the epicurean backpacker's cookbook

flat cat gear

epic meals at awesome places

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Preface

I like to cook, but I am not a chef. As a backpacker, I just can't eat freeze dried meals day in and day out. As an engineer, I like to solve problems and designing complete cooking systems to prepare real food was going to be a fun challenge. We have developed cooking systems that can do a lot more than just boil water, now you can simmer, pan fry, and even bake on the trail. This cookbook is a compilation of dishes that we have made in the backcountry. I hope that you use this cookbook as a springboard to make "epic meals at awesome places".

Happy Trails!

Jon Fong

Acknowledgements

I would like to thank my wife and backpacking partner Peggy who has encouraged me to build and grow FLAT CAT GEAR. Additionally, she has the thankless job of being my food tester and critic. I would also like to thank our daughters Caitlin, Kendal & Jordan for putting up with dad spending so much time in "the dungeon".

Kathy Hoffman has been instrumental in modernizing the look and feel of our website as well as opening my mind as to what FLAT CAT GEAR could become.
Ken Larson's joy of teaching his granddaughters how to cook in the backcountry has been inspirational.

Cover photo – Quiche Lorraine on the John Muir Trail 2014

Table Of Contents

Why we created this cookbook

I started FLAT CAT GEAR out of frustrations over the current state of backpacking equipment. There were very few integrated cooking systems and most were not user-friendly. After developing our first cooking system, it became apparent that most people were using these cooking systems to boil water for freeze dried meals. We started pushing the limits of what could be done with our cooking systems and found ways to simmer, pan fry, steam bake and dry bake.

Why this cook book? As we pushed the technical limitations of backpacking cooking systems, we discovered that we could make more and more foods that we would regularly make at home. The more we cooked on the trail, the more we enjoyed our backpacking trips: cooking became an integral part of our backpacking experiences. The cover of our cookbook captures that feeling, after a long day of hiking on the John Muir Trail; we enjoy a freshly baked Quiche Lorraine.

Cooking your own meals has an additional benefit: it gives you more control over your dietary requirements / restrictions. It can be extremely difficult to find pre-packaged meals for a vegan or are gluten free. Preparing your own meals gives you the ability to control and know what goes into your meals. Cooking meals has also given us some interesting insights into eating patterns. Most freeze dried meals have a low calorie count (~300 calories). Most people supplement this by eating snacks; in fact snacks can make up half of the total weight of food that you bring. When you cook your own meals, the calorie count per meals goes up (+500 calories) and you bring less snacks.

As much as we like developing stoves and windscreens, they are really only devices used to cook food. We have consciously started to emphasize the results (meals) over the hardware. We have updated our Mission Statement to “epic meals at awesome places”. While we continue to perfect our cooking systems we leave the “awesome places” decision for you.

Boiling & Simmering

Most backpackers eat freeze dried meals or freezer bag cooking while on the trail. Bring water to a boil, add it to your food, stir, seal the bag and wait for 8-12 minutes. These are great meals when you are pressed for time. The calorie counts on most freeze dried meals are low and after a while, all of the meals look similar. Once you start cooking your own foods, you'll find that the taste is much better and the calorie count is much higher.

Simmering is done on the trail, but not often. Modern cooking systems are very fuel efficient: our alcohol system can simmer for 30 minutes on ½ oz. of fuel. Our Epicurean stove will simmer Esbit for 50-60 minutes. Simmering opens up a whole new world of foods that can be made on the trail. You can make pasta and rice dishes just like you do at home. There are a plethora of store bought dry soups that are tasty and easy to prepare.

Soups

Soups are easy and nutritious meals to cook on the trail. When it is cold and wet, nothing warms you up faster than a hot bowl of soup. The key to making soup is having a stove that can not only boil but can simmer as well. A good alcohol stove will output 350 watt to 450 watts to boil in a reasonable amount of time. A good simmer mode will have an output of around 100 watts. That is enough energy to keep the water boiling but not hot enough to burn quickly. Most soups will require periodic stirring. All of our cooking systems are capable of boiling and simmering.

I highly recommend the Bear Creek family of soups. These can be found in most grocery stores. These soups are pretty easy to prepare: bring water to a boil, stir in the soup mix and let simmer for 15 minutes. I particularly like the minestrone and hot & sour soups. The potato cheese is also excellent, especially when you add bacon bits to it. The complete package is typically 8 cups so you will probably want to repackage the soups.

Of course you can always make soups (or for that matter dried beans) from scratch. This will take a significant amount of time, fuel and patience but it can be done. Here we make a split pea soup from scratch just to see if we could do it - (https://youtu.be/LcG1bJ9NXYM).

Real Ramen

https://youtu.be/StGVfpJgd4k

Top Ramen is a popular meal, but real ramen takes about the same amount of time to prepare and you can add your favorite ingredients. Here is one of my recipes:

Ingredients

Ramen noodles - 2.7 oz.
Teriyaki beef jerky - 1 oz.
Dried carrots - ½ oz.
Dried jalapenos - ¼ oz.
Dried green onions - 1/8 oz.
Thai red peppers - 2 small
Hot & sour soup - 9 grams
Chicken bouillon - 1 tsp

Pre-trip Preparation

Stored the dry ingredient in one bag (except the noodles).

Step 1 – Making the soup

Add 2 cups of water to your pot and add all of the ingredients except the noodles. Bring to a boil and then reduce to a simmer. Add the noodles and cook until the noodles are soft. That's all there is to it.

Step 2 – Eating the soup

Pour everything into a bowl or eat it directly from the pot. I don't recommend eating the small red chili's as they are pretty hot.

Basmati Rice

Nutrition Facts
Serving Size 1/2 of recipe 99g (99 g)
Servings per container 2

Amount Per Serving	
Calories 150	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 5mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars	
Protein 3g	
Vitamin A 0% • Vitamin C	0%
Calcium 0% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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This is a basic recipe for making Basmati rice, one part rice plus 2 parts water will yield 3-4 times the volume of cooked rice. The key to making rice is to let the rice set at the end. It is the steam that cooks the rice.

Ingredients

Basmati Rice - ½ cup uncooked
Salt - ¼ tsp

Pre-trip Preparation

Measure out what you need for your meal. A general rule is that ¼ cup of uncooked rice is considered a serving and will grow to 3 to 4 times that volume. Mark the volume of rice on your bag so that you will know how much water to add.

Step 1 – Washing the Rice

Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add clean water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times. After the final draining, add 1 cup of water to the 1/2cup of clean rice.

Step 2 – Cooking the Rice

Place the pot/mug on the stove with the lid on and bring it to a boil. Once it reaches a boil, turn the heat down to a simmer. Place the mug/pot back onto the stove and make sure that the water is boiling on low. Stir the rice and place the lid on. Since stoves burn at different temperatures, you will need to periodically check on the water level. If you listen closely, you can sometimes hear it when the water has almost evaporated, as it crackles a bit.

Step 3 – Letting it set

When the water level in the pan is the height of a grain of rice above the bottom, remove the mug/pot from the heat. The rice will continue to cook and steam so leave the lid on and let it set for 15 minutes. I usually extinguish the flame and leave the pot/mug inside the windscreen for that time.

Rice Pilaf

Nutrition Facts
Serving Size 1/2 of recipe 203g (203 g)
Servings per container 2

Amount Per Serving

Calories 356	Calories from Fat 106
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 30mg	10%
Sodium 771mg	32%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 11g	
Vitamin A 12% • Vitamin C	5%
Calcium 2% • Iron	7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/BDkiBhA2Vrg

Now that you have mastered a basic rice recipe, it is time to move up to a 1 pot meal: rice pilaf. It is super easy to make and it tastes great. We use shelf-stabilized bacon bits or SPAM while on the trail.

Ingredients

Rice - ½ cups, uncooked
Ham, Spam or bacon bits - 3 oz.
Chicken Bouillon - 1 tsp
Freeze dried peas (rehydrated) - 2 oz.

Pre-trip Preparation

Measure out ½ cup of Basmati rice, store in a zip lock bag and label the bag with a note to add 1 cup of clean water. In many grocery stores, you can find individual slices of Spam (3 oz.) in a foiled pouch. I find freeze-dried peas at Whole Foods and several other stores. Store the peas with the chicken bouillon, and the rice in separate bags.

Step 1 – Washing the Rice

Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times. After draining the excess water off, add 1 cup of clean water to the rice.

Step 2 – Cooking the Rice

Place the peas, chicken bouillon and meat in with the rice and water, put the pot/mug on the stove with the lid on and bring it to a boil. Once it reaches a boil, turn the heat down to a simmer. Place the mug/pot back onto the stove and make sure that the water is boiling on low. Stir the rice and place the lid on. Since stove burn at different temperatures, you will need to periodically check on the water level. If you listen closely, you can sometimes hear it when the water has almost evaporated, as it crackles a bit.

Step 3 – Letting it set

When the water level has dropped to the height of a grain of rice, remove the mug/pot from the heat. The rice will continue to cook and steam so leave the lid on and let it set for 15 minutes. I usually extinguish the flame and leave the pot/mug inside the windscreen for that time.

Big Island Rice

Nutrition Facts
Serving Size 1/2 of recipe 265g (267 g)
Servings per container 2

Amount Per Serving	
Calories 448	Calories from Fat 176
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 10g	52%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 815mg	34%
Total Carbohydrate 54g	18%
Dietary Fiber 2g	10%
Sugars 15g	
Protein 15g	
Vitamin A 9% • Vitamin C	120%
Calcium 3% • Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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http://youtu.be/amHor8V_j1U

Big Island Rice! Where ever you are backpacking, this dish will bring you back to the tropics! In Hawaii, substitute Spam for bacon. In the Sierra, you can use teriyaki beef jerky. One part rice plus 2 parts water will yield 3-4 times the volume of cooked rice. Over-adding water will only waste fuel and cook dishes more slowly.

Ingredients

Rice - ½ cups, uncooked
Dried pineapple - 2 oz.
Bacon, shelf stabilized - 2 oz.
Chicken bouillon - 1 tsp
Dried onion flakes
2 red Thai chili - 1 Tbsp.
Dried jalapeno - 4 slices
Coconut milk - 2/3 cup, rehydrated

Pre-trip Preparation

A general rule is that ¼ cup of uncooked rice is considered a serving and will grow to 3 to 4 times that volume. Mark how much water that you will need on the bag. Add the remaining ingredients (except the coconut milk powder) into one bag; store the coconut milk powder in as separate bag.

