

Packable Trailside Cooking Instructions

The following section contains the on-the-trail cooking instructions for each recipe in this book requiring final preparation in the backcountry. This

section is intended to be torn out and taken along on the trip. You can either tear out the entire section and create your own lightweight, packable book of trailside cooking instructions or cut out individual instructions and place the slips of paper in your bag of ingredients or another convenient place in your pack. The Packable Trailside Cooking Instructions are also available online at www.Falconbooks.com/lips-mackin. Reference the Packable Trailside Cooking Instructions by recipe name.

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Pacific Crest Pancakes

For each serving, melt 1 tablespoon Crisco in pan. Add H cup water to one bag (H cup) of mix. Knead mixture in bag. To cook, spoon or pour pancake batter into greased cooking pan. Turn once. Since pancakes can burn easily on backpacking stoves, adjust the flame to its lowest setting and be prepared to hold the pan above the flame if it gets too hot.

Whole-Wheat Palisades Pancakes with Syrup

To make one serving, melt 1 tablespoon butter in pan. Remove brown sugar bag from bag of pancake mix. Add approximately H cup water to pancake mix. Knead bag until lumps are gone. Cut a large hole at one corner of the bag and pour batter into pan. Watch pancakes carefully and flip when the first side has browned. To make the syrup, add 1 tablespoon water to brown sugar bag and knead mixture until all lumps disappear.

Blue Ridge Blueberry Pancakes

For each serving, pour G cup water and G teaspoon oil directly into one bag of pancake mix and knead mixture well. Let stand for 15 minutes. Grease skillet and place over medium heat. Cook pancakes until brown on the bottom and bubbling on top. Turn pancakes and cook until other side is light brown. Serve with syrup, if desired.

Cameron Canyon Caramel Rolls

For two servings, add H cup water to one bag biscuit mix. Knead dough in bag. On low heat, melt 2 tablespoons of butter in a frying pan, preferably one having a nonstick surface. Add sugar and pecans to butter and stir. Cut a hole in the bottom of the biscuit bag and squeeze out dough as thinly as possible on top of pecan/brown sugar mixture. Cover entire pan and allow to cook. Check frequently to ensure that caramel is not burning. Dough will eventually become biscuitlike. After allowing rolls to cool, eat directly out of the pan.

Backcountry Cinnamon Rolls

This recipe requires a backpacking oven. For two servings, add margarine to the sugar-cinnamon-nut mix and mush together. Add N cup water to Bisquick-buttermilk mix and knead in bag. Take the dough out of the bag, place on a flat surface, and work it into a square about 10 to 12 inches wide and G- to J-inch thick (thinner is better). Spread the sugary paste evenly over the dough. Roll the dough into a log. Cut the log into 1-inch-wide portions and place slices side by side in your backpacking oven. Follow directions specific to your particular oven, and allow to cook until the rolls rise and become firm. Remove from the stove and let cool.

Big River Apricot Granola, Goose's Multigrain Granola, Backpacking Cereal, Kooger's Wolf Creek Granola, Lost Valley Granola, Gravel Road Granola Eat as is, or with powdered milk and water, either hot or cold.

Cherry-Walnut Couscous Porridge

For two servings, bring 1G cups of water to a boil. Stir in dry porridge mix, then cover and remove from heat. Allow to sit for 10 minutes. Stir and serve.

Mountain Corn Cakes

For two servings, add N cup water to the mix, seal the bag, and knead well by pressing and squeezing the bag. Melt butter in pan or skillet over a very low flame. Place large, heaping spoonfuls of the batter in your pan or skillet. The batter will spread some, so leave a little room between each, or cook one at a time. When bubbles appear all over the surface, carefully flip the cake onto the uncooked side. Cook another 30 to 40 seconds, or until the cake sounds hollow when lightly tapped.

Cornmeal Mush

For one serving, bring I cup of water to a boil, add 1 tablespoon butter, and slowly add one bag of cornmeal mush mix. Stir while heating for 1 minute. Take off heat and wrap entire pan in towel or other insulator for 3 to 5 minutes before eating.

Appalachian Apple Bannock

Add 2 tablespoons of water to one bag of Bisquick-dehydrated apple mix, then knead bag until dough is slightly thinner than normal biscuit dough. Melt 1 tablespoon of butter in frying pan. Drop biscuit-size blobs into pan. Flatten slightly with spatula. Cook on low heat, turning once.

