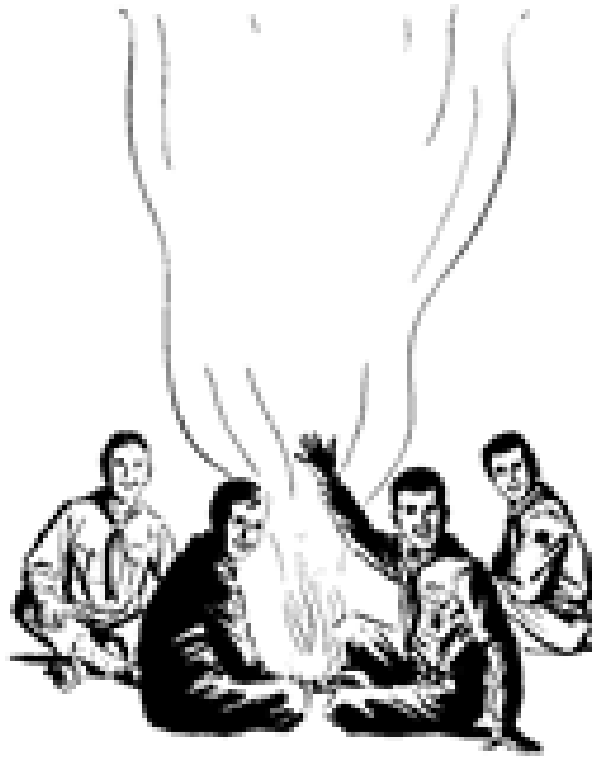


Fast, Easy, and Clean



Backcountry Cooking Made Good



Fast, Easy, and Clean: Surviving and even Thriving in the Backcountry with Taste and Flair

"Give me the luxuries and I can dispense with the necessities" - Oscar Wilde



Like front-country cooking, backcountry cooking is a source of bragging rights among leaders and scouts alike. At the bottom lies hotdogs warmed (maybe) over a fire with crushed buns. Somewhere near the middle are the dehydrated meals with directions followed properly and MREs. You, however, cannot run with the pack: you must lead it (how about my mixed metaphors?!). At the top stands proudly the backcountry gourmet: the rest of the troop huddles around him, watching with amazement as he whips together a feast from the nondescript contents of his pack. This is you, the man for whom wilderness bows, Scouts salute, and women swoon. Never again will you suffer in the backcountry or clean your own pots.

Basic Equipment

This class assumes that you have no working knowledge of backcountry camping except that few come back alive, and those who do don't talk about it. In truth, the backcountry is mostly harmless: knowledge is the difference between surviving and thriving.

Stoves

BSA pushes canister stoves (propane, butane, and other mixtures) as opposed to liquid fuel stoves due to safety concerns. Canister stoves work well under ideal circumstances, but once the temperature drops.... I've had my liquid fuel stove for 20+ years (it won't die and allow me to get one of the new MSR Whisperlite adjustable stoves), and with proper training, anyone can operate it safely. If you must use a canister stove in cold weather, stuff the canister in the foot of your sleeping bag at night to keep it warm.

If at all possible, purchase or build a windscreen and reflector. As well, a heat diffuser is a great addition to your kit.

Cookware

Ultralight enthusiasts croon about titanium cookware. Apparently ultralight camping is the domain of millionaires. Most recipes that fall within the requirements of "fast, easy, and clean" require only that you boil water. A good aluminum cook pot will cover most backcountry cooking.

Two great devices to consider adding are a Bakepacker and an Outback Oven. I've gotten my money's worth from the Bakepacker, and I use the Outback Oven for traditional cooking all the time.

Give serious consideration to a metal cup. It holds coffee (a necessity, not a luxury), and in a pinch you can heat water for cooking instead of fussing with pots and such.

Tableware

I love the Fozzils Thinkflat bowls. I've used them as cutting and rolling boards, and they're practically self-cleaning. I haven't seen them at REI or Sports Authority for some time, but they are available on Amazon.com.

For silverware, I have a Light My Fire Spork. Keep it in a pocket as you roam among the troop to taste test everyone's meal... for health purposes. REI and Sports Authority still do sell these, and I recently picked up a titanium one on Amazon.com, because I got tired of them breaking on me.

Cleaning Gear

It's a good idea to keep a squeeze bottle of dishwashing liquid in a kit together with a scrubby and a small bottle of hand sanitizer.

Meals

Let's begin with the most important food item on the trail: coffee. I used to tote around a coffee press and freshly ground coffee until Starbucks came out with their Via coffee. It's ridiculously convenient and fast. Word on the street is that 8 o'clock coffee will soon have their own.

A great item I've used for years are the packable food tubes. Load them full of peanut butter, butter, jelly, or the like and dispense with the heavier jar. Even better, collect individual condiment servings from fast food restaurants, QT, and school.

Whatever the food item, I double-bag food in freezer bag containers, write cooking directions in permanent marker onto the bag, and bag a day's worth of food into a larger bag.

(A * indicates the recipe is a favorite. Try them first)

Lunch

Lunch is outside the scope of this class since lunch on the trail shouldn't involve cooking at all. In a pinch, lunch should only involve heating water for an instant soup, a cup of ramen, or hot coffee or tea in extremely cold weather. I've found that lunch is best served through rotations of the same foods. Combine the following for variety:

summer sausage	cheap cookies	pitass, tortillas
cheese	ramen in a cup	Vienna sausage
apples	avocado	something to fill space

One great camping item that no pack should be without is beef jerky. You can buy it from the store, but for a little extra effort, you can make your own. The only problem is that once you try homemade, store-bought is like eating plastic.