Step 1 – Washing the Rice

Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add clean water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times.

Step 2 – Cooking

Add all of the remaining ingredients to the pot along with the rice, except the coconut powder. Add 1 cup of water and stir all of the ingredients together. Bring the mix to a boil: once there, turn the heat down to a slow simmer. Mix the coconut powder with enough water to make a thick liquid (~2/3 cup). As the water is boiling away, you will need to periodically check the water level. When the water level has dropped to the height of a grain of rice, remove the mug/pot from the heat.

Step 3 – Letting it set

Stir in the coconut milk and put the lid back onto the pot/mug. The rice will continue to cook and steam so leave the lid on and let it set for 15 minutes. Stir the mixture and you are ready to have your own luau! Pa'ina On

Steamed Fish and Rice

https://youtu.be/rX4sTDM3C1c

If you love to fish, you are going to love this recipe! Steaming rice and cooking fresh fish is a match made in heaven. There is some debate on how to steam fish. I place the fish directly on the rice and let the natural juices seep into the rice. Others prefer to place the fish on a container above the rice and not use the juice. Whatever works best for you as I have cooked it both ways.

Ingredients

Rice - ½ cups, uncooked
Fish - ½ pound
Dried green onions - 2 tsp.
Soy sauce - ½ oz.
Cracked black pepper - ¼ tsp.

Pre-trip Preparation

Measure out ½ cup of Basmati rice, store in a zip lock bag and label the bag with a note to add 1 cup of clean water. The dried green onions and cracked black pepper can go in a small bag. Soy sauce can be found in small packets.

Step 1 –Preparing the Fish & Washing the Rice

If the fish is too big for your pot, you can cut it up into steaks. Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add clean water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times. With ½ cup of washed rice, add 1 cup of clean water and bring to a boil.

Step 2 – Preparing the Fish.

I cook my fish directly on the rice; others do not like the fish juices mixed with their rice. To keep the juices from mixing with the rice, you may want to place the fish on a foil boat. When the water comes to a boil, reduce the heat output and bring the rice to a simmer. When the water level drops to the level of the rice, place your fish on top of the rice (or the fish on the foil). Sprinkle the fish with the green onion and black pepper mixture, put the lid on the pot and let the dish cook. When the water has dropped to a level that is one rice grain thick, turn the stove off and let the dish sit for 10 to 15 minutes. The rice and fish will continue to steam and the rice will absorb the remaining water

Step 3 – Finishing touches

For those of you using the foil tray method, you will want to dispose of the juice in the tray. After that, place the fish on top of the rice and dribble soy sauce over the fish.

Homemade Mac & Cheese

Nutrition Facts
Serving Size 1/2 of recipe 255g (255 g)
Servings per container 2

Amount Per Serving	
Calories 800	Calories from Fat 331
	% Daily Value*
Total Fat 38g	58%
Saturated Fat 23g	117%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1710mg	71%
Total Carbohydrate 65g	22%
Dietary Fiber 4g	17%
Sugars 11g	
Protein 51g	
Vitamin A 22% • Vitamin C	27%
Calcium 136% • Iron	19%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/098f6qQk9I0

Comfort food while in the back country, what more could you want? This recipe is super easy to make. Soak the noodles beforehand and your preparation time is only about 10 minutes!

Ingredients

Macaroni noodles - 4 oz.
Cheddar or Gruyere cheese - 4 oz.
Flour - 2 tsp
NIDO powdered milk - 4 Tbsp.
Dried onion flakes - 3 Tbsp.
Pepper - ½ tsp.
Salt - ½ tsp.
Dried mustard - ¼ tsp.

Pre-trip Preparation

Package the macaroni and cheese into separate bags. The remaining ingredients can be placed into a third bag.

Step 1 – Noodles

2 hours prior to making the Mac & Cheese, add water to the bag containing the macaroni. This will allow the noodle to rehydrate and soften.

Step 2 – Cooking

Drain the macaroni and leave it in the bag. Add 1 cup of cold water to a pot and whisk in the dry ingredients to form a smooth liquid. Bring the mixture to a boil: stirring occasionally. Chop the cheese into small ¼" cubes. When the mixture comes to a boil, slowly add the cheese and stir constantly. Let the mixture come back to a boil and turn the heat down to a simmer, stir the mixture until it thickens. Turn the heat up slightly and add the noodles; stir constantly. After about 2 minutes, turn the heat off and put the lid on the pot. Leave the pot in the windscreen and add the FLAT CAT HAT if you have one.

Step 3 – Letting it set

Let the Mac & Cheese sit for 5-10 minutes. The noodles will absorb more liquid and the sauce will get pretty thick. This is a basic recipe and there are many kinds of cheeses and mixtures of cheeses that work very well together. You can add all kinds of ingredients to your noodles.

Panang Beef

Nutrition Facts
Serving Size Entire Recipe 936g (936 g)
Servings per container 2

Amount Per Serving	
Calories 1501	Calories from Fat 426
	% Daily Value*
Total Fat 50g	77%
Saturated Fat 37g	186%
Trans Fat 0g	
Cholesterol 137mg	46%
Sodium 1991mg	83%
Total Carbohydrate 202g	67%
Dietary Fiber 9g	34%
Sugars 32g	
Protein 67g	
Vitamin A 14% • Vitamin C	72%
Calcium 14% • Iron	83%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/H1puS47fc-E

This is one of our favorite meals. There are a lot of ingredients, but it is well worth the preparation time. Additionally, this is a great meal when you need a lot of calories!

Ingredients, Dry

Dried ground beef (1/2lb wet) - 1.4 oz.
Basmati rice - ¾ cups
Dried bell pepper - 25 grams
Brown sugar - 3 Tbsp
Dried onion flakes - 1 Tbsp
Chicken bouillon - 1 tsp
Powdered coconut milk - 50 grams
Salt - ¼ tsp
Pepper - ½ tsp

Ingredients, Wet

Fish sauce - 2 Tbsp
Soy sauce - 2 tsp
Red curry paste - 4 tsp

Pre-trip preparation

Cook and dehydrate the beef. Store the dehydrated beef and bell peppers in one bag.
Combine the brown sugar, coconut milk, chicken bouillon, onion flakes and salt & pepper into one bag.
Combine the red curry paste, fish sauce & soy sauce into a leak proof container.

Step 1, Rehydration

4 hours before you want to cook the Panang, add water to cover the beef & red peppers: seal the bag.

Step 2 –The rice

Drain and reserve the liquid from the beef. Wash and drain the rice twice. Including the water from the beef, add 1 1/5 cups of water to the rice and add the beef & peppers. Bring to a boil and then switch to a simmer.

Step 3 – Final mix

Combine the remaining dry ingredients into a bowl and add 2/3 cup water. Add the fish sauce & soy sauce to the bowl. Check the rice, when the liquid level has dropped to the height of one grain of rice; add the contents in the bowl into the rice. Let the rice mixture continue to simmer for 5 more minutes, stirring periodically. Remove from the heat and let sit for 10 minutes.

Dry Baking

While backpacking, nothing smells better than fresh bread baking in the woods! I have customers who bake bread just to make their backpacking partners envious. So what is dry baking? In the world of backpacking, the most prevalent way to bake goods is a process called steam baking. Your goods are placed in a container suspended above a small pool of boiling water. Flours start cross linking at 180 F and breads will cook at the boiling point of water: 212 F. Dry baking on the other hand uses direct heat to cook your meals. To achieve a brown crust, the flour must reach a temperature of 325 F. Here is a video that shows you the difference between steam and dry baking: https://youtu.be/INgLXQtzWJg. For me, it's all about the crisp brown crust. We bake at least a couple of meals on every backpacking trip.

Dry baking is a simple process and it extends itself far beyond making bread. Almost anything that you can bake at home can be made on the trail. We routinely have lasagna and quiches on the trails as well.

The best way to get started is to purchase a ready mix muffin or even a cookie mix. Betty Crocker offers a snack size package that is the perfect size for a 4" to 5" pan. Betty Crocker also offers a snack size cookie mix. We have used this to make a single large cookie.

Pancake mixes work well as do brownie mixes. For best results, do not use oil in the mixes as this seems to prolong the baking cycle. Add just enough water to these mixes to get the dough to stick together. Excess water also extends the baking times.

A Biscuit

https://youtu.be/QWaa1yqv7Hk

Making a biscuit is pretty easy and expanding from there can be a lot of fun. I suggest that you buy a box of Bisquick and some powdered milk. This will give you a foundation to start experimenting. Bisquick already contains baking soda and it also has shortening in the powder. For the 5" pan, 1 ½ cups of Bisquick and 2 Tbsp of powdered milk are all of the dry ingredients you will need. Lightly oil the pan and place a parchment paper disk on the bottom of the pan. Add enough water to the mix and stir the dough into a uniform ball. For dry baking, you want to use a little water as possible. Transfer the dough into the pan and shape to dough to a uniform level. You are now ready to bake. Once you have the basic biscuit down, you can make it into a meal by add all kinds of ingredients such as:

Spam / Bacon / Ham / Pepperoni
Cheddar cheese / Blue cheese / Parmesan
Jalapeno peppers / crushed pepper
Olives / Garlic / Onion flakes

You can also turn the biscuit into a desert or sweet treat such a scone or cinnamon roll. Adding a small amount of oil will make the finished product softer. We have made a pull apart Monkey Bread using Bisquick. Here are a few tips:

- Add a Tbsp of sugar to the dough and a small amount of oil to the basic dough
- Shape the dough into small balls, coat with a sugar cinnamon mix and press into the pan
- Add pecan to the mix
- Add cut up Snickers or Milky Way bars into the dough
- Add bacon bits
- Add dried fruit like diced pineapples or apricots
- Add trail mix

A Basic Bread Recipe

http://youtu.be/ljsvNOzw3KE

The recipe below is for Pain a l'Ancienne from Peter Reinhart's book The Bread Baker's Apprentice. This is a great backpacking recipe as it requires a low temperature, long duration fermentation process. I like to mix a batch right before I go to bed and let it slowly rise for the next 16 hours or so. The bulk recipe is as follows:

Ingredients

6 cups flour
2 ¼ tsp. salt
1 ¾ tsp. yeast

Single serving -1.5 cup flour / 1/2 tsp salt / 1/2 tsp yeast

Pre-trip Preparation

I usually bake more than one bread dish while on the trip so I measure out enough dough for each meal and place them into separate zip lock bags.

