Curry Couscous Salad
This flavorful carby-rich meal balances a touch of protein and fat, perfect for lunch, dinner, or as a side.

1/2 teaspoon curry powder
large pinch turmeric
1 teaspoon salt
1/2 teaspoon ground black pepper
1/4 cup dried cranberries
5 oz dried apricots, finely chopped
1/4 cup sliced almonds
1/4 cup pine nuts
1/4 cup couscous
1/2 bouillon cube (any flavor)
1/4 cup water
1 tablespoon olive oil (optional)
1 scallion, thinly sliced

At home Mix curry powder, turmeric, salt, and pepper and store in a zipper-lock bag or spice container. Brown rice in a frying pan on high heat for 3 minutes; let cool. Combine them with cranberries, chopped apricots, and almonds in a zipper-lock bag.

In camp Boil water, dissolve bouillon cube, then add couscous. Cover tightly and let stand 5 minutes. Fluff couscous, add olive oil and spices, and mix well. Stir in dried fruit, nuts, and scallion. Serve warm, or pack in a water bottle or plastic container for later; this recipe travels well and tastes great cold. Serves 2 as a main dish, more as a side, or scoop it into pita halves to eat sandwich-style.

Power booster To make this dish more filling, mix in a can of chicken or tuna.

Granola Almond Rollups
This breakfast, lunch, or hearty snack wraps protein, antioxidants, and fiber into one yummy package.

1/4 cup apple juice
1/4 cup almond butter
1/4 cup honey
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon vanilla
pinch salt
2 cups rolled oats
1/4 cup sliced or slivered almonds
1/4 cup dried blueberries
1/4 cup dried plums, chopped
8 whole wheat tortillas
2 1/2 tablespoons honey

At home Combine apple juice, honey, 1/4 cup almond butter (pack the rest), cinnamon, nutmeg, vanilla, and salt in a small saucepan and heat until the almond butter is soft and ingredients are mixed. Place oats in a bowl and pour in the mix. Combine. Spread on a rimmed ungreased cookie sheet and bake at 350°F. Gently stir every 5 minutes until the oats turn golden brown, about 25 minutes. Remove from oven and stir in nuts and dried fruit. Cool completely and pack in a zipper-lock bag.

In camp Spread 1 tablespoon of the remaining almond butter on each tortilla. Drizzle with about 1 teaspoon honey. Sprinkle a handful of the oat mix on top, and roll. Serves 4.
To go Wrap each roll tightly in foil.

Mushroom, Walnut, & Salami Pasta
Propel tomorrow's climb with this balanced dinner of slow-burning carbs and protein.

4 pound pasta (see below)
1/2 cup olive oil
1 clove garlic
2 ounce dried shiitake mushrooms
6 ounces hard salami
1/4 cup walnuts, roughly chopped
1/2 teaspoon dried parsley

In camp Boil 2 cups water and pour over mushrooms; soak 15 minutes or until soft. Cook pasta al dente. While pasta cooks, mince garlic and chop salami into 1/4-inch pieces. Drain and chop mushrooms. Drain pasta, cover, and set aside. Heat garlic in the olive oil for 1 minute. Add mushrooms; cook 2 more minutes. Add walnuts, salami, and parsley, and cook until meat is warmed. Divide pasta into two bowls, and top each with half the sauce. Serves 2.

Timesaver Rehydrate mushrooms in your water bottle while you hike.

Pasta finder Whole-grain or ground legume noodles provide the slow-burning carbs you need for long dayhikes and multi-day trips. Eden Foods (www.edenfoods.com) carries a line of whole grain and buckwheat pastas. Protein-rich Barilla Plus is sold at most supermarkets.

Nut & Berry Oatmeal
Simple additions pack protein, antioxidants, and more fiber into a tried breakfast.

1 cup quick-cooking steel-cut oats
large pinch cinnamon
3 tablespoons peanut butter
4 tablespoons wheat germ
4 tablespoons honey
1/4 cup dried cherries
1/4 cup dried blueberries
1/2 cup soy milk

In camp Cook oats according to directions. Add cinnamon, peanut butter, wheat germ, honey, cherries, and blueberries. Stir in soy milk. Serves 2.

FRONT BURNER
FIELD-TESTED ADVICE ON OUTDOOR COOKING

M&M-heavy gorp may sweet-talk your taste buds, but it's hardly the best way to fuel a dawn-to-dusk hike. Instead, stick to energy-maximizing proportions—high carbs, moderate fats, and proteins—like those sports nutritionist Bob Seeholzer recommends in this trail-mix recipe.

Power Gorp (3 cups)
1 cup roasted, salted almonds
1/4 cup dark chocolate chips
1/4 cup roasted, salted pumpkin seeds
1/4 cup roasted, salted sunflower seeds
1/2 cup dried cherries
1/4 cup dried cranberries

HIGH ALTITUDE COOKING: THE BOILING POINT OF WATER IS LOWER AT HIGH ELEVATIONS. ABOVE 5,000 FEET, INCREASE COOKING TIMES BY AT LEAST 5 MINUTES.

05.08 BACKPACKER 57
Fun Food
Meal-by-meal tips to please the whole family

At home, mealtime rules are carved in stone: Finish your broccoli, drink your milk, easy on the snacks. In the woods, however, you have a rare chance to loosen up. Here's how to use food as a great motivator for all ages.

Breakfast Bring an Outback Oven (backpackerspantry.com) and cook up some goosy cinnamon rolls or banana bread. Or jazz up instant-oatmeal packets with yogurt-covered raisins or scavenged blueberries.

Lunch Keep it simple with PB&J on bagels or pita, or cheese-and-salami sandwiches. Add water to dehydrated hummus mix and dip tortilla wedges. Slice up an apple or orange.

