter, keep our enviro clean ***