Step 1 – Preparing the dough (evening or morning)

Add just enough water to get the dough to stick together. Seal the bag and knead the mixture through the bag. You will want to make sure that all of the dry powder is mixed in and not stuck in the corners of the bag. After the dough is thorough mixed, let it set for 20 minutes and knead the dough again. Find a warm place to let the dough rise.

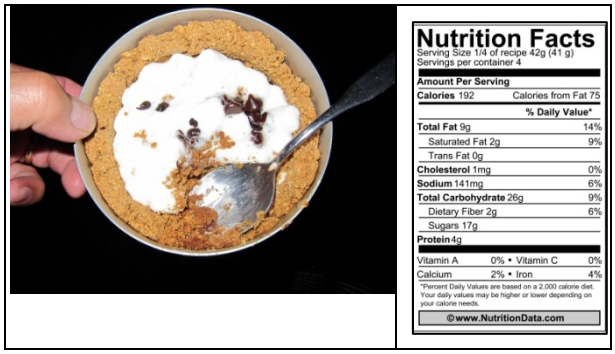
Step 2 – Forming the loaf

After lunch, I form the loaf (particularly if it is cool out). Oil your pan and place the disk of parchment paper on the bottom of the pan. Remove the dough and shape it into a ball with your hands. The dough should be fairly elastic at this point. Shape the dough into a ball and press it into the pan. Pat the dough down to form an even layer. I usually place the pan and bread into a large zip lock bag and place it into the top (head) of my backpack.

Step 3 – Baking the Bread

Add 1 tsp of water to the pot and load the pan. The water will steam and that can let the bread rise even more.
After an hour or when the Esbit goes out, keep the lid on as the bread is still baking. It will continue to bake for another 10 to 15 minutes. Remove the pan and wait for 10 minutes. Gently slide a knife between the wall of the pan and the bread. Slowly work the knife around the perimeter and most likely the bread will just pop out of the pan.

Baked S'mores



https://youtu.be/YEScInC99rE

With all of the fire restrictions in Southern California, it may be difficult to make S'mores over a campfire. This is our dry-baked version and it is super easy to make. In our version, we add coffee beans to the filling. Yes, you get a sugar rush along with a caffeine high! This recipe will serve four people.

Ingredients

Crust:
3 Graham crackers – 1.85 oz.
2 Tbs Brown Sugar – 1 oz.
1.5 oz. Peanut Butter – 1.5 oz
Filling
½ cup marshmallows – 0.8 oz.
¼ cup chocolate chips – 1.7 oz.
10-15 coffee beans – scant

Pre-trip Preparation

Place the Graham crackers in a zip lock bag and load it into the bottom of your pack. They will be crushed by the time that you want to use them.

Step 1 – Preparing the crust

Place the crushed graham crackers into a bowl and add the brown sugar. Stir in enough peanut butter so that the mixture sticks together. Transfer the mixture to the pan and form an even layer. Use a spoon or the bottom of a cup to press down on the crust and press some of the mixture against the side walls.

Step 2 – Dry Baking

The crust has a lot less weight/volume than a bread or pizza so it will cook in a total of about 30 minutes. If you are using Esbit, dry baking will use about ½ a 14 gram tablet.

Step 3 – The Filling

Mix the marshmallows, chocolate chips and coffee together. About 20 minutes into the baking process, add the filling and put the lid back on the pot.

Step 4 – Let it cool, the hardest part. When the chocolate has just melted and the marshmallows puff up a bit, the dish is done. Remove the pot from the heat and remove the pan and let everything cool for about ten minutes. This is a crumbly dish so you will eat it out of the pan. If you shaped your crust correctly, clean-up will be a snap.

Cheeseburger

Nutrition Facts
Serving Size Entire Recipe 468g (468 g)
Servings per container 2

Amount Per Serving	
Calories 1195	Calories from Fat 356
	% Daily Value*
Total Fat 40g	62%
Saturated Fat 23g	114%
Trans Fat 0g	
Cholesterol 213mg	71%
Sodium 2264mg	94%
Total Carbohydrate 129g	43%
Dietary Fiber 4g	17%
Sugars 28g	
Protein 77g	
Vitamin A 38% • Vitamin C	34%
Calcium 67% • Iron	64%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Cheeseburger in Paradise! We make this on every backpacking trip. It does take a little planning but it is well worth it.

Ingredients

Dough:1 cup flour-1/3 tsp yeast-1/3 tsp salt
1.2 oz. dried hamburger (1/3 lb wet)
1 Tbsp dried onion flakes
1 tsp chicken bouillon
¼ tsp salt + ¼ tsp pepper
4 Tbsp ketchup
3 oz. cheddar cheese

Pre-Trip Planning

Cook, dehydrate and store hamburger. Store dry dough ingredients in one bag. Store onion flakes, bouillon, salt & pepper in a bag. Ketchup can be found in 1 oz. containers.

Step one - Morning

Leave the dough mix in a bag and add a just enough water to wet the dough. Knead until the mixture is uniform. Wait 20 minutes and knead again. Seal and store in a warm place.

Step 2 – Lunch

Knead the dough if required; if it hasn't risen much place the dough in a warmer spot. Add water to cover the dried beef then seal the bag.

Step 3 - Diner

Drain the beef and add, the onion & bouillon mix to the bag. Add the ketchup and knead the bag until everything is uniform. Oil a 5" pan and place parchment paper on the bottom of the pan. Remove ¾ of the dough and shape into a large flat disk about 8" in diameter. Form the dough into the pan to form a crust with the wall reaching the upper lip of the pan. Place ½ the hamburger mixture in the pan. Crumble ½ the cheese on top of the meat and press down with the backside of a spoon. Add the remaining hamburger mix and the crumble the remaining cheese: flatten with the spoon. Take the remaining dough and shape a flat disk 5" in diameter. Place over the hamburger and press down. Fold the dough next to the lip of the pan over the top layer of dough. Bake for 1 hour and let rest for 10 minutes.

Lasagna

https://youtu.be/1JekBMkbu78

Lasagna on the trail is outstanding! There is nothing like a hot, sticky, cheesy, tomato-rich meal at the end of a long day. This is one of our more complex meals, but with a little planning it is easy to do. This recipe is for 2 hearty servings and we make this in a 5" baking pan.

Ingredients

4 oz. lasagna noodles
2 packets string cheese
2 Tbsp. parmesan cheese
2 oz. dried beef
4 oz. tomato paste
1 Tbsp dried onion flakes
1 tsp. dried oregano
½ tsp. chicken bouillon
½ tsp. dried basil
½ tsp garlic powder
½ tsp. salt
½ tsp. crushed red peppers

Pre-trip Preparation

Store all of the spices in a small bag. The dried beef goes into one bag and the noodles in another.

Step 1 – Preparing the noodles & beef

Three to four hours prior to baking your lasagna, add a small amount of water into the bags of noodles and dried beef and re-seal. You may need to check on the ground beef, as it will absorb a lot of water and may need to be replenished.

Step 2 – Making the sauce

Empty the spice bag into a mixing bowl and add the tomato paste, mix well. Pour some of the water from the re-hydrated beef into the mixing bowl. Add enough water to make a thick liquid. Add the remaining beef to the mixing bowl. Drain the noodles, discarding the water.

Step 3 – Assembly

Oil the bottom and sides of the pan and add the parchment paper to the bottom of the pan. Place a small amount of sauce in the bottom of the pan. Place a single layer of noodles on top of the sauce. Spoon a layer of sauce on top of the noodles. Peel the string cheese into strips and layer the cheese on top of the sauce. Add another layer of noodles, sauce & cheese. Add a final layer of sauce and sprinkle the top of the lasagna with the Parmesan cheese

Step 5 – Dry Baking

Bake for 50 to 60 minutes. Turn off the heat and leave the pan inside the pot for an additional 10 minutes.

Quiche

https://youtu.be/SDyOknKSloQ

Yes, you can make a quiche on the trail. It requires a few ingredients, however; it is pretty simple to make. The hardest part is spreading the crust evenly inside the pan.

Ingredients

½ cup Bisquick
2 Tbsp. NIDO powdered milk (crust)
4 Tbsp. NIDO powdered milk (filling)
2 Tbsp. OvaEasy, powdered eggs
1 oz. Bacon, shelf stabilized
1 tsp corn starch
2 oz. Swiss cheese slices
dried jalapenos (optional)
1 tsp. dried green onions
1 tsp. crushed red peppers
½ tsp. garlic powder
½ tsp. salt

Pre-trip Preparation

Mix the Bisquick and powdered milk for the crust together and place into one bag. The remaining dry ingredients (except the cheese) can go into the second bag.

Step 1 – Making the crust

Oil a 5” pan and add a parchment paper disc to the bottom of the pan. Add just enough water to the bag of dough to get the powders to stick together, not too much water. Knead the bag until all of the lumps are gone and the dough is uniform. Remove the dough and shape into a large flat disk about 7 inches in diameter. Place the dough into the pan and shape the dough to line the inside of the pan up to the lip.

Step 2 – Assembly

Shred the Swiss cheese and place into a mixing bowl. Add the remaining dry ingredients as well as adding ½ cup of water. Stir the mixture until it is uniform; pour the filling into the un-cooked crust. Place the pan inside the pot and bake for 1 hour.

Double Crust Deep Dish Pizza

Nutrition Facts
Serving Size 1/2 of recipe 198g (197 g)
Servings per container 2

Amount Per Serving	
Calories 632	Calories from Fat 242
	% Daily Value*
Total Fat 27g	42%
Saturated Fat 11g	56%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 2445mg	102%
Total Carbohydrate 64g	21%
Dietary Fiber 5g	19%
Sugars 8g	
Protein 33g	
Vitamin A 15% • Vitamin C	22%
Calcium 45% • Iron	31%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/l3AZNMW8wxc

This is a double-crust deep dish pizza that you always dream about on the 3rd or 4th day of your backpacking trip. This is one of our more complex meals, but with a little planning it is easy to do. This recipe is for 2 hearty servings and we make this in a 5" baking pan.