Doc McNeill's Original Beef Jerky

2 lbs. beef round steak, London Broil, or other, very lean, meat cut into thin strips
¼ C soy sauce
2 T Worcestershire sauce
2 T liquid smoke
2 T brown sugar
2 tsp salt
1 tsp ground black pepper
1 tsp meat tenderizer
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika

Place beef strips in the bottom of a large bowl. Pour ingredients over meat and mix to assure that all the meat is evenly coated. Cover and marinate overnight. Remove meat from bowl and place between two pieces of plastic wrap; pound to 1/8 in. thickness. Arrange meat strips on dehydrator trays and dehydrate at highest setting until done to your liking, at least 4 hours. Alternately, set oven to lowest setting, arrange meat on trays, and dehydrate, turning strips every two hours. Store in airtight containers in freezer.

Another favorite are Clif bars. However, at a buck a shot, this can get expensive over a couple of days. Fortunately, I have for you...

Burrell's Ford Cliph Bars

2 ½ C rice cereal (be as organic as you like)
2 C Quick Cook Oats (again, be as organic as you like)
4 T ground flaxseed
½ C dried fruit (raisins or craisins, cherries work great, and dates work really well), more or less, usually more
½ C chopped nuts or seeds
2/3 C honey or maple syrup (maple drives up the cost, and I think it overwhelms the overall flavor)
1 C nut or seed butter (peanut butter is the default, but it overwhelms the overall flavor. Almond butter is *very* expensive, but much less overwhelming. Sunflower seed butter is in the middle, price-wise, and works as a binder without the overpowering flavor)
2 tsp vanilla
Grease a 9X13 pan.
Combine the first five ingredients in a bowl and mix well: go ahead and crunch up the rice cereal some.
Combine syrup and nut butter in a sauce pan over medium to low heat: you're only interested in melting the butter completely. Don't let the mixture get too hot: you're about to get it all over your hands.
Pour the nut butter mixture over the cereal mixture. Stir in well, then grease up your hands and crunch the heck out of the rice cereal: really mix things up in there.
Press mixture into the 9x13 pan. I use two pans: press the mixture into one, lay a sheet of wax paper on top, then put the other pan on top of the wax paper and press thoroughly. Make the mixture as dense as you possibly can.
Allow to cool, then cut into 18 bars.

Breakfast (all recipes are for two hungry Scouts)

Breaking camp immediately follows, so breakfast should especially follow the "fast, easy, and clean" requirements of backcountry cooking. A filling breakfast is important, but that doesn't mean that you have to skimp on taste. I can't believe the number of scouts who take pride in pouring hot water into a packet of oatmeal and eating it without tableware. I always make extra loud "nummy" noises when I'm eating my own, more savory breakfast. If I haven't executed my good turn daily, I'll usually give away the leftovers... for a promise to clean my cookware.

Beech Bottom Banana Nut Bread Pudding

1 C dried banana chips
½ C nuts, your choice
1 C dried bread crumbs
2 ½ T sugar

At home, combine all ingredients in 1 quart freezer bag. In camp, add 2 C boiling water. Mix thoroughly, place in cozy for 10 minutes, stirring again at 5 minutes.

Woods Hole Cheddar Potato Cakes

5 oz. pack instant mashed potatoes, your choice of flavors
2 sticks string cheese, your choice of flavor
2 Tbsp oil

At home, pack potatoes in 1 quart freezer bag. In camp, add 2 C. boiling water to bag. Dice cheese and fold in to potato mixture. Heat 1 Tbsp oil in skillet, add ½ potato mixture and fry over medium heat for 5 minutes or until golden brown. Gently flip and cook other side. Repeat with other half of potatoes.

Ellicott Rock Hot Granola with Yogurt

- 1 C, granola
- ½ C. banana chips
- 1/3 C. freeze-dried yogurt chips
- ¼ C. powdered milk

At home, combine all ingredients in 1 quart freezer bag. In camp, add 1-½ C. boiling water to bag, stir, let sit in cozy for 10 minutes., stir again, and eat when cool enough.

East Cowpen Trail Breakfast Jerky Grits

- 1 C. instant grits
- 2 Tbsp margarine
- 2-4 oz. beef jerky, chopped
- 3-4 sticks string cheese
- Salt and pepper to taste

At home, combine first 2 ingredients in 1 quart freezer bag. In camp, dice jerky and combine add to bag. Add boiling water to desired consistency. Squish to mix and pop in cozy for 10 minutes.

There's a Bear on the Bartram Trail! Cheesy Bacospuds

- 1 ¼ C instant potatoes
- ½ C instant dry milk
- Molly McButter to taste
- ½ T dried parsley flakes (I used Herbes de Provence at U of S)
- ¼ T dried onions
- Salt and pepper to taste
- ¾ C shelf-stable real bacon bits (pick up a big bag at Costco)

Cheese (blocked or string)

At home, add first 6 ingredients to a quart size freezer bag. In camp, add 2-2 ½ C. boiling water to bag, add bacon and cheese. Squish to mix and pop in cozy for 10 minutes.

28 Bridge Cinnamon Roll Pan Biscuits

- 1 C. Bisquick
- 4T dark brown sugar, packed
- 4 T raisins
- 2 T dry milk
- 1 tsp ground cinnamon
- 1 tube frosting
- Vegetable oil

At home, combine first 5 ingredients into a quart size freezer bag. In camp, add ¼ C cold water to bag. Knead gently until batter comes together. Heat a pan over a very low flame. Add 1 T oil and allow to heat. Drop biscuit mix onto oil in 4 portions. Cook until golden, 4-5 minutes, lifting pan as needed to prevent burning. Gently flip to brown the opposite side. Drizzle with frosting. Alternately, use a Bakepacker Oven to cook.

