

Back Pack Cooking

Basic Equipment

This guide assumes that you have no working knowledge of backcountry camping except that few come back alive, and those who do don't talk about it. In truth, the backcountry is mostly harmless. Knowledge is the difference between surviving and thriving.

Tableware

You need a bowl, a mug or water bottle and a eating utensil (spoon/fork/spork).

I love the Fozzils Thinkflat bowls. I've used them as cutting and rolling boards, and they're practically self-cleaning.

For silverware, I have a Light My Fire spork. Any cheap spoon and/or fork will be ok.

Cleaning Gear

It's a good idea to keep a squeeze bottle of dishwashing liquid in a kit together with a scrubbie and a small bottle of hand sanitizer.

Meals

Beverages. Bring individual tubes of powder flavoring like kool-aid or country time lemonade. It's ridiculously convenient and fast and keeps people hydrated because they drink more if the water tastes good.

A great item is the packable food tube. Load them full of peanut butter, butter, jelly, or the like and dispense with the heavier jar. A better idea is to collect individual servings from fast food restaurants, QT, and school.

Whatever the food item, I double-bag food in Zip-loc containers, write cooking directions in permanent marker onto the bag, and bag a day's worth of food into a larger bag.

Lunch

Lunch is outside the scope of this guide since lunch on the trail shouldn't involve cooking at all. In a pinch, lunch should only involve heating water for an instant soup, a cup of ramen, or hot coffee or tea in extremely cold weather. I've found that lunch is best served through rotations of the same foods. Combine the following for variety:

summer sausage
string cheese
apples
beef jerkey
Lipton cup-o-soup
energy bars

cheap cookies
ramen in a cup
avocado
honey
Nutella
cheddar cheese block

pitas or tortillas
Vienna sausage
trail mix
jelly
peanut butter
pepperoni

Trail Mix Ingredients

Mix and match to suit your own tastes:

Almonds
Cashews
Cheerios (regular or honey nut)
Chocolate chips
Dried fruits (i.e. raisins, pineapple, cherries, bananas, etc.)
Goldfish crackers
Hard candy (i.e. Lifesavers, Jolly Ranchers, etc.)

M & M's (peanuts, peanut butter, plain, etc.)
Maple Nut Goodies candy
Peanuts
Pecans
Pretzel pieces
Reese's Pieces
Starburst
Sunflower seeds

Breakfast

Dick's Creek Falls Scattered, Smothered, Covered, and Chunked Hash Browns

2-3 oz. dehydrated hash browns

1 pkt. shelf-stable bacon, dehydrated cubed ham, jerky, etc.

1 tsp. dried onions

cheese to taste

At home, pack the first three ingredients in a gallon Zip-Loc freezer bag. In camp, add 2 C. boiling water to bag. Allow to stand 15 min. Dice cheese while waiting and add before eating, stirring in cheesy goodness. Bring along some packets of ketchup if you're so inclined, maybe some salt and pepper. Add some diced sun-dried tomatoes to top. If you need a little greasiness, add in a drop or three of olive oil.

Rabun Beach Fruity Breakfast Rice

1 tsp cinnamon

½ c. diced dried fruit

4 Tbsp powdered milk

4 Tbsp brown sugar

4 Tbsp butter or margarine

2 1/2 C. water

2 C. instant rice

At home, add all ingredients, except for water and butter, into a gallon freezer bag. At camp, boil water and add to bag with butter. Stir well and let sit for 15 minutes. Fluff and serve.

Jack's River Trail Summer Sausage Grits

1 cup instant grits

Chopped summer sausage (or *bacon bits*)

1 tbsp. dried onions dried onion flakes

4 tsp. butter powder

2 tsp. chicken or vegetable broth powder

1/2 tsp. paprika

4 packets Parmesan cheese

Combine everything, except the Parmesan, into a quart size freezer zip lock bag. In camp, Bring 2 cups of water to a boil. Pour water carefully into zip lock bag until grits reach desired consistency (add cold water if you run out of hot). Put in sausage. Top with Parmesan Cheese.

