

## TRAIL FOODS - PREPARE @ HOME

### Basic Fruit Leather (4)

Fresh Fruit in any amount (juicy varieties are best)  
sugar to taste

Place fruit in blender & liquefy. Add sugar. Boil mixture. Spoon thinly & evenly on pieces of plastic wrap. Let dry for several days - in sun or on table under several lamps. It is done when it can be peeled from plastic wrap. Roll it up in the plastic.

### Fruit Bars (4)

1/4 lb. butter  
4 eggs, well beaten  
1 cup flour  
1/2 teaspoon baking power  
1 teaspoon salt  
1 3/4 cups sugar  
2 cups dates, pitted & chopped  
2 cups glazed (or candied) fruit  
2 1/2 cups walnuts

Melt butter & mix with eggs. Mix flour, salt, baking power & salt & then add to egg mixture. Mix fruit & nuts and add to batter. Spread in 2 9" square baking pans. Bake @ 350 for 30 minutes. Cool, cut into bars & wrap.

### GORP (Good Old Raisins & Peanuts) (3)

Classic mix is equal parts of raisins, peanuts and M&Ms. Add nuts, dried fruits, sunflower/pumpkin seeds, etc.

### Jerky (3)

Trim all visible fat from a flank steak; Cut into thin strips across the grain, as uniform as possible; place on metal racks, close but not touching; turn stove on it's lowest setting, keep the door propped open for air circulation; drying will take 12 to 48 hours. It is done when the strips snap when bent.

### Pemmican (3)

2 - 2 1/2 oz. packs of cooked dried beef  
1 1/2 oz raisins  
1 1/2 cup chopped nuts  
1 cup dried fruit - chopped  
2 tbsp. honey  
2 tbsp. peanut butter

Mix beef, raisins, nuts & fruit in a bowl; Heat honey & peanut butter until they melt; mix with dry ingredients; pack into small bags.

### **Spiced Pemmican (3)**

Finely chop 1/2 cup each of raisins, dried apricots, dates, dried beef & 1 orange peel. Add 3/4 cup brown sugar, 1 teaspoon each of cinnamon, nutmeg, vanilla & allspice. 1 tablespoon of vinegar, oil & corn syrup. 1/2 beaten egg & 1/2 cup flour. Add enough cider to make a heavy dough. Bake at 325 degrees until it sets well & isn't too sticky (1 Hr.)

### **Tasty Trail Energy Balls (4)**

1 lb. peanut butter  
1 lb. dry milk  
1 cup brown sugar  
1 to 2 cups granola  
Mix thoroughly and form into balls. Wrap each individually.

## **BREAKFAST**

### **Adirondack sweet rolls (4)**

3 cups bisquick  
1/2 cup sugar  
2/3 cup water  
1 teaspoon cinnamon  
4 - 6 tablespoons butter  
1/2 cup berries  
1/2 cup power sugar  
Mix bisquick, 1/4 cup sugar & water to make a firm dough. Pat out an inch or less thick. Cover dough with remaining 1/4 cup sugar, cinnamon, fruit & some melted butter. Roll into slab & slice into cylinders 3/4" thick. Fry in pan greased with butter. Mix the powered sugar with some melted butter to make an icing, drip on cooked sweet rolls.

### **Breakfast on a stick (1)**

1/2 cup sugar  
2 teaspoon ground cinnamon  
4 rolls  
margarine  
8 oz mixed dried fruit  
1 lb Canadian Bacon  
skewers  
Soak fruit in water for 10 minutes; Mix sugar & cinnamon, dip quartered rolls in melted butter & roll in mixture; fold slice on bacon into quarters, thread onto skewer, followed by fruit & roll, repeat. heat over low coals about 10 minutes until heated through.

### **Eggs in a half Shell (7)**

1 egg

1 pepper, onion, or orange

Scoop out insides & put egg in. Set near coals to cook for about 30 minutes.

## **SALADS**

### **Gazpacho (8)**

1 clove garlic

1 Cucumber

1/4 Cup olive oil

1/8 teaspoon cayenne pepper

1 teaspoon salt

1 Quart tomato juice

1 onion

1 Green Pepper

1 Teaspoon worchestershire sauce

3 whole tomatos - peeled

1/4 cup vinegar

Dice all ingredients, mix & chill.

### **Wilderness Salad (6)**

1 Cup Cattail shoots, thin sliced

1 cup young dandelion leaves & flower buds

4 slices bacon

1/4 cup vinegar

1/2 teaspoon salt

1/2 teaspoon sugar

1/2 teaspoon pepper

Dash garlic power

Find cattail shoots 1" to 3" long & cut them near the root. Peel the outer layers until you come to a yellow-white shoot. This is the salad vegetable. Use it alone or with Dandelions.

Fry bacon until crisp, crumble, combine with last 4 ingredients & heat through. Stir while hot over salad veg.

### **Salad Dressing**

Sweet & Sour (8)

1 1/2 cup sugar

1 Cup vinegar

1 Teaspoon salt

1/2 Cup oil

Boil together sugar, vinegar & salt. Remove from heat, add oil, let cool.

**Sweet French (8)**

3/4 Cup oil  
1/4 Cup vinegar  
1/2 Cup sugar  
1 Tablespoon lemon Juice  
1/2 Cup ketchup  
Dash salt & pepper  
Mix all ingredients.

**LUNCH / DINNER**

**Barbecued Franks (7)**

1/4 cup chopped onion  
1 cup catsup  
1/2 cup water  
2 tablespoons brown sugar  
1/2 teaspoon salt  
2 tablespoons vinegar  
1/4 cup lemon juice  
3 tablespoons worcestershire sauce  
1/2 tablespoons mustard  
10-20 franks

Cook onions in hot fat until golden. Mix remaining ingredients together & add to onions. Simmer 20 minutes. Add franks, whole or cut into small pieces. Simmer 15 minutes.

**Chili (1)**

1 lb lean ground beef  
1 lb lean ground pork  
2 15 1/2 oz cans red kidney beans  
1 28 oz. can crushed tomatos  
2 large onions - chopped  
1 green pepper - chopped  
3 cloves garlic, minced  
3 tablespoons chili power  
2 tablespoons sugar  
1 tablespoon crushed red pepper  
3 tablespoons vinegar

Brown beef & pork, drain, add all other ingredients (undrained) and simmer for 1 hour, stirring frequently.

