

## Acknowledgement

The following recipes are from:

# "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

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## Apple Crisp

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Desserts Fruits  
Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
3/4	C	Flour
3/4	C	Brown Sugar
1/2	Tsp	Cinnamon
1/2	C	Margarine
		** Package Separately **
3/4	C	Evaporated Apples
		Water -- as needed

1. Simmer apples in water according to package directions.
2. When well heated, but not completely cooked, add the sugar/flour mixture and spread in a frypan. Continue cooking until mixture is bubbly and thickened.
3. As an alternative this may be baked in a reflector over. Spread the apple mixture in a baking pan and pat out the flour/sugar mixture over them. Bake in front of a good high fire, turning the pan once or twice to assure even baking.

Makes about 6 Sierra cups.

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## Apple Jack Gorp

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Breakfast Lunch  
Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1	C	Dried Apples
1	Tsp	Cinnamon
1	C	Raisins
1	C	Walnuts -- chopped
1	C	Sugar, White Or Brown

1. Mix ingredients and bag.

NOTES : Add to breakfast cereals and other dishes for added flavor, nutrition and interest.

## Apricot Bombs

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 14 Preparation Time :0:00  
 Categories : Desserts Lunch  
 Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
8	Oz	Dried Apricots -- moist
1/4	C	Coconut
2	Tbsp	Marmalade, Orange
4	Tsp	Powdered Milk
5	Tsp	Sunflower Seeds, Roasted -- optional
4	Tsp	Sesame Seeds -- optional
4	Tsp	Nuts -- chopped, optional

1. Steam apricots if apricots are stiff to soften. Grind or chop very fine.
2. Mix and mash apricots together with remaining ingredients.
3. Shape into 1 inch balls, roll in powdered sugar and coat thickly.
4. Repeat in half an hour, or use coconut instead.

NOTES : Delicious, but sticky. Package separately, with a little extra powdered sugar in the bag.

## Beef Stroganoff

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Beef Main Dish  
 One Pot Meals Supper  
 Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
2	Oz	Freeze-Dried Beef Chunks, Or
4	Oz	Beef-Flavored T.V.P.
4		Beef Bouillon Cubes
1/2	C	Freeze-Dried Mushroom Slices
2	Tbsp	Instant Minced Onions
1/8	Tsp	Garlic Powder
8	Oz	Whole-Wheat Pasta
		** Package Separately **
1	env	Cream Of Mushroom Soup Mix
8	oz	Sour Cream Mix
7 1/2	C	Water

1. Add past-beef mix to 7 cups of boiling water and simmer, stirring occasionally, for 10 minutes.
2. Mix about 1/2 cup water with soup mix. Pour into pot, stirring, and simmer for 5-10 minutes, or until pasta and meat are tender.
3. Reconstitute sour cream mix with cold water and mix into pot. Serve.

Makes 7 1/2 - 8 cups.

## Breakfast Gorp

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Breakfast Lunch  
 Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1	C	Raisins
1	C	Dates -- chopped fine
1	C	Cashews -- chopped
1	C	Brown Sugar

1. Mix ingredients together and bag.
2. Use about 2 oz. of this mix for each 4-servings.

NOTES : This Gorp is added to cereals and other breakfast dishes for added taste, interest and nutrition. Substitute other dried fruits and nuts as desired, with or without sugar added.

## Buckwheat Pancakes

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00

Categories : Breakfast  
              Breads

Trail

Amount	Measure	Ingredient	Preparation Method
3/4	C	Buckwheat Flour	
3/4	C	Flour, All-Purpose	
1/2	Tsp	Salt	
1/3	C	Dried Whole Egg	
1/2	C	Nonfat Dry Milk	
1 1/2	Tsp	Baking Powder	
4	Tbsp	Margarine	
1 1/2	C	Water	

1. Mix all ingredients, except margarine, with water to make a creamy batter.
2. Melt margarine and add gradually to batter while stirring.

Makes about 30-40 2-inch pancakes.

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## Cheddar Cheese Spread

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Lunch Snacks  
              Trail

Amount	Measure	Ingredient	Preparation Method
		** Package Together **	
1	C	Cheddar Cheese Powder	
1/2	C	Powdered Milk -- *	
		** Package Separately **	
1	Tbsp	Butter Or Margarine -- as needed	
1/2	Tsp	Onion Powder -- optional	
1/2	Tsp	Caraway Seed -- optional	
1/8	Tsp	Garlic Powder -- optional	
1	Tbsp	Bacon Bits -- optional	
1/2	Tsp	Paprika, Sweet -- optional	
1/2	tsp	Marjoram -- optional	

1. Mix dry ingredients together ahead of time and store in an air-tight container.
2. To use, gradually add enough water to the mix to make a smooth paste, about 1/2 to 3/4 cup for all of the mix.
3. Add a small amount of butter or soft margarine to enrich and smooth the mixture.
4. Spread on crackers or bread, or use in cooking other dishes.

Instant milk powder makes a lumpy spread.

NOTES : This dry mix will keep for a long time on the trail. Prepare only

as much as you need at a time.

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## Cheese And Rice

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 2 Preparation Time :0:00  
Categories : One Pot Meals Rice  
Supper Trail  
Main Dish

Amount	Measure	Ingredient -- Preparation Method
4 1/2	Oz	Dehydrated Cheddar Cheese
3 3/4	Oz	Instant Rice
2	Tbsp	Margarine
		Salt -- to taste
3	C	Water

1. Bring water to a boil and add rice and salt. Simmer until rice is tender.
2. Stir in cheese and margarine. Cover the pot and let stand a couple of minutes to rehydrate the cheese.

Makes about 4 Sierra cups.