Dinner Is there a kid alive who doesn't go nuts for a bowl of steamy mac 'n cheese? Make perennial kid favorites—cheese quesadillas or pepperoni pizza—in your Outback Oven. Or try our Pizza-in-a-Bowl recipe (top right).

Dessert Make a batch of chocolate-chip cookies in the Outback Oven—the-slice-and-bake logs from the dairy aisle work great. And remember: It's not a camping trip without s'mores (see ideas at right).

Snacks Snacks (read: bribes) can make or break your trip. Some tried-and-true favorites:
- fruit snacks or leathers
- gorp with a high candy-to-fruit-and-nut ratio
- fan pops, push-up pops, ring pops, bubblegum tape, or anything novel
- cheese sticks

Beverages Some kids get bored with water, so spike their H2O with a sweet drink mix. Bring cocoa packets (bonus points for mini-marshmallows) to serve at breakfast and dinner.

Pizza-in-a-Bowl
All four food groups crammed into one easy-to-fix meal

2 cups whole-wheat couscous
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
4 oz. mozzarella cheese
4 oz. pepperoni
1 small red bell pepper (it will stay fresh for at least 3 days)

At home Pack couscous and herbs in a zipper-lock bag.

In camp Boil 4 cups water. Meanwhile, finely dice the cheese, pepperoni, and bell pepper. Once the water boils, remove it from the stove and stir in the couscous-herb mix. Cover and let stand about 7 minutes. Fluff with a fork and stir in the remaining ingredients.

S'more Ideas for Dessert
A few of our favorite insanely sweet creations

- Place a toasted marshmallow between two chocolate-chip cookies.
- Substitute a peanut-butter cup for the chocolate bar.
- Substitute vanilla wafers for graham crackers.
- Smush a toasted marshmallow between two graham crackers until the white stuff oozes out the sides. Roll it like a wheel through a plate of M&M's.

Timeless advice for grown-up newbies
What if good ol' Uncle Norman decides to join the family camping trip? Follow these tips to ensure that his camping experience is comfortable and stress-free.

Go luxe A cushy sleeping pad, plump pillow, and camp chair are must-haves for virgin campers.

Jettison the jeans Check his personal gear—replacing his cotton tees and white sports socks—and make sure his boots are properly broken in.

Go gourmet Other meals can be simple, but make the adults' supper memorable. Try a pesto-and-sun-dried tomato pizza, penne a la vodka, and something chocolatey for dessert.

Spread Cheer If he's the type who likes a nip or two, bring along a flask of his favorite single malt or a bottle of Rioja.

Easy does it Even if he's a tough guy, make sure his pack is light and the trail is mellow.

Build pre-trip excitement Find scenic, enticing images online or in this magazine to get him salivating. If he's an avid angler, give him a topo with good fishing holes highlighted; if he's a wildflower or wildlife nut, buy him a location-specific field guide.

Gear editor Kristin Hostetter employs sons Charlie, 6, and Joey, 4, as testers because they work cheap, are photogenic, and offer such helpful feedback as "awesome!" or "I hate that!"

Mountain Hardwear GTX 2.5 jacket with GORE-TEX® PACLITE® fabric tech

Outwear made with GORE-TEX fabric is the most tested in the industry. But the most crucial test is how you feel at the end of the day. This and every other jacket deserve to endure hours of testing and pelted with gallons of water. There can be no leaks, no drips, and no excuses. Only then can we carry the GUARANTEED TO KEEP YOU DRY® promise. Shop for great gear at gore-tex.com.

GORE-TEX It's a great fit.

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GREAT GEAR
GREAT DAY
Backpacking Recipes

Here's a few recipes that you might want to try on your next backpacking trip:

Cashew Rice Curry (Makes 2 generous servings)

Ingredients:

1/4 cup dried milk
1/2 tsp salt
1 tsp curry powder
3 1/2 cups water
2 cup instant rice
1/4 cup cashew pieces
2 oz grated cheddar cheese

Directions:

Mix dry milk and enough water to form a paste. Add remaining water, mix well and bring to a boil. Stir in rice. Cover and simmer until water is absorbed and rice is soft (about 20 minutes). Stir in nuts and cheese. Serve when the cheese is melted.

Turkey Tetrazini (Makes 3 servings)

Ingredients:

3 cups water
3 servings dry mushroom soup mix
1 can turkey (5 oz)
1 pkg Ramen oriental noodles

Directions:

Mix water and soup mix until smooth. Add turkey and noodles. (Don't use the sauce mix from the Ramen package. You can leave that at home.) Cook 2 minutes and serve.

Lentil Dish (Makes 2 generous servings)

Ingredients:

1 cup dried ground lentils (crack in blender)
1/4 cup dehydrated mince onion
1 1/2 tbs cumin
2 tsp garlic powder
2 tbs sugar
3 cups water

http://www.isu.edu/outdoor/bkrecipe.htm

2/7/2006
1 tsp salt
4 tbs margarine
4 oz Jack cheese

Directions:
Place lentils, onion, cumin, garlic powder, sugar, water and salt in pot. Boil for 2 minutes. Cover and let stand 1 hour. After 1 hour, bring to boil again, add margarine and simmer covered for 15 minutes. Garnish with thinly sliced cheese.

Beef Stroganoff (Makes 2 generous servings)

Ingredients:

4 1/2 cups water
2/3 cup instant powder milk
1 pkg sour cream mix
1 pkg Stroganoff mix
2 cups egg noodles
1/2 cup dried beef (see "Dried Beef," below)
2 tsp salt
4 tbs margarine (optional)

Directions:
Mix 1 1/2 cups water and 1/2 cup powder milk. In pot, add milk to sour cream mix and Stroganoff mix. Heat until sauce thickens. Place noodles, beef, salt, and 3 cups of water in 2nd pot. Bring to boil and simmer 15 minutes. Stir in sauce, add margarine and serve.

