

# Packable Trailside Cooking Instructions

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The following section contains the on-the-trail cooking instructions for each recipe in the book that requires final preparation in the backcountry. This section is intended to be removed from the book and carried 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 other convenient place in your pack. Reference the Packable Trailside Cooking Instructions by recipe name. They are listed in the same order in which the recipes are presented in the main body of the book.

To preserve your book, the Packable Trailside Cooking Instructions are also available online in PDF format at [www.falconbooks.com/lipsmackin](http://www.falconbooks.com/lipsmackin).

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## Sasquatch Scones

To make 1 serving, add 1 teaspoon of oil and  $\frac{1}{4}$  cup of water to 1 bag of scone mix. Knead the bag until the dough becomes stiff. Warm 1 tablespoon of oil in a nonstick pan at low heat. Spoon 3-inch blobs of dough into the pan and cook on very low heat until the bottoms are browned and the tops begin to lose their shine. Flip and continue cooking until the bottom sides are lightly browned.

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## Jenkins Journey Cakes

To prepare 1 serving, add  $\frac{1}{3}$  cup of water to 1 bag of cake mix. Knead contents thoroughly. Melt 1 tablespoon of butter in a pan. Cut a corner from the bottom of the bag and squeeze several dollops of the mixture into the pan. Cook both sides as you would a pancake.

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## Ketchikan Couscous

To prepare 1 serving, heat  $\frac{2}{3}$  cup of water to boiling. Stir in the mix and cook for 2 minutes. Remove from heat. Allow the pot to stand covered until the liquid is absorbed and the couscous is tender, approximately 5 minutes.

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## Chewonki Morning Bulgur

For optimum hydration, presoak the single serving of bulgur mix in 1 cup of water beginning the prior evening. In the morning, warm a pan and scramble the bulgur mix in 1 tablespoon of olive oil. Remove from heat and add small pieces of the stick of string cheese to the top of the mixture, allowing the cheese to melt into the scramble before serving.

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### Trailside Breakfast Rice

To make 1 serving, bring 1<sup>3</sup>/<sub>4</sub> cups of water to a boil. Add the bag of rice and heat for approximately 10 minutes until rice is fully cooked. Next, add the bag of mix containing the pudding. Remove from heat. Stir and serve.

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### Cheesy Breakfast Grits

To make 1 serving, stir the contents of the bag into 1 cup of water and heat to boiling while stirring. Remove from heat and add cheese, chopped into small pieces. Continue to stir until blended, then serve.

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### Saucy Summer Breakfast Burritos

To make 2 servings, add <sup>3</sup>/<sub>4</sub> cup of boiling water to the salsa bag to rehydrate. Next, add <sup>3</sup>/<sub>4</sub> cup of cold water to the egg mix and shake well to reconstitute. Melt 1 tablespoon of butter or pour 1 tablespoon of vegetable oil in a warmed pan and add both the rehydrated salsa and the egg mix. Scramble. Shred 2 ounces of cheese (about <sup>1</sup>/<sub>2</sub> cup) and divide onto each of the 2 tortillas. Add scrambled-egg mix to both. Roll and serve.

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### Four-Corners Fiesta Burritos

To make 2 servings, add <sup>3</sup>/<sub>4</sub> cup boiling water to the bag of dried vegetables to rehydrate. Next, add <sup>3</sup>/<sub>4</sub> cup cold water to the egg mix and shake well to reconstitute. Melt 1 tablespoon of butter or pour 1 tablespoon of vegetable oil in a warmed pan and add both the rehydrated vegetables and the egg mix. Scramble. Shred 2 ounces of cheese (about <sup>1</sup>/<sub>2</sub> cup) and divide onto each of the 2 tortillas. Add scrambled-egg mix to both. Roll and serve.

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### Mountain Muesli

Add 1 cup of muesli mix to your favorite dairy or soy milk.

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### Kalalau Quinoa Cereal

To make 1 serving, bring <sup>3</sup>/<sub>4</sub> cup of water to a boil and add to the bag of cereal mix. Allow the contents to rehydrate for several minutes before serving.

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### Blue Bear Mush

For each serving, bring 1<sup>1</sup>/<sub>2</sub> cups of water to a boil and add to the bag of cereal mix. Stir and let cool before serving.

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### Mule Fuel

To prepare 1 serving, add 1 cup of hot or cold water to the cereal mix and serve.

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### Omega Breakfast

Bring 1 cup of water to a boil and pour into a single-serving bag. Seal and let stand for 5 minutes before eating.

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### Crimson Skies Oatmeal

Bring 1 $\frac{1}{4}$  cups of water to a boil. Add mix from the single-serving ziplock bag and reduce heat. Cook for a few additional minutes, stirring occasionally, then cover and remove from heat. Let stand momentarily before serving.