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## Cheese And Rice Plus

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 2 Preparation Time :0:00  
Categories : One Pot Meals Rice  
Supper Trail

Amount	Measure	Ingredient -- Preparation Method
4 1/2	Oz	Dehydrated Cheddar Cheese
3 3/4	Oz	Instant Rice
1/2	Oz	Dehydrated Onions
1 3/4	Oz	Soy Ham, Or
1	Pkg	Freeze-Dried Ham
1	Pkg	Freeze-Dried Green Beans -- 1 oz
2	Tbsp	Margarine
		Salt -- to taste
4	C	Water

1. Heat water and dip out enough to rehydrate the freeze-dried foods.
2. Bring remaining water to a boil and add rice, onions and salt. Also add soy ham, if it is being used. Simmer until rice is tender.
3. Add ham and beans. Stir in cheese and margarine. Cover the pot and let simmer very low for a couple of minutes to rehydrate the cheese.

Makes about 4 or 5 Sierra cups.

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## Chicken Cream With Vegetables And Dumplings

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Main Dish One Pot Meals  
Poultry Supper  
Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
2	Oz	Freeze-Dried Chicken, Or
4	Oz	Chicken-Flavored T V P
1	Oz	Freeze-Dried Carrots
1	Oz	Freeze-Dried Green Beans
1	Oz	Freeze-Dried Peas
4		Chicken Bouillon Cube, Or
1/4	C	Chicken Bouillon Granules
1	Tsp	Dill Weed
1/2	Tsp	Tarragon
		** Package Separately **
1	Pkg	Leek Soup, Packet -- to make 4 1/2 cups
1		Savory Dumplings
3/4	C	Dry Milk
1	Tbsp	Margarine
		Salt -- as needed
5 1/2	C	Water

1. Add 5 c cold water to the pot and add all ingredients except dumplings and milk. Bring to a boil and simmer 10 minutes, stirring regularly.
2. Mix 1/2 c water with milk powder; add to soup gradually. Add margarine.
3. Make dumpling dough and spoon in when soup is simmering.

Makes 8 cups.

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## Chicken Curry

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Main Dish One Pot Meals  
Poultry Rice  
Supper Trail

Amount	Measure	Ingredient -- Preparation Method
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6      Oz      ** Package Together **
2      Chicken Bouillon Cube
1      Pkg     Freeze-Dried Chicken
1      Pkg     Cream Of Mushroom Soup Mix
1      Tsp     ** Package Separately **
1      Curry Powder
3      oz      Salt -- as needed
7      oz      Coconut -- grated
1      C       Peanuts -- salted
6      C       Raisins
6      C       Water

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1. Add water and soup mix to pot and bring to a boil. Add rice and bouillon. Simmer gently for several minutes, until rice is almost tender.
2. Add chicken and continue simmering until done.
3. Add curry powder to taste and add salt if needed.
4. Serve with coconut, peanuts and raisins.

Makes about 8 cups.

## Chocolate Crunch Bars

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Desserts Lunch  
                   Snacks Trail

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Amount Measure Ingredient -- Preparation Method
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1/2 C Honey
1/3 C Margarine
1/4 C Cocoa Powder, Sweetened -- *
1 C Granola
1 C Dry Milk

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1. Blend together everything except the granola to a stiff dough.
2. Knead in the granola, or roll the shaped bars in granola.

Carob powder may be used also.

## Cinnamoned Rice

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 4 Preparation Time :0:10  
 Categories : Breakfast Lunch  
                   Rice Trail

Amount	Measure	Ingredient -- Preparation Method
1	C	Long-Grain Converted Rice
1/4	C	Raisins
1	Tsp	Cinnamon
1/4	Tsp	Salt
2 1/2	C	Water
1	Tbsp	Margarine
1/2	Tbsp	Sugar -- to taste
		Dry Milk -- reconstituted

1. Heat water to boiling. Add rice mixture and lower heat. Cook until rice is tender.
2. Add margarine and milk. Serve.

This may be prepared ahead of time by combining all ingredients except the margarine and milk and storing in a bag.

## Crunchy Granola

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :1:00  
 Categories : Breakfast Lunch  
 Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
3	C	Rolled Oats -- *
1	C	Coconut -- * grated
1/2	C	Wheat Germ -- *
1	C	Nuts -- * chopped
1	C	Rolled Wheat
1/2	C	Sunflower Seeds
1/2	C	Sesame Seeds
1/4	C	Margarine Or Oil
1/4	Tsp	Salt
3/4	C	Brown Sugar
1	Tsp	Water

\* Basic foundation ingredients; others may be omitted or modified as desired.

1. Mix the nuts and grains (first 7 items) in a baking pan that is 9 x 13 inches or larger.
2. Mix and heat in a saucepan the margarine, salt, brown sugar and water. Pour over the grain mixture, blending well.
3. Bake in a 325 preheated oven for about 40 minutes until golden and crisp. Be careful not to burn.
4. Cool and store in a jar with a tight lid.

NOTES : This is usually eaten with milk. Powdered milk may be added to the mix ahead of time to simplify preparation, and a little water added at meal time. Add 1 1/2 c dry milk to 5 cups granola.

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## Date Bombs

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Desserts Lunch  
Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1	C	Dates -- chopped fine
1/2	C	Walnut, Sesame, Or Almond Meal
1/2	C	Coconut Flakes
2	Tsp	Rum Or Brandy -- optional

1. Mix and mash ingredients until well blended.
  2. Form into 1-inch balls and roll in nut meal or coconut.
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## Dessert Omelet

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Desserts Eggs  
Fruits Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	C	Whole Dried Egg
1/4	C	Dried Milk
1	Tsp	Salt
		** Package Separately **
1/2	C	Sour Cream Mix
1/2	C	Evaporated Apples
1/2	Tsp	Cinnamon
		Sugar -- as needed
2	tbsp	Margarine
3	C	Water

1. Simmer apples with about 1 cup water and the cinnamon until tender. Add sugar if package directions recommend it.
2. Blend sour cream mix with cool water to make a thick paste.
3. Prepare egg mixture with 2 cups water and cook in 1 or 2 tbs margarine in frypan, keeping the cooked egg in a solid mass.

- When egg is done, spread half the sour cream on half the egg. Spoon some of the applesauce over the sour cream. Fold egg over and spoon on remaining sauce and cream.