"Scrambling Up the Sierra" Eggs

For two servings, add 1H cups water to the egg mixture and mix until the lumps disappear. Let sit for 5 to 10 minutes. Place 1 tablespoon of butter in frying pan and heat over a low to medium flame. Pour eggs into pan, scramble, and cook.

Kitchen Creek Breakfast Rice

For one serving, bring 1G cups of water and G teaspoon of salt to a boil. Add remainder of ingredients, then cover and simmer 10 minutes or until rice is tender.

Chicken Curry Salad

The night before you plan to eat this meal, place 1 cup of water into one bag (one serving) of salad mix. Keep salad at the bottom of bag and roll up the bag like a burrito to help keep it from leaking. Allow to sit overnight. In the morning, check how the rehydration is progressing and, if necessary, add more water. The salad should be fully rehydrated by lunch. At lunchtime, stir in a sixth of your seasoned oil into a serving of salad.

Creamy Cilantro Tuna Salad

The evening before having this salad for lunch, add 1 cup of water to one bag (one serving) of salad. In the morning, check to see how the rehydration is progressing and, if necessary, add more water. At lunchtime, add a fourth of the dressing and the contents of one mayonnaise packet.

Sierra Szechwan Chicken Salad

The night before you are ready to eat this meal for lunch, add 1 cup of water to one bag (one serving) of the noodle mixture. Allow to sit overnight. Periodically toss the water around in the bag. In the morning, check to see how the rehydration is progressing and, if necessary, add more water. By lunchtime the meal should be completely rehydrated. You can eat it at room temperature, allow it to chill a few minutes in a cold river, or heat it briefly over a stove.

Tropical Trail Salad

Before hitting the trail, add 1 cup water to one bag of rice mix. Seal bag well. Salad will be ready by lunchtime.

Smitty's Lunch at Lost Lake.

Fold each piece of cheese in half twice. On each cracker, place a piece of cheese, then a bit of sardine.

White Mountain Tortillas

Mix hummus with 1H cups of water. For each tortilla, heat 1 tablespoon of oil in pan. Place a fourth of the hummus on top of one tortilla and place one slice of cheese on top of hummus. Place tortilla in heated pan. Cover and cook until cheese has melted. Do the same to make the remaining three tortillas.

Trekker's Tabouli on Pita

To one bag (one serving) of tabouli mixture, add N cup of water and 1 tablespoon of olive oil. Allow to sit for about 2 hours. To serve, place one piece of cheese in one sliced pita. Cut a large hole in the bottom of the tabouli bag and squirt the tabouli into the pita. No cooking is necessary.

Tuna-Spinach Couscous

Add 1 cup water to one bag (one serving) of couscous. Mash around a bit, then let sit for 1 hour before eating.

Peanut Butter and Raisin Roll-ups

Spread half the peanut butter on each tortilla. Add raisins to each. Roll up and eat!

Simmering Pot Fruit Soup

For two servings, bring fruit to a boil in pot with 3 cups of water and simmer for 10 minutes (longer if you can spare the fuel). Turn off heat. Mix 1 cup water with lemon pudding in a plastic bottle until dissolved. Mix with fruit soup and serve in cups.

Domeland Nachos

For one serving, cut one tortilla into pie slices. Cut cheese into thin flat pieces. Heat 2 tablespoons of oil in frying pan. Place tortilla slices in pan with hot oil. Allow one side to cook, then flip. Drop pieces of cheese onto tortillas and cover pan, if possible. Heat on low until cheese melts. Cook other tortilla the same way.

Wagon Mound Tortilla Chips

For one serving, heat 5 tablespoons of oil in frying pan. Cut tortillas into pie slices. Place in hot oil. Fry until light brown and crispy on one side, then turn over and repeat on opposite side. Add salt when both sides are finished cooking.

Hawk Mountain Roll-ups

For one serving, stir bean mix with H cup of water. Let sit a few minutes until mix is fully rehydrated. Grate or chop 1 ounce of cheese. Spread bean dip on a tortilla with cheese and roll it up.

Piute Mountain Pizza

For one serving, add N cup water (more if needed) to Boboli mix in resealable bag. Knead the bag to help rehydrate the sauce. Cut cheese into small pieces. Heat oil in frying pan. Cut a 3-inch slice into the side of each whole pita, enough to cause the inside to separate. Once the sauce sufficiently rehydrates, cut a small hole in the corner of the bag and shoot the sauce into the holes of each pita. Stuff your cheese into the pita along with anything else you'd like to add. Place in the hot frying pan over medium heat and cook both sides. You can cover pan, but make sure the pitas don't burn. When cheese is melted, it's ready.