### **Cornmeal Pepper Torte (1)**

- 2 1/2 cup water
- 1 cup of cornmeal
- 3/4 lb Italian sausage
- 1 green pepper, finely chopped
- 1 small carrot, finely chopped
- 1 small onion, finely chopped
- 1/3 cup tomato paste
- 1/2 cup grated Romano cheese

Boil water, add cornmeal; cook & stir until thick. Spoon 1/2 into dutch oven & bake lightly. Cook crumbled sausage, green pepper, onion & carrot until sausage is brown; drain and stir in tomato paste & cheese. Spoon sausage mixture into dutch oven & add balance of cornmeal mix. Bake approximately 20 minutes, until brown.

### **Chicken Foil Dinner (5)**

- Chicken pieces
- Apple
- Sweet Potato
- Onion

Place a piece of chicken, slices of apple, sweet potato & onion, sprinkle with barbecue sauce on foil & wrap tightly. Cook on coals, turning 3 times, for 25 minutes.

### **Chicken Stir Fry**

- 1 Lb chicken - boneless & sliced in thin strips
- 2 Carrots - sliced thin
- 1/2 Head Broccoli - sliced thin
- 6-8 Mushrooms - slice thin
- 4 Scallions - sliced
- 1 Can Water Chestnuts - drained
- 4 Tablespoons Oil
- 3 Tablespoons Soy Sauce
- 4 Cloves Garlic - chopped

Put 2 Tablespoons oil in pan, heat, cook chicken about 2 minutes, stirring often. Remove chicken, add remaining oil & carrots, onions, mushrooms, garlic & Water Chestnuts. Stir fry until carrots are tender (2 minutes). Add chicken, soy sauce & broccoli. Stir fry until broccoli is tender, about 1 minute.

### **Lemon Chicken**

- Chicken Breast
- Lemon
- Orange

Arrange chicken on foil with fruit slices above & below. Wrap & place in coals. Turn after 10 minutes. Cook another 10-15 minutes or until chicken is done.

**Chowder (1)**

8 Slice Bacon - Finely Cut

1 Onion - Finely Cut

4 Medium Potato - Diced

2 Cans of Corn

2 Lbs Fish

8 Cups of Water/Milk

Fry bacon & onions; drain; add fish, corn and some water as needed & cook until fish is done; Add potatoes & milk; cook 1/2 hour (do not boil)

**English Muffin Pizza (7)**

Muffins

Pizza Quick Sauce

Cheese

Split muffins, top with sauce & cheese. Place in pan covered with foil. Cook until muffins brown & cheese melts.

**Fajitas (1)**

8 6" flour tortillas

2 chicken breasts, split, boned, skinned

1 green pepper, cut into strips

1 medium onion, sliced

1 tomato, cut into thin wedges

Italian Dressing

Stir-fry peppers & onions in dressing until tender; add chicken; continue until chicken is tender; stir in tomatoes; mix lightly; fill tortillas with chicken mixture.

**Ham & Cheese Pita (7)**

Cut pita bread in half. Place ham & cheese inside. Put in foil & cook in coals 5 - 10 minutes.

**HoBo**

Hamburger - Formed into thin pattie

Carrots, Potato, Onion

Butter, salt & pepper

Place pattie on foil with vegetables, sliced thin. Wrap & cook in coals for 20 - 30 minutes.

**Kebabs (1)**

Steak - Trim fat, cut 1" square by 1/4" thick

Small onions - peeled

Potato - Partially boiled, sliced 1/4" thick

Bacon - strips cut into squares

Pointed sticks - green

Place steak, onion, bacon & potato on sticks, leaving a little space between them.

Repeat; Cook over coals, turning till done.

**Shrimp - Boiled**

1 Bag of Shrimp & Crab boil  
1 Teaspoon Salt  
1 Lb shrimp  
Wash shrimp, boil with spices for 5-7 minutes.

**Shrimp Mornay (1)**

1/2 Lb mushrooms, sliced  
2 green onions, sliced  
1 lb medium shrimp, shelled, deveined  
1 8-oz. pkg. cream cheese, cubed  
3/4 cup milk  
1/2 cup shredded cheese

Saute mushrooms & onions in butter; add shrimp; cook 2 to 3 minutes or until shrimp are pink. Remove shrimp & vegetables from pan, Add cream cheese & milk to pan, stir over low heat until smooth, add cheese, stir until melted, return shrimp & vegetables. Serve with rice or pasta.

**Broiled Squirrel (9)**

1 Squirrel  
Salt & pepper  
Clean squirrel and rub with salt & pepper. Brush with fat & place on grill over coals. Cook 40 minutes, turning every 10 minutes.

**Steak & Spinach Pinwheel (1)**

Flank Steak  
Bacon  
Spinach  
Parmesan Cheese

Cover steak with a mixture of chopped & cooked bacon, cheese & spinach. Roll steak into spiral (like a jelly roll), slice, skewer so that steak will not unroll, then grill.

**Quesadillas (1)**

3 6" flour tortillas  
1 cup shredded Monterey Jack cheese  
1/2 cup finely chopped tomato  
Cook tortillas; sprinkle with cheese; top with tomatoes; bake until cheese melts.

**Option 2**

3 6" flour tortillas  
8 oz. shredded cheddar cheese  
1 4 oz. can diced green chili peppers  
salsa  
sour cream

In cast iron skillet stack tortillas with cheese & peppers in between, ending with cheese & peppers on top. Cook about 5 minutes or until cheese melts.

### **Vagabond Meatloaf (5)**

1 lb. hamburger  
3/4 cup stewed tomatos  
1/2 cup bread crumbs  
1/2 teaspoon onion salt  
pepper - diced  
2 slices bacon

Mix first 5 ingredients together, form into loaf, top with bacon. Wrap in double foil & cook in coals about 45 minutes.

## **STEW**

### **Eastern Trail Stew (4)**

2 cups water  
1 cup instant rice  
2 envelopes instant spring vegetable soup  
Canned seafood (6 1/2 oz can tuna, 4 1/2 oz can shrimp)

Bring water to a boil, add rice & soup. Let stand about 10 minutes till rice is tender.  
Add seafood.