Dried Beef (Use for Stroganoff, above, or other meat dishes)

Ingredients:

2 lbs lean meat (round or flank steak)
2 cups cold water
1/2 cup salt
1/2 tbs. black pepper
1/4 cup vinegar

Directions:
Trim fat from meat. Slice meat into 1/4 inch strips, slicing with grain of meat. Combine water, salt, black pepper, and vinegar in deep pot and bring to boil. Divide meat into 4 lots. Boil each lot for 5 minutes. Meat will be gray when done. Press out juice with rolling pin and paper towels. Preheat oven to 150 degrees. Place meat strips on metal oven racks. Keep oven door slightly ajar. Meat will dry in 1 1/2 hours. Meat should crack but not be brittle when done. If it bends but does not break, cook little longer. Store in bag. Dried meat should keep about 10 weeks.

http://www.isu.edu/outdoor/bkrecipe.htm
Chicken Rice Almmondine (Makes 3 generous servings)

**Ingredients:**

4 cups water  
1 6 ounce can, chicken  
4 cups instant rice  
1/2 tsp onion salt  
1/2 tsp celery salt  
2 tsp chopped dried onion  
1 pkg slice almonds (2 3/4 oz)  
2/3 cup raisins

**Directions:**

Place chicken and water in pot, bring to boil. Add remaining ingredients, bring to boil. Remove from heat. Let sit for 10 minutes. Fluff with fork and serve.

Super Power Bars (Makes eight 2" x 4" bars)

**Ingredients:**

1/2 cup margarine  
3/4 cup brown sugar  
1/2 cup oats  
1/2 cup unsifted whole wheat flour  
1/2 cup unsifted white flour  
1/4 cup toasted wheat germ  
2 tsp orange rind  
2 eggs  
1 cup blanched almonds  
1/4 cup coconut  
1/2 cup chocolate chips

**Directions:**


Our thanks to Georgia Locker who provided these recipes.
Spanish Brown Rice Wraps
Whole-grain brown rice adds a nutty, healthy twist to the classic camp burrito.

1 box Rice-A-Roni Savory Whole Grains (Spanish flavor)
⅔ cup water
3 ounces pepper jack cheese
1 cup beef jerky, shredded
1 small jalapeño pepper (or milder pepper if you prefer), finely chopped
2 cloves garlic, minced
1 small onion, chopped
2 tablespoons olive oil
4 whole-wheat tortillas

In camp Heat oil in pot and sauté garlic, onion, and pepper for about 3 minutes. Add water, beef jerky, rice, and seasoning packet. Reduce heat and simmer for about 20 minutes or until rice is cooked and water is absorbed. Toss with cheese and wrap burrito-style in tortillas. Serves two.

Go With The Grain
4 fast, delicious rice recipes

Humble rice is a backcountry wonder. It’s versatile, packable, and nutritious—one ounce for ounce, brown rice has 10 percent more complex carbohydrates than pasta. Here are four versatile, filling recipes that will keep you smiling through breakfast, lunch, and dinner.

Shredded Veggie Salad
This crunchy, carb-rich lunch will keep you moving all afternoon.

1 box Rice-A-Roni Savory Whole Grains
Chicken & Herb Classico (or any other quick-cooking brown rice with seasoning)
1 carrot
2 radishes
1 small pickling cucumber
1 shallot
2 tablespoons rice wine vinegar
1 tablespoon olive oil
¼ cup pine nuts
2 packets True Lemon crystalized lemon substitute

At home Toast pine nuts on a flat tray at 350°F, shaking once, until golden brown (about minutes) and pack in a zipper-lock bag. Combine vinegar and oil in a leakproof mini-bottles. At breakfast, combine rice, seasoning packet, and 2 cups boiling water in a wide-mouth water bottle. At lunchtime, drain any excess water. Grate the vegetables and add the rice. Add pine nuts, vinegar mixture, and True Lemon. Shake gently to combine. This is great served with tortillas, pita bread, or crackers. Serves three to four. Gear note: GSI Outdoors has a handy 1.3 oz. stainless-steel grater for about $2 (www.gsioutdoors.com)

Rice Pudding
Fix this sweet-and-spicy classic as a dessert or hot breakfast.

1 packet boil-in-bag brown rice
½ cup powdered milk
½ teaspoon cinnamon
½ teaspoon ground cloves
⅛ teaspoon allspice
1½ tablespoons brown sugar
¼ cup shredded sweetened coconut
¼ cup chopped dried fruit (apricots, raisins, cranberries, or mangoes)

At home Combine milk, coconut, and spices in a zipper-lock bag.
In camp Add bag of rice to pot of water as directed. As water begins to boil, add dried fruit to pot. When rice is cooked, remove bag and pour off all but about ½ cup of the liquid, leaving the fruit. Add contents of spice bag. Silt open rice bag and add, stirring to combine. Serves four.

Beef Cashew Brown Rice Curry
For a meal that’s easy and exotic, try this one-pot dish and Asian accents.