## Dinner Omelet

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Eggs Main Dish  
 One Pot Meals Pork  
 Supper Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	C	Whole Dried Egg
1/4	C	Whole Dried Milk
1	Tsp	Salt
		** Package Separately **
1	Pkg	Freeze Dried Ham Dices
3	Slices	Cheddar Cheese
1	Tbsp	Margarine
2 1/2	C	Water

- Rehydrate ham in it's package according to the directions.
- mix eggs and milk with 2 cups of water, blending well to avoid lumps.
- Melt margarine in frypan and pour in egg mixture. Drain ham and sprinkle it over eggs. Cook gently.
- When almost done arrange cheese slices over eggs. Remove from heat and cover to melt cheese.

## Elegant Chicken In Sour Cream

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Main Dish One Pot Meals  
 Poultry Supper  
 Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
2	Oz	Freeze-Dried Chicken, Or
4	Oz	Chicken-Flavored T.V.P.
4		Chicken Bouillon Cube, Or
1/4	C	Chicken Bouillon Granules

8	Oz	Pasta, Enriched
1	Tsp	Dill Weed
		** Package Separately **
1	Env	Cream Of Onion Soup Mix -- to make 2 1/2 cups
8	Oz	Sour Cream Mix
1/2	C	Sliced Almonds
2	Oz	Freeze-Dried Peas
8	C	Water

1. Bring 7 cups of water to boiling, add pasta-chicken package, and simmer for 10 minutes, stirring occasionally. Add peas, at the end, for the amount of time recommended on their package.
2. Mix soup mix with 1/2 cup of water. Pour into pot while stirring, and simmer 5-10 minutes more, or until pasta and chicken are tender.
3. Reconstitute sour cream mix with cold water, stir into the pot. Serve sprinkled with almonds on top.

Makes about 8 cups.

## Fish Cookery

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Fish

Amount	Measure	Ingredient -- Preparation Method
		Fish Fillet
		Salt And Pepper -- to taste
		Lemon Juice -- to taste, optional
		Tartar Sauce -- to taste, optional
		Flour -- as needed
		Cornmeal -- as needed
		Margarine Or Cooking Oil -- as needed

Wash prepared fish thoroughly and pat dry with a paper towel.

### PAN FRIED

Add enough oil or margarine to cover the pan bottom. When hot, add the fish and reduce heat to a low simmer. Season with salt and pepper. Brown fish on one side and then turn it over. Cover the pan for the last minute or two. Fish is done when the meat falls in flakes when prodded with a fork. Total cooking time should be 5 - 10 minutes, depending on thickness.

Another method is to roll the fish in flour or cornmeal, and then fry as above. The fish may be first dipped in a little water or milk to help the flour stick on the fish better.

### POACHED

Add about 3/8 - 1/2 inch of water to a pan. Add 1 or 2 tbs of lemon juice, or dissolve 1 or 2 packets of lemon crystals in the water. Bring

water to a gentle boil, add fish to liquid and season with salt and pepper. Reduce heat and gently simmer for 5 or 6 minutes, or until done.

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## Fruit Syrup

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Breakfast Sauces

Amount	Measure	Ingredient -- Preparation Method
1/4	C	Dried Apples
1	C	Brown Sugar
1/4	Tsp	Cinnamon
2	Tbsp	Margarine
1	C	Water

1. Simmer the apples in the water until they are rehydrated.
  2. Add remaining ingredients and simmer until sugar is melted and thickened.
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## Garden Vegetable Soup With Beef

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Soups Trail

Amount	Measure	Ingredient -- Preparation Method
2	Oz	Freeze-Dried Beef, Or
4	Oz	Textured Veg. Protein, Beef Flavored -- (TVP)
4	Oz	Pasta Shells
1	Oz	Freeze-Dried Peas
1	Oz	Freeze-Dried Carrots
1	Oz	Freeze-Dried Corn
3/8	Oz	Freeze-Dried Green Beans
1	Tbsp	Instant Minced Onion
2	Tbsp	Dried Parsley
1/4	C	Tomato Crystals
4		Beef Bouillon, Or
1/4	C	Bouillon Granules
1	Tsp	Basil
1/8	Tsp	Garlic Powder
2	Env	Vegetable Beef Broth Soup -- making 20-24 oz each
3	Oz	Parmesan Cheese -- grated
7	C	Water -- as needed

1. Package all ingredients together, except the cheese, which is bagged separately.

2. To prepare, put ingredients, except cheese, in the pot. Add 7 cups cold water and heat, covered, to boiling. Reduce heat and simmer 10-20 minutes, or until vegetable and meat are the correct tenderness.
3. Add more water if soup is too thick. Add cheese on top of each serving.

Makes 8-9 cups.

NOTES : The freeze-dried vegetables make this a special fresh-tasting morale-booster.

## Garlic Crunch

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Sunflower Seeds
1/2	C	Pumpkin Seeds, Roasted
1/2	C	Soybeans, Roasted
1/2	C	Virginia Peanuts -- chopped
1	Tbsp	Corn Or Salad Oil
1/2	Tsp	Garlic Salt

1. Combine the seeds and nuts in a shallow pan.
2. Blend the oil and salt, pour over the mix.
3. Toast at 350 F for about 20 minutes, shaking occasionally. Drain on a paper towel.
4. When cool store in a tight container.

## Gorp

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Lunch Snacks  
 Trail

Amount	Measure	Ingredient -- Preparation Method
** Nutty-Fruity Gorp **		
1	C	Sunflower Seeds, Roasted
1	C	Pineapple, Dried
1	C	Dried Fruit, Mixed
1	C	Salted Peanuts
1	C	Raisins

\*\* Good Old Gorp \*\*  
 1 C Salted Peanuts  
 1 C Caramel Corn  
 1 C M&Ms ♦ Plain Chocolate Candy  
 1 C Cashews, Oil-Roasted  
 2 C Raisins

\*\* Sweet-Tooth Gorp \*\*  
 1 C M&Ms ♦ Plain Chocolate Candy  
 1 C Spice Gumdrops  
 1 C Peanuts, Oil-Roasted

\*\* Elegant Gorp \*\*  
 1 C Raisins  
 1 C Roasted Cashews  
 1 C Cheesits Crackers  
 1 C Cream Caramels

Mix ingredients and store in air-tight plastic bags.  
 Feel free to substitute other seeds, nuts and dried fruits as desired.  
 Be sure to include items for quick energy and extended energy both.

