Ravioli Frijoles Negros with Cashew Lime Cream Sauce
Submitted by Raili Taylor

"At home everything is premixed. All of the dry ingredients weigh approximately 5 ounces."

Ingredients (feeds two to three hikers):
Filling: (can also be used as dip with pita bread, crackers, or chips...mmmeee):
1/4 C black bean flakes OR 2 tbsp black bean flakes plus 2 tbsp powdered hummus
dash of salt
1/4 tsp cumin
1/4 tsp oregano
4 tbsp cilantro
1 3 C boiling water
Pasta:
2 3 C flour (I prefer semolina, but any kind will work)
1/4 tsp salt
1 8 C plus 1 tbsp water (may need to add a little more as it is kneaded)
Sauce:
1/4 C raw unsalted cashews (ground to powder)
dash of salt
dash of garlic powder
2 tbsp lime juice (about 1 lime, or better yet, take lime juice in a little bottle)

Cooking Instructions:
Stir water into flour/salt mixture.
Knead dough for about 4 minutes. Do this in the cooking pot to cut down on dishes.
Start water boiling in cooking pot (after removing dough!!) while moving onto the next two steps.
Cut lime and squeeze juice into mixture of mashed cashews, salt and garlic powder. This is best done in the bag that everything was mixed in at home. You don't need another bowl.
Start making little round circles with the dough (about 2 to 3" across and about the thickness of a penny). Keep doing this until the water boils.
Add some of the boiling water to the premade mixture of black bean flakes, salt, cumin and oregano.
This is also best done in the bag that everything was originally mixed in. You don't need a bowl.
Stir and let sit for about 5 min.
Finish making the dough circles.
When the black bean mixture is ready, stir in cilantro if you are using it.
Place a mound of the black bean filling in the center of one of the pieces of dough.
Moisten the edges of the dough with your finger and stick the top piece on.
Seal it with your fingers or a fork to make a decorative edge.
Drop in boiling water. It will sink to the bottom, when it starts floating (about 3 minutes) it is done. Do this with all of them. Cook 3 to 4 of them at once.
Serve with cashew lime cream sauce, and a beer.

Thai Altitude Two-Course Meal
Submitted by Christina Woo

Ingredients (for 8 fresh spring rolls as appetizers and 2 portions of Spicy Pad Thai will serve two hearty eaters):
8 dried rice paper wrappers
1/4 C dried bean vermicelli
3 C frozen pre-cooked shrimp (will serve as ice pack)
3 C water
2 C dry rice noodles
1 C bean sprouts
2 tbsp cooking oil
2 stalks spring onion
2 cloves garlic
20 fresh basil leaves
1 C fresh coriander
1 medium carrot, cut into thin strips
4 tbsp peanuts
4 tbsp fish sauce
2 tbsp oyster sauce
2 1/3 tbsp brown sugar
1 tbsp white vinegar
2 tsp soy sauce
1 lime
1 tsp small finely chopped red chili (remove seeds for less lethal dose of spice)

Cooking Instructions:
Before departing:
Prepare chili dipping sauce and Pad Thai cooking sauces. Store in small containers.
Chili dipping sauce:
Add 1 tsp brown sugar to 1/3 cup cold water and stir, adding 2 tbsp fish sauce, 1 tbsp white vinegar, 1 tbsp chopped coriander leaves, and 1/2 tsp finely chopped red chili.
Spicy Pad Thai cooking sauce:
Chop spring onion into small pieces, crush garlic, and mix with 2 tbsp fish sauce, 2 tbsp oyster sauce, 2 tbsp brown sugar, 2 tsp soy sauce, and 1/2 tsp finely chopped red chili.
At campsite:
Soak the dry rice noodles and dried bean vermicelli in 2 cups water while setting up camp stove.
Fresh Spring Rolls: Total preparation time is about 10 minutes.
Dip paper wrapper into water.
Place 2 thawed, cooked shrimp in center of wrapper. Top with 2 basil leaves, 1 tbsp coriander.
Add some carrots, a squeeze of lime juice, noodles, and chili sauce.
Press filling down, fold in 2 sides, and roll up the parcel. Sprinkle with water.
Repeat for all wrappers.
Garnish with sauce and coriander leaves.
For Spicy Pad Thai: Total preparation time is approximately 10 minutes.
Heat oil in largest frying pan you've brought over medium heat. (Approximately 2 minutes.)
Add shrimp, noodles, and 1/2 cup water. Stir until soft (1 minute)
Turn heat to low and add Pad Thai cooking sauce. Add a few squeezes of lime juice and stir.
Turn heat up to medium and add bean sprouts and chives. Cook for another minute.
Remove from heat and serve with crushed peanuts.
Smoky Mountain Paella
Submitted by John Combs