Kirk's No-Cook Pizza

For one serving, add N cup water (more if needed) to the resealable bag containing the Boboli. Knead until sauce rehydrates. This will take a few minutes. Spread sauce over the tops of both pitas and eat. No cooking is required.

Brower's Baco Spuds

For two servings, place a small amount of water into the dried vegetables and meat bag to rehydrate about 1 hour before cooking. Place 3 cups of water into your pot with only the veggie-meat ingredients and bring to a boil. Add the ingredients in the second bag and stir. Add extra water as needed. Mix gravy according to the directions on the package, and pour over the potatoes.

Irwin's Forester Pass Mashed Potatoes

For two servings, place 3H cups of water in a pot. Rehydrate vegetables and TVP in water for about 1 hour. Bring water to a boil and add gravy. Stir continuously. Check vegetables occasionally and add additional water as needed to rehydrate. Add powdered mashed potatoes to mixture and stir.

Thru-Hiker Veggie Spaghetti

Begin rehydrating the spaghetti leather 1 hour before dinner. Place one serving of leather and 1G cups water in a sealable plastic container. It will rehydrate faster if you rip the leather into pieces. Carefully place container back in your pack and walk your last hour. When you are ready to eat, bring 1I cups of water to a boil. Break in half one serving of the pasta and add to water, stirring for 2 to 3 minutes or until al dente. Drain any remaining water. Next, you have two options: either dump the hot pasta into the rehydrated sauce in your plastic container and eat it lukewarm, or dump the sauce into the pot of pasta and heat all the way through.

Ballou's Turkey Spaghetti

For each serving, simply add enough water to barely cover the spaghetti in a pot and bring to a boil. Some presoaking may be desirable at very high elevations.

Speedy Spaghetti

For two servings, add 4 cups of water to the dehydrated sauce bag at least 1 hour before you are ready to cook. Mix from time to time. Add more water if needed. While waiting for the sauce to rehydrate, boil the noodles in 2 quarts water and drain. Set aside. With the sauce rehydrated, place it in a separate pot. Heat the mix and add additional water as required. Add noodles and serve.

Gard's Glacier Spaghetti

For one serving, cook spaghetti in 2 quarts water until done, then drain. Stir in 1 tablespoon of olive oil then add parmesan mixture. Mix thoroughly.

Smitty's Favorite Spaghetti

For two servings, chop garlic thoroughly, then bring 1 quart of water to a boil and drop in the spaghetti-pasta mix. The tomatoes and TVP will reconstitute in 5 to 10 minutes depending upon altitude. When the noodles are soft, add the seasoning mix and stir until all the powder is dissolved. Divide and eat.

White Trash Pasta

For one serving, pour all ingredients into 2H cups of water and bring to a boil in a pot. Allow to simmer 5 to 10 minutes until the broccoli is rehydrated.

Outdoor Pesto Tortellini

For two servings, add H cup of water to vegetable-pesto sauce mix and knead in bag. Reseal bag so sauce doesn't dry, and allow it to sit for 30 minutes. Add more water if needed. After allowing vegetables to rehydrate, begin to boil a pot of water for the tortellini. Add the tortellini and boil until rehydrated and hot, then drain. Add vegetable-pesto sauce mix and oil to tortellini and stir over low heat (adding more water as needed).

Michigan Salmon Fettuccine

For two servings, place 3 cups of water in pan with salmon and allow to sit for 20 minutes. Bring to a boil and add the rest of the ingredients. Reduce heat and allow noodles to rehydrate for 5 minutes or more. Add more water if needed.

Tahoe Chicken Curry

For two servings, bring 2 cups of water to a boil along with both bouillon cubes. Add dried dinner mix. Allow to cook about 1 minute. Remove from heat and let sit 5 minutes, or until the rice is tender.

Cascade Valley Chicken and Rice

For two servings, add dehydrated chicken, peas, and bouillon to 2H cups of water in a pot. Bring water to a boil. Add instant rice and stir well. Remove from heat. Cover and let stand 10 minutes. A pat of butter improves flavor.

Tamale Pie for Ungrateful Waifs

While setting up camp, place one serving of Bag A and 2 cups of water in pot and allow ingredients to rehydrate. Check periodically to see if you need to add more water to keep the ingredients rehydrating properly. When the contents of Bag A are rehydrated, add the contents of Bag B along with N cup of water. Heat slowly over a low flame, stirring continuously until thick. Shut off flame and cover. Let set for about 5 minutes. The pie will have the consistency of porridge.