## Greek Wedding Soup

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 2 Preparation Time :0:00  
 Categories : Soups Trail

Amount	Measure	Ingredient -- Preparation Method
1	Env	Chicken Noodle Soup Mix -- making 4 cups soup
1	Tbsp	Dried Parsley Flakes
1/3	C	Dried Whole Egg Powder
1	Env	Lemon Juice Crystals
4	C	Water

1. Cook the chicken soup according to package directions.
2. Mix the dried egg with 1/3 c water to make a cream. When soup is cooked, slowly ladle a thin stream of soup into the egg mix, stirring the egg vigorously, until about 1 cup of soup has been added.
3. Pour the egg mixture into the soup remaining in the pot, mixing well.
4. Remove from heat, add lemon crystals, and serve.

Makes about 4 cups.

## Green Goulash

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Serving Size : 4 Preparation Time :0:00  
 Categories : Beef Main Dish  
 One Pot Meals Supper  
 Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
2	Oz	Freeze-Dried Beef, Or
4	Oz	Beef-Flavored T.V.P. Granules
8	Oz	Spinach Egg Noodles
2	Oz	Tomato Crystals
4		Beef Bouillon Cubes, Or
1/4	C	Beef Bouillon Granules
1	Tsp	Basil
1	Tsp	Paprika
1/4	C	Dried Bell Pepper
		** Package Separately **
1	Env	Cream Of Onion Soup Mix -- to make 2 1/2 cup
7 1/2	C	Water
1	Pkg	Sour Cream Mix -- optional

1. Bring 7 cups water to a boil. Add all ingredients except soup mix and sour cream mix. Simmer for 10 minutes.
2. Mix should mix with 1/2 cup cold water. Add to pot and simmer for 5-10 minutes longer, or until noodles and meat are tender.
3. If sour cream is used stir in just before serving.

Makes about 8 cups.

Variation:

- a. Canned roast beef may be substituted. Use one less bouillion cube.

## Ham And Potatoes Au Gratin

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Main Dish One Pot Meals  
 Supper Trail  
 Pork

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
8	Oz	Dehydrated Potato Shreds
2	Oz	Soy Ham Nuggets, Or
2	Pkg	Freeze-Dried Ham Slices -- *
1	Oz	Dried Green Pepper
1	Oz	Dried Onions
1	Oz	Freeze-Dried Green Beans
		** Package Separately **
8	Oz	Dehydrated Cheddar Cheese
1	Tbsp	Margarine

4 C Salt -- as needed  
Water

1. Add about 4 cups water to a pot and bring to a boil. Add the ingredients in the potato package and simmer gently, adding a little water if needed, for about 20 minutes or until the potatoes are tender.
2. Add margarine and salt.
3. Add the cheese and blend well. Add freeze-dried ham if it is being used.
4. Cover and heat for a minute.

Makes about 8 Sierra cups.

Rehydrate according instructions on package.

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## Hearty Potato Soup

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 2 Preparation Time :0:00  
Categories : Soups Trail

Amount	Measure	Ingredient -- Preparation Method
2	Slices	Bacon, Or
1	Tbsp	Wilson's Bacon Bar
1	Oz	Dried Onions, Or
1	Tbsp	Freeze-Dried Chives
5	Oz	Dehydrated Potato Shreds
2	Oz	Chicken Bouillon Granules, Or
5	Ea	Chicken Bouillon Cubes
3	C	Water
		Salt -- as needed

1. Cook the bacon in the pot until it's crisp, remove and drain.
2. Add the onion, potato and bouillon to the fat and slowly add about 3 cups warm water. Bring to a simmer until vegetables are tender, 5-10 minutes. Salt if needed.
3. Serve with bacon crumbles on top.

Makes about 4 cups.

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## Honey Banana Bread

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 9 Preparation Time :0:00  
Categories : Breads Lunch  
Trail

Amount	Measure	Ingredient -- Preparation Method
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3		Bananas -- ripe
1	Tsp	Baking Soda
1/4	C	Yogurt, Unflavored
1/4	C	Butter Or Margarine
1/4	C	Honey
3/4	C	Granulated Sugar
1		Egg
1	C	Whole-Wheat Flour
1/4	C	Wheat Germ
1/4	C	Flour, All-Purpose
1/2	tsp	Salt
3/4	C	Nuts -- chopped

1. Grease the inside of 3 small loaf pans (3x6 in.) or 1 regular bread pan with shortening.
2. Beat bananas to a pulpy foam, add baking soda, stir well and set aside.
3. Cream together in a large mixing bowl the yogurt, margarine, honey, and sugar. Beat in egg. Add the remaining ingredients and the banana mixture.
4. Place the dough in the pan(s) and bake in a pre-heated oven at 350 F. for about an hour. Let cool in the pan for a little while, then turn out on a rack.

## Honey-Nut Cookie Bars

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Desserts Lunch  
 Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
2		Eggs -- separated
2/3	C	Honey
4	Tbsp	Nonfat Dry Milk
1/4	C	Whole-Wheat Flour
1/4	Tsp	Coriander
1/4	Tsp	Nutmeg
1	Tsp	Baking Powder
1	C	Walnuts Or Almonds -- chopped
3/4	C	Sesame Seeds, Unhulled

1. Beat egg yolks and honey together.
2. Combine well the dry ingredients except nuts and seeds. Add to the honey mixture.
3. Add the nuts and seeds and mix well.
4. Beat egg whites until they hold stiff peaks, and fold into the dough.
5. Spread batter in oiled 9x13 inch baking pan. Bake for 25-30 minutes at 350 F in preheated oven.
6. Cool in pan and then cut into bars.

NOTES : A dense chewy cookie that offers a lot of food value and a not-

so-sweet, nutty flavor.