Ira Branch Cheddar Bacon Pancakes (adapted from Cowrock Mountain Biscuits)

- 1 C Bisquick
- 1/3 C powdered milk
- ½ C shelf-stable real bacon bits

Cheese (blocked or string)

cooking oil

packets of honey, syrup, or jelly

Combine the first 2 ingredients in a quart freezer bag. In camp, dice up cheese, and add ½ C of water to bag and knead (only just allow dry ingredients to become moist: don't overmix). If batter appears too thick, add a little additional water at a time. Add oil to the bottom of pot. DO NOT ALLOW OIL TO SMOKE. Cut a corner from the bag and drizzle mix onto hot oil. Sprinkle in cheese and bacon. Flip when bubbles rise to the surface. Drizzle with honey, syrup or jelly. I like to pick up packets of these from fast food restaurants. If you ever get the blackberry preserves from Cracker Barrel- score!

Sloan Bridge Chicken Diablo Rice:

2 C instant rice

1 pkg Knorr Parma Rosa

3-4 tsp chili powder (I excluded this from U of S)

¼ cup dehydrated corn (½ can)

1 foil pack of chicken

At home, pack first four ingredients into a quart size freezer bag. In camp add chicken with liquid and 2 C boiling water. Squish to mix and pop in cozy for 10 minutes.

Pigpen Branch Fruit & Nut Couscous:

1 C couscous

1½ C instant milk

¼ C dried cherries

¼ C finely chopped walnuts

3 T brown sugar

½ tsp cinnamon

¼ tsp salt

At home, mix ingredients in a quart size freezer bag. In camp, add boiling water to cover. Squish to mix and pop in cozy for 10 minutes.

Tuckasegee Tex-Mex Grits

½ C. Instant Grits

1 can salsa, dehydrated or several pkts, to taste

2-3 T dried ground beef (*presoak overnight*) or beef jerky to taste
cheese to taste

At home, pack the first three ingredients in a quart freezer bag. In camp, add 2 ½ C+ water, as needed. Squish to mix and pop in cozy for 10 minutes. Dice cheese and add to grits in the last few minutes to melt.

Rabun Beach Fruity Breakfast Rice

1 tsp cinnamon

½ c. diced dried fruit

4 T powdered milk

4 T brown sugar

4 T butter or margarine

2 C. instant rice

At home, add all ingredients, except for water and butter, into a quart freezer bag. At camp, add 2 ½ C boiling water to bag with butter. Squish to mix and pop in cozy for 10 minutes. Fluff and serve.

Treetop Quest Mashed Potato Wraps

- 1 ½ C instant mashed potatoes
- 2 T dry milk
- 2 T butter powder
- 1 packet sour cream or cream cheese
- 4 flour tortillas
- 4 pkt salsa
- 2 oz cheddar or cojack cheese
- 1 pkg bacon bits

At home, pack dry ingredients in a quart freezer bag. Bag everything in a bag. In camp, add 2 C water boiling water to freezer bag. Squish to mix and pop in cozy for 10 minutes while you prepare cheese. Slice cheese up. Spoon ¼ potato mixture into tortilla. Top with cheese, salsa, and ¼ bacon bits. Roll and eat.

Dawson Forest Pistachio Rice Pudding

- 1 c instant rice
- 2 c dried cranberries
- ½ c dry milk
- 2 T brown sugar, packed
- 1 tsp ground cinnamon
- ½ c pistachios, pecans, walnuts, etc. chopped fine

At home, bag the first 6 ingredients in a quart freezer bag. In camp, add 1 ½ C water boiling water to bag. Squish to mix and pop in cozy for 10 minutes, add nuts.

Dick's Creek Falls Scattered, Smothered, Covered, and Chunked Hash Browns

- 2-3 oz. dehydrated hash browns
- 1 pkt. shelf-stable bacon, jerky, etc.
- 1 tsp dried onions
- cheese to taste

At home, pack the first three ingredients in a quart freezer bag. In camp, add 2 C. boiling water to bag. Squish to mix and pop in cozy for 10 minutes. Dice cheese while waiting and add before eating, stirring in cheesy goodness. Bring along some packets of ketchup if you're so inclined, maybe some salt and pepper. Add some diced sun-dried tomatoes to top. If you need a little greasiness, add in a drop or three of olive oil.

Jack's River Trail Summer Sausage Grits

- 1 C instant grits
- Chopped summer sausage
- 1 T. dried onions dried onion flakes
- 4 tsp. butter powder
- 2 tsp. chicken or vegetable broth powder
- ½ tsp. paprika
- 4 packets Parmesan cheese

Combine everything, except the Parmesan, into a quart size freezer bag. In camp, Bring 2 cups of water to a boil. Pour water carefully into freezer bag until grits reach desired consistency (add cold water if you run out of hot). Throw in sausage. Top with the Parmesan cheese.

Keefer's Bottom Land Apple Almond Cinnamon Couscous

- ½ C. couscous

4 T dried apples
2 T chopped almonds
2 T powdered milk
 $\frac{1}{2}$ tsp ground cinnamon
pinch nutmeg
2 tsp brown sugar

Combine everything in a freezer bag. In camp, add enough hot water to cover. Let sit for 5 minutes in a cozy. Stir again and enjoy. You could always use oatmeal instead, but why not try something different? You could also blaspheme and use grits, but down here, we don't sweeten grits.