Katahdin Tamale Pie

For two servings, pour tamale sauce mixture into pan along with 3 cups of water. Bring to a boil and allow to cook for about 3 minutes. Add N cup water to the bag of cornmeal mix, and mush around until it becomes a dough. Cut a small hole in one of the corners of your dough bag and squeeze the dough out evenly onto the top of the tamale sauce. Reduce the heat to very low, cover the pan, and steam for about 10 minutes. The recipe is ready when an inserted toothpick comes out clean. Be careful not to let the mixture burn.

Sandy's Weed Salad

Collect greens along the trail in a plastic sack and wash them in the streams. Cut them fine and place in a 1-quart plastic bag. Toss in 2 tablespoons of dressing. Pick the following fresh weeds and herbal greens gathered from the sides of the trail if they look clean and fresh: miner's lettuce, dandelion, plantain, yellow clock, sheep sorrel, lamb's quarter, red clover, chicory and chick weed, wild and prickly lettuce, and bull thistle.

Trail Oven Pizza To Go

For one serving, place H cup water in sauce bag, adding more if you have dehydrated vegetables. Knead contents of bag until reconstituted, about 10 minutes. Place H cup of warm water in pizza crust bag along with 1 tablespoon of oil. Knead for at least 1 minute. Allow dough to rise in bag for 5 minutes in a warm place. (In a cold environment, stick the bag in a warm place inside your jacket.) At this point, follow the directions specific to the type of backpacking oven you are using, but basically the pizza dough goes on the bottom of the baking pan, and the sauce, as you might expect, goes on top of the dough. If your oven requires a bag, you may choose to fold your dough over your sauce and make a sort of calzone-type meal. Bake until bread dough is cooked through and the sauce is hot.

Night-after-Night No-Cook Bean Soup

For each serving, add 3 cups of water to the mix in a pot and allow to stand 1 hour if using hot water, 2 hours if cold water. May be eaten hot or cold.

Japanese Energy Soup

For one serving, bring 2H cups of water to a boil. Add rice-tuna mix and stir frequently until rice is soft and tuna is rehydrated. Add water if needed.

Packer's Pea Soup

For each serving, bring 2 cups of water to a boil and add one serving of soup. Stir well.

Dog Food Soup

For two servings, add all ingredients to 1 quart of water and simmer until vegetables are rehydrated and noodles are cooked. Reduce the cooking time by taking the pot off the flame and letting it sit for 5 minutes before eating. Stir occasionally while cooking. If mixture gets too thick, add a little more water.

Vermilion Valley Vegetable Soup

In a pot, add one serving (one bag) of soup mix to 2H cups of water. Bring to a boil and cook until vegetables are fully rehydrated.

Tree Frog Soup with Rattlesnake (for two servings)

Method 1: Chop up Spam into small pieces. Heat 4 cups of water in pan. Add soup mix and Spam to pan and eat when it's hot.

Method 2: Divide the soup back into the four cups you brought. Chop up Spam into small pieces and divide evenly into the four cups. Heat 4 cups of water and divide into each of the cups. Stir and eat when soup is rehydrated. (Saves pack volume and you don't have to clean the pot.)

Method 3: Divide the soup back into the four cups you brought. Chop up Spam into small pieces and divide evenly into the four cups. Pour about 8 ounces of water into each cup. Place cups in the sunlight and allow the solar rays to warm them. (Saves volume, messiness, and fuel!)

Lassen Volcanic Eruption Chili

For two servings, add 1 quart of water to 1 bag of chili contents and allow to rehydrate for about 1 hour. Add more water if needed. Once rehydrated, heat the mix in a pot along with the chili seasoning.

Smoky Mountain Chili

For two servings, combine all ingredients with 5 cups of water in a pot. Cook, stirring often, for about 15 minutes or until beans are soft. When cooking, you may have to stir almost constantly while holding the pot above the flame in order to keep the chili from scorching. It gets quite thick, so keep adding water as necessary.

Hotter-than-the-Mojave Chili

Add one serving of chili mix to 1H cups of water and heat until chili mix is fully rehydrated.

Campo Corn Chowder

In a pot, add 2 cups of water to each serving of soup leather and let sit for 1 hour. Bring soup mix to a boil and cook until mix is fully rehydrated and smooth, stirring frequently. (You can also bring the soup mix straight to a boil without the 1 hour of rehydrating, but you will use a little more fuel in doing so.) Add more water if needed.

Alaskan Chipped Beef Sauce

For two servings, melt 2 tablespoons of butter in a pan and mix with the dry ingredients along with 1 cup of water. Heat and stir until thick.