Ingredients:
2 1/2 C water
1 tbsp oil (preferably olive)
1 package dry Spanish rice mix (5.6 oz.)
1/2 C sun dried tomatoes, quartered
1 can smoked oysters, do not drain (3.75 oz.)
1 can medium size shrimp, do not drain (6 oz.)
1 pouch pre-packaged, chopped chicken breast (7 oz.)
1/8 tsp crushed red pepper flakes
1/8 tsp cracked black pepper
1 clove garlic, sliced
1 tsp oregano

Cooking Instructions:
In a 2 quart pot, bring 2 cups of water and oil to a boil. Add rice mix, reduce heat to a simmer and cook for 5 minutes. Stir in remaining ingredients including juices from the oysters and shrimp, simmer approximately 4 minutes, stirring occasionally. Check rice for doneness; cook a few minutes longer if needed. Add water a little at a time if sauce becomes too thick. Be careful not to over cook the rice to where it becomes pasty. Tear off a piece of French bread, pass the Sangria. Enjoy!

Sierra Sushi
Submitted by Kelly Ogle

"I love to serve this at the base of Leavitt Peak, my favorite climb. On the summit, I grab 2 flakes of exfoliated andesite to use for plates(!) Back at Blue Canyon Lake, the day starts to cool, hot miso and fresh sushi on granite plates... style points!"

Ingredients (serves two):
2 C short-grain sushi rice
1/4 C rice vinegar
dash of salt
2 tbsp sugar
1 package kanpyo (marinated gourd strips)
1 tin unagi (broiled eel)
1 pack smoked salmon (4 oz.)
4 inari skins (fried tofu pockets)
2 sheets nori (dried laver seaweed)
1 bag spinach (10 oz.)
3 tbsp miso paste
4 packets soy sauce (from Chinese takeout)
1 tbsp wasabi powder
1 small packet bonito flakes
wild onions (if available)
1 small bottle sake (of course!)

Cooking Instructions:
Rinse rice, place in pot, cover with enough water to almost reach one knuckle length (index finger, held perpendicular) above rice. Boil until water is dissolved, remove from heat, set aside for 5 minutes. Boil another pot of water. While water is heating, rehydrate wasabi, gather and chop wild onions, send friend to find 4 downed twigs for chopsticks (after a hard day on the trail you need time away from each other). When water boils, Blanch spinach for 10 seconds, remove from boiling water, leaving a few bits to add interest to miso. Add miso paste and wild onions now. Cover, set aside. Place unopened bottle of sake right in the soup to warm. Over cooked rice, pour vinegar/salt/sugar mixture, fan frantically while stirring rice. Set pan in snowbank to cool quickly. Then form rice into sushi rice balls, top with sliced salmon and eel. Fill inari skins, roll kanpyo in nori. Cut and arrange attractively. Squeeze as much water from spinach as possible. Pile loose clumps (artistically) of spinach, pour on soy sauce, top with bonito flakes.
ANGRY RED LENTIL TORTILLA SOUP
Chris Gilliam
Greenwood Village, CO

1 cup olive oil
1 cup mincemeat onion
db cup minced carrot
1 clove garlic, minced
db cup dry red lentils
2 cups water
salt and pepper to taste
2 8-inch soft flour tortillas
2 tablespoons dried chives
6 tablespoons grated Manchego cheese
2 lime wedges

In camp Heat oil in a saucepan. Sauté onion, carrot, garlic, and pepper until caramelized. Add lentils and cook for about a minute. Add water, cover, and simmer (stirring occasionally) for about 15 minutes until lentils are soft. Mash the lentils with a fork. Add salt and pepper. Rip tortillas and place them in the bottom of bowls. Add soup, then garnish with chives, cheese, and lime. Serves two.