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### North Woods Oatmeal

To prepare 1 serving, add bag of oat mix to 1 $\frac{1}{2}$  cups of boiling water and stir. Remove from heat and allow to stand for 5 minutes. Crumble up 2 granola bars and sprinkle on top before serving.

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### Adirondack Apricot Oatmeal

Add 1 $\frac{1}{2}$  cups of boiling water to the single-serving bag of oatmeal mix and stir. Allow to stand for 5 minutes before serving.

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### Olympus Oatmeal

To make 1 serving, add dried fruit to 2 cups of water and bring to a boil. Add oats when the water begins to boil vigorously. Stir and simmer for 5 minutes. Add powdered milk and any optional ingredients. Stir and serve. Note that adding oats to the water before it is really boiling can result in a glue-like texture that tastes flat.

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### Kearsarge Pass Oatmeal

For 1 serving, bring a little more than 1 cup of water to a boil. Remove from the stove, and pour over the dry mix. Stir. You should strive for the consistency of ordinary cooked oatmeal, but don't cook *this* mix! You will be wasting your time and reduce the texture to mush.

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### Desert Gruel

To prepare 1 serving, mix dry ingredients together in a cook pot along with 1 tablespoon of olive oil and 1 $\frac{1}{2}$  cups of water. Heat, ensuring that the bouillon cube dissolves before serving.

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### Pikes Peak Pineapple Pancakes

To make 1 serving, add  $\frac{2}{3}$  cup of water to 1 bag of pineapple pancake mix. Knead the mix inside the bag to eliminate large chunks from the batter. Wait approximately 20 minutes, giving the pineapple a chance to rehydrate. Heat  $\frac{1}{2}$  tablespoon of vegetable oil in a pan. Cut a corner from the bottom of the bag and squeeze pancake batter onto pan. Cook as you would plain pancakes.

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### **Chuckwalla Chocolate Chip Pancakes**

Add  $\frac{1}{2}$  cup of cold water to the dry ingredients in the single-serving bag. Knead the mixture well enough to break up the larger lumps. Do not overwork the batter as this will make the pancakes less tender. Grease a pan with 1 teaspoon of vegetable oil. Warm the pan on medium heat until drops of water sizzle and disappear quickly. Pour or spoon approximately  $\frac{1}{4}$  of the batter at a time into the heated pan. Cook until the top bubbles and the bottom is golden brown. Flip with a spatula and cook until the remaining side becomes golden brown as well. Add additional oil to the skillet, if needed, for subsequent pancakes. Serve with syrup.

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### **Arapaho Apple Pancakes**

To prepare 1 serving, place 1 tablespoon of oil on a frying pan and warm over low heat. To 1 bag add  $\frac{1}{2}$  cup of water. Knead the mixture by breaking apart large clumps. Cut a hole in 1 corner of the bag and squeeze enough batter into the pan to make 1 manageable pancake. Fry and flip the pancake once it is browned on the bottom. Brown the other side and serve. Repeat for the remainder of the batter.

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### **Wood Gnome Cobbler**

To prepare 1 serving, bring 1 cup of water to a boil and add the bag of fruit mix. Place 3 tablespoons of water in the bag of Bisquick and knead the mixture. Cut a bottom corner from the Bisquick bag and drop spoonful-size dollops into the soup, pushing down the dumplings so that they are immersed. Cover the pot to steam the mixture for about 5 to 7 minutes, with the heat just high enough to keep the liquid boiling. Check occasionally, adding more water if needed to prevent scorching. The cobbler is ready once the dumplings are fully cooked.

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### **Ol' Kooger's Mountain High Granola**

Add 1 cup of hot or cold water to 1 serving of cereal and serve.

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### **Koolau Ridge Granola**

To make 1 serving, mix 1 cup of cereal with your favorite milk or soy powder and water, or eat straight out of the bag. Serve either hot or cold.

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### **Orange Sky Granola**

To make 1 serving, mix 1 cup of cereal with your favorite milk or soy powder and water, or eat straight out of the bag. Serve either hot or cold.

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### **Grizzly Berry Granola**

To prepare 1 serving, mix 1 cup of cereal with your favorite milk or soy powder and water, or eat straight out of the bag. Serve either hot or cold.

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### **Rockhouse Basin Apple Granola**

To prepare 1 serving, mix 1 cup of cereal with your favorite milk or soy powder and water, or eat straight out of the bag. Serve either hot or cold.

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### **Trekin' Fuel**

Eat straight out of the bag like gorp or add milk to make a cereal. Serving size is 1 cup.

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### **Red Husky**

To make 1 serving, cut 2 ounces of cheese into bite-size pieces. Combine with  $\frac{1}{4}$  cup of almonds and eat.

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### **Bear Bait**

Eat straight from the tube or use on crackers, tortillas, or pita bread.

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### **Mud**

Eat straight from the container or use as a delicious spread on crackers or bagels.

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### **Grunch**

Eat straight from the container or use as a spread on crackers or bread.