You-Don't-Need-Drawings-To-Do-It Poached Trout

For 2 medium-size trout, add seasoning mix and 1 bouillon cube to a pan of water (ideally about the size of a large coffee can). Bring the water nearly to a boil so that the bouillon cube is dissolved and the liquid is an aromatic weak herb broth. Add trout and cover with water. (You may have to cut larger fish in half to fit most backpack cook pots.) When water returns to near-boiling, cover pan and allow fish to simmer on low heat for 2 minutes. Remove from heat and poach for 10 minutes until flesh is firm (white or light pink, depending on the species) and cooked through to the backbone. Trout is done when the filets on each side can be stripped off the bones easily. Strip off and discard the fins and their short bones.

Backpackers' Potluck

Place all ingredients, including 1 tablespoon of margarine, into 3 cups of water and allow to sit for about 30 minutes. Bring mixture to a boil and cook for 10 minutes. If the vegetables aren't sufficiently rehydrated, allow them to simmer a little longer.

Trail-Grown Sprouts

For four servings, soak seeds in water for approximately 24 hours. Pour into mosquito netting. Place in an opaque plastic bag in your pack for three days. At the end of three days, bring netting out into the light (hang from your pack) for an additional day or two and keep moist.

The Couscous Burrito of the Mighty San Gabriels

For each serving, boil 1 cup of water in a pot. Add one bag couscous-taco seasoning mix. When rehydrated, scoop onto two flour tortillas. Add one hot sauce packet per burrito along with some grated cheese.

Ozark Burritos

For one serving, add picanté-bean mix to 1 cup of boiling water. Allow to cook until beans are fully rehydrated. The end product will be similar to refried beans. Spread the bean mixture over two tortillas, sprinkle on the cheese, then roll up the tortillas up like a burrito and eat.

Falafel Burgers

For one serving, heat 1 tablespoon of oil in frying pan. Mix falafel, onions, and Parmesan with 1/2 cup of water. Form into two burgers and flatten into pan. Cook over medium heat until browned on each side.

Backpack Pot Pie

After you reach your camp, add G cup water directly into Bag B and knead until it becomes a dough. Keep sealed. Next, pour the contents of Bag A into a pot along with water that covers the mix by 1 inch. Allow to sit for at least 30 minutes. While setting up your camp, check periodically to see if you need to add more water to keep the ingredients rehydrating. Once rehydrated, bring the contents of Bag A to a boil for about 2 minutes, making sure that the mixture doesn't dry out.

Reduce heat and pour the contents of Bag B on top of the contents of the pot. Either spoon the mixture on evenly and thinly or cut a hole at the bottom of the bag and squeeze the mix onto the chicken, being sure to smooth it out afterwards. Cover and let simmer until Bisquick is cooked. Eat directly out of the pot.

Cottonwood Lakes Corn Macaroni

For one serving, place ingredients in pot along with 2 cups cold water and stir. Place pot on stove and simmer until macaroni is soft.

The Honeymooners' Cheesy Ramen

For one serving, cook ramen noodles in 2 cups of boiling water until noodles are soft. Add ramen spice mix packet and stir. Cut 3 ounces of cheese into pieces, add to noodles, and cook until it melts.

Doctari's Tuna Casserole

For each serving, bring 1H cups of water to a boil, then add one bag of casserole. Stir frequently.

Forest Bulgur Pilaf

For two servings, bring 2H cups of water to a boil. Add bagged vegetable mix. Simmer for 15 minutes or until bulgur is soft and water is absorbed. Remove from heat, and top with Parmesan cheese or Mrs. Dash if you'd like.

Sundown Sausage Delight

For two servings, cut 2 ounces of sausage into small pieces. Bring 2G cups of water to a boil. Add rice mix and sausage to the water and return to a boil. Cover and cook over low heat until rice is tender.

Bear Ridge Scramble

For three servings, add 1H cups water to the Nature Burger mix and knead in the bag. Heat 2 tablespoons of oil in pan. Add burger mix and scramble. Serve on tortillas.

Celebration Dinner

For two servings, bring 3 cups of water to a boil. Add ham mixture and allow to cook until noodles are soft and meat is somewhat tender. Add Parmesan cheese.

Ben's Chicken and Cheese

For two servings, add a little water to the chicken bag and allow to rehydrate in bag. Bring a pot of water to a boil and add noodles. Cook until tender. Drain water then add cheese sauce-buttermilk mix, 1 tablespoon of butter, and rehydrated chicken. Allow to simmer until hot.