Mazyck's Cut Cranberry Orange Rice

$\frac{1}{2}$ C instant rice
2 T dried cranberries
1 tsp ground cinnamon
1 packet orange drink flavor
2 T powdered milk
2 tsp brown sugar
packet(s) of honey

Combine everything except the honey into a freezer bag. Carry honey separately. In camp, add $\frac{1}{2}$ C of boiling water to freezer bag. Let stand in a cozy until rice is tender, abt. 5 minutes. Top with honey and serve warm.

Penitentiary Branch Bacon & Cheese Breakfast 'Taters

3.5-ounce packet Hungry Jack Easy Mash'd Cheesy Homestyle Mashed Potatoes
chopped summer sausage or shredded beef jerky
cheese
3-ounce pouch bacon bits
 $\frac{1}{2}$ T dried onions

1 T Parmesan cheese (use a Pizza Hut packet)

At home, put mashed potatoes in a quart freezer bag. In camp, dice cheese and summer sausage. Reconstitute dried onions in a little water and add sausage and bacon bits to heat up. Add two cups water, cover, and bring to a boil. Remove from heat and pour mixture into quart bag with mashed potato mix and Parmesan cheese. Potatoes will thicken quickly—squeeze bag to smooth out any. Sprinkle with more Parmesan and the diced cheese.

****Ocoee River Breakfast Skillet***

2-3 oz. dehydrated hash browns
Dehydrated sausage ($\frac{1}{2}$ lb. before drying) (*presoak with hot water for 20-30 minutes at least*)
1T dehydrated salsa
Dehydrated black beans ($\frac{1}{2}$ can before drying) (*presoak with hot water for 20-30 minutes at least*)
8 oz. cheddar cheese
Tortillas
Packets of taco sauce

At home, combine the first three ingredients in a quart freezer bag. Put beans in a small snack size freezer bag. In camp, add $\frac{1}{4}$ C water to beans to rehydrate. Put beans (in bag) in 2-2 $\frac{1}{2}$ C of water and bring to a boil. When water boils, carefully remove beans. Pour water into quart freezer bag. Add beans. Squish to mix and pop in cozy for 10 minutes, adding water if necessary. Dice up cheese while waiting. Construct burritos to taste.

Pigeon Roost Hollow Granola

1 C (more or less, usually more) Sunshine brand granola cereal

1/3 C powdered milk

Pack cereal and powdered milk into a Freezer bag. In camp, add hot water to bag. Squeeze to mix, and set aside to soften. (All right, I know it's not much different from oatmeal. Give me a break: it's really tasty).

You can also add raisins, craisins, or even gorp for extra calories.

Bray Field Breakfast

1 package Lipton Mexican Rice Sides

1 C diced cheese

1/2 C shredded beef jerky or diced summer sausage

4-ish tortillas

Cook Lipton mix according to package directions, adding beef jerky (this will reconstitute the jerky. If you use sausage, add it after you remove from heat).

Add less water than it calls for. Spoon mix onto tortilla, add cheese and garnish with packets of hot sauce or salsa.

***Cowrock Mountain Biscuits**

1 C Bisquick

1/3 C powdered milk

1/4 C craisins, raisins, dried blueberries or other dried fruit

cooking oil

honey, syrup, or jelly

Combine the first 3 ingredients in a Freezer bag. In camp, add 1/2 C of water to bag and knead (only just allow dry ingredients to become moist: don't overmix).

Add oil to the bottom of pot. Cut a corner from the bag and drizzle mix onto hot oil. It should be thicker than a pancake. Flip when bubbles rise to the surface.

Drizzle with honey, syrup or jelly. I like to pick up packets of these from fast food restaurants. If you ever get the blackberry preserves from Cracker Barrel- score!

Dinner (Each recipe feeds two hungry Scouts)

Dinner is always a little more involved, but after backpacking all day and setting up camp, you don't want to spend the rest of the evening working on dinner. I usually try to include a dessert, as much for calories as for morale. The wilderness seems less foreboding with something a little sweet.

Jarrard's Gap Mediterranean Ramen

2 pkg ramen noodles, any flavor

1 foil pkg salmon

1 packet Knorr Creamy Pesto sauce mix

2-3 packets parmesan cheese

1 packet olive oil

1/4 C. pine nuts

Optional: dried capers to taste

At home, put noodle bricks in a quart size freezer bag. Package pine nuts in a sandwich bag and capers in a sandwich bag.

In camp, add 2 C boiling water to noodles, salmon, and capers, mix, and place in cozy. Into the packet of pesto sauce add the oil and mix thoroughly. Once

noodles are soft, add pesto package and mix thoroughly. Sprinkle cheese and pine nuts over noodles.

Slaughter Mountain Chicken and Rice

- 1 C. instant rice
- ¼ C. dried mushrooms
- 1 Tbsp onion flakes
- 1 Tbsp seasoning, your choice
- 1 foil pack chicken
- 1 envelope chicken flavor cup-a-soup

At home, combine all ingredients except chicken in a quart freezer bag. In camp, add 2½ C boiling water to bag and chicken. Squish to combine. Place in cozy for 5-10 minutes.

Foothills Trail Ridiculously Easy Pizza

- Taco size tortillas (one for each pizza)
- 1 packet Boboli pizza sauce
- Pepperoni slices
- String cheese sticks (one for each pizza)
- Packets of olive oil

In camp, heat oil in pan that has a lid (heat diffuser recommended). Add sauce, cheese, and pepperoni to tortilla. Over medium to low heat, cook pizza. After a couple of minutes, cover pan to allow top to melt.