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### **Baja Burritos**

To prepare 1 serving, pour  $\frac{1}{2}$  cup of boiling water into the bag of beans and salsa early in the day. Add  $\frac{1}{4}$  cup of cool water to the vegetable mix. By midday, the foods will be rehydrated and ready to eat. Cut a corner from the ziplock bag containing the rehydrated bean and salsa mix. Squeeze  $\frac{1}{2}$  of the contents onto 1 tortilla. Next, add  $\frac{1}{2}$  of the coleslaw mix to the tortilla and roll it up to serve. Repeat for the other tortilla.

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### **Greek Wayfaring Tortilla**

To prepare 1 serving, crumble the feta cheese. Add it, along with 1 tablespoon of olive oil, to the bag of dried tomato-basil. Shake the bag, then place the mixture on the tortilla. Roll and serve.

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### **Tapenade**

Preferably several hours before lunch, but no less than 15 minutes prior, add 2 tablespoons of water to the 1-serving bag of dry mix and knead into a thick paste. Spread the cheese into the pita shells, then add the now-rehydrated tapenade and serve.

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### **Anasazi Trail Food**

To rehydrate 1 serving, cover the contents of the bag with about 1 cup of water. Hike on for a couple of miles, then stop and serve your bean dip. Anasazi Trail Food goes great naturally with crackers or tortillas.

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### **Basic Backpacker's Sushi**

To make 1 serving, bring 1 cup of water to a boil early in the day. Pour it into 1 bag of sushi rice mixture. Carefully knead the bag to further break apart remaining clumps of rice mix. Insulate the bag to retain heat as long as possible, and place it in your pack. By midday the rice should be fully rehydrated. At lunchtime, lay 1 sheet of nori flat with the shiny side down and the perforations running perpendicular to you. Moisten lightly with your fingers. Scoop half of the rice from your bag and place on the sheet of nori. Form a band of rice side to side across the length of the sheet about 1 inch from the end closest to you. Carefully roll the nori away from you as you might a fat cigar. The roll can be cut into traditional sushi slices or served like a burrito.

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### **Black Bear Hummus**

To make 1 serving, bring  $\frac{1}{2}$  cup of water to a boil early in the day and add to the bean mixture, along with 1 teaspoon of optional oil, if desired. Knead the mixture in the bag and stash away in your pack until lunch. When you stop later in the day, eat the hummus as is or add as a topping to your favorite crackers.

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### **Heavenly Hummus**

To make 1 serving, pour  $\frac{1}{2}$  cup boiling water into a bag of hummus-salsa mix early in the day. Add  $\frac{1}{4}$  cup cool water to the vegetable mix. By midday the foods will be rehydrated and ready to eat. Combine the vegetable mix with the hummus. Can be served as is or used as a dip for crackers, celery, or carrots.

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### **Boundary Waters Hummus on Rye**

To prepare 1 serving, add  $\frac{1}{2}$  cup cool water to 1 bag of hummus and knead the mixture in the bag. Let stand for a few minutes. Snip the corner from the bottom corner of the bag and squeeze the hummus onto each of your 6 pieces of crispbread.

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### **Carter Notch Coleslaw**

To make 1 serving, add  $\frac{2}{3}$  cup of water to one bag of slaw. Allow to rehydrate for at least 30 minutes.

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### **Cleo's Coleslaw**

For 1 serving, add  $\frac{1}{3}$  cup of cool water to rehydrate. Allow to stand 10 minutes before serving.

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### **Tabouli Salad**

Add 1 cup of cold or warm water to the ziplock bag and allow the contents to rehydrate for about 15 minutes before serving. Can be eaten straight from the bag. Makes 1 serving.

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### **Triple-Crown Curry Couscous**

To prepare 1 serving, bring 1½ cups of water to a boil. Stir in all ingredients, remove from heat, cover, and let stand until liquid is absorbed. Let cool, then fluff the dish before serving.

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### **Pine Valley Couscous**

To prepare 1 serving, place 1 cup of boiling water directly into a ziplock bag of Pine Valley Couscous mix. Allow to rehydrate for 10 minutes before serving.

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### **Cedar Grove Couscous Risotto**

To make 1 serving, bring 3 cups of water to a boil. Add the mix from 1 bag labeled “Risotto A.” Return to a boil and allow vegetables to become tender. Next, add 1 serving of couscous from a bag labeled “Risotto B.” Stir, then cover and remove from heat. Let stand for about 5 minutes before serving.

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### **Absaroka Sweet & Sour**

To prepare 1 serving, bring 1½ cups of water to a boil. Add dry mixture to water and cook. Occasionally stir for 5 minutes before serving.

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### **Thunder & Lightning Stir-Fry**

To make 1 serving, bring 2¼ cups of water to a boil. Add hot water to the ziplock bag and wait 10 to 15 minutes for the mixture to rehydrate. Can be eaten directly from the bag.