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## Hyatt Lake Goulash

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Main Dish One Pot Meals  
Supper Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	Oz	Dehydrated Onion
6	Oz	Dehydrated Potato Shreds
1	Pkg	Puff-Dried Carrot Slices
		** Package Together **
1	Tbsp	Flour
1/4	Tsp	Paprika
1/2	Tsp	Garlic Powder
1	Oz	Beef Bouillon
1	Tsp	Marjoram
1	Tbsp	Parsley Flakes
		** Package Separately **
1	Pkg	Freeze-Dried Beef Slices
2	Slices	Bacon, Or
1	Tbsp	Bacon Bar -- Cook with margarine
2	Tbsp	Margarine -- if needed
1/2	C	Dehydrated Sour Cream
2	Oz	Tomato Crystals
1	Oz	Worcestershire Sauce
5	C	Water

1. Cook bacon, or bacon bar with margarine, first. When done, remove bacon but keep fat.
2. While cooking the bacon, rehydrate the onion mix.
3. Add onion, potatoes and carrots to the fat and carefully pour in 4 cups hot water. Simmer until vegetables are almost tender.
4. While the pot is simmering:
  - Rehydrate the beef in it's packet according to the directions.
  - Blend the tomato crystals with cool water to make a paste.
  - Mix the sour cream with water to make a smooth paste.
5. When the vegetables are almost tender, add beef, bacon and tomato sauce to the potatoes and blend well.
6. Add the flour package and simmer until mixture thickens. Season and add Worcestershire sauce.
7. Add sour cream and heat for a minute or two.

Makes 8 Sierra cups.

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# Jerky

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Beef Lunch  
Trail

Amount	Measure	Ingredient -- Preparation Method
1 1/2	Lb	Flank Steak
3/4	C	Red Wine
1/3	C	Worcestershire Sauce
1	Tsp	Salt
1/4	Tsp	Black Pepper
1/4	Tsp	Garlic Powder
1/2	Lg	Onion -- sliced

1. Trim all fat from steak. Slice the meat very thin across the grain.
2. Lay the strips of meat in a non-metal pan and cover with marinate made from mixing the remaining ingredients. Cover and place in refrigerator for several hours.
3. Drain meat strips and place on racks in the center of the oven. Put foil or cookie sheets below the meat to catch the drips. Set the oven for 200 F. and dry the meat for 8 to 10 hours. Meat should be dry enough to break when bent.
4. Cool and bag in an air-tight container.

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# Logan Bread

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Breads Trail  
Snacks

Amount	Measure	Ingredient -- Preparation Method
1	C	Flour, All-Purpose -- *
4	C	Flour, Whole-Grain Wheat -- **
1	C	Honey
3	Tbsp	Molasses
3/4	C	Brown Sugar
3/4	C	Dry Milk
1/4	C	Salad Oil
1	Tsp	Salt
1	Tsp	Baking Powder
2	C	Dried Fruit And Nuts -- up to 4 cups

1. Mix all ingredients together using your hands. Add water if the dough will not stick together without it.

2. Pat or roll out onto cookie sheets to a thickness of 1/2 inch.
3. Score into squares with a sharp knife.
4. Bake 1 hour at 300 F.

Makes 2 - 9 x 13 in. pans.

NOTES : Make beforehand for use on the trail. From the U.C. Berkeley Hiking Club.

## Macaroni And Beef Simple Supper

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Main Dish One Pot Meals  
 Supper Trail  
 Beef

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
9	Oz	Macaroni, Whole-Wheat
2	Oz	Freeze-Dried Beef Chunks, Or
4	Oz	Beef-Flavored T V P
4		Beef Bouillon Cubes
2	Oz	Tomato Crystals
1	Tsp	Basil
1	Tsp	Oregano
1/4	Tsp	Garlic Powder
		** Bag Separately **
1	Env	Cream Of Onion Soup -- to make 2 1/2 cups
1	Pkg	Freeze-Dried Corn
		Salt -- as needed
7 1/2	C	Water

1. Bring 7 cups water to boil. Add macaroni-meat package and simmer 10 minutes.
2. Mix about 1/2 cup cold water into soup. Add to pot and cook 5 minutes longer, or until macaroni and meat are tender.
3. Corn should be rehydrated according to instructions and added at the proper time.

Makes 8 - 8 1/2 cups.

## Master Mix - Baking

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Breads Cakes

Amount	Measure	Ingredient -- Preparation Method
4	C	Whole-Wheat Flour -- *
1 1/2	Tsp	Salt
2	Tbsp	Baking Powder
1	C	Powdered Skim Milk
1	C	Powdered Whole Egg
1	C	Margarine

Thoroughly combine dry ingredients in a bowl. Cut in margarine as for pastry. Use mix within a week, or refrigerate for longer storage. Make about 8 1/2 cups.

\* May substitute 4 cups sifted enriched, unbleached flour and 1/2 cup soy flour.

#### BISCUITS

2 cups mix, 1/2 cup water. Makes about 15 2-inch biscuits, rolled or patted 1/4 inch thick. Bake in reflector oven, Dutch oven, or frypan over slow fire, turning once.

#### COFFEE CAKE

2 cups mix, 1/2 tsp cardamom or coriander, 1/2 c sugar, 3/4 c water. Pour into greased pan, distribute topping, pour over 3 tbs melted margarine. Bake in oven.

Toppings:

#### JAM

1/2 c brown sugar, 1/4 c sesame seeds or chopped nuts, 1/4 tsp lemon peel.  
1/2 c breakfast Gorp or Apple Jack Gorp

#### PANCAKES

2 cups mix, 1 cup water. Makes about 30 2-inch pancakes.

Variations:

- Add 1/2 cup cornmeal and a little more water.
- Add 1/2 c chopped nuts or raisins.

## Millet Pancakes

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Breads Breakfast  
 Lunch Trail

Amount	Measure	Ingredient -- Preparation Method
1/3	C	Dried Eggs, Whole
1/2	C	Nonfat Dry Milk
1	C	Millet Meal -- coarsely ground
1/3	C	Soy Flour -- *
1/2	Tsp	Salt
1 1/2	Tsp	Baking Powder
4	Tbsp	Margarine -- Melted

1 C Water

\* May substitute whole-wheat flour for the Soy flour.