HIGH COUNTRY BEEF CURRY
Derek Sullivan
Seattle, WA

2 cups water
1 clove garlic, chopped
db cup beef jerky, cut into small pieces
1 cup dehydrated veggies
(like mushrooms, onion, and carrots)
db cup curry powder
1 beef bouillon cube
2-ounce packet powdered coconut milk
1 cup raisins
3 ounces (at package) vermicelli rice noodles or angel hair pasta

In camp Place all ingredients except pasta into a pot and bring to a boil. Cover and remove from heat. In another pot, cook pasta, following package directions. Drain pasta and add to curry pot. Return pot to above, reduce heat, and stir until well mixed and bubbling (if it seems too dry, add water). Cover and let sit 5 to 7 minutes to thicken. Serves two.

DRUNKEN CHOCO-BERRY FONDUE
Rick McKielson
Minneapolis, MN

Fondue
10 ounces mixed berries
1/4 cup sugar
2 tablespoons cocoa powder
1/2 to 1 cup chocolate chips
1 teaspoon cornstarch
1/2 cup water

Dipping ingredients
assorted dried fruit (figs, bananas, apricots, pineapple)
1/4 cup sugar (optional)
1 tablespoon rum
graham crackers, favorite cookies, nilla wafers

At home In a blender, purée fresh or frozen mixed berries with a little water as necessary to liquefy. Dehydrate purée until crumpy. Combine dried berries, sugar, cocoa powder, chocolate chips, cornstarch, and rum in an airtight bag or bottle.

In camp Boil water (if reconstituting dried fruit for dipping, add an extra cup of water, then remove it from the pot after boiling). Add dry berry-cocoa mixture to remaining water. Stir, cover, and let sit 5 minutes off heat. Pour extra water over dried fruit, add sugar, and cover to reconstitute. Bring berry mixture to a boil, then simmer for 5 to 10 minutes. Remove from heat, pour in rum. Return to heat, stirring pot into flame to thicken fondue. Stir with fruit and cookies.

GREEN RIVER DUMPLINGS
Kate Allen
Westfield, WI

10 cups Bisquick
1 tablespoon sugar
1 teaspoon cinnamon
3 cups sugar
1 teaspoon cinnamon
2 sticks of butter
2 large Macintosh apples

At home in a zipper-lock bag, combine the first three ingredients. In a second zipper-lock bag, combine the remaining sugar and cinnamon. Shake the bags until the ingredients are well mixed.

In camp Add 6 cups water to the bag with Bisquick and knead gently in the bag until well mixed. Boil 2 cups of water in a pot over medium-high heat. Seed, peel, and cut the apples into 1-inch slices. Add apple slices to the boiling water. Stir in contents of the cinnamon-and-sugar bag, and bring to a boil. Cut the bottom corner of the Bisquick bag, and squeeze 1-inch crunks (like using a pastry bag) into the pot. Try not to let the doughy dumplings touch. Cover and cook at a moderate boil for 10 minutes, gently pushing the dumplings back under the water every 2 to 3 minutes. Lower heat and simmer uncovered 3 to 5 minutes, stirring gently while making sure nothing sticks to the bottom of the pot. Serve when the liquid has thickened. Serves two.
Submitted by Rick Mickelson

"Dazzle and delight your freeze-dried-food friends and epicureans alike with this awesome, mouthwatering combination of tart, seasonal berries and delectable chocolate with a subtle kick of cayenne pepper. Sure to liven up any camping expedition, especially after four or five days of oatmeal and couscous."