1 packet boil-in-bag brown rice
1 cup shredded beef jerky
¼ cup chopped cashews
3 tablespoons curry powder
1 teaspoon coarse salt
⅛ cup powdered milk
3 ounces pepper jack cheese

At home Combine curry powder, salt, and milk in a zipper-lock bag.
In camp Heat rice as directed. As water begins to boil, add the beef jerky to the pot. Meanwhile, dice the cheese. When rice is cooked, remove the bag and the softened jerky, and drain all except about ¼ cup of the liquid. Add curry mixture and stir to form a thick sauce. Silt the rice bag open and pour contents into the pot, along with the cashews, jerky, and cheese. Toss to combine. Serves two to three.
5-Minute Meal

Hearty & Spicy “Baked” Ziti

2 cups uncooked ziti  
1 clove garlic  
1 fresh jalapeño pepper  
1 cup cured hard sausage or salami  
4 tablespoons olive oil  
1 cup white cheddar, Monterey Jack, or other cheese, grated  
1 tomato  
1 zucchini

At home Pack pasta in a zip-lock bag. Pack olive oil in a leakproof bottle.

In camp Cook pasta al dente. Drain, cover, and set aside. While you’re waiting, mince jalapeño and garlic (to cut down on the heat, discard the pepper seeds). Cut sausage, tomato, and zucchini into ¼-inch cubes. In your largest pot, heat 1 tablespoon olive oil. Add garlic and jalapeño and cook over medium/low heat until soft and fragrant (about 3 minutes). Add sausage, tomato, and zucchini and stir while cooking another 3 to 4 minutes. Remove from heat and add veggies, meat, and cheese to the pasta. Mix well. Cover and let stand for 3 minutes. Serves 2.

5-Minute Meal

Chicken Curry Rice Salad

Salad:  
1 bag “boil-in-bag” brown rice  
2 boneless chicken breasts, cooked  
1 stalk celery  
1 carrot  
1 small apple  
½ cup sunflower seeds

Dressing:  
4 tablespoons olive oil  
1 teaspoon brown sugar  
 pinch of coarse salt  
½ teaspoon garlic powder  
1 teaspoon curry powder  
½ teaspoon cumin

At home Dressing: In a bowl, whisk together all ingredients and carry in a small leakproof container. Meat: Cook chicken or steak, let it cool, then triple-wrap it (first in plastic wrap, then aluminum foil, then in a zip-lock bag). Freeze overnight. Pack it just before you head out the door.

In camp Cook rice per instructions. Meanwhile, dice the now-defrosted meat. Finely chop the carrot, celery, and apple. Let the rice cool for about 10 minutes, then mix together all the remaining ingredients, including dressing. Serves 2.

5-Minute Meal

Crunchy Tabouleh

6-ounce box tabbouleh mix (including spice packet)  
1 small cucumber  
2 scallions  
1 carrot  
2 radishes  
½ cup broccoli florets  
4 sprigs parsley  
2 tablespoons lemon juice (optional)  
2 tablespoons olive oil

At home Combine bulgur from tabbouleh mix with contents of spice packet; pack in a zip-lock bag.

In camp At breakfast, chop veggies and combine all ingredients in a leakproof container with 1 cup cold, filtered water. By lunchtime, the bulgur will be rehydrated and the salad will be ready to devour. Serve with tortillas. Serves 2.

Adapted from Backcountry Cooking, by Dorcas Reilly, $16.95

5-Minute Meal

Lemony Maple Blueberry Sauce

½ pint fresh blueberries (Substitutes: any other berry, or soft fruit like peach, pear, and plum)  
½ cup real maple syrup  
½ lemon (juice and rind)  
1 tablespoon brown sugar  
1 tablespoon butter

At home Pack syrup in a leakproof bottle; pack sugar in a zip-lock bag.

In camp Using a sharp knife, gently peel the yellow part of the lemon rind. Avoid cutting too deep into the white part of the skin (it’s bitter). Finely chop the yellow peel and set aside. In a skillet, melt the butter over low heat, then add the blueberries. Mash some of the blueberries with a fork, then add the remaining ingredients, including the lemon rind. Simmer over low heat for about 5 minutes until the mixture starts to thicken. Makes 1 cup. Pour over pancakes, oatmeal, French toast, breads, or cakes.
**Hot & Sour Soba Seafood Soup**
Treat yourself to the spicy flavor of Chinese takeout, even when you’re far from home.

- 4½ cups water
- ¼ cup seasoned rice vinegar
- 3 cubes Knorr fish bouillon
- 1 ounce dried mushrooms (Asian markets offer various varieties)
- 1 bundle buckwheat soba noodles (4 oz.)
- 2 teaspoons dried minced garlic
- 1 tablespoon dried chopped chives
- 2 teaspoons red pepper flakes
- 4 pouches crab or imitation crab (3.53 oz. each), or 2 cans (6 oz. each)

**In camp** Bring water and vinegar to a boil in a medium pot. Add bouillon and stir to dissolve. Add mushrooms, garlic, chives, and crushed pepper; cook for 2 minutes. Break soba noodles in half, add to pot, and continue cooking 5 minutes. Stir in crab, undrained, and cook for another 2 minutes. Makes 3 generous servings.

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**Dried Corn & Salmon Chowder**
Thick potato broth and chunks of salmon deliver stick-to-your-ribs satisfaction.

- 6 cups water
- 1½ cups dried (not freeze-dried) sweet corn
- 2 tablespoons instant vegetable bouillon
- 2 tablespoons dried chopped chives
- 1 cup instant mashed potatoes
- ½ cup dried milk
- 1 pouch pink salmon (7 oz.)
- 1 teaspoon good quality lemon pepper
- 1 tablespoon butter (optional)

**At home** Combine mashed potatoes and dried milk in a zipper-lock bag.

**In camp** Bring water to a boil. Add corn, bouillon, and chives. Boil gently 15 to 20 minutes. Stir in salmon, breaking up meat with spoon, and cook 2 more minutes. Add potato-milk mixture, stirring for 1 minute. Remove from heat and allow soup to stand for a few minutes. Just before serving, stir in lemon pepper and, if desired, butter. Serves 3, or 2 generously.