Ingredients

Dough: (5.5 oz.)
1 cup flour
1/3 tsp salt
1/3 tsp yeast

Sauce: (3.5 oz.)
3 oz. tomato paste (Trader Joes sell tomato paste in tubes)
2 tsp Oregano
1 tsp each: Basil, chicken bouillon, garlic powder, crushed red peppers
½ tsp black pepper
1 Tbs. onion flakes

Filling:
4 packages of string cheese (3.5 oz.)
2 oz. Pepperoni
1 oz. Bacon (shelf stabilized)

Pre-trip Preparation

Dough –Measure out all of the ingredients and place into a sealable sandwich bag

Sauce – The dry ingredients can go into a small bag, I use Trade Joe's 7 oz. tomato paste that comes in a tube (we usually plan another meal that would use the balance of the paste)

Filling -The meats can be combined into one bag; the string cheese is usually pre-packaged.

Step 1 – Preparing the dough (morning)

If you want pizza for dinner, prepare the dough in the morning during breakfast; on colder trips I make the dough the night before. Add just enough water to get the dough to cling together. There should be no dry powders in the corner of the bag. Wait 20 minutes and knead the dough again. It should become smoother and more elastic as the glutens form. As the yeast starts to consume the sugars, the dough tends to get wetter. When you form the pizza dough, you want a stiff dough that does not stick to your fingers. I place the bag of dough in the top of my backpack where it is warmer and won't get crushed.

Step 2 – Making the sauce (diner)

The sauce will include dry herbs and spice so before you shape the pizza dough, make the sauce. This will give the mix time to rehydrate. Place the tomato paste in a small bowl and add water until you have a thick sauce. Stir in the spices and prepare the pizza dough.

Step 3 – Shaping the dough

Oil the bottom and sides of the pan and add the parchment paper to the bottom of the pan. Remove ¾ of the dough from the bag and knead the dough into a ball. Flatten out the dough; we use the bottom of the baking pan as a flat surface. Shape the dough into a large circle. I use my fingers to pinch the dough and thin it out. Dough is pretty elastic: letting the dough rest for a while will allow the glutens to relax and it will be easier to shape. When the dough is shaped into a circle that is 9" in diameter, place it in the pan. The dough should cover the bottom and the walls of the pan, this is the hardest part as the sides of the pan are oiled and the dough will not want to stick. After making a couple of pizzas, you will get the hang of this.

Step 4 – Load it up!

Bottom layer – Layer 1/3 of the pepperoni onto the bottom of the pizza followed by a layer of shredded string cheese (2 sticks). Top with 1/3 of the pepperoni. Some people like sauce on the bottom layer, I don't. Take the remaining ¼ of the pizza dough and shape into a 6" disk. Place this layer on top of the pepperoni and firmly press down on the dough to compress the bottom layer.

Top Layer –Layer the shredded string cheese on top of the dough. Sprinkle the bacon bits over the cheese. Add the sauce on top of the bacon bits and use a spoon to press down on the entire stack. Add the final remaining pepperoni and you are ready to dry bake.

Step 5 – Dry Baking

You can add 1 tsp of water to the pot before inserting the pan. This seems to help the dough rise faster. We usually use the Epicurean Stove and the pizza bakes for an hour. For a browner crust, leave the pizza in the cooking system for 15 minutes after the flame is out. The pan is still hot and the dough will continue to bake.

Chicken Bake (a la Costco)

https://youtu.be/b44JJ5Ef9H0

The Chicken Bake at Costco is one of my favorite lunches. Now you can make it out on the trail!

Ingredients

Dough:1 cup flour-1/3 tsp yeast-
1/3 tsp salt
Cooked Chicken - 5 oz.
Bacon - 3 Tbsp
String Cheese - 1 oz.
Green Onions (rehydrated) - 2 Tbsp.
Caesar or Ranch Dressing - 3 oz.
Parmesan cheese - 1 oz.

Pre-Trip Planning

You can find cooked chicken in foil pouches art the grocery store. We also pick up dressing in the deli department

Step one - Morning

Leave the dough mix in a bag and add a just enough water to wet the dough. Knead until the mixture is uniform. Wait 20 minutes and knead again. Seal and store in a warm place.

Step 2 – Lunch

Knead the dough if required; if it hasn't risen much place the dough in a warmer spot.

Step 3 - Diner

Oil a 5" pan and place parchment paper on the bottom of the pan. Remove ¾ of the dough and shape into a large flat disk about 8" in diameter. Sprinkle the bottoms and sides of the pan with ¾ of the Parmesan cheese. Form the dough into the pan to make a crust with the wall reaching the upper lip of the pan. In a bowl add the chicken, shredded string cheese, bacon, green onions and dressing. Mix well and place into the dough lined pan. Press the mixture down into the pan. Take the remaining dough and shape a flat disk 5" in diameter. Place over the mix and press down. Fold the dough next to the lip of the pan over the top layer of dough. Sprinkle with the remaining Parmesan cheese. Bake for 1 hour and let rest for 10 minutes.

Steam Baking

Anything that can be dry baked can be steam baked: steam baking is much faster and you will never burn your food. Typically, you can steam bake breads in about 20 to 30 minutes which is half the time of dry baking. With breads, the only difference is that you will never be able to develop a golden crust. Other foods like lasagna and frittatas (crust less quiche) will turn out just fine.

How Steam Baking works

To steam bake, a small amount of water is added to your pot/mug (~1/2"). The item to be baked is suspended above the water level. The water is brought to a boil and then turned down to a simmer. The Latent Heat of Vaporization is the energy required to turn 100 C water into 100 C Steam (for water the value = 2.3 * 10^6 J/kg), but forget these values for just a minute. What the science means is that your stove has to add energy to the water in order to create steam. Since your pan is cooler than the boiling water, the steam will condense onto the pan and the energy is transferred back into the pan. The condensed stream reverts back to water, forms droplets and will drip back down into the pot. The thermal process is known as a heat pump and it is a very efficient means transferring heat. Note if your pan is below the water level then heat is being transferred by the water in direct contact with the pan. This reduces the thermal efficiency and is not recommended.

What to Steam Bake

There are a number of dishes where steam baking has an advantage over other cooking methods. In particular this is true when you are heating up dishes that are thick and difficult to stir; chili, frittatas and cakes.

There are a number of breads that are steamed. In the USA Boston brown bread is steamed. In Iceland, rugbraud is bread that is steam in volcanic soil. Across Asia, there are multiple steamed breads using flour or rice. In Europe, there are a plethora of steamed puddings to choose from. The best part about steam baking is that you will never burn your food!

Darn-Good-Stick-a-Fork-in-it-Chili

https://youtu.be/LYHKrqMv-9M

The basic Darn Good Chili from Bear Creek is pretty good. I find it to be a little watery so I jazzed this one up a bit.

Ingredients

Bear Creek "Darn Good" Chili -2.5 oz.
Tomato Paste – 1.5 oz
Ground Beef – 1.8 oz. dry
Chicken Bouillon – 1 Tsp.
Water – 1 cup
Cheddar Cheese – ½ oz.

Pre-Trip

Cook and then dry the ground beef. 1.8 oz. is approximately 1/3 lbs. Store in a Ziploc bag. Store the Bouillon and cheese separately. I use tomato paste in a tube from Trader Joe's.

Step 1-Rehydrating

Rehydrate the ground beef in the morning; add enough water to cover the contents. Check periodically to see if you need to add more water.

Step 2-Mixing

Drain the ground beef and reserve the liquid. Place the beef, chili, bouillon and tomato paste into a bowl. Add enough reserve liquid to make a thick paste (~1 cup). Mix thoroughly.

Step 3 – Cooking

Add about ½" of water to your pot. Use a spacer to keep the pan above the waterline. While backpacking, we usually find 3 stones about ¾" tall. Place them into the pot and insert the pan and secure the lid. Bring the water to a hard boil and then turn down to a gentle simmer.

Periodically check your chili; if it is too thick, add more water and stir. Also check the flame level to make sure that it is on a gentle simmer. Do not let the pot run dry of water or you can damage your pot. Make sure that the water level is at least 1/8".

The chili will take about 25-35 minutes to completely rehydrate and heat thoroughly. When done, remove the pot from the heat. Take the lid off and add the cheddar cheese to the top and replace the lid. Wait about 2 minutes and then you can remove the pan of chili.

A Towering Frittata

https://youtu.be/DFtwVm9lqis

A Frittata is a classic and versatile dish. It is similar to a Quiche but without a crust and is typically more dense. This particular recipe is for the 3"X3" Fat Daddio's pan. For the potatoes, we used dehydrated potatoes from an instant Au Gratin package; you can also use an instant Hash Brown mix.

Ingredients

Dehydrated Potatoes – 2 oz.
Cheddar Cheese – 1 oz.
Bacon – 1 oz.
Powdered Milk – 4 Tbsp.
Powdered Egg – 1 Tbsp.
Salt & Pepper – to taste
Olive Oil - scant

Pre-Trip

Package the milk, eggs, salt and pepper into 1 bag. The remaining ingredients are packaged separately.

Step 1 – Rehydrate

About 1 hour before your meal add water to the potatoes (hash browns only need about 10 minutes). When the potatoes are rehydrated, pour off and save the liquid.

Step 1 – Assembly

Oil your pan and place a disk of parchment paper onto the bottom of the pan. Place 1/3 of the bacon in the bottom of the pan. Add 1/3 third of the cheese and then layer 1/3 of the potatoes. Repeat these steps 2 more times.

To the egg & milk mixture, add the reserve liquid form the potatoes (about ½ cup). The mixture should be relatively thick. Pour over the top of the Potato, bacon & cheese layers.

Step 2 – Steaming

Add 1/2" of water to your mug. Add the ¾" spacers and then the pan. Bring to a boil and then reduce to a simmer. This dish will take about 20 minutes to cook.