Ingredients:
Fondue:
10 oz. mixed berries-dried (*weight before drying)
1 1/2 C water
1/4 C sugar
2 tbsp cocoa powder
1/4 to 1/2 C chocolate chips
pinch of cayenne pepper
1 tsp cornstarch
Flambé:
1 tbsp rum
Accoutrements:
graham crackers (or favorite cookies, rice cakes, etc.)
assorted dried or fresh fruits (bananas, apricots, pineapple, mango, etc.)
1/4 C sugar (optional)
1 C water (optional)
garnish (as desired)

Cooking Instructions:
At home:
In a blender puree 10 oz. fresh or frozen mixed berries with as little water as necessary to liquefy. Dehydrate puree until crispy. (Or buy pre-dried berries.)
Combine dried berries, sugar, cocoa powder, chocolate chips, cayenne pepper and cornstarch in an airtight bag or container.
Pour into a tiny screw-top Nalgene bottle.
Pack crackers and fruit.
At camp site:
Boil 1 1/2 to 2 1/2 cups water (use 2 1/2 cups water if you would like to reconstitute dried fruit for dipping, otherwise use 1 1/2 cups).
Remove 1 cup water from pot.
Add dry berry-cocoa mixture to remaining 1 1/2 cups water. Stir. Cover. Let set 5 minutes off heat. If desired, pour 1 cup reserved water over dry fruit and 1/4 cup sugar in a bowl. Cover. Let reconstitute. Bring berry mixture to a boil, then reduce heat to lowest possible setting. Simmer for 5 to 10 minutes. Remove pot from heat, carefully pour in rum. Return to heat, tilting pot into flame to flambé fondue. Stir. Garnish. Serve in individual cups or from the communal pot. Use spoons, fingers or chopsticks to dip fruits, crackers or anything else you like into fondue. Enjoy.

Kate's Green River Apple Dumplings
Submitted by Kate Allen

http://www.rei.com/stores/cooking.html
SKILLS

Tofu Burritos

5-Minute Meals

At home: Cut the tofu into 1-inch cubes and brown it in a hot pan with olive oil, garlic powder, pepper flakes, salt, and pepper to taste. (This can be done in camp, but doing it at home increases the chance of getting the flavor right.)

In camp: Heat the pre-cooked tofu, spinach, and water in a covered pan. Scoop into tortillas. Serves two.

Pear Quesadillas

5-Minute Meals

In camp: Cut the pears and cheese into thin slices. Place the tortillas between two slices of pear, fold in half, and serve. Serves two.

Reader Recipe Contest

Compete against other chefs in the first REI BACKPACKER Camp-Cook-Off.

Think you've cooked up a dinner recipe that can't be beat? Submit it now, and you could win a REI Adventures hiking trip for two to Grand Staircase-Escalante National Monument in Utah, hundreds of dollars in gear, and—best of all—the title of America's Best Camp Chef. We'll also print winning recipes in an upcoming issue of BACKPACKER.

Eight finalists will be selected, presented by April 30. We'll then send the top five to compete in the final cook-off on June 12-13. You'll help judge the recipes and decide which challenges to test your kitchen skills.

For contest rules and to enter, visit www.rei.com/campcook.
**Trail Tiramisu**
1/3 cup water
2 teaspoons instant espresso
2 tablespoons Kahlua
3.4-ounce package white chocolate
or chocolate instant pudding mix
powdered milk to equal 2 cups when reconstituted
16 ladyfingers
1 tablespoon cocoa powder or chocolate shavings

At home: Measure Kahlua into an empty clean film canister. Package espresso in a separate ziploc bag.

In camp: Heat the water. Combine the water, espresso, and Kahlua and mix well. Reconstitute the milk. Make the instant pudding according to the directions on the box. Layer half the ladyfingers in the bottom of a pot, drizzle with half of the coffee mixture, then spread half the pudding over top. Repeat with another layer of ladyfingers, coffee, and pudding. Sift cocoa powder or chocolate shavings over top. If you have access to snow or cold water, make this dessert well before dinner and chill before serving. Serves four.