Vogel Chicken and Cheese Couscous

- 1 pkg Near East Couscous, whatever flavor sounds good.
- 1 foil pkg. chicken
- ½ C. dried mushrooms
- ½ C. dried veggies
- 2 sticks string cheese

At home, put couscous w/ flavor packet, mushrooms, and veggies in a quart size freezer bag. In camp, add boiling water according to directions, chicken, and torn up cheese to bag. Squish to combine and put in cozy for 10-15 minutes.

Fort Benning Pineapple Ham

- 1 C. instant rice
- ¼ c C. dried pineapple
- 1 small ham bouillon cube
- 1 Tbsp dried onion flakes
- 1 Tbsp butter flavoring
- 1 can smoked ham

At home, combine first 5 ingredients in a quart size freezer bag. In camp, add 1 C. boiling water to bag, add ham, squish to combine, and put in a cozy for 10-15 minutes.

***Beatty Lakes Chicken Pot Pie**

- ¼ cup white flour, ¼ cup cornmeal
- 1 pinch salt
- 1 tsp baking powder
- 1½ T margarine
- ½ of a 5.25-ounce box of scalloped potatoes

½ package Knorr Leek Soup Mix

1 foil packet of chicken

(I also added some dried veggies. A source told me that Sprouts has a plentitude of dried veggies. If you're close to a store, check them out)

At home, put first 3 ingredients in a quart size freezer bag. Place the scalloped potatoes and leek mix in separate storage bags. In camp, you will use two pots for this recipe. In the smaller pot, add the potatoes and two cups of water. Cover and bring to a boil. Let boil for one minute, stirring occasionally. Add the leek recipe mix, stirring contents continuously until fully dissolved. Reduce the heat to medium-low and mix in the chicken. Cover the pot and let simmer three to four minutes, until potatoes are tender. Set aside.

While the first pot is simmering, make the crust: Add ⅛ cup water and 1 tablespoon margarine to the zip-top bag containing the dry flour ingredients. Squish the bag with your fingers until the dough becomes runny like pancake batter. Once the stove is available, heat the larger pot on medium, and coat the bottom with ½ tablespoon of margarine. Pour the batter into the pot, making sure to completely cover the bottom. Cook two to three minutes on medium heat until bubbles appear and the crust begins to pull away from the sides. Shake the pot (up, down, and sideways) or use a spatula to loosen the crust from the bottom.

Once the stew is ready, remove the lid and carefully flip the crust onto the top of the pot-pie filling. Cover the pot, and put it back on the burner on medium for one to two minutes to finish baking the other side of the crust. To serve, you can either eat right out of the pot with your companion, or carefully cut the pie in two, flip the crust onto a plate, and spoon the filling atop it.

Whiteman Vega Four Cheese Hamburger Rice

1 C instant rice

1/3 C instant milk

1 pkg Taco seasoning (I'd try a pkg of alfredo next time)

½ tsp Butter Buds/Molly McButter

½ C dehydrated hamburger (*presoak with hot water for 20-30 minutes at least*) or beef jerky

At home, combine ingredients in a quart size freezer bag. In camp, add 2 ½ C boiling water. Squish to mix and pop in cozy for 10 minutes.

Ring Place Mexi Rice

2 C instant rice

2 chicken bouillon cube or 2 tsp bouillon powder

1 T dried onions

dried bell pepper

4-6 pkts salsa

1 foil pack chicken

At home, put first 4 ingredients into a quart size freezer bag. In camp, add the salsa packets to the freezer bag, and add 2 C boiling water. Squish to mix and pop in cozy for 10 minutes. This recipe works great with cheddar cheese added on top, or used as a burrito filling, with cheddar cheese, and more salsa packets.

Baldy Herbed Beef with Mushroom Gravy

1 tsp granulated garlic

½ tsp thyme

Dash rosemary, black pepper

- ¼ C dried mushrooms
- 1 chicken bullion cube, crushed
- ½ tsp cornstarch
- Beef jerky
- 1 tsp olive oil
- 1 pkg instant mashed potatoes, your choice of flavors

At home, put first 7 ingredients into a quart size freezer bag. In camp, boil enough water to cover jerky concoction *and* make mashed potatoes. Add boiling water to cover, squish to mix and pop in cozy for 10 minutes. Prepare mashed potatoes according to package. Serve beef over mashed potatoes.

***Ponil Alfredo Mashers**

- 1 ½ C instant mashed potatoes
- 2 T dry milk
- 2 T shelf stable parmesan cheese
- 1 tsp non-dairy coffee creamer
- ½ tsp dried basil
- ¼ tsp dried garlic
- ¼ tsp ground black pepper
- ¼ tsp salt
- ¼ tsp dried oregano
- 1 foil pack of chicken

At home, put all ingredients in a quart size freezer bag. In camp, add 2 C. boiling water to bag. Squish to mix and pop in cozy for 10 minutes.

Cohutta Wilderness Couscous w/ Mushrooms and Peas

- 2/3 C couscous
- 1/3 C dried mushrooms, finely chopped
- ⅓ C freeze dried peas
- ½ teaspoon salt
- 1 tsp Herbes de Provence
- ½ tsp cracked black pepper (don't skimp on pepper)

Combine the first 6 ingredients in a quart Freezer bag. In camp, add 1 ½ C boiling water, add to bag and let sit for 10 minutes. Fluff before serving.