### **Steak Stew (1)**

1 lb top round steak - cubed  
16 oz. mixed frozen vegetables  
28 oz. beef broth  
1 15-oz. caps tomato sauce  
4 tablespoons Worcestershire sauce  
1 teaspoon sugar

Brown meat, add vegetables & broth, boil until vegetables are tender, add remaining ingredients and cook until thick.

### **Quick Stew (7)**

Hamburger - formed into meatballs  
1 Can - Condensed vegetable Soup.  
Minute Rice  
Salt & Pepper

Brown meatballs, drain grease, add remaining ingredients and simmer 30 minutes.



## VEGETABLES

### **Carrots & Apples**

- 1 Bag frozen baby whole carrots
- 1 Can apple pie filling
- 1 Tablespoon butter
- 2 Tablespoons brown sugar

Partially cook carrots (2-3 Minutes), add remaining ingredients, mix, cook until heated through.

### **Orange Carrots (8)**

- 1 Package frozen baby carrots
- 2/3 Cup brown sugar
- 1 Cup orange juice
- 6 Tablespoons butter
- 1/4 teaspoon cinnamon
- 4 slices unpeeled oranges

Heat butter in a large skillet. Add sugar, OJ & spices. Cook for 3 minutes, stirring constantly. Add carrots & spoon sauce over them. Cover with orange slices & cook, partially covered, until carrots are tender. Baste frequently with liquid while cooking.

### **Corn on Cob (1)**

- Salt Water
- String

Peel ears, leaving husks on; remove silk; dip in salt water; replace husks, covering ears & tie around top; place on coals, turning often. (10 - 15 minutes)

### **Corn on Cob (5)**

Remove Husks, wrap in foil, place on coals, turning often, for about 10 minutes.

### **Potatoes Baked in the coals (6)**

For moist potatoes with soft skins

Pierce each potato on 2 sides with fork tines. Nest in square of Aluminum foil.

Add 1 teaspoon of water, seal & place in coals.

For crisp-skinned, drier potatoes

Same as above but don't pierce skin or add water.

For charred skin

Just place in coals without any wrapping, brush away soot before you eat them.

Timing

It usually takes from 30 to 60 minutes for medium to large potatoes, depending upon size & heat of coals.

### **Baked Sweet Potatoes (6)**

Same as regular potatoes but cook in 25 to 40 minutes.

### **Sweet Potato Surprise (6)**

- 1 17oz can small whole sweet potatoes in heavy syrup
- 3 tablespoons butter
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1/4 cup brown sugar
- 1/2 cup coconut
- 6 - 8 maraschino cherries
- 2 tablespoons maraschino cherry juice

Fashion Dish of two thicknesses of heavy-duty foil, grease well with butter, arrange sweet potatoes in it, top with other ingredients, cover with foil & cook on grill, 4" above coals for 20 minutes or until butter & brown sugar are well blended.

### **Sweet Potato Casserole**

- 3 Cups mashed sweet potatoes  
(2 cans of vacuum packed sweet potatoes - NOT in syrup)
  - 1 Cup sugar
  - 2 Eggs
  - 1 Teaspoon vanilla
  - 1/2 Cup milk
  - 1/2 Cup butter
- Combine and pour into dutch oven, top with the following mix:
- 1/3 Cup flour
  - 1 Cup Pecans, chopped
  - 1/3 Cup butter
  - 1 Cup brown sugar
- Bake about 30 minutes, topping should be crunchy.

### **Zucchini-Tomato Mix on Coals (6)**

- 1 small, very firm zucchini sliced 1/4", then quartered
- 1 firm tomato, chopped
- 1 small onion, chopped
- 1 fresh mint leaf, finely chopped (optional)
- salt & pepper to taste
- butter
- water

Spread 1 teaspoon butter over each of 2 squares of Alm. Foil. Divide veg. onto the squares, sprinkle each with 1 tablespoon of water, salt & pepper, & 1/2 teaspoon butter. Seal tightly, leaving a little air space for steam. Cook on coals 15-20 minutes, turning twice.

## BREADS

### **Biscuit Mix Bread (6)**

2 cups Biscuit mix (Bisquick)

1/2 cup water

Mix a workable dough & shape into a loaf. Dust loaf with flour & place it in the center of a well greased heavy duty aluminum foil. Wrap, leaving plenty of room for expanding dough & make a tiny hole for expanding steam. Place package on grill over the edge of your cooking coals & turn every 5 minutes. The bread is done when it can be easily pierced (approximately 15 minutes) & no dough clings to it. If you like crunchy crust, place bread in the middle of the grill for the last three minutes.

### **Cornmeal Flat Bread (4)**

1/2 cup flour

1/2 cup cornmeal

1/2 cup water

Pinch salt

Butter

Cheese, thinly sliced

Mix first 4 ingredients & form into flat patties. Fry in frying pan lightly greased with butter. Turn once, cooking till brown. Melt cheese on top.

### **Cranberry - Orange Bread (1)**

1 3/4 cups Bisquick

5 Tablespoons sugar

1 egg - beaten

3/4 cup orange juice

1/3 cup oil

1 cup cranberries, coarsely chopped

Mix oil, juice & bisquick. Fold berries & 1/2 of the sugar into mixture. Spread evenly, bake in dutch oven.

### **Oat & Corn Bread (1)**

1 cup Quaker oats

1 cup corn meal

1/2 cup bisquick

2 tablespoons sugar

1 cup skim milk

1/2 cup kernel corn

3 tablespoons oil

2 egg whites - beaten

Mix well, spread evenly, bake in dutch oven or reflector oven

### **Pumpkin Apple Bread (1)**

2 1/2 cups Bisquick  
2 cups sugar  
1 tablespoon pumpkin pie spice  
1/2 teaspoon salt  
2 eggs - beaten  
1 cup solid pack pumpkin (can)  
1/2 cup oil  
2 cups finely chopped peeled apples  
Mix ingredients, dry first, then eggs, oil & pumpkin, and then the apples. Bake in dutch oven.