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### **Green Dragon Pad Thai**

To make 1 serving, add ¼ cup of cold water to the bag of egg powder and knead into a batter. Bring a pot of water to a boil. Pour ¼ cup of the hot water into the bag labeled “Green Dragon Sauce Mix” and knead until an even consistency. Add Thai noodles to the remaining water in the pot and cook for 2 minutes. Drain noodles. Next, pour both the reconstituted sauce and egg batter into the noodle pot. Stir, cover, and let sit for 3 to 4 minutes before serving.

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## Fuji Feast

To make 1 serving, bring a pot of water to a boil. Pour 1 cup of hot water into the vegetable-mushroom-spice-mix bag and allow contents to rehydrate. In the meantime, bring 4 ounces of noodles to a boil in the remaining water. Once the noodles are thoroughly cooked, drain water and add the eggplant mixture from the ziplock bag. Stir thoroughly and serve.

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## Miso Madness

To make 1 serving, bring 2½ cups of water to a boil. If using a garlic clove, cut into small pieces and toss back into the bag. Carefully pour the hot water into the bag and allow to stand 8 to 10 minutes, kneading occasionally to help ensure that all ingredients are evenly hydrated. Serve straight from the bag.

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## Vegan Super Hero Burritos

To make 2 servings, add 2 cups of corn, 1 package of rice mix, and 1 tablespoon of vegetable oil to 3¼ cups of water and bring to a boil for 5 minutes. Reduce heat, cover, then simmer. Once fully cooked, scoop onto 4 tortillas, fold, and serve.

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## Burrito Olé for Two

To prepare 2 servings, bring 4 cups of water to a boil. Pour 1¾ cups of the boiling water into a bowl containing the beans. Mix and let sit. Pour rice into the remainder of the boiling water and let simmer until fully rehydrated. Once the beans and rice are ready, fill 4 tortillas. Add 8 ounces of cheese and optional hot sauce.

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## EZ Ed's Burritos

Bring 1½ cups of water per serving to a boil. Pour water into a 1-serving ziplock bag. Knead the mixture thoroughly. Insulate so that the bag will hold the heat. Allow to sit at least 10 minutes, continuing to periodically knead the contents. Once ready, cut off 1 corner of the bag and squeeze the contents into each of 2 tortillas. Roll to form burritos.

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## Mountain Goat Quesadillas

To make 2 servings, add ¼ cup of boiling water to the dry mix and allow to rehydrate for a couple of minutes. Add ¼ of the cheese and ¼ of the rehydrated vegetable mix to 1 tortilla shell. Fold the shell to enclose the mix and cheese. Put ½ tablespoon of oil on each tortilla shell. Fry on both sides of the tortilla until the cheese has melted. Repeat for the remaining 3 tortillas.

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## Time-Traveler's Tamale

To prepare 1 serving, bring 1¾ cups of water to a boil. If using a garlic clove, cut into small pieces and toss back into the bag. Carefully pour the hot water into the bag and allow to stand 8 to 10 minutes, kneading occasionally to help ensure that all ingredients are evenly hydrated. Serve straight from the bag.

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### **Pacific Crest Tortillas**

To make 1 serving, bring 1 cup of water to a boil and add to a bag of bean and seasoning mix. Seal bag and carefully knead contents. Once rehydrated, cut a corner from the bag and squeeze onto 2 tortillas. Roll them up and serve.

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### **Black Mountain Potatoes**

To prepare 1 serving, bring 2½ cups of water to a boil. Pour about 1 cup of the boiling water into the soup cup (don't fill it to the top!). Stir the soup and let sit 5 minutes. Add potato-cheese-garlic blend to the remaining water in the pan. Stir until the mix fully thickens. Once the bean soup is ready, pour it on top of your potato mountain and serve.

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### **Boot-Stomped Spuds**

Add 1 cup of hot water to the single-serving bag of spud mix. Knead the contents thoroughly. Serve immediately from the bag.

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### **Flyin' Brian's Garlic Potatoes**

To make 1 serving, bring 2 cups of water to a boil. Stir in all ingredients and immediately remove from heat. Let stand until cool enough to serve.

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### **Lone Pine Lentils and Dumplings**

In a pot, pour the lentil mix into 2 cups of water. Bring to a boil, stirring occasionally, then reduce to a simmer. Meanwhile, add 1 tablespoon oil and about ¼ cup of water to the flour mixture. Thoroughly mix, then spoon the batter onto the simmering lentils in 5 or 6 globs. They will be touching but should stay distinct. Cover the pot and simmer for about 20 minutes until the lentils and dumplings are cooked through. Additional time may be required at very high altitudes. Hydrate the lentil mix with small additions of water if in danger of drying out and burning. Makes 1 serving.