Green Gap BBQ Chicken Wraps

- 7 oz pouch chicken breast
- 2 flour tortillas (soft taco size)
- 1 pkg bbq sauce
- 2 pepper-jack string cheese packets
- ¼ C French fried onions

In camp, combine chicken and bbq sauce in a quart freezer bag. Immerse in hot water until warm to preference. Slice cheese, spoon chicken into tortilla, top with cheese and onions.

Bartram Trail Herbed Tomato Rice

- 1 C instant rice
- ¼ C freeze-dried corn
- ¼ C sun-dried tomatoes
- 1 T diced dried onion
- 1 ½ tsp lower sodium beef or chicken bouillon

1 t granulated garlic
1/4 tsp dried oregano
1 T olive oil (1 packet)
2 oz cheddar, cojack or pepper jack cheese (2 sticks)
At home, add first 7 ingredients to a quart size freezer bag. In camp, add 1 ½ C near boiling water and the oil to the dry ingredients in a quart freezer bag. Seal tightly and tuck in a freezer bag cozy to insulate for 15 minutes.

Nun' Yunu' Wi Italian Double-Cheese Taters

1 1/3 C instant mashed potatoes
4 T sun dried tomatoes, sliced thin
2 T dry milk
2 T butter powder
2 T shelf stable parmesan cheese
1/2 tsp granulated garlic
1/2 tsp Italian seasoning
1 foil pack of chicken
2 pkg string cheese
At home, add first 7 ingredients to a quart size freezer bag. In camp, add 2 C near boiling water to bag. Squish well to mix, making sure there is no powder in the corners. Add chicken and seal tightly and let sit in a cozy for 10 minutes. Dice up the cheese and add in.

****Conasauga River Chicken Carbonara***

1 pkg McCormick Creamy Garlic Alfredo sauce mix
12 strips of shelf stable pre-cooked bacon (or 1 pkg. real bacon bits)
2 foil pack white chicken (1 will probably be sufficient)
2 T butter or margarine
3 T powdered milk
2 pkg ramen noodles (no flavor packets)
At home, package ingredients together. In camp, prepare the Ramen. Boil 2 C. water and pour over Ramen: allow to steep. Break bacon into pieces and reheat in a pot, stirring vigorously. When bacon changes color slightly, remove. In the same pot, mix 1 C. water and powdered milk over medium flame. Slowly add Alfredo powder until thoroughly mixed, then add butter. Bring to a boil and then reduce heat. Add chicken and simmer for 5 minutes. Drain noodles and divide between bowls. Add sauce to each bowl, crumble bacon on top.

****The Wog's Beefy Noodle Bowl***

3 T beef jerky, shredded
1 3-ounce package Ramen noodles
1 1-ounce package instant onion soup
2 T mixed vegetables
¼ tsp garlic powder
¼ tsp ground ginger
½ tsp dried cilantro
1-2 packets soy sauce
At home, Discard the flavor packet from the noodles, and combine all of the dry ingredients in a quart size, freezer bag. On the trail, boil about 2 cups of water. Add water to freezer bag, then stir well until noodles are soft and vegetables are rehydrated. Season with soy sauce to taste.

Blood Mountain Pizza Rice

- 1/3 C instant rice
- 15-20 pepperoni slices
- 2 cheese sticks
- 4-6 oz pizza sauce stored in tube.

At home, put rice into quart freezer bag. Fill tube with pizza sauce. In camp, boil 2 cups of water. Add water to rice, enough to cover. Let stand 5-10 minutes. Put tube w/ pizza sauce into remaining water to warm. Dice up cheese. Combine all ingredients in bag and squish to mix.

Tooth of Time Pasta

- 2 4.4-ounce Knorr Butter & Herb pasta packets
- 4 summer sausage or jerky
- 2 oz sun-dried tomatoes
- 1 tsp dried onions
- parmesan cheese packets

At home, put tomatoes into a freezer bag plastic bag. In camp, boil a cup of water and pour it over tomatoes. In separate pot, cook pasta according to package instructions. While pasta simmers, chop softened tomatoes. After pasta cooks for 5 minutes, add all ingredients except for cheese and stir until noodles are done. Top with parmesan cheese.

Nantahala River Mexican Beef and Rice

- ½ C instant or dried rice
- ¼ C ground beef, dried
- ¼ C combined bell peppers (assorted colors), onions, and tomatoes, dried
- ¼ C black beans, dried
- 1 tsp taco seasoning
- 1 T instant dry milk
- 2 - 3 Slices dried jalapeños (optional)
- 6 oz. cheddar cheese

Combine first 4 ingredients in a pot with 1 ¼ C water and soak for 5 minutes. Bring contents to a boil and cook for 1 more minute. Remove from stove and stir in next 3 ingredients. Wait 10 minutes, then top with diced cheese.

Neel's Gap Sweet and Sour Chicken

- 1 pkg. chicken
- 1 pkg. Teriyaki rice
- pkgs. sweet and sour sauce

At camp, dump rice and chicken into an oven bag. Add ¼ C water. Boil a pot of water (use creek or river water: it's boiled, so afterwards you can use it to clean or even drink), remove from heat, and submerge bag. Squish around after 5 minutes and submerge again. Allow to heat to your taste.

The Pigman's Potatoes

- 2/3 C instant potatoes
- 1 oz. jerky (or summer sausage)
- 1 C powdered milk
- ¼ T garlic powder
- salt and pepper to taste
- 2 T extra virgin olive oil (you can get packets from Subway)

At home, mix dry ingredients into a freezer bag. At camp, cut jerky into small pieces and add to dry ingredients. Add 1 C boiling water to ingredients. Pop in a cozy for 5 minutes. Drizzle olive oil and serve.