### **Skillet Biscuits (5)**

2/3 cups milk  
2 cups bisquick  
Mix & pat out to 1/2" thick. Cut biscuits using a cap to make them round or cut square. Arrange on a greased skillet & cover with foil. Place on grill 4" from coals & cook for about 10 minutes or till done.

## **SAUCES**

### **Sweet & Sour Barbecue Sauce (6)**

6 teaspoons crushed pineapple in extra heavy syrup  
1/2 cup soy sauce  
1/2 cup catsup  
1 tablespoon brown sugar  
6 tablespoons undiluted frozen lemonade  
1 tablespoon mild mustard  
1/2 teaspoon garlic powder  
Combine all ingredients, mix thoroughly & use as a sauce on meat or poultry.

Variation - add to the above

1/4 cup honey  
1/2 cup undiluted frozen orange juice

### **Sweet & Sour (1)**

1/3 cup brown sugar  
1/3 cup unsweetened pineapple juice  
1/3 cup red wine vinegar  
1 teaspoons cornstarch  
1 teaspoon soy sauce  
1/8 teaspoon ground ginger  
mix and heat until thick

**Meat Sauce Teriyaki (6)**

1/4 cup teriyaki sauce  
1/4 cup catsup  
1 tablespoon mustard  
2 tablespoons finely minced green onion  
1/4 teaspoon pepper  
Mix well & use as a marinade & to baste meats.

**Hot mustard (1)**

2/3 cup chicken broth  
1/4 cup hot mustard  
2 teaspoons cornstarch  
1 teaspoon soy sauce  
Mix and heat until thick

**DESERTS / SNACKS****Apple Fry Pies (5)**

1/2 cup pancake mix  
1/2 cup bisquick  
1/2 tsp. salt  
1/4 cup shorting

1 egg

1 tbsp. milk

1 cup canned apple pie filling

Mix dry ingredients, fold in shorting. Beat together egg & milk, add to dry mixture. Stir until dough forms a ball. divide into 6 portions & flatten each into a 5" circle. Spoon apple filling onto 1/2 of circle & fold dough covering apple. Seal edge with tines of a fork. Fry on greased griddle about 4 minutes on each side, turning once.

**Baked Apple (7)**

Apples

Brown Sugar

Cinnamon

Butter

Core apple, add brown sugar, butter & cinnamon. Wrap in foil & cook in coals 15-20 minutes.

**Banana In foil (7)**

Place banana, with skin, in foil. Cook in coals 10 minutes.

**Blueberry Snack Cakes (1)**

1/3 cup blueberries  
2/3 cup bisquick  
3 tablespoons sugar  
1/8 teaspoon salt  
1 beaten egg  
1/4 cup orange juice  
2 tablespoons oil  
Mix all ingredients and bake in dutch oven.

**Frying Pan Cookies (5)**

2 eggs  
1 cup sugar  
1 1/2 cups diced dates  
pinch of salt  
2 cups Rice Krispies cereal  
coconut  
Mix first 4 ingredients in frying pan & cook over low heat, stirring for about 10 minutes. Remove from heat, add cereal. Form into balls, roll in coconut.

**No Bake Cookies (5)**

1 cup sugar  
1/2 cup cocoa  
1/2 cup milk  
1/2 cup peanut butter  
3 cups rolled oats  
1 tsp. vanilla & a pinch of salt  
Combine first 3 ingredients & boil for 1 minute. Remove from fire and add remaining ingredients. Drip by teaspoons onto waxed paper.

**Peanut Butter Cookies (4)**

1 1/2 Cups chunky peanut butter  
1 cup sugar  
2 egg whites - unbeaten  
Combine ingredients. Drop by teaspoon onto ungreased cookie sheet. Bake in reflector oven.

**No Bake Drop Cookies (4)**

1 cup sugar  
1/2 stick butter  
1/4 teaspoon vanilla  
2 tablespoons unsweetened cocoa  
1/4 cup peanut butter  
1/4 cup milk  
1/2 cup uncooked quick oatmeal  
Mix first 6 ingredients and bring mixture to a quick boil. Stir & boil for 3 minutes, remove from heat & add oatmeal. Drop by spoonfuls & let cool.

### **Hot Fruit Knapsacks (1)**

- 2 Bananas
- 2 Plums
- 2 Peaches
- 8 Oz. can pineapple chunks, drained
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 1 tablespoon lemon juice

Divide above into 4, wrap each in tinfoil, heat over coals for 8 - 10 minutes or till fruit is heated through.

### **Outdoor Blueberry Bake (5)**

- 1 Pint blueberries
- 1/2 cup water
- 1 cup sugar
- 1 tablespoon lemon juice
- 1/2 teaspoon cinnamon
- 3 tablespoons bisquick
- 1/4 cup butter
- 2 cups bisquick

Put berries in pan, place over coals. Combine water, sugar, lemon juice, cinnamon & 3 tsp. bisquick; stir into berries. Cook, stirring frequently, until thick. Use remaining bisquick & butter to make 6 large drop biscuits. Place these on top of berry mix.

### **Philmont Cobbler (5)**

- 2 cans fruit
- 1 stick butter
- 1 box biscuit mix
- sugar

Cut half of butter into patties and place in bottom of dutch oven, add fruit. Mix biscuits and drop on top of fruit. Dot with remaining butter. Bake about 30 minutes.

### **Peach Cobbler from Philmont (7)**

- 2 cups biscuit mix
- 1 large can peach slices
- 6-8 teaspoons sugar
- 2 teaspoons oil
- Peach juice and/or water
- Cinnamon

Pour oil in dutch oven & put in fire to heat. Drain peaches, reserving juice, & pour into heated oven. Sprinkle 4-5 teaspoons of sugar & cinnamon on peaches. In another container mix biscuit mix, sugar & peach juice. Add water if necessary to make a thick batter. Spoon this over peaches. Cover & return to coals for about 20 minutes.

### **Peach Yums (7)**

Peaches

Marshmallows

Place 1/2 peach on foil. Put large marshmallow in center. Wrap & cook on grill for 5-10 minutes.

### **Smores (2)**

Classic

Marshmallows

Graham Crackers

Chocolate Bar - flat kind without nuts

Make a sandwich of a piece of chocolate & 2 crackers; Toast a marshmallow until well puffed; pop into sandwich & gently press together.