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### **Tueeulala Thai Soup**

To prepare 1 serving, bring 2½ cups of water to a boil. Add 1 package of vegetable mix and 1 package of Thai noodles along with the contents from its spice packet. Return to a boil for about 3 minutes. Remove from heat, cover, and let sit for an extra minute, giving time for the vegetables to rehydrate before serving.

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### **Blue Blazer's Soup**

To make 1 serving, bring 2½ cups of water to a boil. Add 1 bag of soup mix. Return to a boil for 3 to 5 minutes, stirring occasionally. Soup is ready to serve once noodles are soft.

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### Soup of Mount Inthanon

Bring 2 cups of water to a boil. Add seasonings and hot water to the 1-serving bag. Set aside for a few minutes, allowing the beans to rehydrate before serving.

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### Eastern Sun Miso Soup

Bring 1½ cups of water to a boil and add to the mix in the single-serving ziplock bag. Let sit about 5 minutes. Can be eaten directly from the bag.

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### Trail-Angel Cheese Soup

To make 1 serving, cut ½ of the Velveeta log into small cubes. Add cheese to 2 cups of water and bring to a boil. Remove from heat. Add bag of potato contents a little at a time while stirring. Let stand for 5 minutes. Add crackers then serve. The extra Velveeta can be used the next day to make a second pot of soup or served with crackers for lunch.

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### Brunswick Stew

To make 1 serving, bring 2½ cups of water to a boil. Pour 1 bag of “Brunswick Stew A” into the boiling water and continue to cook until vegetables soften. Remove from heat and add 1 bag of “Brunswick Stew B.” Stir, cover, and allow to stand until the vegetables fully soften and the flavor develops. Note that if Bag “B” is added prior to removing from heat, the mix may scorch.

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### North Mountain Okonomiyaki

To make 1 serving, add ⅓ cup of water to 1 ziplock bag of coleslaw mix and allow to rehydrate for about an hour. Ensure that bouillon cube dissolves evenly. Add ¾ cup of water to 1 bag of the flour mix and knead. Add rehydrated coleslaw mix to the bag and knead again. Place 1 tablespoon of oil in pan. Pour about ¼ cup of dough at a time into a heated pan as you would for a pancake (exact amount depends upon your pan size). After the edges are cooked, flip. Remove patty from pan and repeat as required for the remainder of the mix. Sprinkle with 1 tablespoon of soy sauce and serve.

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### Secret Lake Garlic Lentils

To prepare 1 serving, heat 2 tablespoons of vegetable oil in a pan, then add lentil mixture. Stir to coat mixture with oil. Add 1¼ cups of water and bring to a boil for a few minutes. Cover and reduce heat. Simmer on low heat for about 30 minutes before serving.

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### Thanksgiving on the Hoof

To make 1 serving, add 1 bag of Prosage mix and 1 tablespoon of butter to 1½ cups of water. Bring to a boil until the Prosage softens, typically a couple of minutes. Next add 1 bag of potatoes and stuffing mix. Stir well. Remove from the stove and allow to rehydrate for several more minutes. Add optional salt to taste.

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### Chiwaukum Quinoa

To prepare 1 serving, bring 2½ cups of water to a boil. Tear the spaghetti leather into small pieces. Place sauce leather in boiling water along with 1 bag of mix and 2 tablespoons of oil. Chop the garlic clove and add to the pot as well. Cook, stirring occasionally, until the beans rehydrate.

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### Dirt Bagger's Pasta Parmesan

Cook the pasta in 2½ cups of boiling water. Most of the water should be absorbed by the time the pasta is soft. Remove from heat. Stir in 3 tablespoons of parsley flakes and 3 tablespoons of olive oil. Top with ¼ cup of Parmesan cheese. Add optional seasonings, if desired. Makes 1 serving.

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### South Sister Stroganoff

To prepare 1 serving, put a little water into 1 bag of dried sauce mix, enough to barely cover the contents, about 1 hour prior to dinner. Bring 2 cups of water to a boil and add the contents of 1 bag of noodles. Once the noodles are fully cooked, drain. Add the rehydrated sauce mix and stir. Let the pot sit, covered, for a few minutes before serving.

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### Golden Bear Gado-Gado

Add the wet ingredients to the bag of dry ingredients, reseal, and knead bag to mix the contents. Bring a pot of water to a boil and add 4 ounces of pasta. Heat until tender, then drain excess water. Add sauce mix to the pasta and stir. Makes 1 serving.

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### TrailDad's Spaghetti

For 1 serving, crumble dried spaghetti sauce into 2½ cups of cold water and heat to boiling. Add 2 tablespoons of olive oil and 4 ounces of pasta. Stir quickly for a few minutes. Simmer if your stove will permit; otherwise, remove from heat to prevent burning, keeping the contents hot as long as possible. The pasta should soak up the liquid so that there is no need to drain the pot. Add ¼ cup of Parmesan cheese, stir, and serve.