****Raven Cliff Falls Thanksgiving Dinner***

1 packet of Stove Top Stuffing brand stuffing

1 foil pack of chicken

¼ C dried raisins

Boil 1 ½ C water, add stuffing and water to an oven bag or freezer bag. Add chicken and allow ingredients to warm through. Top with raisins when ready to serve.

****Mixon's Hammock Beef Stroganoff***

1 pkg beef-flavored Ramen (including seasoning packet)

¼ C dehydrated ground beef

¼ C mixed dehydrated veggies (I found a good mix at Publix)

1 tsp. paprika

Dash cayenne pepper

Individual packet of cream cheese

Salt and pepper to taste

Combine all ingredients in a Freezer bag or an oven bag. Add about 1 ½ C boiling water. Squish around and let it rest for 10 minutes or so, until the meat is tender. Stir in cream cheese.

Congaree Mash

1 foil pack of chicken

1 pkg Knorr Vegetable Soup Mix

½ box of scalloped potatoes

1/3 C instant potatoes

Hot sauce to taste

At home, place scalloped potatoes and vegetable mix in one Freezer bag and the instant potatoes in another. In camp, in a pot, stir the scalloped potatoes and vegetable mix into 2 ½ C water. Boil uncovered for one minute. Reduce the heat to medium-low and simmer uncovered for two minutes. Add the chicken and the instant potatoes, stirring slowly and continuously to thicken the stew. Once the instant potatoes are dissolved, let simmer uncovered for one or two minutes. Serve hot.

****Chattooga River Trail Pizza***

1 C (about) Bisquick

1 T + 1 T Italian seasoning

Pizza sauce (packed in tube)

Cheese (cut into blocks in camp)

Pepperoni slices

Cooking oil

At home, mix together 1 T. Italian seasoning and Bisquick. Store in a freezer bag. In camp, combine contents w/ ½ C water. Squish until mixed. Oil the inside bottom of a cookpot well. Cut a corner out of the bag and squeeze through enough dough mixture out to, when spread out, cover the bottom. Dab oil on the back of a spoon and spread the dough out. Add sauce, cheese, pepperoni, and Italian seasoning to taste. Cook over controlled flame for 5-10 minutes until cheese is melted. Rinse and repeat.

Panther Creek Falls Slaw

2 T extra virgin olive oil
3 T vinegar
2 T sugar
1 packet Ramen flavoring
Salt and pepper to taste
1 pkg Ramen noodles
1 pkg slaw
Slivered almonds
Sunflower seeds

At home, whisk together the first four ingredients until slightly thickened. Transport in a screw-top plastic jar. At camp, in a Freezer bag, crumble the noodles onto the slaw mixture. Add the marinade and almonds and sunflower seeds to taste. Squish gently and allow to sit.

Dessert (Serves two hungry Scouts)

Nothing finishes a meal like a little something sweet. For whatever reason, Scouts always neglect to bring a warm dessert into the backcountry. That being said, you may want to prep these desserts out of nose-shot of other Scouts. Of course, the Scoutmaster in me makes me remind you to do a good turn daily and share.

Wildcat Mountain Banana Puddling

2/3 C. dried milk
1 pkg. instant banana pudding
20 vanilla wafers
1 C. dried banana chips

At home, crush vanilla wafers and store in a sandwich bag. Put all other ingredients into a quart size freezer bag. In camp, add cold water according to directions to quart bag, squish to mix. If possible, store in creek or spring to set up. Add vanilla wafers to bag when ready to serve.

Low Gap Apple Crisp

¼ C. brown sugar
½ C. instant oats
1 tsp. cinnamon
5 oz. dried apples

At home, combine all ingredients in a quart size freezer bag. In camp, add 1. C boiling water to bag. Place in cozy for 10 minutes.

Warwoman Creek Malted Malt Malt Malt

1 C. crushed Whoppers
1 C. Ovaltine chocolate malt mix
1 C. powdered milk

In camp, add 1 C. cold or hot water to ½ C. mix.

Lick Log Backcountry Fruit Pie

2 10-in tortillas
1½ C. dried berries, reconstituted
2-3 packets jelly
3 Tbsp powdered sugar
1 pinch nutmeg, cinnamon, or the like

At home, put berries in a sandwich bag and double bag. Put sugar and spice in a quart size storage bag. On the morning that you intend to cook pies, reconstitute

berries with water to cover and allow to steep all day. In camp, heat oil over medium flame (consider using a diffuser. Squeeze a packet or two of jelly in the center of each tortilla. Add half of the berries to each and roll into a crepe. Place in oil, seam down, Flip once , cooking to golden brown. Shake to coat in sugar/spice bag.

Dan Beard Camp Pineapple Upside-Down Cake (a different recipe)

4 slices dried pineapple, chopped
1 C Bisquick
1 Tbsp granulated sugar
¼ C brown sugar

At home, pack pineapple pieces in a snack-size bag. Combine Bisquick mix and granulated sugar in a pint-size bag. Pack brown sugar separately for the trail. In camp, add 1/3 cup water to the Bisquick mixture in the bag. Reseal bag and knead dough until uniformly moist. Set aside. Bring 1 cup water to a boil in a cook pot; pour into a drinking cup or bowl. Add dried pineapple to hot water and set aside for at least 20 minutes to rehydrate. Pour rehydrated pineapple, with water, into cook pot and place over low heat, simmering for 10 minutes. Sprinkle brown sugar over pineapple in the pot, but do not stir. Snip corner from bottom of dough bag and squeeze over the brown sugar and pineapple. Dough will be gooey and will naturally spread over pineapple. Cover pot and steam on low heat for about 10 minutes, being careful not to burn the cake. Serve once an inserted knife comes out clean.