**Tip** Pre-soak the corn by pouring 2 cups boiling water over corn and let stand for 30 to 60 minutes. Reduce cooking water to 4 cups, and shorten the boiling time to about 5 minutes.

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**Barley Corned Beef Soup With Dill**
With spoonfuls of hearty barley, this meat lovers’ meal will satisfy even the hungriest hiker.

- 8 cups water
- 3 tablespoons instant beef bouillon
- ¼ cup dried onion flakes
- 2 cups quick-cooking barley
- 3 tablespoons dried parsley flakes
- 1 can corned beef (12 ounces)
- 2 teaspoons dried dill

**In camp** Bring water to boil in a pot. Stir in bouillon and onion flakes; cook 2 minutes, then stir in barley and cook 5 more minutes. Add corned beef, breaking meat apart with spoon, then parsley and dill, and simmer 5 minutes. Remove pot from heat and allow soup to stand for 5 minutes. Serves 5.

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**Mountain Mulligatawny**
This classic East Indian rice and chicken soup delivers the exotic aroma of curry.

- 6 cups water
- ¼ cup finely chopped dried apple
- ¼ cup finely chopped sun-dried tomato
- 2 tablespoons instant chicken bouillon
- 1 tablespoon dried onion flakes
- 1 teaspoon dried minced garlic
- 2 teaspoons hot or mild curry powder
- 1 teaspoon coriander
- 1 teaspoon cumin seed
- 2 tablespoons dried parsley
- 1 cup instant brown rice
- 1 pouch chicken breast pieces (7 oz.)

**At home** Chop apples and tomatoes. Place in zipper-lock bag with bouillon, onion flakes, and garlic. Place brown rice in a separate zipper-lock bag with curry powder, coriander, cumin seed, and parsley.

**In camp** Bring water to a boil in a medium pot and stir in contents of apple/tomato bag. Cook for 3 minutes. Add contents of rice bag. Continue cooking 5 minutes, stirring occasionally. Add chicken, breaking up meat with a spoon, and simmer 3 minutes. Remove pot from heat to cool down. This thick soup (not much broth) serves 3.
The Ultralight Gourmet

Carry less without cutting flavor

By Alan Keaselheim

Simply put, food makes or breaks the backcountry experience. Whether you’re going on a weekend trip or a 7-day outing, simple changes to meal planning can leave you lugging less but still eating heartily.

- The best way to cut food weight, bulk, and expense, while retaining flavor and variety, is to dry your own. Dehydrate fruits, vegetables, even eggs, sauces, and meats to create flavorful, lightweight meals. American Harvest has an excellent line of food-drying equipment. Start with the Snackmaster Pro (800-288-4545; www.americanharvest.com; $80).
- Keep a touch of the fresh by packing garlic cloves and an onion to liven up sauce mixes or sauté with entrées.
- Use dry, packaged sauces like pesto or Alfredo over pasta, rice, or couscous.
- Add extra flavor to one-pot dinners, eggs, and lunch spreads with condiments such as Mongolian fire oil, horseradish, or soy sauce.
- Carry basic spices, including salt, pepper, chili powder, basil, and curry, in prescription bottles and film canisters, or purchase a spice kit from an outdoors store.
- Choose lightweight, fast-cooking staples, like couscous instead of rice and dried or powdered beans instead of canned.
- Trim your mess kit to just a cup, bowl, and spoon.
- For long trips, pack a liquid-fuel stove instead of a canister model to save bulk and weight.

Chicken Alfredo Couscous

2 cloves garlic, minced
1 teaspoon sesame seeds
1 teaspoon plus 2 tablespoons olive oil
Alfredo sauce packet
31/2 cups water
3 tablespoons powdered milk
1 chicken breast, cubed, dried or 10-ounce can
salt and pepper
1 cup couscous
1/4 cup dried peas

In camp Sauté garlic and sesame seeds in 1 teaspoon olive oil. Combine Alfredo sauce mix with 2 tablespoons olive oil, 1 cup water, and powdered milk. Simmer to thicken for 5 minutes. Rehydrate 1 cup water and chicken in water (10 minutes) and add to sauce. Simmer for 2 minutes, then add garlic and sauce, and add salt and pepper to taste. Remove from heat. Blend 1 1/4 cups water, add peas, cook for 5 minutes, add couscous, and heat. Pour sauce over couscous on low heat for 3 minutes or until water is absorbed. Pour sauce over couscous. Optional: sprinkle parmesan on top. Serves two or three.

Hummus Wraps

1 cup hummus mix
1/2 cups cold water
2 teaspoons olive oil
6 flour tortillas
1/4 pound cheddar cheese
4-ounce can whole green chilies (optional)
1/4 cup red onion, diced
salad, fire oil, or horseradish

In camp Combine hummus mix (dried at home or store-bought), water, and olive oil. Spread hummus on a tortilla, add slices of cheese, chilies, onion, and condiment of your choice, and roll. Repeat with the rest of the tortillas. Serves three.
**Taste Test: Hot Chocolate**

**FINE INGREDIENTS AND A VARIETY OF FLAVORS PUT THESE BRANDS ON TOP**

There are chocolate lovers, and then there are the ancient Olmecs of Central America, who actually used cocoa beans for currency. With that kind of reverence in mind, we sipped and savored 16 brands of hot cocoa to anoint the top four cups. Trust us: These creamy cocoa is so good, they're money.