Pigeon Roost Hollow Granola

1c. (more or less, usually more) Sunshine brand granola cereal

1/3 c. powdered milk

Pack cereal and powdered milk into a Zip-loc bag. In camp, add hot water to bag. Squeeze to mix, and set aside to soften. (All right, I know it's not much different from oatmeal. Give me a break: it's really tasty). You can also add raisins, craisins, or even gorp for extra calories.

Penitentiary Branch Bacon & Cheese Breakfast 'Taters

3.5-ounce packet Hungry Jack (or Idahoan) Easy Mash'd Cheesy Homestyle Mashed Potatoes

chopped summer sausage or shredded beef jerky

cheese

3-ounce pouch bacon bits

½ Tbsp dried onions

1 tablespoon Parmesan cheese (use a Pizza Hut packet)

At home, put mashed potatoes in a gallon zip-loc bag. In camp, dice cheese and summer sausage. Reconstitute dried onions in a little water and add sausage and bacon bits to heat up. Add two cups water, cover, and bring to a boil. Remove from heat and pour mixture into gallon bag with mashed potato mix and Parmesan cheese. Potatoes will thicken quickly—squeeze bag to smooth out any. Sprinkle with more Parmesan and the diced cheese.

Dinner

Cohutta Wilderness Couscous w/ Mushrooms and Peas

- 2/3 cups couscous
- 1/3 cup dried mushrooms, finely chopped
- 1/3 cup freeze dried peas
- 1/2 teaspoon salt
- 1 tsp Herbes de Provence
- 1/2 tsp cracked black pepper (don't skimp on pepper)
- 1 1/2 cups water

Combine the first 6 ingredients in a gallon Zip-loc bag. In camp, boil water, add to bag and let sit for 10 minutes. Fluff before serving.

Green Gap BBQ Chicken Wraps

- 7 oz pouch chicken breast
- 2 flour tortillas (soft taco size)
- 1 pkg bbq sauce
- 2 oz. pepper-jack cheese
- 1 4 c french fried onions

In camp, combine chicken and bbq sauce in a quart freezer bag. Immerse bag in hot water until warm to preference. Slice cheese, spoon chicken into tortilla, top with cheese & onions.

The Wog's Beefy Noodle Bowl

- 3 Tbsp beef jerky, shredded
- 1 3-ounce package Ramen noodles
- 1 1-ounce package instant onion soup
- 2 Tbsp mixed vegetables
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 1/2 tsp dried cilantro
- 1-2 packets soy sauce

At home, Discard the flavor packet from the noodles, and combine all of the dry ingredients in a quart size, freezer zip lock bag. On the trail, boil about 2 cups of water. Add water to zip lock bag, then stir well until noodles are soft and vegetables are rehydrated. Season with soy sauce to taste.

Tooth of Time Pasta

- 2 4.4-ounce Knorr Butter & Herb pasta packets
- 4 oz summer sausage or jerky
- 2 ounces sun-dried tomatoes
- 1 tsp. dried onions
- parmesan cheese packets

At home, put tomatoes into a zip lock plastic bag. In camp, boil a cup of water and pour it over tomatoes. In separate pot, cook pasta according to package instructions. While pasta simmers, chop softened tomatoes. After pasta cooks for 5 minutes, add all ingredients except for cheese and stir until noodles are done. Top with parmesan cheese.

Easy Chicken Pad Thai

- Servings: 3
- 3 pkg Ramen noodles (leave seasoning packets at home)
- 1 pkg Chicken (7 oz)
- 1 cup Shelled peanuts (crushed)
- 1/2 cup Asian sesame dressing (Newman's Own Asian Sesame Natural Salad Mist, 7 oz plastic bottle)
- 1. Boil water, cook ramen noodles, and drain.
- 2. Stir the chicken and dressing into the pot and cook