**Gourmet S’mores**
8 marshmallows
1/2 cup cognac, Amaretto, or Cointreau
1 thin bar flavored dark chocolate (orange, hazelnut, espresso, or dried raspberry)
8 graham crackers (or 16 fancy cookies)

In camp: Soak the marshmallows in the liquor for 5 to 10 seconds. Toast the marshmallows over an open flame. Sandwich the marshmallows with chocolate squares between graham crackers. Serves two.

**Shrimp Sushi**
2 cups instant rice
1/3 cup rice wine vinegar
1 package nori (seaweed sheets, about 10)
1 cucumber
1 avocado
2 ounces sesame seeds
1 can shrimp or crab meat
soy sauce (to taste)
dried wasabi powder
6 ounces pickled ginger

At home: If you’ve never made sushi before, practice at home. You’ll need a sushi mat (most weigh just a few ounces and cost about $2).

In camp: Cook rice, then add vinegar to the rice to make it sticky. Let the rice cool completely before rolling sushi. Place a nori on top of a sushi mat, and layer rice, veggies, sesame seeds, and seafood on top, then roll and cut to your desired length. Serve with soy sauce, reconstituted wasabi, and ginger. Serves four as an appetizer. Can’t find sushi makings at your local store? Go to asiafoods.com for online shopping.
Coconut Chocolate Mango Fondue
7-ounce premium dark chocolate candy bar
2 ounces coconut milk
15 to 20 pieces dried mango

**In camp:** Melt the chocolate in a saucepan over low heat with coconut milk (if you've already used a can of coconut milk for dinner, just save some for the fondue). When the chocolate is thoroughly melted, remove it from the heat. Use forks or sticks to skewer mango pieces (or other dried fruit) and dip them in the chocolate. Serves four.

Canyon Crostinis
1 cup dried porcini mushrooms, sliced
1 cup sun-dried tomatoes, sliced
1/3 cup olive oil
6 cloves garlic, chopped
1/2 cup pine nuts
1/2 cup fresh basil
salt and pepper
7 1/2-ounce package crostinis

**In camp:** Soak mushrooms and tomatoes in hot water for 5 minutes, then sauté them with olive oil, garlic, and pine nuts. Stir in basil just prior to removing from heat, add salt and pepper to taste, then serve as dip with crostinis. If you're drinking wine, add a splash to the ingredients while cooking. Serves four as an appetizer.

Clam Pasta
3/4 cup chopped Italian parsley
3/4 cup chopped fresh basil
1 cup dry white wine
1 pound penne pasta
3 tablespoons olive oil
4 cloves garlic, chopped
6.5-ounce can whole or chopped clams (double if desired)
salt, pepper, and crushed red chilies
1 cup grated mild white cheddar
1/4 pound parmesan cheese

**At home:** Get the freshest parsley and basil available. Pour the wine into a plastic container. Package ingredients separately.

**In camp:** Boil the pasta according to the package directions. In a separate saucepan, briefly sauté the olive oil, garlic, and clams with a little salt, pepper, and crushed red chilies. Over a low flame, add wine and heat, but don't boil. For a creamy sauce, add cheddar cheese. Drain pasta and combine it with the sauce, plus parsley and basil. Serve with freshly grated parmesan. Serves three or four.
Mexi-Bean Salad

1 tablespoon minced cilantro
1/2 teaspoon salt
1 tablespoon vinegar
1/3 cup salsa
1 15-ounce can kidney beans, rinsed and drained
1 cup frozen corn, thawed
1/2 bell pepper, sliced into strips
2 scallions, chopped

At home: Stir the cilantro, salt, and vinegar into the salsa in a large bowl. Add the remaining ingredients, stir, cover the bowl, and marinate for at least 24 hours before drying. The salad is done when the beans are crunchy and the corn is still a bit leathery. Place a single serving (1/4 cup) of the dried mix in each zipper-lock bag.

In camp: Add an equal amount of water to each portion of salad (1/4 cup of water to 1/4 cup of salad) and allow it to reconstitute for at least 1 hour. Use as a side salad or as filling for a vegetable burrito-just add cheese. Yield: 1 1/2 to 2 cups (6 to 8 side dishes).