- **Hershey's**
  - 4 1.25-ounce packets, $1.89
  - Skip dessert. Cocoa from this famous chocolatier is "like mixing a candy bar in a cup," coined one delighted tester. Anc thicck you'll be tempted to chew before you swallow. Testers tagged Chocolate Raspberry and Goodnight Kisses with hf ribbons; both, like all good chocolate, will leave you wanting more. (Available at most supermarkets)

- **Land O' Lakes**
  - 36 1.25-oz. packets, $21
  - Like a box of chocolates. That best describes the experience of picking your way through a sampler of this brand's mouthwatering flavors. Made with Dutch-processed cocoa, are sweet and creamy, yet tinged with distinct flavors such as lingering almond, tart raspberry, or a hint of vanilla. (Available at Sam's Club, BJ's, and Costco; via mail order, 800-721-86)

- **Stephen's Gourmet**
  - 16-oz. can (makes 12 cups), $3.99
  - A cup of this superb hot chocolate transforms your campsite into a 5-star café. The fine European cocoa Stephen's uses produces a velvety texture, and flavored versions such as hazelnut are subtle. Testers name surprisingly authentic Irish Créme as top sip. (Available at www.stephensgourmet.com or Target)

- **Swiss Miss**
  - 8 1-oz. packets, $3.29
  - Here's why Swiss Miss remains a perennial favorite: it perfectly balances a rich chocolate flavor with milky creaminess, then tops it off with a hint of butter. "The only thing that could make it better is a cold, wet day," says one tester. Choose from a shelf full of flavors, including testers' favorites Caramel Cream and Rich Chocolate. (Available at most supermarkets)

**Front Burner**

**MAKE YOUR PERFECT COC**

- **Sweeter** Let boilr water cool a min before pouring; chocolatey says boiling water can burn powdered cocoa, resulting in slightly bitter drink
- **Richer** Use less than the amount water suggested; too much dilutes otherwise satisfying beverage
- **Silkier** Mix instant milk with the coco powder for a creamier, tastier drink.

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**Easy Calories**

When hunger threatens to cut the day short, just pop a few speedballs. So says cameraman Steve Jones, who shoots skiing footage for Teton Gravity Research. Speedballs, or cocoa-covered butterballs, provide quick and tasty energy. They're a favorite of professional skiers, snowboarders, and film crews who spend hours battling fatigue on the world's most remote peaks. Even better, they're easy to make—just scoop grape-sized chunks of hard, cold butter or margarine into a ziplock bag filled with hot cocoa mix, then shake to coat. "Wolf 'em down, and you'll feel you engine rev immediately," promises Jones.
Asian Peanut Dip

If you can boil water, you can make this quick-cooking version of your favorite protein-packed Chinese sauce.

1/2 cup water
1/2 cup extra chunky peanut butter
2 teaspoons soy sauce (2 packets from a takeout place)
2 teaspoons seasoned rice vinegar
1 teaspoon chopped garlic (1 clove)
1 teaspoon crushed red pepper
1 scallion, sliced into thin rings (white and greens)
salt to taste

Oil for cooking

In camp Bring water to a boil in a small pan. Remove from heat and add peanut butter, stirring until smooth. Stir in soy sauce, rice vinegar, garlic, crushed pepper, scallion, and salt as desired. Return to heat and continue stirring for 1 to 2 minutes until mixture is thickened. Serve at once with rice crackers, baby carrots, or celery sticks. Serves 4.

Stuffed Fruit Rumaki

This easier-than-it-looks Japanese-style cocktail-party favorite will knock their wool socks off.

1 package (12 slices) cooked, vacuum-sealed bacon
12 salted smoked almonds
12 dried apricots and/or dried plums (prunes)
2 tablespoons teriyaki sauce
12-16 toothpicks

At home Cut a slit and tuck an almond inside each piece of fruit. Seal in a zipper-lock bag.

In camp Roll a slice of bacon around each piece of fruit and secure with a toothpick. Heat a frying pan to medium-high, add bacon-wrapped fruit, and cook 1 to 2 minutes, turning pieces to warm both sides. Pour teriyaki sauce into pan and stir thoroughly until each piece is coated. Remove from heat and serve immediately. Makes 12 to 16 pieces, enough for 2 to 4 hikers.

Tip For easier turning, shish-kebab 4 or 5 rolls on a single skewer.

Sizzling Starters

4 appetizers that will turn an ordinary dinner into a feast.

Don't make dinnertime a race to the bottom of your bowl. Kick back, relax, and replenish your spent calories with a round or two of delicious hors d'oeuvres. These tasty camp snacks will soothe your hunger pangs while supper simmers and the best stories from the day are told.

Campfire Calas

These savory New Orleans-style breakfast fritters are the perfect snack to start a frosty morning.

1 pouch precooked rice, 8.8 oz. (try Rice-A-Roni Express or Uncle Ben's Ready Rice)
1/4 cup water
1/4 cup all-purpose flour
1/4 cup sun-dried tomatoes (plain or smoked), finely chopped
2 tablespoons dried eggs
2 tablespoons chopped dried chives
1 teaspoon chopped fresh garlic (or 1/2 teaspoon dried minced garlic)
2 teaspoons onion powder
1 teaspoon sea salt
1 teaspoon baking powder
3 to 4 tablespoons olive oil for frying

At home Combine flour, tomatoes, dried eggs, chives, garlic, onion powder, salt, and baking powder in a zipper-lock bag. Shake to blend.

In camp Knead rice pouch to separate grains, then empty its contents into a bowl and blend in the dry-ingredients mix. Gradually add water while beating. Coat bottom of a frying pan with olive oil, place over high heat. Working in batches, drop spoonfuls of batter into hot oil, flattening each slightly. Cook 1 to 1 1/2 minutes, until bottoms are golden and crispy. Flip and cook about 1 minute (add more oil as needed). Makes about 16 fritters (for 3 to 4 people).