Sweet Wenatchee Rice Dish

For one serving, bring 1H cups of water to a boil. Add rice mix and 2 tablespoons of margarine. Stir, then let sit for about 5 minutes.

Bob 'n' Bug's Spanish Rice Fiesta

For two servings, add salsa to 1 quart water. Bring water to a boil while stirring to mix the salsa. Add rice-bean mix, stir, and remove from heat. Serve as a meal by itself or use flour tortillas to make burritos.

Brown Rice Bonanza

For one serving, bring 1H cups of water to a boil. Chop garlic and place the ingredients in the water; stir well. Cover the pan and remove from the heat source. Let stand 10 minutes. The vegetables need the time to rehydrate, as the rice will fully cook in 5 minutes. Pass out the soy sauce.

Quick-and-Not-So-Dirty Bean Soup and Rice

For one serving, empty the contents of the bag into the original packing cup. In a small pan, bring 1 cup of water to a rolling boil. Add the boiling water to the dehydrated mix in the cup. Stir well and let stand for 6 minutes.

Carolina Spice Rice

For one serving, boil the rice in 1H cups of water for about 10 minutes. Drain and pour cooked rice from bag into pot. Cut pepperoni stick into pieces and add to rice with soy sauce. Stir and it's ready

Adirondack Stew

For two servings, bring 4 cups of water to a boil and add the stew mix. Boil 7 to 10 minutes until tender. Stir frequently.

Cascade Stew

For two servings, add stew mixture to 5 cups of water and bring to a boil. Stir frequently. Let boil about 10 minutes or so until vegetables are fully rehydrated. Add potato flakes and stir.

Oriental Takeout

For each serving, bring 3 cups of water and the contents of one bag of ingredient mix to a boil. If using beans, add an additional H cup of water. Cook until rice is soft. Add more water if needed.

Mountain Quesadilla

For one serving, add H cup water to the salsa mixture and allow to sit for about 1 hour, adding additional dribbles of water if needed. Once rehydrated, warm 1 tablespoon of oil in pan on very low heat. Place one tortilla in pan. Pour salsa mix on top. Chop tiny pieces of the cheese and place on top of this. Cover with the last tortilla. Brown each side until cheese melts.

Curried Vegetable Couscous

For one serving, bring 1H cups water to a boil. Add vegetable-couscous mix to the boiling water and heat until reconstituted.

Beartown Couscous

For two servings, add vegetables to 2G cups of water and bring to a boil. When vegetables have rehydrated, add couscous mix and bring to a second boil. Remove from heat and let sit for a few minutes until couscous becomes soft. Add extra water if needed.

Italian Trail Couscous

For one serving, add all ingredients, as well as 1 tablespoon of oil, to 1H cups of water. Let sit for 20 minutes. Bring to a boil then reduce heat slightly and stir frequently. The cooking time depends on the altitude, but normally takes about 3 minutes. When ready, the couscous should have the consistency of a moist paste.

Glazed Spam for Festive Occasions

For two servings, melt 1 tablespoon of butter in pan over medium heat. Add 1 tablespoon of water and G cup of brown sugar slowly, stirring with your fork. Slice Spam into G-inch-thick cuts. Add Spam slices to pan, flipping once to allow both sides to brown. Don't let it burn!

Bulk-Building Bread-On-A-Branch

For each serving, add G cup of water to one bag. Mix and knead the bag until the contents have the consistency of pie dough. Wrap dough along the peeled end of a (nonpoisonous!) branch in the form of a long, 6-inch blanket, and seal the end with a flap of dough. Hold over fire until golden brown. Slide or peel it off the stick to eat.

Chapatis (Indian Herb Bread)

For one serving, add H cup water to the contents of one bag and knead well. *Important:* Let sit for at least 1 hour, then knead well again. Heat pan until hot, add oil, and roll dough very thin to about the thickness of two credit cards; you can use your water bottle as a roller and the bottom of a pot as a rolling surface. Place thin dough in pan and cook, flipping often, until brown spots appear. Do not overcook.

Whole-Grain Trail Bread Mix

To make pan bread or biscuits: Melt 1 tablespoon of margarine in a pan. To one serving (one bag) of bread mix, add N cup water and 1 tablespoon margarine. Mix thoroughly. Either spoon out biscuit-size dough balls or pour entire bag of dough into a medium-hot frying pan. Cover pan until bread has risen some and is browned on one side. Flip and brown other side.