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### Olancha Sweet Pepper Pasta

To make 1 serving, bring a pot of water to a boil. Pour ½ cup of hot water into 1 bag of sauce mix and allow to rehydrate. Add 4 ounces of noodles to the remainder of the boiling water. Continue on high heat until the noodles are tender. Drain and add the sauce mix and 1 tablespoon of olive oil. Stir well and serve.

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### Wasatch Tomato Parmesan

To prepare 1 serving, put a little water into 1 bag of dried sauce mix, enough to barely cover the contents, about 1 hour before dinner. Bring 2 cups of water to a boil and add the contents of 1 bag of noodles. Once the noodles are fully cooked, drain. Add the rehydrated sauce mix and stir. Let the pot sit, covered, for a few minutes before serving.

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### Springer Mountain Pesto

For 1 serving, bring 2 $\frac{1}{2}$  cups of water to a boil. Cook pasta thoroughly. Most of the water should be absorbed, requiring little draining. Add  $\frac{1}{4}$  cup olive oil and pesto mix to the pasta, toss, and serve.

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### Pindos Mountain Pasta

To prepare 1 serving, add a small amount of water to the tomato-basil mix to begin rehydration. Next, bring 2 $\frac{1}{2}$  cups of water to a boil. Cook pasta thoroughly. Most of the water should be absorbed, requiring little draining. Add the remainder of the ingredients to the pasta, then toss and serve.

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### Range Rovin' Ramen

To prepare 1 serving, crush the ramen noodles and pour them, along with the dried vegetables, into 2 $\frac{1}{2}$  cups of water. Bring to a boil, being careful to prevent the ramen from becoming mushy. Serve once the vegetables rehydrate.

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### Guitar Lake Melody

To prepare 1 serving, bring 2 $\frac{1}{2}$  cups of water to a boil, add contents from the ziplock bag, stir well, then cover. Remove from heat and let stand for 20 minutes before serving.

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### Rib-Stickin' Ramen

To make 1 serving, bring 2 cups of water to a boil and add noodles. Do not include the ramen seasoning packet, which often contains meat by-products. Once noodles are soft, remove from heat and add the flour-seasoning mix, 1 tablespoon butter, and 2 ounces of cheese. Stir until cheese melts.

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### Mexican Volcano

To prepare 1 serving, bring 1 $\frac{1}{2}$  cups of water to a boil. Pour  $\frac{1}{2}$  cup of the heated water into the bean mix and set aside to rehydrate. Add polenta to the remainder of the hot water. Once the polenta and beans are rehydrated, pour the bean mix directly onto the polenta and serve.

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### Back Rock Bami Goreng

To make 1 serving, add  $\frac{1}{3}$  cup of filtered water to 1 bag of vegetable-mushroom mix and allow to rehydrate for approximately 1 hour. Once rehydrated, bring 1 cup of water to a boil along with 1 dissolved bouillon cube. Add the noodles, allowing them to cook for about 3 minutes. Drain off the broth from the noodles and pour into a cup as a hot drink on the side. Add the cooking oil from the Thai noodle package and stir-fry the cooked noodles for about 1 minute. Now open the seasoning packet from the Thai noodle package and pour over the noodles in the pot. Add the veggie-mushroom mix and stir-fry once again for an additional minute. Remove from heat and add the soy sauce before serving.

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### Lost Cowboy Chili

To make 1 serving, bring 2<sup>1</sup>/<sub>4</sub> cups of water to a boil. Tear the chili leather into small pieces and add to the boiling water. Stir occasionally until fully rehydrated.

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### Kilauea Chili

For 1 serving, bring 1<sup>3</sup>/<sub>4</sub> cups of water to a boil. If using a garlic clove, cut into small pieces and toss back into the bag. Carefully pour the hot water into bag and allow to stand 8 to 10 minutes, kneading occasionally to help ensure that all ingredients are evenly hydrated. Serve straight from the bag.

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### Death Valley Chili

Tear chili leather into small pieces and return to the ziplock bag that it came from. Add 1<sup>1</sup>/<sub>2</sub> cups of water to the bag and let the chili mix rehydrate for a while. Kneading the bag occasionally will help accelerate the process. Pour mixture into a pan and bring to a low boil. Heat until the chili finishes rehydrating, stirring occasionally to prevent burning. Serve as is or use as a topping on optional cooked spaghetti noodles. Makes 1 serving.

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### Soul Food

For 1 serving, bring 2 cups of water to a boil, add contents from the ziplock bag, stir well, then cover. Remove from heat and let stand for 20 minutes before serving.

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### Dinner in Denali

To prepare 1 serving, bring 1<sup>1</sup>/<sub>2</sub> cups of water to a boil. Pour water into 1 bag of mixture. Seal, insulate to preserve heat, and allow to sit for about 10 minutes. Can be eaten straight out of the bag.