Sweet 'n' Hot Green Chile Fondue

Grab your breadsticks and dip in: This bubbling cheese sauce will disappear fast.

1 jar (5 oz.) Kraft Old English cheddar cheese spread, or 6 ounces shredded cheese
1/4 cup water
1 can (4 oz.) diced green chilies
2 tablespoons Celestial Seasonings Harvest Apple Spice Natural Cider Mix
2 tablespoons powdered milk
2 tablespoons onion powder
1 tablespoon cornstarch
1 tablespoon spaced rum (optional)
1/4 teaspoon cayenne pepper

At home Blend cider mix, powdered milk, onion powder, cornstarch, and cayenne pepper and seal in a zipper-lock bag. If you're using shredded cheese, freeze the bag.

In camp Drain chilies and place in a cup or small bowl. Add dry ingredients, stir, and set aside. In a small pan, bring water to a boil and add the cheese. Stir until melted. Add green chili mixture and continue stirring until thick and hot, about 2-3 minutes. Stir in rum, if desired. Serve with crusty bread, bagels, pita, or breadsticks, and slices of fresh, tart apples. Serves 4.

BRISK BRILLO USE LOOSE SNOW AND ICE CHIPS TO SCOUR AND WASH DIRTY DISHES.

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5-Minute Meal
RUM AND BLACK BEAN SOUP

1 cup dried black beans
½ medium onion, chopped
½ stalk celery, chopped
3 sprigs parsley, chopped
1 tablespoon thyme
1 bay leaf
1 tablespoon butter
1 cube beef bouillon
2 cups water
¼ cup dark rum
lime juice to taste
salt and pepper to taste

In camp: Put the dried black beans into a liter bottle and fill with 2 cups water to rehydrate for 30 minutes. Drain beans. Cook onion, celery, parsley, thyme, and bay leaf in butter over low heat for 10 minutes. Add bouillon, water, and beans. Bring the mixture to a boil, reduce heat, and simmer until beans are tender. Add more water as necessary to keep beans covered. Discard bay leaf and stir in rum, lime juice, and salt and pepper. Serves two as an appetizer.

5-Minute Meal
BLACK BEAN BURGERS

1 can (15 ounces) black beans
2 slices multigrain bread
½ cup smashed saltine crackers
¼ cup packaged fried onions
salt and pepper to taste
1 tablespoon vegetable oil
4 buns (optional)

At home: Drain and package beans in a doubled zipper-lock bag.

In camp: Mash beans in a large bowl. Tear bread into small bits and add to the beans, along with the crackers, onions, salt, and pepper. Mix, then form into patties and fry in oil over medium heat for 3 to 5 minutes on each side. Serve with cheese on buns or alone. Serves four.

5-Minute Meal
CORN, BLACK BEAN, AND TOMATO SALAD

1 can (15 ounces) black beans
1 cup corn, canned (drained) or frozen (thawed)
1 large tomato, chopped (or 8-ounce can)
1 clove garlic, minced
1 teaspoon chopped fresh parsley
½ teaspoon cayenne pepper
½ teaspoon chili powder

At home: Rinse beans. In a bowl, combine beans, corn, tomato, and garlic. Add parsley, pepper, and chili powder and stir.

In camp: Serve with sliced pepper jack cheese and hardy dipping crackers. Serves four as an appetizer.

5-Minute Meal
NEW EL PASO BLACK BEAN CHILI

1 can (15 ounces) black beans, undrained
½ can (8 ounces) diced tomatoes
½ can (2 ounces) or 1 whole fresh mild green chile
1 tablespoon olive oil
½ large onion, chopped
e 1 clove garlic, minced
e 1 tablespoon chili powder
½ tablespoon cumin
½ teaspoon pepper

At home: Combine beans, tomatoes, and chilies in a doubled zipper-lock bag or in a water bottle.

In camp: Heat oil and sauté onion; add garlic, chili powder, cumin, and pepper, and stir for 3 minutes. Add bean mixture. Bring to a boil while stirring, reduce heat, and simmer for 10 minutes. Serves two.

Soup and salad recipes courtesy of www.foodreference.com
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FRESHEN UP
LIVEN UP CAMP FARE WITH THESE 35 NATURAL FOODS.

Think a fresh tomato on day 3 is an impossible dream? Think again. Many fruits and vegetables can withstand the rigors of the trail and are compact and light enough to warrant packing. Use our day-by-day guide and stay-fresh tips to perk up your backcountry menu.

BEST IF EATEN BY...

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- Bananas, berries, eggs, lettuce/greens (washed and bagged), raw meats (see “The Big Chill” below)
- Avocados, broccoli, eggplant, mushrooms, olives, peaches, pears, string beans
- Bell peppers, cauliflower, celery, cucumbers, herbs, radishes, summer squash, zucchini
- Apples, cabbage, carrots, cheese, corn on the cob (unshucked), garlic, jalapeños, limes, lemons, tomatoes (see Front Burner, below), onions, oranges, potatoes, salami and other cured sausages

Keep in mind that foods last longer in cool, dry weather. If it’s really steamy, subtract a day. Bruised fruits and veggies will decay faster.

Before You Go

5 tips for keeping fresh foods fresh
- When shopping, choose underripe fruits and veggies.
- Pack fragile foods inside pots or hard plastic containers that can double as bowls.
- Stow durable veggies in brown paper bags, which breathe better than plastic bags.
- Keep foods whole until you’re ready to use them; once cut, they go bad quickly.
- Conserve water in camp by giving your produce a quick rinse at home, then allowing it to thoroughly drying before you pack them. (Exception: mushrooms and berries will deteriorate rapidly once washed.)
- If you’re paddling and weight is not a concern, pack produce in a cooler with ice blocks (the bigger the block, the longer it’ll last) or, better yet, dry ice.