A note on steam baking with mugs: steaming in a mug will cook faster than with a pot. Additionally, there is less water in a mug so you need to keep an eye on the water level. Since mugs have a small diameter, it will be hard to see the actual water level. You may need to remove the pan in order to check on the water level.

A Steam Baked Cake (Pudding)

https://youtu.be/nQelMp5y6xI

Any bread can be steamed; the only downside is that you will not get a brown crust. A majority of steamed breads are actually desserts.

Ingredients

Bisquick – ½ cup
Powdered Egg (OvaEasy) – 2 tsp.
Brown Sugar – ¼ cup
Milk Powder (NIDO) – 5 tsp.
Oil – 1 ½ tsp.
Cinnamon – ½ tsp.
Pecans, chopped – 2 Tbsp.
Jam – 3 Tbsp (I like plum).

Pre-Trip

Package all of the dry ingredients into a bag. I usually bring jam in a tube as well as a small container of oil.

Step 1 – Mixing

Oil your 5" pan and place a disk of parchment paper onto the bottom of the pan. Add the oil to the powdered mix and add enough water to just moisten the mix. Place the jam into the bottom of the pan and then squeeze the cake mix out of the bag into the pan.

Step 2 –Steam Baking

Add ½" water to your pot and add the ¾" spacers. Place you pan and bring the water to a boil, then turn the heat down to a gentle simmer. Listen to the pot and you can tell when you have a gentle boil as you will hear a "soft" boil.

Be sure that the water level doesn't drop below 1/8", you don't want to overheat your pot. This cake will take about 30 minutes to cook. When the cake is done, remove the pot from the heat and let cool for about 10 minutes. This will make it easier to remove the cake. Run a knife around the perimeter of the pan and flip the cake over onto a plate.

Pan Frying

https://youtu.be/Zhh8ONt_LPg

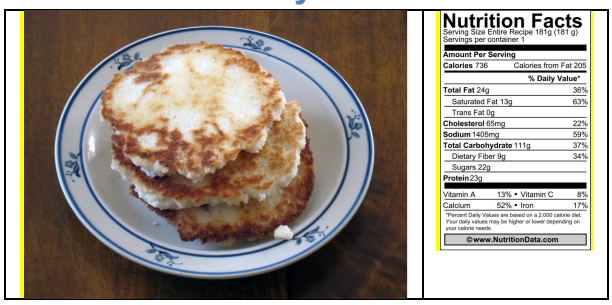
Pan Frying, my 2 cents

Pan frying is a pretty straight forward process. Unfortunately for backpackers, the best quality frying pans are fairly thick and heavy (for uniform temperature distribution). Thin walled frying pans are prone to develop hot spots and your food will burn quickly. There are several tricks that can be used to mitigate the problem. While these ideas can work, they take a lot of practice and effort. My recommendation is to use a regular 8" Teflon/ceramic coated aluminum pan for pan frying.

1. Use lots of oil and flip/stir often. This will help to prevent food from sticking and burning
2. Keep the fry pan well above the heat source. This will allow the heat to be distributed a little better.
3. Use a heat diffuser between the stove and the pan

In my experience, pan frying is also the most fuel inefficient way of heat food. I can take an instant pancake mix, pour it into a pan and dry bake it using ¼ the amount of fuel needed to fry individual pancakes. That being said, sometimes you just have to have fry fresh trout or pan fry Bannock. Because of the fuel usage and the need to control temperature, I only pan fry using a canister stove. You can pan fry using alcohol and Esbit, however; it takes a lot more practice and skills to master this.

Johnny Cakes



https://youtu.be/cKR1s7B6t78

Johnny Cakes might be the original North American pancake recipe. Serve with honey, jam, syrup or plain butter.

Ingredients

White Corn Meal – 1 cup
Powdered Milk – 2 Tbsp.
Salt – ¼ tsp.
Butter for frying – 1 Tbsp.

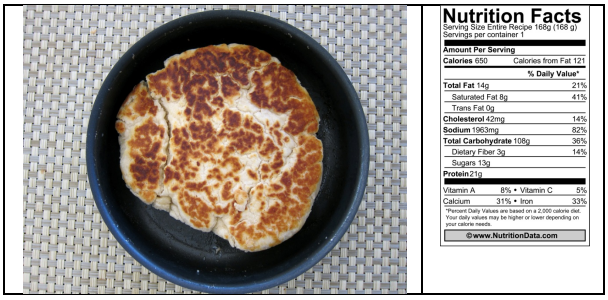
Pre-trip Preparation

Mix all of the dry ingredients and place into a bag.

On the trail

Add enough hot water to the mix and make a stiff dough (similar in consistency to mashed potatoes). Heat the pan and liberally add butter. Spoon the dough into the pan and form a 4" circle, ½" thick. Flip when the edges are golden. Repeat.

Bannock Bread



https://youtu.be/StVo1oc5zkg

Bannock Bread is a traditional bread from Scotland-Ireland –Northern England.

Ingredients

Flour – 1 cup
Powdered Milk – ¼ cup
Baking Powder – 1 tsp
Salt – ¼ tsp
Butter (optional) – 1 Tbsp.

Pre-trip Preparation

Mix all of the dry ingredients and place into a bag.

On the trail

Add enough water to mix and make a stiff dough. Flatten dough in your hands to make a 3/4" thick patty. Using plenty of oil/butter, fry the patty until golden brown; flip often. Bannock taste great with jam or more butter.

Tortillas

https://youtu.be/x9VLuFPlQJE

Tortillas are supper easy to make as there is really only one ingredient: Massa Flour.

From Wikipedia "*Masa (Spanish pronunciation: [ˈmasa]) is Spanish for dough. It is used for making corn tortillas, tamales, pupusas, and many other Latin American dishes. The dried and powdered form is called masa harina, masa de harina, and sometimes maseca, the name of a leading commercial brand. It is reconstituted with water before use.*"

Add enough water to the masa to make a thick paste that won't stick to your hands. To make the tortilla, form a small ball about 1 1/2" ball and press between two sheets of wax paper. We have pressed out tortillas using the top of our bear canister and the bottom of the fry pan.

The photo above shows three variations: Plain, cilantro flakes and roasted red pepper. Experiment by adding different ingredients to the masa and then follow the direction above.

No Cook Meals

Not all meals need to be cooked: we regularly eat cheese and crackers on the trails. There are a lot of Middle Eastern dishes that are off the shelf, non-cooked meals. We routinely make hummus, tabula and babaganoush for lunch as well. Using warm water will help your meals rehydrate faster but is not always necessary.

Chicken and Stuffing

https://youtu.be/ljGRkXCQaT4

This meal is perfect for lunch when you don't want to spend a lot of time cooking. This chicken and stuffing dish is plenty for two people and will provide you each with about a 600 calorie meal, Pre-cooked chicken and stuffing can be found in many grocery stores.

Ingredients
Flavored Stuffing – 1 box
Cooked Chicken – 4-6 oz.
Olive Oil – 1 Tbsp;
* Pack a 1 gallon Ziploc bag

Empty the contents of the stuffing and the chicken into the Ziploc bag. Add the water and oil. Seal the bag and make sure that there is enough air in the bag to allow the mixture to more freely. Rotate the bag until the liquids are distributed. There will be some extra water as the bread is still absorbing water. Place the bag on a warm surface, like a boulder that is sitting in the sun. Rotate and flip the bag several times, after about 10 minutes, your meal should be ready to eat.

BBQ Mashed Potatoes

https://youtu.be/nUQxqdC5rh4

BBQ sauce, bacon and potatoes; what's not to like about this dish?

Ingredients

Instant mashed potatoes – 1 cup
Bacon – 2 Tbsp.
Honey BBQ sauce – 3 oz.

Pre-Trip

You can package the mash potatoes and bacon in the same bag.

Step 1 – Assembly

Mix the ingredients together in the Ziploc bag. Add enough water to form a paste. Let the bag rest for 5-10 minutes and mix again. You may need to add more water as the potatoes rehydrate.

Coconut Curry & Peas

https://youtu.be/gyjl6e1dENU

This is an Indian based dish and is another great lunch dish. I start rehydrating the peas in a Ziploc bag in the morning.

Ingredients

Instant mash potatoes – 1 cup
Dried Peas – ¾ cup
Powdered Coconut Milk ¾ to 1 cup
Curry – 1 ½ tsp.
Onion Flakes – 1 Tbsp.
Ground Garlic – ½ tsp.
Ground Ginger – ½ tsp.
Chicken Bouillon – ½ tsp.
Black pepper – ¼ tsp.
Cashews – handful (optional, but really good)

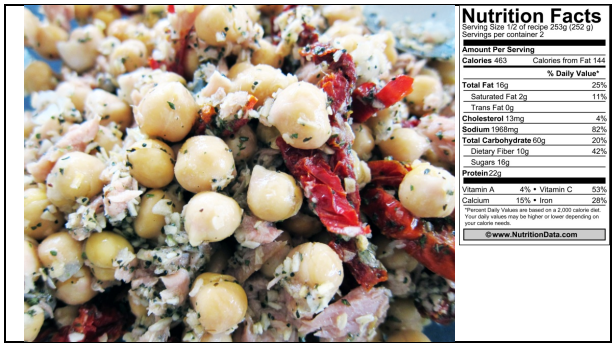
Pre-Trip

Store all of the ingredients together in a quart size Ziploc bag (except the peas).

Step 1 – Assembly

Rehydrate the peas for several hours. Drain the peas and, keep about 1 cup of the water. Add all of the ingredient together; add a cup of water and stir, and let sit for 5 minutes. Add more water to make a soft paste like mashed potatoes.

Garbanzo Bean &Tuna Salad



Nutrition Facts
Serving Size 1/2 of recipe 253g (252 g)
Servings per container 2

Amount Per Serving

Calories 463	Calories from Fat 144
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 1968mg	82%
Total Carbohydrate 60g	20%
Dietary Fiber 10g	42%
Sugars 16g	
Protein 22g	
Vitamin A 4% • Vitamin C	53%
Calcium 15% • Iron	28%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/GJsKWwCnMKE

This is a cold salad the re-hydrates extremely well. The Garbanzo Beans will double in weight when soaked in water for a few hours.