To make dumplings for soup: To one serving (one bag) of bread mix, add N cup water and 1 tablespoon margarine. Mix thoroughly. Drop by spoonfuls into bubbling soup. Cover and simmer for 2 minutes or until dumplings are thoroughly cooked.

To make pancakes or tortillas: Melt 1 to 2 tablespoons of margarine in a pan. Add H cup of water, 1 tablespoon of margarine to 1 serving of bread mix (1 cup), in a resealable plastic bag. Mix. Pour onto greased medium hot fry pan, brown on one side. Turn over and brown the other side.

Damper

For one serving, add H cup water to one bag. Knead ingredients into breadlike dough. No rising time is required. Remove mix and form into a ball. Bury the damper ball directly into the hot coals of a campfire and cover with coals. Wait about 20 to 30 minutes. The damper will rise like bread while cooking. Insert a thin stick into the ball to see if it is cooked through; if it extracts without traces of dough, the damper is finished. Remove the burnt exterior and eat the hot insides with butter or jam.

The damper ball can also be cooked in aluminum foil to reduce the burning of the crust. It can also be cooked in a pan with a lid, or wrapped around a (nonpoisonous!) branch and cooked like a sausage-on-a-stick.

Mountain Storm Chocolate Glop

For one serving, slowly mix 1 tablespoon of water with cocoa mix into a thick blend. Heat 1 tablespoon of oil in pan. Add mixture to pan and fry. When it reaches the consistency of taffy, eat it straight from the pan.

Clear Creek Cinnamon Chips

For 2 servings, heat 4 tablespoons of oil in frying pan. Cut tortillas into wedges. Place tortillas in hot oil and fry for a short period of time before flipping. Remove and let cool. Toss fried tortillas into the bag containing the cinnamon-sugar mix. Shake and eat straight out of the bag.

Smitty's Apricot Brandy Flambé

In the morning of the day you plan to eat the flambé, add fruit to 1 cup of water in your wide-mouth bottle and carry with you throughout the day. After the evening meal, pour off the water or drink it. To make one serving, add G cup of brandy to the fruit, recap the bottle, and shake well for about 1 minute. Divide into two bowls and be sure to share the liquid equally, or your trail partner may complain. Sprinkle sugar over the fruit.

Cache Peak Crumbles

For two servings, heat N cup of oil in pan. Add N cup of water to Bisquick-sugar mix and knead in the bag. Pour mixture from bag into a heated pan and start scrambling like you would with scrambled eggs, trying to get all the mix covered with hot, greasy oil. Donut crumbles are ready when they are a little crispy. Be careful when eating directly from the pan because of the hot oil.

Lazy Boy Roy's Biscuit-on-a-Stick

For two servings, add water (start with about N cup) to the Bisquick bag, seal it, and knead it with your hands to make a stiff dough. Add dribbles of water to bring the dough to a moist, but *not* runny, texture. Bite or cut a little hole in the bottom corner of the bag, and squeeze the dough out onto the cooking stick, in a candy-cane fashion while you slowly twirl the stick. (You can take the dough out of the bag to roll or shape it with your hands, but if you don't have any extra flour or oil in camp, this can get messy.) Make sure the dough is not too thick on the stick. Bake by turning biscuit-on-a-stick over the campfire or coals slowly until golden brown. Use live branches from nonpoisonous trees.

Whitewater Cheesecake

For four servings, add the 5 tablespoons of butter (preferably warmed; you can place it under your shirt on a cold evening to soften it) to the bag containing the crust mix. Knead the bag. Divide the crust mixture and pat it into the bottom of four individual cups. If you don't have any butter, you can simply pour the crust mix onto the bottoms of the cups.

To the bag containing the cheesecake mix, add 1H cups water. (The water must be cold, or the pudding mix may not congeal properly.) Knead bag to eliminate clumps in the mix, and then shake the bag for 3 minutes, ensuring that the seal stays tight. Cut a small hole at the bottom of the bag, and squeeze the cheesecake mix into the crust of the four separate cups. Allow mix to jell, then eat out of cups.

Mammoth Lakes Plop Cake

For one serving, melt 1 tablespoon of butter in pan over a low flame. Add 3 tablespoons of water to one bag of cake mix and knead inside the plastic bag. The mix should have a rather thick consistency. Plop a blob of cake mix into the pan, frying each side. When cooked through, add Deb and Marty's Mountain Lakes Trail Frosting.

Mountain Lakes Trail Frosting

For each serving, add 1 teaspoon margarine and 2 teaspoons of water to one package of frosting mix, kneading within the package. Pour onto cake or other dessert.