The Big Chill

Freezing foods at home will keep some must-refrigerate items edible for a day.
- Cook and cool meats, then triple-wrap them—first in stretchy plastic, then in foil, then in a zipper-lock bag—and freeze.
- For scrambled eggs on your first morning in camp, crack eggs into a leakproof bottle and freeze overnight.
- Sauces freeze well, too. Try this recipe from adventure photographer Layne Kennedy: “Transfer pesto into a zipper-lock bag and freeze. Within the first 2 days of your trip, mix the thawed pesto with dehydrated sweet tomatoes, fresh garlic, and toasted pine nuts. It is a delicious topping for pasta, rice, freshly caught fish, even a cheese and salami bagel.” (More recipes on opposite page)

FRONT BURNER
FIELD-TESTED ADVICE FOR OUTDOOR CHEFS

Tomato Tricks

Use this technique from Cliff Jacobson, author of Cooking in the Outdoors ($7.95), and you’ll be munching on fresh, ripe tomatoes on the trail for up to 2 weeks.

Wrap each tomato in two paper towels and stow in a paper bag (plastic traps moisture, which leads to spoilage). Pack inside a Lexan or Tupperware container to prevent bruising. Fill excess space with more paper towels.

In camp, wash the fruit to get rid of any bleach residue. If you want only part of a tomato, cut it first, then wash the piece you’ll use. This will keep the remaining piece preserved to enjoy later.
Fort Mandan Pemmican
This 19th-century protein-rich gorp is chewy, fruity, and highly addictive.

¾ pound unsalted buffalo or beef jerky
2 tablespoons fresh, frozen, or canned juneberries (also called serviceberries), buffalo berries, or blueberries

At home Cut the jerky into 1-inch pieces. Shred in a food processor until jerky is in tiny pieces; remove and set aside. (If any large pieces are left, discard or eat them.) Run fruit through food processor until finely ground. Stir fruit with jerky until the mixture is fluffy, like the texture of loose tobacco. Store in the refrigerator in a sealed bag or jar. Pack in zipper-lock bags as trail mix or flavoring for another dish. Makes ¾ cup of pemmican.

Cuisine Of Discovery
4 recipes that helped Lewis and Clark cross a continent

Can you imagine a pre-trip shopping list that includes 3,705 pounds of pemmican and half a ton of corn? That's what Lewis and Clark purchased in St. Louis in 1804. Two hundred years ago this month, the 33-person expedition concluded its 2-year journey to the Pacific and back. As with all backcountry trips, good food was essential to the group’s survival and morale. Here are four recipes for modern adventurers hungry for a taste of the frontier.

Hazelnut Cornmeal Pancakes
These old-fashioned flapjacks are full of energy, and a sugary topping makes them extra sweet.

½ cup chopped hazelnuts
¾ cup stone ground cornmeal
1 teaspoon baking soda
½ teaspoon salt
2 tablespoons plus 1 teaspoon oil
Berry syrup, butter, honey, or sugar for serving

At home Toast hazelnuts on a baking sheet at 350°F, shaking once, until golden brown (about 2 minutes), then pack in a zipper-lock bag. Combine the cornmeal, baking soda, and salt; pack in a separate zipper-lock bag.

In camp Add 1 to 1¾ cups of water and 2 tablespoons oil to the bag of dry ingredients. Zip closed and knead the bag gently just until batter is moistened. Let stand 10 minutes; stir in hazelnuts. (Thin batter with additional water if necessary.) Heat a 5-inch frying pan over medium-high heat. Brush with 1 teaspoon oil, reduce heat to medium, and pour batter into pan. Cook until bubbly and dry around the edges, 1 to 1½ minutes, then flip and cook until golden brown. Serve immediately with berry syrup, butter, honey, or sugar. Makes 15 to 20 small pancakes.

Cornmeal Mush
With Cheese
Try this creamy, filling side dish with a meat- and-potatoes meal.

¾ cup white or yellow stone ground cornmeal
½ teaspoon salt
1 cup (¾ pound) mild cheese, such as mild cheddar or Colby, grated
2 tablespoons butter or 4½ tablespoons olive oil
Vegetable oil for frying

In camp Mix the cornmeal, salt, and 2 cups water in a saucepan over medium-high heat. Bring to a boil, stirring constantly. Reduce the heat and simmer until thickened, about 7 to 10 minutes, stirring constantly to keep the mixture smooth. Remove from heat; mix in cheese and butter/oil. Serve at once. Makes 3 to 4 servings.

Fort Clatsop Salmon Chowder
This is more like a soup than a thick cream—use real broth at home, but substitute bouillons in the backcountry

4 cups water
2 to 4 vegetable or chicken bouillon cubes
¾ pound fresh or smoked salmon
¾ pound sweet potatoes, peeled and diced
½ cup sliced fennel
1 small onion, peeled and chopped
Salt and freshly ground black pepper
1 tablespoon chopped fennel fronds

In camp Add bouillon cubes to water and bring to a boil. Stir in the salmon, potatoes, fennel, and onion. Add salt and pepper to taste. Return to a boil. Cover and reduce the heat to medium-low and simmer for 20 to 25 minutes, or until the vegetables are tender. Sprinkle with chopped fennel fronds and serve immediately. Makes 2 to 3 servings.

MAKE IT GOOD FAT: INSTEAD OF BUTTER, USE OLIVE OIL IN BAKING. 1 TABLESPOON BUTTER EQUALS 2 ½ TABLESPOONS OLIVE OIL.