Robinson Crusoes

Use Peanut butter instead of chocolate.

Apple Smores

Use slices of Apples instead of crackers.

## **DIPS**

### **for vegetables (1)**

1/2 cup plain yogurt

1/3 cup mayonnaise

1 tablespoon horseradish

### **for fruit (1)**

8-oz vanilla yogurt

1/2 cup cranberry-orange sauce

1/4 teaspoon each - ground nutmeg, ground ginger

### **for fruit**

1 large jar marshmallow fluff

8 oz. bar cream cheese

### **for nacho chips (1)**

8 oz shredder cheese

1 cup mayonnaise

1 4 1/2 oz can chopped ripe olives, drained

1 4 oz can chopped green chili peppers, drained

1/4 teaspoon garlic powder

Mix all ingredients into a 9" pie plate, bake about 15 min. or until heated through.



**for nacho chips (1)**

- 8 oz. cream cheese
- 1 1/2 cups shredded Swiss cheese
- 1/3 cup mayonnaise
- 2 tablespoons chopped green onion
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon pepper

mix all ingredients into a 9" pie plate, bake about 15 min. or until heated through.

**Camp Marmalade (6)**

- Skin of 1 Medium Orange cut into tiny bits
- 1 Pinch grated lemon skin
- 1 Teaspoon Lemon Juice
- 1/3 Cup Sugar
- 1 1/4 cup cold water

Save orange & lemon peels, put on string & hang to dry. Soak in water & scrape away pith. Mix all ingredients & simmer for about 40 minutes or until they boil down to about 1/3 cup of syrup. Cool to thicken & serve on toast.

**Caramel Spread for crackers (6)**

- 1 15 Oz can sweetened condensed milk
- Water to cover cap in pot

Put can (unopened) of milk in pot of water (can covered) & simmer for 3 hours. Add water as necessary to keep can completely covered. Open can & spread thick substance over crackers.

**DRINKS****Russian Tea Mix (4)**

- 2 Cups orange flavor instant drink
- 4 scoops lemonade mix
- 3/4 cups instant tea
- 2 teaspoons cinnamon
- 1 teaspoon allspice
- 1 teaspoon ground cloves

Mix all ingredients. Stir 2 teaspoons into each cup of hot water.

**December Cider (1)**

- 1 12 oz. can frozen apple juice
- 1 12 oz. can frozen cranberry-apple juice
- 1 6 oz. can lemonade juice
- 7 whole cloves
- 1 teaspoon ground nutmeg
- 5 sticks cinnamon

Mix all ingredients & 9 cups of water. Bring to boil & serve hot.

## Cooking Time

Learning the cooking time for foods (when foods are done but not burned) is difficult at first but becomes easier with experience. In general, foods cooked out-of-doors should take about the same amount of time as foods cooked indoors. Foods cooked too fast run the risk of being either burned or cooked on only one side or of remaining raw in the middle. The chart on the following pages gives suggested cooking times and methods for recipes included in the book. The cooking time may vary according to amounts of food, altitude, and the degree of heat in coals.

## Types of Wood

The length of time necessary to cook foods will vary with the type of wood; hardwood from broad-leaved trees makes longer lasting coals, providing a more extended cooking time than the softwoods from needlelike, evergreen trees.

## Altitude

Water boils at 212°F at sea level. For every one thousand feet above sea level the boiling temperature drops two degrees. At 5,000 feet, then, water will boil at 202°F. Because of the lower boiling temperature at higher altitudes, foods take longer to cook.

## Concentration of Coals

The amount and concentration or thickness of the bed of coals is also a determining factor for the length of the cooking time. The more concentrated the coals, the shorter the time for cooking.

Numbers in this chart (except those labeled hr. or hrs.) refer to cooking time in minutes.	Slick	Spit	Tin Can Stove	Aluminum Foil	Tall Can Stove	Can Oven	Dutch Oven	Reflector Oven	PH	Montenail	Novelty
Breakfast											
Eggs and Egg Variations											
Soft and Hard-Cooked							10-20				10-20
Fried			5	5			5				
White Sauce							10				
Creamed							15-20				
Scrambled			3-5	3-5			3-5				
Eggs in a Basket			5	5			5				
Poached							10-15				
Bacon and Egg in a Sack											5
Bacon on a Stick	3-5										
Cereal							varies				
Overnight Breakfast							over-night				
Pancakes			3-5	3-5			3-5				
Cinnamon Toast	3-5			3-5				3-5			3-5
French Toast			3-5				3-5	3-5			
Lunch											
Special Stew							2 hrs.				
Sloppy Joes							20				
Campfire Sandwich			10								
Pizza							15-20	20			
Minute Pizza				10-15			10-15	10-15			
Pig in a Blanket	10						10	10			
No-fuss Lunch							15-20				
Bac-o-cheese Dogs	10-15							10-15			
Frank-a-bobs	5-10	5-10									
Dinner											
Meals											
Meat Loaf on a Stick	15-20	15-20									
Cannonballs				15-20				15-20			
Bunyon Burgers				25							
Meat Loaf				varies			60				3 hrs.
Quick Meat Loaf								15-20			

Numbers in this chart (except those labeled hr. or hrs.) refer to cooking time in minutes.	Sick	Spit	Tin Can Stove	Aluminum Foil	Tall Can Stove	Can Oven	Dutch Oven	Reflector Oven	Pit	Nonutensil	Novelty
Hot Pot Green Beans						20					
Fried Tomatoes		5-10				5-10					
Camp Chili						20-30					
Baked Beans						1 1/2 hrs					
New England Baked Beans						5-6 hrs.		5-6 hrs.			
Quick Breads											
Biscuits Supreme						10-15	10-15	10-15			10-15
Muffins						15-20		15-20			
Bread Twist		varies									
Indian Fry Bread						5					
Twisted Donuts and Holes						5	5	5			
Crêpes						3-5					
Yeast Breads											
Hot Rolls						15-20	15-20				
Desserts											
Fruit Kebab	3-5	3-5									
Chocolate Pudding Cake						40-50	60				
Baked Apples						45-60	45-60	45-60			
Fruit Dumplings						20-30	20-30	30			
Pioneer Cobbler						25-30	25-30	30			
Pineapple-upside-down Cake						20	30-45	30-45			
Brown Beans in an Apple Orchard							25-45	25-45			
Cake in an Orange							15-20	15-20			
Cherry Delight						20	20-30	30			
Graham Cracker Cherry Pudding						20-30	20-30	30			
Easy Brownies						30-40	30-40	40			
Snacks											
S'mores	2-3										
Banana Boat						5					
Shaggy Dogs	2-3										