1. Combine, mix and bag the dry ingredients ahead of time.
2. Mix water into the dry pancake mixture to form a creamy batter.
3. Stir in the melted margarine.
4. Add to the fry pan by spoonfuls and cook. Bake a little slower (cooler pan) than regular flour pancakes.

NOTES : This makes a sweet, crunchy pancake. Makes about 30-40 2-inch pancakes.

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## Mushroom Omelet

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Breakfast Eggs  
Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	C	Dried Egg, Whole
1/4	C	Dry Milk
1	Tsp	Salt
		** Package Separately **
2	Tbsp	Margarine
2	C	Water
2	Pkg	Sour Cream Mix -- *
1/2	C	Dried Mushrooms -- freeze-dried

1. Pour water over mushrooms to cover and soak to rehydrate (5 minutes for freeze-dried).
2. Prepare sour cream mix by adding water to form a thick paste.
3. Mix dried egg with 2 cups water. Melt margarine in pan pour in egg mixture.
4. Cook gently until set. Spread half of the sour cream and mushrooms on one-half of the omelet, fold and spoon remaining over the top.

NOTES : May use dehydrated sour cream also.

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## Nutty Familia

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Breakfast Lunch  
Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1	C	Quick Oatmeal
1	C	Rolled Whole Wheat
1	C	Wheat Germ
1	C	Nuts -- chopped
1/2	C	Raisins
2/3	C	Brown Sugar

1. Mix ingredients together and store in an air-tight jar.

NOTES : Usually eaten with milk, powdered or fresh. Powdered milk may be mixed in ahead of time, and a little water added at meal time. Add 1 1/2 c dry milk to 5 cups of familia.

## Oatmeal-Plus Cookies

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Desserts Lunch  
 Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1/4	Lb	Margarine
1	C	Brown Sugar -- packed
1		Egg
1	Tsp	Vanilla
1	C	Whole-Wheat Flour
1/2	Tsp	Baking Soda
1/2	Tsp	Salt
1/2	C	Rolled Oats
1/2	C	Nuts -- chopped
1/2	C	Coconut -- grated
3/4	C	Raisins

1. Blend together the margarine and brown sugar.
2. Add the remaining ingredients one at a time while blending. Add each one as the preceding one disappears.
3. Drop generous teaspoons onto greased cookie sheets. Bake about 12 minutes at 350 F.

Makes 3 dozen.

## Off-The-Shelf Lunch Foods

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske



# Packbag Paella

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Main Dish One Pot Meals  
Supper Trail

Amount	Measure	Ingredient -- Preparation Method
2	Oz	Freeze-Dried Shrimp -- *
2	Oz	Freeze-Dried Chicken -- *
1/2	Oz	Freeze-Dried Ham -- *
		** Package Together **
1	Tbsp	Dried Onions
2	Tbsp	Dried Green Peppers
2	Tbsp	Chicken Bouillon Granules
1	Tsp	Basil
1/4	Tsp	Garlic Powder
1	Tsp	Paprika
		** Package Separately **
1/2	C	Tomato Crystals
1/2	Oz	Freeze-Dried Peas
1	C	Quick Brown Rice, Or
1	C	Converted Rice
4	C	Water

1. Presoak all freeze-dried foods, following package directions.
2. Add 3 1/2 c water to pot, bring to a boil, and add rice and onion mixture.
3. When rice is tender and most of the liquid absorbed, add the freeze-dried items. Heat for a few minutes, season and serve.

Makes 8 Sierra cups.

Variations:

- a. Add a bit of saffron for a traditional Spanish flavor if it is available.
- b. \* May substitute canned shrimp, and soy ham and chicken. Cook the soy meats along with the rice and add extra water to rehydrate.

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# Pancake Syrup

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1	C	Brown Sugar
1/4	C	Water
2	Tbsp	Margarine

Heat until bubbly and slightly thickened.

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## Peanut Butter Cookies With Crunch

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Lunch Snacks  
Trail Desserts

Amount	Measure	Ingredient -- Preparation Method
1	C	Margarine
1	C	Peanut Butter, Chunky
3/4	C	Sugar -- packed
2		Eggs
1	Tsp	Vanilla
2	C	Flour, Whole-Grain Wheat
2	Tsp	Baking Powder
2	C	Granola

1. Cream margarine, peanut butter, sugars thoroughly together.
2. Add eggs and vanilla and beat well.
3. Mix in flour and baking powder, then add granola.
4. Drop dough from teaspoon onto greased cookie sheets. Flatten each cookie in crisscross pattern with a fork dipped in flour.
5. Bake at 350 F. until lightly browned, about 10 minutes.

1 cup of Raisins may be added if desired.

NOTES : Prepare ahead of time and wrap servings for use on the trail.

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## Peanut Butter Soup

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 2 Preparation Time :0:00  
Categories : Soups Trail

Amount	Measure	Ingredient -- Preparation Method
1	Env	Cream Of Onion Soup Mix -- makes 2-1/2 c soup
1/2	C	Dry Milk
1/8	Tsp	Nutmeg
3	Tbsp	Peanut Butter
3 1/2	C	Water

1. Put soup mix in pan, add 2 1/2 cups cold water. Heat to boiling, stirring frequently.
2. Mix milk powder with 1 cup water. Add to soup and turn heat to

simmer, and cook for 5-10 minutes.

3. Blend in peanut butter while soup is simmering.

Makes about 4 cups.

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## Peter's Favorite

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef Main Dish  
One Pot Meals Supper  
Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
8	Oz	Soy Nuggets, Beef Flavored
1	Oz	Dehydrated Green Pepper
2		Beef Bouillon Cubes
8	Oz	Whole-Wheat Noodles
		** Package Separately **
10	Oz	Sour Cream Sauce, Packet
		Salt -- as needed
6	C	Water

1. Heat water until simmering, add noodle bag. Cover and simmer for about 20 minutes, stirring occasionally.
2. When noodles are tender add the reconstituted sour cream. Salt and serve.

Makes about 8 cups.