Decadence Chocolate Pie

For four servings, add 1H cups of cold water to the bag containing the pudding mix and shake vigorously for 2 to 3 minutes. Be absolutely sure that the bag is sealed shut! Divide the contents evenly into 4 servings, then sprinkle the crushed cookies and the chocolate sprinkles over the pudding.

Crabtree Tragedy Pudding

For two servings, place dried ingredients and 2 cups of cold water in a wide-mouth container. Close lid securely and shake vigorously until thickened. This will take from 1 to 2 minutes depending on the temperature of the water. Container can be placed in a cold lake or stream to help chill.

Chocolate-Coated Banana Chips

For one serving, heat 2 tablespoons of oil. Add banana-chocolate mix and fry until chocolate melts. If using cocoa mix instead of chocolate chips, add 1 or 2 teaspoons of water. Be careful that the mixture doesn't burn. Eat out of the pan hot or let cool first. A resupply variation: Use fresh bananas, split and sprinkle with nuts and chocolate chips, wrap in aluminum foil, and place on glowing coals until hot and gloppy.

Buried Forest Trail Fudge

For two servings, cook 3 tablespoons of margarine, peanut butter, and marshmallows in a nonstick pan over a low heat until melted. Add the rest of the ingredients, including 3 tablespoons water, and stir until the mixture becomes a soft fudge. Eat hot right out of the pan.

Hanging-by-Your-Boots Upside-Down Cake

For four servings, add G cup water to biscuit mix and knead in bag. Set aside. Boil remaining 1 cup water and pour into a small container. Add pineapple. Let fruit rehydrate while dinner is cooking, waiting at least 20 minutes. Put rehydrated fruit and its liquid in a pot and boil slowly for 10 minutes. Sprinkle brown sugar on top of pineapple, and do not stir! Lower heat. Drop dough by the spoonful onto pineapple and allow batter to spread. (The dough will be gooey with a consistency somewhere between biscuit and pancake mix.) Do not pour the mix; otherwise, it will be too thick in the center. Do not disturb the pineapple bottom. Cover and steam for about 10 minutes. When a toothpick inserted in the center of the cake comes out clean, the cake is done.

Yellow Worms

Cook and drain noodles. For one serving, add 2 tablespoons of water to lemon powder bag and mix. Pour lemon mix over noodles and toss. Save some hot water to clean the sticky spoon when you're done.

Border-to-Border Berry Milk Shake

To make one milkshake, add 4 tablespoons of powder to 1 cup cold water. Mix well.

Ben's Easy Morning Mocha and Burnt Ranch Cinnamon Coffee

For one serving, bring 1 cup of water to a boil. Add mixture and 1 teaspoon honey to mug and pour in water. Stir well.

Bear Mountain Mocha and Russian Tea Mix and Hidden Lake Hot Milk

For one serving, bring 1 cup of water to a boil. Pour water into mug and add 2 tablespoons of mix. Stir well.

Sand Canyon Pine Needle Tea

For four servings, bring 1 quart of water to a boil in a pot. Turn off heat. Add H cup of pine needles to the hot water. Cover pot. Let steep for 20 minutes.

Agua Dulce Hot Chocolate

For one serving, add a small amount of cold water to 1/2 cup of dry mix in mug and stir. Then fill with 1 cup boiling water, stirring well.

Vasquez Tea Mix and Sherpa Tea Mix

For one serving, bring 1 cup of water to a boil. Add 1 tablespoon Vasquez mix or 3 tablespoons of Sherpa Mix to mug and pour in water. Stir well.

Peaks of Italy Bittersweet Cocoa Mix

For two servings, mix 2G cups cold water along with all ingredients in a pot. Start heating and stir well.

Glacier Ice Slurpy

For one serving, fill a 1-quart water bottle half full with water. Empty powdered drink contents into bottle. Shake well. Add snow to fill the bottle. Shake well. Do not drink too fast, or you may end up with a headache from the ice cold water. Caution: Make sure that the snow you select is clean and pure. If in doubt, don't use it.

Pickax Pete's Cowboy Coffee

This recipe will make 6 cups of coffee. Over cold water in a pot, float enough coffee grounds to form a skim about 1-inch thick. Bring to a boil and remove from the heat. Add a splash of cold water to settle the grounds. One school says to drink immediately and never reboil coffee grounds. Another keeps adding grounds for the second and third pots, preserving the "mother liquid."

Variation: Bring water to a boil, and add coffee mixed with a whole egg. Simmer 12 minutes. Settle grounds with a little cold water. The egg will collect the grounds, so dish it out and discard.