Ingredients

Dried canned garbanzo beans - 1 can
Sun dried tomatoes - 1 oz.
Dried Onion Flakes - 2 Tbsp.
Tuna - 2.5 oz.
Red Wine Vinegar - 1 Tbsp.
Mint teabag – 1 bag
Salt - ½ tsp
Pepper to taste - ¼ tsp

Pre-trip Preparation

Drain, rinse and dry 1 can of garbanzo beans. A 15.5 oz. can will yield 2.9 oz. of dried beans. Pick up small packets of vinegar (the Subway sandwich chain carries them). An individual 2.5 oz. pack of tuna can be found in many grocery stores. You can substitute SPAM or smoked ham if you wish. Package the sun dried tomatoes, onion flakes, salt & pepper into a Ziploc bag. Store the dried beans into a quart sized Ziploc bag.

Step 1 – Re-hydrating the Garbanzo Beans

3-4 hours before making the salad, add water to cover the beans. If you are in a hurry, you can re-hydrate using warm/hot water.

Step 2 – Mixing the salad

Drain the beans. If you use a large quart size bag, you can add all of the remaining ingredients to the bag. Putting the ingredients into a pot will make mixing much easier. The onions flakes will take about 5 minutes to re-hydrate.

Step 3 – Letting it set

You can eat the salad right away, however; the flavors will get a little stronger and more balanced if you can wait 30 minutes.

Spicey Thai Noodles

https://youtu.be/x4sgx73RLhg

Our Spicey Thai Noodles has a few secret ingredients that make this dish stand out over other backpacking Thai Noodles.

Ingredients (dry)

Ramen Noodles – 1 package
Coconut milk 2 Tbsp. (or Powdered Milk)
Dried pepper & Onion – dried 10 oz. package
Onion Flakes – 2 Tbsp
Garlic Powder – 1 tsp.
Brown Sugar – 2 tsp.
Lemon Lime Kool Aid – ¼ Tsp.
Ground Bonito Flakes – ¼ tsp
Crushed Peanuts – 1 Tbsp.
Sesame seeds – 2 tsp.

Ingredients (wet)

Peanut Butter – 2 Tbsp.
Red Curry Paste – 2 tsp.
Rice Wine Vinegar – 1 tsp.
Chicken – 4-6 oz.

Step 1 – Pre-trip

Store the ramen and dried peppers in one bag. The remaining dry items can go into another bag. The wet ingredients can be mixed and stored in a small, leak tight plastic bottle.

Step 2 – Assembly

Add water to the Ramen and Pepper mix, set aside. Pour the wet ingredients into a bowl and add the remaining dry ingredients: add 8 Tbsp. of water. After the noodles have soaked (!~20 minutes), drain all of the water and add the wet mix, seal and rotate the bag to evenly coat the noodles.

Step 3 – Melding

Let the mixture sit for 5 to 10 minutes in order for the sauce to soak in and for the flavors to set.

OldePete's Chicken Wrap

OldePete saw our Chicken Bake recipe and thought that the filling would be good eaten cold wrapped in a large tortilla. We agree and we named it after him.

Ingredients

2 Large Tortillas
5 oz. Cooked Chicken
3 Tbsp Bacon
1 oz. String Cheese
2 Tbsp. Green Onions (rehydrated)
3 oz. Caesar or Ranch Dressing

Pre-Trip Planning

You can find cooked chicken in foil pouches art the grocery store. We also pick up dressing in the deli department

Step – Assembly

In a bowl add the chicken, shredded string cheese, bacon, green onions and dressing. Split the filling in half and fill each tortilla. Fold like a burrito and enjoy!

Guest Recipes: Ken Larson

Cinnamon Monkey Bread

6 servings

Nutrition Facts

User Entered Recipe
6 Servings

Amount Per Serving	
Calories	287.5
Total Fat	21.9 g
Saturated Fat	12.7 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	6.3 g
Cholesterol	52.1 mg
Sodium	306.1 mg
Potassium	110.7 mg
Total Carbohydrate	23.2 g
Dietary Fiber	0.6 g
Sugars	9.1 g
Protein	2.1 g

http://www.youtube.com/watch?v=b_AALw-xSCU&list=PLF7508AB243CEFC86&index=13

Ingredients:

Dough
1 Cup Bisquick
½ tsp oil
4 Tbsp. Instant Milk
1 ½ tsp Butter Powder
¼ tsp Dry Vanilla Power
½ tsp Ova Dried Egg Mix
1/3 Cup (~80g) Dried Blueberries & Dried Cranberries OR Raisins & Dried Cherries
1/4+ Cup water

Topping
1 Tbsp. Brown Sugar & ½ Tbsp. Chopped Pecans & Walnuts

Coating
1 Tbsp. Brown Sugar, 1 Tsp. Cinnamon, ½ Tbsp. Chopped Pecans & Walnuts & 1 Tbsp Butter Powder

Mix the Dough ingredients together in a plastic bag until soft dough forms. Lightly oil a 5" round pan and place a parchment paper disk (slightly smaller than the diameter of the pan) on the bottom of the Fat Daddio's Pan. Sprinkle the Topping into the pan and spread out to form an even layer. Mix the Coating ingredients together in a plastic bag till creamy.

Flatten dough in plastic mixing bag, cut bag longitudinally down the mid portion and then cut left and right to open bag. Divide Dough into 6 pieces using a spatula/knife. With oiled hands, roll dough into 6 equal sized balls (~1-inch) and then roll them in the Coating. Make sure that all sides of the dough are covered. Place the coated dough balls randomly into the Fat Daddio's Pan. Pat down the dough to make an even layer across the top of the pan. Sprinkle the remaining Coating on top of dough.

Cooking time ~45 minutes. Remove pan; cool 10 minutes. Serve warm.

Equipment
Epicurean Stove + 1 Esbit tablet
5" Fat Daddio's Pan

Lasagna

Servings 2 (**Calories 682**)

Nutrition Facts

User Entered Recipe
2 Servings

Amount Per Serving	
Calories	682.3
Total Fat	16.4 g
Saturated Fat	7.7 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	1.2 g
Cholesterol	59.2 mg
Sodium	1,280.2 mg
Potassium	830.0 mg
Total Carbohydrate	92.8 g
Dietary Fiber	7.6 g
Sugars	16.1 g
Protein	38.5 g

https://www.youtube.com/watch?v=1JekBMkbu78

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet; **OR** Flat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.
3ea Pint Ziploc bags
Fat Daddio's 5" round pan

Ingredients

2 oz Dried Ground Beef **OR** 2/3 cup/1 ½ oz TVP/Morning Star "Burger" crumbles
½ oz. Sun dried tomatoes
2.8 oz Amore Tomato paste **OR** 2 Tbs Dried Tomato powder to form a paste **OR** 1 pkg (5oz) Mama Mary's Pizza Sauce (Walmart)
2 ea Barilla No-Boil lasagna noodles
2 ounces **OR** 4 sticks Mozzarella String Cheese, sliced
4 Tbsp grated Parmesan cheese
2 ½ ounces/½ cup Ricotta OR Monterey cheese (***optional***)
½ tsp white sugar
¼ tsp Basil
¼ tsp Fennel seeds
¼ tsp Onion powder
¼ tsp Italian seasoning
¼ tsp Oregano
2 tsp Parsley
½ tsp Garlic, powder
1/8 egg
1/8 teaspoon Salt
1/8 tsp ground Black pepper
3 Ziploc bags
~6+ Tbsp water
~ 2 Tbsp Olive oil

Directions

1. Ziploc Bag #1 ***(Meat)*** - Rehydrate 1 ½ oz *Morning Star "Burger" Crumbles/ Dried Ground Beef* by adding, Garlic Powder, Onion, white sugar, basil leaves, fennel seeds, parsley, Italian & Oregano seasoning, egg, black pepper, and dash salt and then ~6 Tbsp/3 oz of water & ***rehydrate for ~20 min*** in the bag. There should be no visible liquid left in the bag after it is absorbed.
2. Ziploc Bag #2 ***(Tomato Sauce)*** - stir in, tomato paste, and Sun dried tomatoes***.....*** **make the tomato sauce thick side.** OR using Mama Mary's Pizza Sauce 3 oz add Sun dried tomatoes.
3. Ziploc Bag #3 ***(Lasagna Noodles) -*** place enough cold water in the bag to cover the noodles and ***rehydrate for 20min***. When soaking is completed, cut the noodles to 4 ½ in to fit the inside of the Fat Daddio's 5" round pan.
4. Before assembly the ingredients, apply oil liberally on ALL inside edge surfaces of your baking pan. Oil parchment paper for the

sides AND a disk cut the same size as the bottom of the pan. This allows makes it super easy to remove the lasagna.

5. Place a thin layer of tomato sauce on the bottom of the Daddio's 5" pan and then arrange noodles lengthwise around the bottom followed by spreading one half of the *"Burger" Crumbles/ Dried Ground Beef* over the noodles. **Spread one half of the Ricotta cheese or Monterey cheese (*optional*)**. Top with Mozzarella cheese slices and Parmesan cheese. **Repeat layers** with *Lasagna Noodles in a* **alternate direction** so the final casserole holds its shape better, **tomato sauce,** *"Burger" Crumbles/ Dried Ground Beef,* **Ricotta cheese or Monterey cheese** and top with remaining Mozzarella and Parmesan cheese.
6. After the fuel burns out at ~45 min, leave the lasagna in the pan for another 10 minutes (resting) to complete the process. Remove and cool before removing it from the pan & cutting.

TIPS:

For every lb of Dried Ground Beef you dehydrate, add 3/4 cup bread crumbs. The bread crumbs will make it rehydrate fast, add nutrition for little weigh penalty. Make sure the noodles are completely covered in sauce, because any exposed edges will turn hard and crunchy. Most no-boil noodles will expand during cooking, so it's best to slightly overlap them so they're not touching the sides.