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## Power Bars

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Desserts Lunch  
Snacks Trail

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Honey Or Molasses
1/2	C	Peanut Butter
1	C	Dry Milk, Non-Instant
		** Options **
		Chocolate Chips
		Raisins Or Dried Fruit Bits
		Coconut
		Cashew Butter -- *

Almond Butter -- \*

1. Knead all ingredients together with your hands, adding enough milk powder to form a stiff but not crumbly dough. Optional ingredients can be kneaded in as well.
2. Shape into logs about 2-3 inches long and 1 inch in diameter.
3. Roll in powdered milk, confectioner's sugar or coconut.

Makes about 6.

\* May be used in place of peanut butter.

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## Savory Dumplings

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Breads Trail

Amount	Measure	Ingredient -- Preparation Method
2	C	Master Mix -- see recipe
3/4	C	Water
		** Savory Dumplings **
1	Tbsp	Instant Minced Onions -- toasted or plain
2	Tbsp	Dried Parsley
1/2	Tsp	Sage
		** Cheese Dumplings **
1/4	C	Powdered Cheddar Cheese, Or
1/4	C	Parmesan Cheese -- grated
1/4	tsp	Oregano

1. Mix ingredients and add water, as needed, to make a stiff dough.
2. Spoon out dough by teaspoon and drop into gently simmering soup or stew.
3. Cover the pan and simmer gently until dumplings have risen and are cooked in the center, about 5-10 minutes.

Try varying seasonings, as with biscuits, for different flavors.

NOTES : See recipe for Master Mix flour mixture.

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## Spaghetti W/Wo Meatballs

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 4 Preparation Time :0:00  
Categories : Main Dish One Pot Meals  
Supper Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **

8	Oz	Beef-Flavored Soy Nuggets, Or
1	Pkg	Freeze-Dried Meatballs
2		Beef Bouillon Cubes
1/2	Oz	Dried Onions
10	Oz	Spaghetti -- break into 3" pieces ** Package Separately **
4	Oz	Tomato Crystals
1	Pkg	Spaghetti Sauce, Packet
4	Oz	Parmesan Cheese -- grated
6	C	Water

1. Bring 6 c of water to a simmer and add the contents of the first bag.
2. Blend the tomato crystals with cool water and mix in a chain shaker or cup. When pot has simmered about 20 minutes, blend in sauce mix and tomato crystal paste.
3. Continue cooking until spaghetti is tender. Serve with cheese.

Make 8 or 9 Sierra cups.

## Spicy Tomato Soup

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 2 Preparation Time :0:00  
 Categories : Soups Trail

Amount	Measure	Ingredient -- Preparation Method
2	Oz	Tomato Crystals
2	Oz	Chicken Bouillon Granules, Or
5	Ea	Chicken Bouillon Cubes
1/2	Tsp	Sugar
1/4	Tsp	Basil
1	Tsp	Instant Minced Onion, Or
1	Tsp	Freeze-Dried Chives
1	Pkg	Lemon Crystals
1	Tsp	Dried Parsley
3	C	Water

1. Add all ingredients to a bag and seal tightly.
2. To prepare add ingredients to a pot and gradually add 3-4 cups cold water.
3. Bring to a boil and simmer a few minutes to blend flavors.

Makes 3-4 cups.

## Spinach-Burger Special

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 3 Preparation Time :0:00

Categories : Beef Main Dish  
 One Pot Meals Supper  
 Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	C	Beef Flavored T V P, Or
2		Wilson's Meat Bars -- left wrapped
3	Tsp	Instant Minced Onions
1	Tsp	Basil
1/4	Tsp	Garlic Powder -- to taste
4		Beef Bouillon Cubes
2	C	Brown Rice, Quick
		** Package Separately **
1/2	C	Tomato Crystals
1 1/2	Oz	Spinach Flakes
2	Oz	Parmesan Cheese
6	C	Water
		Salt -- to taste

1. Crumble meat bar, if used, into pot and brown slightly over medium heat.
2. Add 6 c cold water and remaining ingredients, except spinach and cheese. If using beef TVP add now also.
3. Bring to a boil, then simmer for 20-10 minutes, or until rice and TVP are tender.
4. Add spinach flakes about 10 minutes before done. Mix in cheese just before serving.

Makes 6-7 cups.

## Sturdy Graham Rounds

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 48 Preparation Time :0:00  
 Categories : Breads Lunch  
 Trail

Amount	Measure	Ingredient -- Preparation Method
4	C	Graham Or Whole-Wheat Flour -- unsifted
2	Tbsp	Sugar
1/4	C	Warm Water
1	Tbsp	Dry Yeast
3	Tbsp	Vegetable Oil
2 1/2	C	Flour, Unbleached, Enriched -- as needed
2	C	Warm Water
2	Tsp	Salt
2	Tbsp	Instant Minced Onion -- *

1. Dissolve yeast and sugar in 1/4 cup warm water and let sit for several minutes.
2. Add graham flour, 1/2 c unbleached flour, salt, onion to a large mixing bowl.

3. Add yeast, oil and 2 cups water to bowl. Mix very thoroughly.
4. Add 1 1/2 c unbleached flour more, mixing with heavy spoon.
5. Turn out dough onto floured surface, knead until smooth and elastic, about 10 minutes, adding more flour as needed to prevent sticking.
6. Put dough in an oiled bowl, cover, and let rise until doubled in size.
7. Punch dough down, divide into 24 equal parts. Shape each into a ball, then flatten to 1/2 inch thick.
8. Place onto a greased cookie sheet and let rise until doubled, about 30 minutes. Bake at 425 F until lightly browned. Remove and cool on a rack.
9. Split each like an English muffin, return halves to oven, split side up, and bake at 150-200 F until crisp and dry throughout, about 2-3 hours.

\* May substitute grated orange peel and 1/2 tsp cumin.

NOTES : Use with cheese spreads, peanut butter, jam or hunks of salami.