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### Taconic Mountain Cheesy Rice

Bring 1<sup>1</sup>/<sub>4</sub> cups of water to a boil. Add all the ingredients including 1 tablespoon of butter and 2 ounces of string cheese. Stir until rice is rehydrated and cheese is melted. Makes 1 serving.

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### Chainsaw's Pumpkin Pleaser

To make 1 serving, bring 2 cups of water to a boil and add the contents from 1 bag of pumpkin-rice mix. As an option, olive oil or ghee can also be added at this time. Serve once ingredients have fully rehydrated.

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### Procrastinator's Deliverance

To prepare 1 serving, bring 1<sup>1</sup>/<sub>2</sub> cups of water to a boil. Add hot water to the ziplock bag and allow to rehydrate for about 5 minutes. Can be eaten directly from the bag.

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### **Kincora Rice**

To make 1 serving, bring 1 $\frac{1}{4}$  cups of water to a boil. Add water to the ziplock bag, reseal, and allow to sit until rice is fully rehydrated. Can be eaten directly out of the bag.

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### **Peaks of Dolomiti Rice and Beans**

To make 1 serving, bring 2 cups of water to a boil, add contents from the ziplock bag, stir well, then cover. Remove from heat and let stand for 20 minutes before serving.

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### **Leahi Trail Rice**

To prepare 1 serving, bring  $\frac{3}{4}$  cup of water to a boil. If using a garlic clove, cut into small pieces and toss back into the bag. Carefully pour the hot water into the bag and allow to stand 8 to 10 minutes, kneading occasionally to help ensure that all ingredients are evenly hydrated. Serve straight from the bag.

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### **Brooks Range Bannock**

Being careful not to use too much, add  $\frac{1}{4}$  cup water to mixture, adjusting the amount as required to make a soft dough. First cooking method: flatten dough with the palm of your hand and fry in 1 tablespoon of vegetable oil, turning once. Second cooking method: Forgoing the oil, wrap dough around a stick and bake over a campfire. Makes 1 serving.

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### **Hopi Fry Bread**

To make 1 serving, slowly add  $\frac{1}{2}$  cup of warm water to the bag. Seal the bag, then knead the mixture. Remove the dough from the bag once the consistency thickens, then continue kneading until the mixture forms an elastic ball of dough. Elasticity will improve further if the dough is left in the open air for a brief period of time. Meanwhile, heat half of the oil (1 tablespoon) until sizzling hot. Split the ball of dough in two, take half, roll it and then knead it into a flat, waferlike tortilla approximately  $\frac{1}{2}$ -inch thick. This can be done by repeatedly pinching the dough in circles in your hand or using a water bottle as a rolling pin. Once the dough has been thoroughly stretched, pinch a hole in the middle—like a flat doughnut. Place it carefully in the hot oil. Flip over once the sides begin to brown. Pour half of the contents of the bag of seasoning mix onto the fry bread. Repeat with the remainder of the dough.

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### **Sacagawea Corn Bread**

Cube 1 ounce of cheese into small pieces. Add 1 tablespoon of oil and  $\frac{1}{3}$  cup of water along with the cubed cheese to the mix in the ziplock bag and thoroughly knead until a very stiff dough forms. Note that if too much water is added, the corn bread will fall apart while cooking. Heat 1 tablespoon of vegetable oil on low flame in a nonstick pan and spread  $\frac{1}{2}$ -inch-thick rounds of batter onto the cooking surface. Rounds can be of any manageable diameter. Continue to cook on low heat until the bottom of the bread is browned and the top begins to lose its shine. It is very important that the stove heat remains low; otherwise, the bread will burn. Flip the bread, flatten slightly, and continue cooking until the remaining side is browned. Makes 1 serving.

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### **Fabulous Fry Brownies**

To make 1 serving, heat 1 teaspoon of oil in a pan at low heat. Add a second teaspoon of oil and 2 tablespoons of water to 1 bag of brownie mix. Knead the mixture in the bag. Once the pan is hot, scoop small, spoon-size mounds into the pan or cut a corner from the bag and squeeze out small brownie batter blobs. Cook until the bottoms are browned and the tops are no longer shiny. Flip, flatten, and brown the other sides.

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### **Chocolate Chip Fry Cookies**

To make 1 serving, heat 1 teaspoon of oil in a pan at low heat. Add 2 tablespoons of water to 1 bag of cookie mix. Knead the mixture in the bag. Once the pan is hot, scoop small, spoon-size mounds into the pan or cut a corner from the bag and squeeze out small cookie batter blobs. Cook until the bottoms are browned and the tops are no longer shiny. Flip, flatten, and brown the other sides.

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### **Green Mountain Grasshopper**

To make 1 serving, add  $\frac{1}{2}$  cup cold water to 1 bag of pudding mixture. Shake vigorously for 1 to 2 minutes. Allow to set for at least 5 minutes. Impress your friends by artistically topping your pudding with three broken Oreo cookies and 2 teaspoons of crème de menthe.