Whole Wheat Double Crust Deep Dish Pizza (FLATCAT)

2 servings~ **703** calories/serving



http://www.youtube.com/watch?v=KFI3joUtKos&feature=youtu.be

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet; **OR** Fat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.
1 ea Pint Ziploc bag
5" round pan

Ingredients:

Crust:

½ cup white flour
1 teaspoon yeast
1/8 teaspoon salt
1 tablespoons oil
~½ cup warm water (not boiling hot, but warm)
½ cup whole wheat flour

Topping:

½ oz. Sun dried tomatoes
2 oz tube Tomato paste OR 1 Tbsp Dried tomato powder to form a paste
½ Tbsp Dried Green & Red Peppers
1 Tbsp/ 12 slices Black Olives
1.5 oz. /15 slices Pepperoni /Hormel Pepperoni Minis **OR** 0.5 oz. TVP Sausage
1.6 oz. /3 sticks Mozzarella String Cheese
¾ oz. Parmesan Grated Cheese
¼ tsp Italian Seasoning
¼ tsp Oregano
½ tsp Dried Basil
½ tsp Dried Parsley
½ tsp Dried Onion
1/8 tsp dried Garlic Powder
¼ tsp Hot Pepper

Preparation

In a small plastic bag add the Crust/dough ingredients and *make it in the morning for lunch /lunch for dinner* **OR** mix the ingredients and put it in a warm area to let it double in size, about 1 hour. Turn the dough out onto a lightly floured surface and divide it into 2 equal pieces; one to fit the pan and sides and the other as a ***"MID CAP"***.

Oil the 5" pan and add a disk of parchment paper to the bottom of the pan. Press the dough in the pan (bottom & sides until it is flat and even.

In a small plastic bag, add dried peppers and spices cover with water: stir and let them soak for 10-20 minutes. (If you are using the TVP Sausage this can be place in this bag also to soak.)

Unwrap 2 pkgs of Mozzarella String Cheese & slice longitudinally. Unwrap and slice the Pepperoni in quarters **OR** use the Pepperoni Minis for topping

(set aside 1/3 of the Pepperoni quarters or Minis for topping).
Add the Pepperoni slices or Minis to the bottom crust portion; combine with the string cheese and then ***"CAP OFF"*** with an addition piece of whole wheat crust.
Place the Tomato paste OR Dried tomato power in a cup with the contents of spices and mix till it looks "runny" and mix toughly. (SPICES: Dried Basil, Parsley, Onion, Garlic Powder and Oregano.)
Spread the sauce onto the whole wheat layer; adding another layer of Pepperoni in quarters /Pepperoni Minis **OR** TVP Sausage, black olives, and finish with the addition layer of 1 pkg of string cheese that has been sliced into ¼" thick disk and a dab of sauce. Top off with Parmesan Grated Cheese.
Bake for 45 - 60 minutes.

NOTE: I have found that adding **1 tsp** of water to the bottom of the 1.3 L Evernew pan that the baking pot sits into improve end product.

Raspberry Pie

Yield: 4 servings

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot
Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet
5" round pan
2ea Qt Ziploc bags

Ingredients

Flaky Pie Crust: (Bag#1)

¾ Cup Bisquick
1 tsp Butter Buds or Butter Powder
½ tsp Nutmeg
2 Tbsp sugar
3 Tbsp cold water + 1 tsp

Filling: (Bag#2)

2 Cup fresh raspberries mixture + 1 Cup fresh
3 tsp cornstarch
1½ tsp lemon juice
¼ cup sugar
½ tsp vanilla extract
1 ½ Scoops Ova Easy egg + 1 Tbsp Water

Directions

Mix **Flaky Pie Crust - (Bag#1)** in a plastic bag. Add water a little at a time; stir vigorously until soft dough forms. ....drier the mix the better the baking end product is produced!

Roll out the dough to 1/4-inch-thick circle on a lightly floured work surface, about ~8 inches in diameter

Lightly oil the Fat Daddio's 5" pan. Oil parchment paper disk (slightly smaller than the diameter of the pan) on the bottom AND a oiled strip around edge (slightly smaller than the height of the pan) - 1 Tbsp Olive Oil

Press with floured hands the dough into the Fat Daddio's Pan 5" round pan. Remove the overhanging dough from the pan.....roll out the extra dough and cut into ½ - 3/4 inch wide strips, and make lattice topping.

Mix **Filling - (Bag#2)** and pour into pie crust. Place 1 cup fresh on top of filling. Place the lattice strips on top.

Cooking time ~50 - 60 minutes. Remove pan; cool **minimum** of 1 hr before trying to remove pie!

NOTE: I have found that adding 1 tsp of water in the 1.3 L Evernew pan bottom that Fat Daddio's Pan 5" pot sits into improve the end product

Lizard Head Chile (NOLS)

Serves 1

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot
Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet; **OR** Fat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.

Ingredients:

3 oz instant black beans
1oz dehydrated whole black beans
1 oz dehydrated corn
¾ oz dehydrated onions
¾ oz dehydrated red & green peppers
¾ oz tomato power
¼ oz dried jalapeno peppers (optional)
1 tsp cumin
1 tsp chili powder
1 tsp garlic powder
1 tsp salt
Pinch of brown sugar
2 ½ cups water

Directions:

Combine all ingredients. Add to 2 ½ cups of water and simmer until veggies are soft. If thick chili is your desire reduce the water by ¼ cup. The recipe yields a more soup dish.

Irish Soda Bread

Yields ~ 4 servings

Equipment

It's-A-Snap Titanium Windscreen & 1.3 L Evernew Pot,Flat Cat Hat,Epicurean Stove + l ea - 4g Esbit Tablet ,Fat Daddio's 5” round pan
Parchment paper 5" in diameter

Ingredients

BAG#1

½ c cup Unbleached Flour
½ cup White Whole Wheat Flour
1/3 cup Buttermilk (1+Tbsp SACO Cultured Buttermilk powder + 1/3 cup water)
1 tsp Baking Powder
¼ tsp Baking Soda
1 Tbsp Sugar
¼ tsp Salt

BAG#2

5 Tbsp Dark raisins or currents
1 ½ Tbsp Butter /Margarine/Butter Buds - 1 ½ tsp

BAG#3

1egg (1 heaping scoop Ova Easy Eggs + 4 tsp water)

Preparation

At Home

In a quart size Ziploc BAG#1 mix together the ***seven ingredient*** above and place the bag.
In a quart size Ziploc Ziploc BAG#2 add the butter/margarine/ Butter Buds and "break up" it up or MIX until it resembles coarse crumbs and then add the raisins/currents.
In a small Ziplock Snack bag add the Ova Easy Egg powder.

On the Trail

Before baking, apply oil liberally on the inside edge surfaces of your Fat Daddio's 5” round pan
and a piece of parchment paper on both sides that has been cut into disk the same size as the bottom of the pan (inside). This allows makes it super easy to remove the baked bread.
To BAG#3 containing the Ova Easy Eggs add 4 Tbsp of liquid, mix and set aside.
To BAG#1 add the Ova Eggs (***save 1 Tbsp of the egg mixture***) mixture and then 1/3 cup water for the Buttermilk powder and mix.
Then add BAG#2 containing the Dark raisins or currents & butter/margarine/ Butter Buds to BAG#1 and mix until the flour is moistened and the mixture/dough becomes sticky.
Place the dough onto a well floured surface with floured hands and knead to final mix.
Shape the dough into a ball and place into the Fat Daddio's 5” round pan. In the center of the ball, with a knife, cut 4 an inch cross about ¼ inch deep.
Brush dough with the left out 1 Tbsp Ova Easy Egg liquid.
Light the Epicurean stove with one Esbit Tablet, center the windscreen over the stove and position the pan. I recommend using the FLAT CAT HAT on top of the lid; this will help maintain the baking temperature. The Esbit tablet will burn for about 45 minutes.
Do not lift the lid to look at the

bread as you will slow down the baking process! After the fuel burns out, leave the bread in the pan for another 10- 15 minutes (resting) to complete the baking process.
Bake the dough for 1 hour or until a toothpick inserted into the center comes out clean. Cool for 10 min and remove from pan and cools completely on a flat surface.

Bacon, Mushroom & Smoked Mozzarella Bacon, Mushroom & Smoked Mozzarella Strata (FLAT CAT)

Serves 2/ **377 cal/serving**

Amount Per Serving	
Calories	376.9
Total Fat	20.5 g
Saturated Fat	8.7 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	7.8 g
Cholesterol	45.7 mg
Sodium	1,068.9 mg
Potassium	199.9 mg
Total Carbohydrate	25.2 g
Dietary Fiber	1.8 g
Sugars	5.0 g
Protein	23.0 g

Equipment

Bobcat Titanium 1.5 Alcohol Stove, 1oz alcohol, Bobcat Bake and Simmer Ring, 2ea Pot Holding stakes, **OR** Epicurean Stove, one 14g Esbit Tablet without the 2ea Pot Holding stakes using Bobcat Titanium Windscreen, 1.3 Evernew Ti Pot and Fat Daddio's 5" round pan
2ea Pint Ziploc bag

Ingredients:

2 scoops Ova Easy egg+ 4 Tbsp water
2 Tbsp NIÑO Dry Powder Milk (2 Tbsp/.5oz NIÑO Dry Powder to ½ c of water)
2 c Cubed Dried Sourdough Bread
3 Tbsp/1 oz Real Bacon Bits OR 4 slices of bacon diced
¼ c Mushrooms (fresh/dried) - chopped
¾ c Smoked Mozzarella Cheese
¼ Tbsp Thyme
½ Tbsp Dried Onion
Pinch Salt and Pepper
1 Tbsp Olive Oil

Preparation

In the 1st Ziploc bag, mix the Ova Easy eggs, NIÑO Dry Powder with ¾ c water.
In a 2nd Ziploc mix the Cubed Sourdough/Dry Bread, bacon, mushrooms(Before adding hydrate by soaking for 5 to 10 minutes in a generous amount of cold or hot water & then drain), Onion, Thyme (fresh is available), Smoked Mozzarella Cheese and Salt & Pepper.
Before the next step, apply oil liberally on the inside edge surfaces of your baking pan. Lightly oil parchment paper disks (slightly smaller than the diameter of the pan) on the bottom ***as this allows the Strata to be removed super easy.***
Transfer 2nd Ziploc bag mixed ingredients to the Fat Daddio's 5" round pan, then pour over the egg & milk mixture (If necessary, press bread cubes into egg mixture with back of spoon to completely moisten cubes), and top with ¼ c/1 oz Smoked Mozzarella Cheese.
Cover, chill for a minimum 2 hrs **OR** preferably overnight (***Let Fat Daddio's pan stand for 15 minutes before baking***)
Bake for ~40 - 45 minutes. After the fuel burns out, leave the *Strata* in the pan for another 10 minutes (resting) to complete the baking process.
Allow to cool at least 10 minutes.....then serve!