## Tomato Bisque

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Serving Size : 4 Preparation Time :0:00

Categories : Soups Trail

Amount	Measure	Ingredient -- Preparation Method
2	Oz	Tomato Crystals
2	Oz	Chicken Bouillon Granules, Or
5	Ea	Chicken Bouillon Cube
1/2	Tsp	Sugar
1/2	Tsp	Basil
1	Tsp	Freeze-Dried Chives
1	Tbsp	Dried Parsley
1	C	Dry Skim Milk, Or
3/4	C	Dry Whole Milk
6	C	Water

1. Put all ingredients except dry milk into pot, add 5 cups cold water, and bring to a boil. Reduce to simmer.
2. Add 1 cup water to dry milk powder and make a smooth cream. Add to simmering soup, cover, and cook 5-10 minutes.

Make dumplings to go with this soup.

Makes 6-7 cups, not including dumplings.

NOTES : Use with cheese dumplings.

## Trail Breakfast/Dessert Cake

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Serving Size : 4 Preparation Time :0:00

Categories : Breads Breakfast

Cakes  
Trail

Desserts

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Master Mix
1/2	C	Granulated Sugar
3	Tbsp	Margarine
1 1/4	C	Breakfast Gorp -- include brown sugar
3/4	C	Water

1. Melt margarine and add about half to the Master Mix and blend well.
2. Stir water into Master Mix, adding a little at a time to allow the dehydrated ingredients to absorb enough water to rehydrate.
3. When batter is well blended, spread it in a greased baking pan and sprinkle the Breakfast Gorp over the top. Drizzle the last of the melted margarine over the Gorp and bake, about 30 minutes.

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## Trail Milk Shakes

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 1 Preparation Time :0:00  
Categories : Beverages

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Whole Dry Milk, Or -- for more fat
1/2	C	Nonfat Dry Milk -- for more protein
1	Tbsp	Flavoring -- as needed
1	Tbsp	Malted Milk Powder
1	C	Water

Fill the one-cup chain shaker with cool water, shake and serve.

Flavorings:

Blueberry syrup mix

Cocoa or carob + 1/4 tsp pumpkin pie spice

Instant coffee

Kool-Aide fruit flavors

Fruit jam

Rum, sherry

For extra-high protein add 1 tbs dry egg white to mix using non-fat dry milk.

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## Trout Chowder

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
Serving Size : 2 Preparation Time :0:00

Categories : Fish

Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	Tbsp	Dried Onions
1	Tbsp	Salt
1/8	Tsp	Pepper
1	Tsp	Dill Weed
1/4	Tsp	Tarragon
1	Tsp	Chives, Freeze-Dried
		** Package Separately **
3	Tbsp	Margarine
1 1/2	C	Instant Mashed Potatoes
1	C	Whole Dry Milk
1	Env	Lemon Juice Crystals
1		Trout Fish Fillet

1. Add 1 quart of water and the seasonings to the pot, heat to boiling.
2. Mix the margarine, potatoes, and milk with a little cold water to a creamy consistency. Stir into the boiling water.
3. Cut the trout into bite-sized pieces. Add to the pot and simmer gently until the fish is done, about 5 minutes.
4. Salt to taste, season with lemon crystals.

Makes about 5 cups, not including fish.

Variation:

- a. Use canned minced clams, whole shrimp, or oysters when the fish aren't biting. Add canned fish at the end, and only cook long enough to warm the fish.

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## Western Fish Stew

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

Serving Size : 3 Preparation Time :0:00

Categories : Fish

Trail

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
3	Oz	Dried Onions
2		Chicken Bouillon Cube
2		Beef Bouillon Cubes
1/4	Tsp	Garlic Powder
1/2	Tsp	Thyme
2	Pkg	Lemon Crystals
1	Stick	Cinnamon -- 1" pieces
		** Package Separately **
2	Oz	Tomato Crystals
1	Lb	Fish Fillet
5	C	Water
		Salt -- to taste

1. Fillet the fish and cut into chunks.
2. Add everything except tomato and fish to 4 or 5 cups of water. Bring to a boil, reduce heat and simmer gently for 10 to 15 minutes.
3. Blend the tomato crystals with enough cool water to form a smooth paste. Add slowly to the simmering broth.
4. Add fish and cook until it flakes easily.

Serves 3 or 4.

## Whole-Wheat Pancakes

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 2 Preparation Time :0:00  
 Categories : Breakfast Breads  
 Lunch

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Whole-Wheat Flour
1/2	C	Flour, All-Purpose
2	Tsp	Baking Powder
2	Tsp	Sugar
1/2	Tsp	Salt
1/4	C	Dry Milk
1/4	C	Dried Eggs
3/4	C	Water
2	Tbsp	Margarine
2	Tbsp	Cooking Oil

1. Mix dry ingredients together in a bowl. Stir in water, adding a little at a time to make a medium-thin batter. Blend in 2 tbs melted margarine.
2. Add margarine or cooking oil to the fry pan. When oil is hot add batter to make about 3 inch diameter cakes.
3. Cook until cakes look dry around the edges and the bubbles don't close up after bursting. Turn neatly and cook until bottom is done.

## Whole-Wheat Trail Bread

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Breads Trail

Amount	Measure	Ingredient -- Preparation Method
2 1/4	C	Warm Water -- about 155 degrees F
1	Tbsp	Active Yeast

2	Tsp	Salt
1/2	C	Dry Milk
2	Tbsp	Honey
2	Tbsp	Molasses
1/4	C	Sugar, White
1/2	C	Vegetable Shortening
2		Eggs
3	C	Flour, All-Purpose
2	C	Whole-Wheat Flour
1/2	C	Wheat Germ

1. Combine water and yeast and let set for about 5 minutes.
2. Mix in salt, milk, honey, molasses, sugar, shortening and eggs.
3. Add the white flour and blend in well.
4. In another large bowl add the whole-wheat flour and wheat germ. Pour the yeast mixture over this flour and blend very thoroughly. Cover and let rise in a warm place for about an hour.
5. Turn dough out onto a well-floured surface and knead vigorously.
6. Divide dough into 6 equal portions and shape into loaves.
7. Grease 6 small bread pans (3 x 5 in.) and place dough into them.
8. Brush tops of loaves with oil and let rise for about an hour.
9. Bake in a pre-heated oven at 375 F. for about 30 minutes. Turn loaves out onto a rack to cool.