Oriental Cabbage Salad

1/4 cup vinegar
1 cup sugar
1/2 teaspoon salt
1/2 cup vegetable oil
1/4 cup soy sauce
1 large Chinese cabbage, shredded
1 bunch scallions, white bulb discarded, chopped
1 teaspoon toasted sesame seeds
1 tablespoon toasted slivered almonds

At home: Mix the vinegar, sugar, salt, oil, and soy sauce in a bowl and stir until the sugar is dissolved. Place the cabbage and scallions in a bowl, pour the marinade over them, and toss to thoroughly coat the vegetables. Marinate for 24 to 36 hours, then dehydrate. Package a single serving (1/4 cup) of the dried mix in each zipper-lock bag. Pack the sesame seeds and almonds in a separate bag.

In camp: Add 1/8 cup of water to 1/4 cup of dried mix and let it soak for at least half an hour. Sprinkle with the sesame seeds and almonds just before serving. Yield: 1 1/2 to 2 cups (6 to 8 side dishes).
Zucchini-Apple Salad

1/4 cup lemon juice
1 tablespoon minced fresh ginger
2 tablespoons sugar
1 large zucchini, shredded
1 large apple, cored and shredded

At home: Combine the lemon juice, ginger, and sugar in a bowl and stir until the sugar dissolves. Place the zucchini and apple in another bowl, pour the juice mixture over them, cover, and marinate for at least 24 hours before dehydrating. Package a single serving (1/3 cup) of the dried salad in each zipper-lock bag.

In camp: Add 1/3 cup of water to 1/3 cup of salad and allow it to reconstitute for at least half an hour. Yield: 1 to 1 1/3 cups (4 side dishes).
Recipes

Packer's Cole Slaw

1 tablespoon noniodized or canning salt
1 cup water
1/2 cabbage, washed and finely shredded
1 stalk celery, shredded
1 carrot, shredded
1/2 green pepper, shredded
3/4 cup vinegar
1 teaspoon mustard seed
1/2 teaspoon celery seed
1 cup sugar

At home: Dissolve the salt in the water in a large bowl, then soak the cabbage in the salt water for an hour. Add the next three ingredients and let them soak for another 20 minutes, then drain and rinse thoroughly. Meanwhile, combine the vinegar, mustard seed, celery seed, and sugar in a pan and bring it to a boil, stirring until the sugar is dissolved. Pour the dressing over the rinsed vegetable mixture in the bowl and marinate, covered, for at least 24 hours before dehydrating. Divide the dried slaw into plastic bags (1/3 cup of dried salad is adequate as a side dish for one person).

In camp: Add an equal amount of water to each portion of salad (1/3 cup of water to 1/3 cup of salad) and allow it to reconstitute for at least half an hour. Yield: 3 1/2 to 4 cups (10 to 12 side dishes).

Carrot-Pineapple Crunch

1 large lemon's peel, grated
1 cup sugar
1/2 cup lemon juice
4 large carrots, peeled and shredded
1 8-ounce can crushed pineapple, drained
1 tablespoon toasted slivered almonds

At home: Stir the lemon zest and sugar into the lemon juice in a pan and simmer gently until the sugar is dissolved. Put the carrots and pineapple in a bowl, pour the juice mixture over them, cover the bowl, and marinate for at least 24 hours before drying. Package the dried mix in zipper-lock bags (1/3 cup of dried salad will make side dishes for two people). Package the almonds separately.

In camp: Add an equal amount of water to each portion of salad (1/3 cup of water to 1/3 cup of salad) and allow to reconstitute for at least half an hour, then add almonds. Yield: 1 cup (6 side dishes).
hiking buddies green with envy.

By J. Lynn Cutts, October 2001

The great salad experiment started when my husband refused to pack Edible Plants of the Southwest into New Mexico's Gila Wilderness. "It weighs only 16 ounces. Surely a big, strong man like you can handle an extra pound," I coaxed. The ploy didn't work, so the book stayed home—I sure wasn't going to lug it. The next 6 days, devoid of fresh, green foods, were agony. I began to fantasize about salads: leafy mixes, crisp slaws, and tangy beans. I gazed longingly at the unfamiliar vegetation growing along the trail. I knew I was in trouble when I called a friend Romaine instead of Ronald.