Miranda Camp Rocky Road Brownies (borrowed from Trahlyta Backpacking Brownies)

1 ½ C graham cracker crumbs
¼ C diced toasted pecans
2 T powdered sugar
¾ C chocolate chips
3 T dry milk
¼ + C marshmallows

At home, crush the graham crackers into crumbs, pack in a sandwich bag with the pecans, sugar and marshmallows. Put the chocolate chips and milk in a quart freezer bag. In camp, add ¼ C water to the chocolate bag. Bring a small pot of water to a simmer. Turn off the heat. Dip the chocolate bag to melt the chocolate. Add the graham cracker crumb contents to chocolate and knead to mix. Eat warm or allow to cool and break into chunks. Serves up to 4 or me.

Upper Greenwood Apricot Cobbler Scramble

1 C dehydrated apricots (or dried cherries, pineapple, apple, etc.)
½ C Bisquick baking mix or homemade mix
¼ C white sugar
¼ C dark brown sugar
¼ tsp cinnamon

At home, pack the fruit in a small bag. Mix the baking mix, sugars and cinnamon in a sandwich bag, seal tightly. In camp, put the apricots and ½ cup of water in a pot. Bring to a boil. Meanwhile, pour ¼ cup water into the baking mix bag, seal tightly and shake, knead to combine. Lower the heat to medium and pour in the baking mix. Mix to combine and scramble, like eggs, till baked through. You will have to keep an eye on the heat, lowering as needed. The high content of sugar

means it will be like a cross between a soft cobbler and a biscuit when done. It doesn't have to be baked through to be enjoyed: eat when it looks good to you!

Moon-Eyed People Double Oreo Pudding

4 1/5 oz pkg Jell-O Oreo Cookies n' Crème Instant Pudding

2/3 C powdered milk

8 oz. pkg mini Oreo cookies

At home, pack pudding mix and dry milk in a quart freezer bag. Carry cookies in their packaging. In camp, add 2 C. cold water to pudding bag, seal tightly and shake for 5 minutes. Stash in a cold stream for 30 min. Stir up, and top with mini cookies.

Suwanee River Cobbler

1 can fruit pie filling (cherry, please let it be cherry!)

1 C Bisquick mix

1/3 C dried milk

2 T sugar, maybe more

At home, pack dry ingredients a quart freezer bag. Transfer filling to a pack tube (or haul the can in). In camp, add 1 C water to dry ingredients and squish to mix well. Empty the filling contents into an oven bag. Cut a small corner out of the dough bag and squeeze on top of the filling. Roll excess bag loosely, and cook in a Bakepacker for 15-20 minutes.

****Trahlyta Backpacking Brownies***

1 1/2 C graham cracker crumbs

1/4 diced toasted pecans

2 T powdered sugar

3/4 C chocolate chips

3 T dry milk

At home, crush the graham crackers into crumbs, pack in a sandwich bag with the pecans and sugar. Put the chocolate chips and milk in a quart freezer bag. In camp, add 1/4 C water to the chocolate bag. Bring a small pot of water to a simmer. Turn off the heat. Dip the chocolate bag to melt the chocolate. Add the graham cracker crumb contents to chocolate and knead to mix. Eat warm or allow to cool and break into chunks. Serves up to 4 or me.

****Currahee Backpacking Apple Pie***

1/4 c crushed honey graham crackers

1 T brown sugar

1/4 t ground cinnamon

1 C diced dried apples

1 t flour or cornstarch

2 T dry milk

1/2 c water

At home, pack everything in a quart freezer bag. In camp, add 1/2 C. boiling water. Stir well, seal tightly and let sit for 10 minutes.

Chattahoochee River Pineapple Upside-Down Cake

1/2 C pineapple pieces, dried

2 T Jell-O Brand Vanilla Instant Pudding Mix

2 T instant dry milk powder

1/2 C. dehydrated angel food cake crumbs

2 T shredded coconut, dried

1 C. water

At home, pack each ingredient into separate plastic bags. In camp, heat pineapple in half the water for 10 min. Combine powdered milk with other half of water and stir until mixed. Add instant pudding mix and stir until smooth. Allow pudding to set. Cover pudding w/ crumbs. Push cake down into the pudding. Spoon pineapple over cake and pour any juice. Garnish with coconut.

Blood Mountain Cheesecake

1 pkg. instant cheesecake dessert

tasty, cheap cookies, crumbled

Mix dessert according to directions into a Freezer bag. Allow to set up (submerge in cold water if possible). Cut a corner of the bag and squeeze out to serve. Top with crumbled cheap cookies to taste (me like lemon ones). You

may also wish to top with strawberry preserves from an individual serving packet. The cheesecake dessert also comes with crumbles that may be used.

Cohutta Wilderness Lemon Poppy seed Cake

1 pkg. lemon poppy seed muffin mix

1/3 C. powdered milk

1 C. water

At home, add muffin mix and powdered milk to an oven bag. In camp, add 1 c. water to mix and squish to combine. Roll the top loosely and add to a boiling pot w/ Bakepacker. Cook for 20 minutes. Cut the bag away and serve monkey bread style. You may wish to top with honey, syrup, or preserves.