Numbers in this chart (except those labeled hr. or hrs.) refer to cooking time in minutes.	Sick	Spit	Tin Can Stove	Aluminum Foil	Tall Can Stove	Can Oven	Dutch Oven	Reflector Oven	Pit	Nonutensil	Novelty
Meal Loaf in Cabbage						20-30	20-30				
Hamburgers						5	5				
Steak						varies	varies				varies
Stuffed Zucchini						20-25	20-25				
Foil Dinner						25					
Hamburger Stew							60				
Tacos						15					
Beef Stroganoff							15-20				
Quick Macaroni Casserole							20-30				
Shish Kebab	10-20	10-20									
Camp Stew							45-60				
Stuffed Pork Chops							1 hr.	3 hrs.			
Barbecued Spareribs		1-2 hrs					1 hr.				
Chicken Dinners							45-60				
Dutch Oven Chicken Dinner							45				
Chicken in Dutch Oven											
Chicken on a Spit		2 hrs.									
Chicken in a Pit								3-4 hrs			
Fish											
Fried						varies	varies				
Baked							30-40	30-40			
Steamed						20-30		20-30			
Vegetables											
Fresh						varies	varies				
Canned											
In Foil						varies	varies				
Potatoes											
Baked						1 hr.	1 hr.	1-3 hrs.			
Boiled							45-60				
Fried							20				
Scalloped							40-50	40-50			
Roast							10-20				
Corn on the Cob	15					10-15					

## Spit Roasting Time and Temperature Chart

Variety of Meat	Cut of Meat	Size or Weight	Recommended Heat of Fire*	Approximate Time for Cooking				
				Very Rare	Rare	Medium-Rare	Medium	Well Done
Beef	Standing Rib	3 to 5 lbs.	Med. to Hot	1½ to 2¼ Hrs.	1¾ to 2¼ Hrs.	2 to 2¾ Hrs.	2¼ to 3 Hrs.	3 to 4½ Hrs.
	Rolled Rib	6 to 7 lbs.	Med. to Hot	1¾ to 2¼ Hrs.	2 to 2¾ Hrs.	2¼ to 3 Hrs.	2¾ to 3¼ Hrs.	3¼ to 5 Hrs.
Pork	Fresh Ham	10 to 16 lbs.	Medium					4 to 6 Hrs.
Poultry	Chicken	3 to 5 lbs.	Medium					2 to 3 Hrs.
	Turkey	10 to 25 lbs.	Medium					3 to 6 Hrs.

\* Hot fire, 400° plus; medium, 350°; slow, 250 to 300°.

## Grilling Time and Temperature Chart

Variety of Meat	Cut of Meat	Size or Weight	Recommended Heat of Fire*	Approximate Time for Cooking (each side)				
				Very Rare	Rare	Medium-Rare	Medium	Well Done
Beef	Steak	1 inch	Hot	4 Min.	5 to 6 Min.	7 Min.	7 to 8 Min.	10 Min. or More
	Steak	1½ inches	Hot	5 Min.	6 to 7 Min.	8 to 9 Min.	10 Min.	12 to 15 Min.
	Steak	2 inches	Med. to Hot	7 to 8 Min.	8 to 10 Min.	10 to 15 Min.	15 to 18 Min.	20 Min. or More
	Steak	2½ inches	Med. to Hot	10 to 12 Min.	12 to 15 Min.	15 to 17 Min.	18 to 23 Min.	25 Min. or More
Fish	Fillet or Split	Small	Medium					5 to 10 Min.
	Fillet or Split	Large	Medium					10 to 15 Min.
Lamb	Chops or Steaks	1 inch	Medium		4 to 5 Min.	6 Min.	6 to 7 Min.	8 Min. or More
	Chops or Steaks	1½ inches	Medium		5 to 6 Min.	7 Min.	8 to 9 Min.	10 Min. or More
	Chops or Steaks	2 inches	Medium		6 to 7 Min.	8 Min.	9 to 10 Min.	12 Min. or More
Lobster	Split	1 to 2½ lbs.	Med. to Hot				15 to 20 Min.	
Pork	Chops or Steaks	1½ inches	Low to Med.					20 to 25 Min.
	Spareribs	Whole	Very Low					20 to 30 Min.
Poultry	Chicken	Split	Medium					30 to 45 Min.
	Cornish Hen	Split	Medium					30 to 45 Min.

\* Hot fire, 400° plus; medium, 350°; slow, 250 to 300°.

As for such other essentials as fats and sugars, no special planning is necessary. Normal eating practices pretty much take care of them automatically.

Here are a few more good nutrition-pointers:

- If you use the bleached varieties of rice and such grain products as flour, spaghetti, bread, and cereals, check the labels to be sure missing nutrients have been replaced in an enriching process.
- Eat the skins of apples and potatoes—after cleaning them, of course. Aluminum foil is fine for wrapping potatoes while they're baking, but, be smart, throw it away after the potato is done and consume that natural casing.
- Store food properly so there is the least possible loss of vitamins. Generally, this means keeping it in a clean, cool or cold place out of bright light.
- Don't overcook; excessive heat robs you of vitamins.
- Don't throw out any of the liquid in which meat and vegetables are cooked. It's loaded with vitamins, so use it in one way or another. It's grand for making soups, sauces, gravies, and omelets.
- Or, perhaps better still, cook meat and vegetables in so little liquid that it all will be absorbed at the moment your food is done. For this kind of cooking, a heavy pot like a dutch oven is best.

## 11—Planning Menus

Put all we've already said together now and you're ready to plan the menus for your camping trip, cruise, or picnic. Well, almost. First, you'll have to shop for all the things you'll need.