I vowed never to go saladless again. And thus began a frenzy of dehydrating fresh veggies that easily could be rehydrated into a backcountry salad bar (see "Easy Drying" in sidebar for basic dehydrating tips).

I discovered that some methods and ingredients are vastly more successful than others. For instance:

- Shredded vegetables dry more thoroughly and rehydrate faster than sliced, and are less likely to crumble into powder inside a pack. A food processor fitted with a medium grating disk is ideal for shredding firm veggies. For tomatoes and other soft fruits and veggies, stick to slices or chunks.
- Marinate your vegetables in spices for at least 24 hours before drying and you won't need to pack dressing ingredients. To get the full flavor blast, my marinade contains double the amounts of spices I'd normally use in camp.
- Cabbage in all its forms dries exceptionally well, even pickled red cabbage and sauerkraut straight from the jar. Every version of cole slaw—unless it has a creamy dressing—makes the transformation from fresh to dry to salad successfully.
- Other trailworthy candidates for shredding include carrots, zucchini, yellow squash, and apples. Put shredded apples in lemon juice or vinegar right away to keep them from turning brown.

My experiments yielded five packable salads that do more than just satisfy my craving for fresh produce on the trail. They're easy to prepare quickly and don't require cooking, so I can have a salad with any meal. I carry them in zipper-lock bags and just add water half an hour or so before mealtime. Salads also add punch to a trailside lunch. In the morning, I divide the dried ingredients into individual servings in zipper-lock bags, add water; and by noon, I have a crispy, refreshing salad to augment crackers, cheese, and beef jerky. Eat it out of the bag, and there are no dishes to wash.

All of the salads in these recipes dried in 24 to 36 hours with my old dehydrator. Newer dehydrators will do the job in about 15 hours at 130°F. If you've never dried veggies, or if you're using an oven or brand-new dehydrator, check their consistency after 15 hours; veggies should be crunchy, but not brittle. Dried salads last for up to 6 months in the freezer without spoilage or loss of flavor and texture.
Cheese, Please

NUTRITIOUS, DELICIOUS, AND VERSATILE. OUNCE FOR OUNCE, THIS WONDER FOOD CAN'T BE BEAT.

To hear Justin Dayev tell it, he has his priorities straight when it comes to shaving weight. As a coordinator with Idaho State University's Outdoor Program, Dayev averages more than 50 nights out a year, practices the same one-pot theory he preaches to his students, wears a stocking cap to stay warm in his ultralight sleeping bag, and long ago swapped his multitool for a microtowel. But he won't downsize his cheese supply—on every trip he packs two blocks that together weigh as much as his 20-pound pack.

"For years, I used to pack very light food," says Dayev. "I'd spend weeks at a time eating nothing but granola, energy bars, and processed mac and cheese. I finally realized that was no way to live a large portion of my life." Instead, he embraced a delicious reality of backpacking menu planning. Gram for gram, packing cheese as much flavorful, nutritious, stomach-filling mac and cheese.

Cheese delivers a healthy one-two punch of protein and calcium, replaces salt lost through sweat, and is a concentrated source of calories and fat—a boon when you're logging big miles or hiking in cold weather. But that doesn't mean it's wise to simply snack a chunk of cheddar. For help, we turned to two of the high priestesses of sports nutrition, Nancy Clark, Ph.D., director of Nutrition Services at SportsMedicine Brookline and author of Nancy Clark's Sports Nutrition Guidebook, and Stella Valpe, head of the Center for Nutrition in Sport and Human Performance at the University of Massachusetts. They offered four commandments for making cheese a healthful part of your high-performance backcountry menu.

>> Balance thy diet. Gouda and company help sustain energy through a day of hiking since your body is slow to absorb the nutrients from fatty cheese. But to optimize power over the long haul, mix in liberal servings of complex carbohydrates like dried fruit and bagels.