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### **Whitewater Moon Pie**

To make 1 serving, add 1 cup of cold water to 1 bag of the pudding mix and shake vigorously until the mixture thickens. This may take a couple of minutes. Next add 1 serving of wafer mix to the bag and knead. Serve straight from the bag.

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### **Chocolate Raspberry Indulgence**

To make 2 servings, combine 2 cups of water with the powdered milk and pudding mix in a pot. Heat until the mixture comes to a full boil, stirring constantly. It is helpful to use a heat disperser between the pot and some stoves to minimize scorching. Divide the raspberries between 2 bowls, cups, or ziplock bags. Pour the cooked chocolate pudding over the raspberries. Serve warm or cold. If not eaten immediately, cover or close the bag to prevent a crust from forming.

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### **Dirty Socks Peach Cobbler**

To prepare 2 servings, pour  $\frac{1}{4}$  cup of water and the peaches into a nonstick cook pan. If not using a nonstick pan, spread a little butter or oil within the pan to prevent sticking. Bring to a boil, then reduce heat. Add  $\frac{1}{4}$  cup of water to the bag containing the Bisquick mix and knead. Cut a corner from the bottom of the bag and squeeze the mixture onto the peaches. Continue to scramble the mixture in the pan until the batter is fully cooked.

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### **Skidaway Banana Puddin'**

To produce 1 serving, add 1 cup of cold filtered water to 1 bag of the pudding-milk mix. Shake vigorously for about 1 minute. The pudding will thicken within a couple of minutes. At this point, add the wafer-banana mix to the pudding bag and knead. Can be served straight from the bag.

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### **Switchback Smoothie**

Tear 1 serving of leather into very small pieces and place in a widemouthed bottle containing 1 cup of cold water. Allow mixture to dissolve for about 30 minutes, periodically shaking vigorously to help speed the process. The fruit leather itself is also very tasty and can be eaten as is.

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### **Groovy Smoothie**

Add 3 tablespoons of drink mix to 1 cup cold water. Stir or shake.

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### **Earth Smoothie**

To make a single serving, add mixture from a single bag to a widemouthed water bottle. Add 2 cups of water and shake vigorously until well mixed.

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### **Hurricane Hill Hot Chocolate**

For 1 serving, bring 1 cup of water to a boil. Place  $\frac{1}{3}$  cup of mixture into your mug. Add boiling water and stir well.

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### **Moo-Less Hot Chocolate**

For 1 serving, bring 1 cup of water to a boil. Place  $\frac{1}{4}$  cup of mixture into your mug. Add boiling water and stir well.

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### **White Bear Mocha**

Boil 1 cup of water and pour into your mug. Add 2 tablespoons of White Bear Mocha mixture and stir.

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### **Lightning Coffee**

Boil 1 cup of water and pour into your mug. Add 3 tablespoons of Lightning Coffee mixture and stir.

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### **Alaskan Winter Coffee**

Boil 1 cup of water and pour into your mug. Add 3 tablespoons of Alaskan Winter Coffee mixture and stir.

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### **Cloudy Mountain Latte**

Pour 1 cup of water into a rigid widemouthed bottle. The bottle should be large enough to accommodate at least 20 fluid ounces to provide adequate additional volume for shaking. Add mix. Shake vigorously for about 10 seconds once per minute for 3 to 5 minutes, at which point the coffee and milk will have dissolved. Add remaining cup of water and shake again.

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### **Electro-Tea**

Heat 1 cup of water and add 1 teaspoon of tea mix. Stir well.

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### **Moonlight Mint Tea**

Bring 4 cups of water to a boil, then add  $\frac{1}{4}$  cup of sugar. (Doing so in this order helps to keep the tea clear.) Remove from heat. Add tea bags and mint or peppermint leaves. Let simmer for several minutes. Makes 2 servings.

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### **Shawnee Sage Tea**

Bring 4 cups of water to a boil, then add  $\frac{1}{4}$  cup of sugar. (Doing so in this order helps to keep the tea clear.) Remove from heat. Add tea bags and sage leaves. Let simmer for several minutes. Makes 2 servings.

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### **Goat Dance Brandy**

Bring 1 cup of water to a near-boil. Add dessert mix and brandy. Stir until dissolved.

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### **Whopper Malt Bribe**

To make 1 serving, add  $\frac{1}{2}$  cup of mix to 1 cup of either hot or cold water. It works nicely both ways. Stir and serve.

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### **Panamint Peppermint Cooler**

To make 1 large serving, bring 2 cups of water to a boil. Add 4 tea bags and let steep for 6 minutes before removing. While hot, add  $\frac{1}{4}$  cup of the Kool-Aid mix and stir until dissolved. Allow water to cool, then add 2 more cups of cold water. For an on-the-trail treat, pour into a water bottle for later enjoyment.

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