This will be no great problem if you are already in the habit of precise planning and shopping for so many meals for so many days.

But if you aren't, here are some pretty comprehensive estimates to guide you, gotten up by U.S. Department of Agriculture researchers.

In using their guidelines, remember two things:

- Serving sizes given are approximations of what the average American eats at home, not on an outdoor trip. Only you know your family's appetites, which are usually half again as great on the water or in camp.
- Don't include in your menus more buy-ahead perishable foods than you have cold-storage space for.

### Meat, Poultry, and Fish

Three ounces of cooked lean meat, poultry, or fish per serving.

Meat	Servings per Pound
Much bone or gristle	1 or 2
Medium amounts of bone	2 or 3
Little or no bone	3 or 4

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Poultry (ready-to-cook)

Chicken	2 or 3
Turkey	2 or 3
Duck and goose	2

Fish

Whole	1 or 2
Dressed or pan dressed	2 or 3
Portions of steaks	3
Fillets	3 or 4

Vegetables and Fruits

For this table, a serving of vegetable is one-half cup cooked vegetable unless otherwise noted. A serving of fruit is one-half cup fruit; one medium apple, banana, peach, or pear or two apricots or plums. A serving of cooked fresh or dried fruit is one-half cup fruit and liquid.

Fresh Vegetables

Asparagus	3 or 4
Beans, lima (bought in pod)	2
Beans, snap	5 or 6
Beets, diced (bought without tops)	3 or 4
Broccoli	3 or 4
Brussels sprouts	4 or 5
Cabbage	9 or 10
Raw, shredded	4 or 5
Cooked	5 or 6
Carrots	4
Raw, diced or shredded (bought without tops)	3
Cooked (bought without tops)	5 or 6
Cauliflower	4
Celery	3
Raw, chopped or diced	5 or 6
Cooked	4
Kale (bought untrimmed)	5 or 6
Okra	4 or 5
Onions, cooked	3 or 4
Parsnips (bought without tops)	4
Peas (bought in pod)	2
Potatoes	4
Spinach (bought pre-packaged)	4

Servings per Pound

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Fresh Vegetables

Squash, summer	3 or 4
Squash, winter	2 or 3
Sweet potatoes	3 or 4
Tomatoes, raw, diced, or sliced	4

Servings per Pound  
3 or 4  
2 or 3  
3 or 4  
4

Frozen Vegetables

Asparagus	2 or 3
Beans, lima	3 or 4
Beans, snap	3 or 4
Broccoli	3
Brussels sprouts	3
Cauliflower	3
Corn, whole kernel	3
Kale	2 or 3
Peas	3
Spinach	2 or 3

Servings per Package  
(9 or 10 oz.)  
2 or 3  
3 or 4  
3 or 4  
3  
3  
3  
2 or 3  
3  
2 or 3

Canned Vegetables

Most vegetables	3 or 4
Greens, such as kale or spinach	2 or 3

Servings per Can  
(1 lb.)  
3 or 4  
2 or 3

Dry Vegetables

Dry beans	11
Dry peas, lentils	10 or 11

Servings per Pound  
11  
10 or 11

Fresh Fruit

Apples	}
Bananas	
Peaches	
Pears	}
Plums	
Apricots	}
Cherries, sweet	
Grapes, seedless	
Blueberries	
Raspberries	
Strawberries	}

Servings per Market Unit (as purchased)  
3 or 4 per pound  
5 or 6 per pound  
4 or 5 per pint  
8 or 9 per quart

## 2. SHOPPING GUIDE

Food	Weights/Approximate Measurement	Approximate Servings
<b>Bread</b>		
1 loaf	1 lb.	20 to 22 slices
<b>Cereal</b>		
Ready-to-eat:		
Flaked	18 oz./18 to 20 cups	18 to 20 1-cup servings
Puffed	18 oz./32 to 36 cups	26 1½-cup servings
Cooked:		
Oatmeal	18 oz./6 cups (1 cup uncooked = 1½ cups cooked)	12 to 14 ¾-cup servings
<b>Rice</b>		
Crackers		
Graham	1 lb./65 crackers	32 to 35 2-cracker servings
Saltine	1 lb./130 squares	32 4-cracker servings
<b>Dairy Products</b>		
Cheddar cheese	1 lb./12 to 16 slices 4 cups grated	6 to 8 sandwiches (2 slices each)
Cottage cheese	1 lb./2 cups	6 to 8 ¼-cup servings
<b>Milk:</b>		
Evaporated	14½ oz./1⅓ cups	Equivalent to 3⅓ cups milk. 1 can milk + 1 can water = whole milk
<b>Whole</b>	1 qt./4 cups	4 servings
<b>Nonfat dry</b>	1 lb./5 quarts	20 servings
<b>Fats</b>		
Butter or margarine	1 lb./2 cups	48 pats
<b>Shortening</b>		
	1 lb./2½ cups	
	3 lb./7½ cups	
<b>Salad oil</b>	1 pt./2 cups	
<b>Flour</b>		
All-purpose	1 lb./4 cups	
Whole wheat	1 lb./3½ cups	
<b>Fruit Juices</b>		
Frozen		
concentrated	6 oz./3 cups	6 ½-cup servings
Canned	46 oz./5¾ cup	11 to 12 ½-cup servings

## 2. SHOPPING GUIDE (Continued)

Food	Weights/Approximate Measurement	Approximate Servings
<b>Fruits, Fresh</b>		
Apples	1 lb./3 med.	3
Bananas	1 lb./3 med.	3
Grapefruit	1 lb./2 med.	2
Oranges	1 lb./2 med.	2
		1 orange = ⅓ cup juice
Pineapple	2 lb./1 med.	6 to 8
<b>Meats</b>		
Bacon	1 lb./20 to 24 slices	10 to 12 2-slice servings
Hamburger	1 lb./2 cups	4 to 5
<b>General guide:</b>		
Boneless meat	1 lb.	4
Small-boned meat	1 lb.	3
Large-boned meat	1 lb.	2
Chicken	2½ to 3½ lb.	4
Ham	1 lb.	4 to 6
Fish	1 lb.	2
<b>Pasta</b>		
Macaroni	1 lb./4 cups uncooked 8 cups cooked	14 to 16 ½-cup servings
Noodles	1 lb./5 cups uncooked 8 cups cooked	14-16 ½-cup servings
Spaghetti	1 lb./4 cups uncooked 8 cups cooked	14-16 ½-cup servings
<b>Sugar</b>		
Brown	1 lb./2¼ cups packed	
Granulated	1 lb./2¼ cups	
Confectioners' syrup	1 lb./4 cups	
Corn syrup	1 pt./2 cups	
Honey	1 lb./1¼ cups	
<b>Molasses</b>	1 pt./2 cups	20 1-tablespoon servings
<b>Pancake</b>	1 pt./2 cups	16 2-tablespoon servings
		16 2-tablespoon servings