>> Don't fall asleep. It's 11 p.m. and you have 7 hard miles to go. Now is not the best time to down a tub of cream cheese, which can leave you lethargic as your body deals with the demands of digesting Phil's finest. To avoid a slowdown, snack on cheese in small amounts frequency during the day and reward yourself with more generous portions in camp.

>> Don't jump the gun. One reason cheese is so satisfying and tasty is the high fat content, but all that fat can make you feel full too quickly for your own good. After big days, a dampened appetite can keep you from eating enough calories to cover what you've burned. Start your meals with other foods and make cheese part of the main event.

>> Stop shivering, start eating. You'll typically burn more fat in colder climes, so if

GSI Outdoors Glacier Stainless Steel Grater
82 c 1,995-

Lighten up

tow things: we won't go without our line-flavored cheese-aged Gouda. Grate it before hiking the trail (or shaggy) or suddenly whip it with a paddle knife in camp. No, for freshly shredded toppings, in the backcountry we take this stainless steel wonder. It has only one grating surface, but it's tough, works well for hard and soft cheeses alike, and leaves plenty of money for a post-hike glass of wine.

Contact: (800) 704-6014, www.gsioutdoors.com, Regular service #192.
you're shivering, bring on the cheese. Cheese helps provide the extra calories you need to persevere in chilly weather, and lower temperatures mean that softer offerings like goat cheese and fresh mozzarella will keep longer.

Recipes
Cheesy Cashew Rice Curry
This recipe puts a creamy, decadent twist on an Asian classic. Use a mild cheese like cheddar or jack.
1/4 cup dried milk
3/4 cups water
2 cups rice or instant rice
1/4 cup cashew pieces
1 tsp salt
1 tsp ground red pepper
2 ounces mild cheese, grated

In camp: Mix the dried milk and enough water to form a paste. Add the remaining water, mix well, and bring to a boil. Stir in the rice. Cover and simmer until the rice is soft (about 20 minutes; for instant, follow the directions on the package). Stir in nuts, salt, pepper, and cheese. Serve when the cheese is melted. Serves two.

Pluto Mountain Pizza
Want to make perfect pizza without lug-
ging along an oven? Stuff a pit with cheese and your favorite ingredients.
5 ounces pizza sauce
1/2 cup water
1 ounce cheese of choice
2 pitas
1 tablespoon oil
pizza toppings (optional)

At home: Dehydrate your favorite pizza sauce in a food dehydrator. Alternatively, bring a tube of tomato paste and make sauce on the trail.

In camp: Add water to the dehydrated sauce. Chop the cheese into small pieces. Cut a 3-inch slice into the side of each whole pita. Stuff the pita with sauce, cheese, and toppings of choice. Cook both sides of the pita in an oiled frying pan, on medium heat. When cheese is melted, it’s ready. Serves one or two. Adapted from Lipsmackin’ Backpackin’, by Tim and Christine Connors.

Favorite Flavors
Good-Bye Jack,
Hello Red Dragon
Tired of plain old cheddar? We ordered specialty cheeses from igourmet.com that you won’t find at the local deli. Here are a few flavors that make trail food taste five-star.

Cave-Aged Gruyère ($12/lb.)
Take a classic Gruyère, stick it in a Swiss cave for a year, and voilà—a deeper, earthier, tastier mac and cheese than you’ve ever imagined.

Chimney Trappiste ($12/lb.)
Tastes like the happy union of a dairy and a fine Belgian brewery. Mild, semisoft, and best for folks who favor subtle flavors.

Parmiggiano-Reggiano ($12/lb.)
Don’t waste this sharp, intensely fla-
vored hard cheese in the grater. Bring a mellow cabernet and savor this Italian masterpiece one nibble at a time.

Red Dragon ($13/lb.)
A smidgen of brown ale and a generous dose of mustard seed makes this Welsh cheddar moist and spicy. Perfect on a sandwich.

San Francisco-based Steven Finch won’t hike anywhere without a burlap bag of dill basmati.