## 2. SHOPPING GUIDE (Continued)

Food	Weights/Approximate Measurement	Approximate Servings
<b>Legumes, Dried</b>		
All kinds	1 lb./2 cups uncooked 6 cups cooked	6 1-cup servings
<b>Vegetables, Fresh</b>		
Beans	1 lb./3 cups	5 to 6 ½-cup servings
Broccoli	1 lb.	3 to 4 ½-cup servings
Cabbage:		
Raw	2-lb. head/18 to 24 leaves	14 ½-cup servings
Cooked	2 lbs.	8 ½-cup servings
Carrots	3 mature/2½ cups	5 ½-cup servings
Cauliflower	1 lb./1½ cups	3 ½-cup servings
Lettuce	1 lb./1 large head	8 to 10
Onions	3 large; 4 to 5 med./ 2½ to 3 cups	
Potatoes	1 lb./3 med.	3
Tomatoes	1 lb./3 to 4	5 to 8
<b>Miscellaneous</b>		
Marshmallows	1 lb./64	8 to 10 2-tablespoon servings
Peanut butter	18 oz./2 cups	16
Potato chips	1 lb.	8 ½-cup servings
Walnuts	1 lb./4 to 4½ cups	

## Substitutes

Sometimes, as careful as we are in shopping or packing, there are items missing. It is helpful to know how to expand meat with eggs, onions, and bread crumbs and how to expand eggs with bread crumbs. It is helpful to know what ingredients can be substituted for others. The suggestions in the following chart may prove useful.

- 1 teaspoon baking powder: ⅓ teaspoon baking soda plus 1 teaspoon cream of tartar.
- 1 cup butter: 1 cup margarine.
- 1 cup buttermilk or sour milk: 1 tablespoon vinegar or lemon juice in enough milk to make one cup; let stand for five minutes.
- 1 oz. (square) chocolate: 3 tablespoons cocoa plus 1 tablespoon fat.
- 1 tablespoon flour: ½ tablespoon cornstarch; 2 tablespoons quick tapioca.
- 1 cup honey: 1¼ cup sugar plus ¼ cup liquid.
- 1 cup milk: ½ cup evaporated milk plus ½ cup water.
- 1 cup evaporated milk: 1 cup double-strength powdered milk.
- 2 tablespoons onion: 1 tablespoon dried onion.
- 1 cup white sugar: 1 cup brown sugar.

## Recipes

Because so many recipes are available to the public and adaptable to the outdoor setting, the purpose of this section is to acquaint you instead with some basic "tried-and-true" recipes and with ideas to help you adapt your own recipes to outdoor cooking. Each recipe is broken down into six or seven parts:

- *Its title.*
- *Cooking methods.* Many methods, including those you might create, may be used to cook the same item.
- *Cooking time.* The cooking time will vary greatly; so a rough estimate of the time is given, also a suggestion as to what constitutes "done" for each recipe. Check food often while you are learning.



### 3. CHECKLIST FOR FOOD

**Beverage**

- \_\_\_ dairy drink
- \_\_\_ cocoa
- \_\_\_ fruit juices

\_\_\_ tomato juice

**Bread and Cereal**

- \_\_\_ bread
- \_\_\_ cold cereal

\_\_\_ cooked cereal

**Canned Foods**

\_\_\_ fruits

\_\_\_ meats

\_\_\_ soup

\_\_\_ vegetables

**Dehydrated & Dried Foods**

- \_\_\_ eggs
- \_\_\_ fruit
- \_\_\_ meat
- \_\_\_ onions
- \_\_\_ potatoes
- \_\_\_ soup
- \_\_\_ vegetables

**Cleaning Products**

- \_\_\_ soap for dishes
- \_\_\_ soap for hands
- \_\_\_ soap pads
- \_\_\_ cleansers

**Condiments/Dressings**

- \_\_\_ catsup
- \_\_\_ honey
- \_\_\_ jam
- \_\_\_ jelly
- \_\_\_ mustard
- \_\_\_ olives
- \_\_\_ peanut butter
- \_\_\_ pickles
- \_\_\_ salad dressing
- \_\_\_ vinegar

**Dairy Products**

- \_\_\_ butter
- \_\_\_ buttermilk
- \_\_\_ cheese
- \_\_\_ cottage cheese
- \_\_\_ eggs
- \_\_\_ margarine
- \_\_\_ milk
- \_\_\_ sour cream

**Meat**

- \_\_\_ bacon
- \_\_\_ beef
- \_\_\_ chicken
- \_\_\_ ground beef
- \_\_\_ ham
- \_\_\_ sausage
- \_\_\_ steaks
- \_\_\_ weiners

**Produce**

- \_\_\_ apples
- \_\_\_ bananas
- \_\_\_ celery
- \_\_\_ carrots
- \_\_\_ cucumbers
- \_\_\_ grapefruit
- \_\_\_ green peppers
- \_\_\_ lemons
- \_\_\_ lettuce
- \_\_\_ melons
- \_\_\_ onions
- \_\_\_ oranges
- \_\_\_ potatoes
- \_\_\_ tomatoes

**Paper Products**

- \_\_\_ aluminum foil
- \_\_\_ bathroom tissue
- \_\_\_ garbage bags
- \_\_\_ Kleenex
- \_\_\_ paper cups
- \_\_\_ paper plates
- \_\_\_ paper sacks
- \_\_\_ paper towels
- \_\_\_ plastic bags
- \_\_\_ plastic wrap
- \_\_\_ wax paper

**Miscellaneous**