Chocolate Espresso Brownies

Yields about 4 servings/~ 381 calories/serving

Equipment

Bobcat Titanium 1.5 Alcohol Stove, 1oz alcohol, Bobcat Bake and Simmer Ring, 2ea Pot Holding stakes, **OR** Epicurean Stove, one 14g Esbit Tablet without the 2ea Pot Holding stakes using Bobcat Titanium Windscreen, 1.3 Evernew Ti Pot Fat Daddio's 5" round pan
1ea Pint Ziploc bag

Ingredients

- 5.2 oz/ Half of 10.3 oz Betty Crocker Fudge Brownie Mix
- 2 Tbsp Whole Wheat Flour
- 2 egg (Ova Easy 2+ scoop)
- 1 Tbsp Instant Espresso coffee (dry) **OR** 1 pkg/1 Tbsp Starbucks VIA Instant Coffee - Italian
- 1 tsp vanilla extract
- 4 Tbsp chopped walnuts
- 4 Tbsp Ghirardelli Mini Chocolate Chips
- 4 Tbsp Ghirardelli Dark Chocolate Covered Espresso Beans **OR** Dilettante Espresso Beans in Premium Chocolate
- 2 ½ Tbsp vegetable oil
- 4 Tbsp water

Preparation

In the Pint Ziploc bag dry containing brownie mix, egg, walnuts, 2 Tbsp chocolate covered espresso beans & chocolate chips. **ADD** 1 Tbsp Instant Espresso coffee to water, oil, and vanilla in a cup and combine with the dry ingredients using a squeezing process until well blended..... **drier the mix the better the baking end product is produced!**

Before baking, apply oil liberally on the inside edge surfaces of your baking pan. Lightly oil parchment paper disk (slightly smaller than the diameter of the pan) on the bottom as this allows makes it super easy to remove the brownie.

Spread brownie mixture in the oiled pan and, then sprinkle on top with remaining 2 Tbsp chocolate chips and 2 Tbsp Chocolate Covered Espresso Beans.

Bake for about ~40 - 45 minutes, **BUT YOU NEED TO CHECK with a tester at 30 min.** as the Brownies should be soft and gooey on the inside, ***so do not over bake as fresh-baked brownies appear under baked but cool to "doneness"***. Leave the pan in the Windscreen for another 10 minutes (resting) to complete the baking process for a total of ~50 min. Remove and cool for at least 10 minutes before cutting.

product. ***CONSUMERS WILL BE CLAMORING FOR SECONDS***

Indian Fry Bread Recipe

Servings - Makes 2 ¾ cup servings
enough for 2 days
Prep time: 15 min
Cook time: 8 min

Ingredients:

¼ cup unbleached flour
¾ rye flour
1 teaspoon salt
½ Tbsp dry milk
2 Tbsp baking powder
2 Tbsp caraway seeds
2 Tbsp sesame seeds
Dash hot pepper
Dash black pepper
Add enough water (~3/4 cups) to make a STIFF dough
Vegetable/Olive oil for frying
Extra flour to flour your hands

Preparation:

Mix together the two flours, salt, dry milk, baking powder, caraway & sesame seeds and peppers into a large bowl. (This can be divided in half and placed into two zip lock bags.)

To start with pour small amounts of water over the flour mixture and stir the dough with a fork until it get to a stiff consistency. (If dough is too soft because you added beyond the stiff corm it takes longer to cook)

Flour your hands well. Using your hands, begin to mix the dough, trying to get all the flour into the mixture to form a ball. You want to mix this well, but you do **NOT** want to knead it. Kneading it will make for a heavy Fry Bread when cooked. The inside of the dough ball should still be sticky after it is formed, while the outside will be well floured.

In your fry pan add vegetable/olive oil and set aside. (Original Native recipes call for a minimum of oil 1 inch deep.....this is not necessary as a lightly oiled fry pans work great.)

Cut the dough into four (6) pieces if using a 8 inch Banks Fry Pan. (You determine the size you desire and/or for the number of people you are to feed I provide this as an example as I use this when I'm cooking with my four grandchildren.) Using floured hands, shape, stretch, pat, and form a disk of about 2 ½ to 3 inches in diameter, ½ - 1 inch thick. Don't worry about it being round.

Take the formed dough and gently place it into the fry pan and press down on the dough as it fries. Fry until brown, and then flip to fry the other side. Each side will take approximately 3 to 4 minutes to cook.

Vegetarian Quiche (FLAT CAT)

Yields 2 serving / ~410 Calories/serving

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + 14g Esbit Tablet; **OR** Fat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen; Fat Daddio's 5" round pan; 2ea Qt size Ziploc bags

Ingredients

Crust: (Bag#1)

- ¾ Cup/3 oz+ Wal-Mart's Great Value Pizza Crust Mix
- ¼ + cup Hot water
- 1 tsp. Olive oil

Filling: (Bag#2)

- 4 Tbsp. NIÑO powdered milk (filling)
- 2 Scoops Ova Easy, powdered eggs + @ 2Tbsp Water **OR** 2 fresh eggs
- 4 Tbsp Bacon, shelf stabilized **OR** Bacon or Sausage TVP **OR** Libby's Seasoned Beef Crumbles
- 1 tsp. corn starch
- 1 ½ oz. Cheddar & Mozzarella cheese (shredded)
- ½ oz. Parmesan cheese
- 3 Tbsp sun-dried tomatoes - chopped
- 2 Tbsp dried onions (or equivalent in leeks or shallots)
- 1 Tbsp crushed mixed dry peppers
- ½ tsp dried thyme
- ¼ tsp. salt
- ½ c Water

Directions

- **Crust - (Bag#1)** in a plastic bag. Add hot water a little at a time; stir vigorously until soft dough forms into a ball. Drier the mix the better, ***you want a stiff dough that does not stick to your fingers***. *If too sticky add ~1 Tbsp left over Mix*! Brush with olive oil, cover and let rest for 5 min.
- Oil parchment paper disk (slightly smaller than the diameter of the pan) on the bottom AND oil liberally on the inside edge surfaces - 1 Tbsp Olive Oil.
- ***Crust Roll Directions*** - Roll out the dough to ¼ -inch-thick circle on a lightly floured work surface, to about ~8 inches. Carefully roll dough around water bottle **OR** use the bottom of the baking pan; transfer to the lightly oil the Fat Daddio's 5" pan. Gently press into pan Press with floured hands and trim overhanging dough and press firmly against the outside edge. Use any trimmings to fill cracks. ***Crust No-Roll***

Directions - after stirring pastry and letting it rest in step 1, place in center of Fat Daddio's 5" round pan; press evenly on bottom and sides but do not press on rim.

- **Filling - (Bag#2)** Place a layer of the Cheddar & Mozzarella cheese to the bottom of the crust**.** To dry ingredients add ~1/3 cup of water. Stir the mixture until it is uniform; pour the filling into the crust, sprinkle top with Parmesan cheese.
- Bake for ~35 to 45 minutes until the top becomes brown & knife inserted off center comes out clean. Let stand 10 min before cutting.

NOTE: I have found that adding 1 tsp of water in the 1.3 L Evernew pan that the baking pot sits into improve end product.

Peanut Butter Cookie (FLAT CAT)

Serves 6

Preparation time:

Cooking time ~30-35 minutes + 10 min "resting"
The final cookie weighs about 8.9 ounces
6 servings ~ **210+** calories/serving

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + 14g Esbit Tablet; **OR** Fat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.
1ea Pint Ziploc bag
Fat Daddio's 5" round pan

Ingredients:

1 pkg/7.2oz Betty Crocker Peanut Butter Cookie Mix
1 egg (Ova Easy 1+ scoop)
1 Tbsp Peanut Butter **OR** PB2 Powdered Peanut Butter ***(these can be eliminated with ½ Tbsp Olive Oil)***
2 Tbsp Ghirardell Mini Chocolate Chips
2 ½ Tbsp Olive/Vegetable Oil
3 Tbsp Water

Preparation

Mix together the Olive/Vegetable Oil and Peanut Butter in a quart size Ziploc bag. Then add the Peanut Butter Cookie Mix & Chocolate chips and mix thoroughly....this will take time. Add the water to the bag and thoroughly mix the ingredients using a squeezing process.

Before baking, apply oil liberally on the inside edge surfaces of your baking pan. Oil the bottom of the pan & oil a piece of parchment paper on both sides that has been cut into disk the same size as the bottom of the pan (inside). This allows makes it super easy to remove the cookie.

Bake for about ~30 - 35 minutes, **BUT YOU NEED TO CHECK with a tester at 30 min.** as the COOKIE should be soft and a toothpick inserted into the center comes out somewhat clean, ***ALSO*** check the ***edges as they should be golden.... so do not over bake!***
Leave the pan in the Windscreen for another 10 minutes (resting) to complete the baking process for a total of ~45 min. Remove and cool for at least 5 minutes before cutting.

NOTE: I have found that adding 2 tsp of water in the 1.3 L Evernew pan that the baking pot sits into improves end product.

Appendix

The Science and Magic of dry baking the FLAT CAT Way

There are three steps to mastering dry baking the FLAT CAT way. First, there is the proper setup of your stove & cooking system, second is to understand the baking process and the third is patience. If you follow our guidelines you will find that dry baking is easy, fun and can open up a plethora of meals that you can make while out backpacking. We mainly discuss muffins and biscuits but we also bake lasagna, quiches, hamburgers and other exotic items

Stove and Pot Thermodynamics

To dry bake the FLAT CAT Way, you must have a stove that has a steady output of approximately 75 to 100 watts. That is the same amount of energy used in the original Easy-Bake toy oven from Hasbro. We have successfully developed 4 different ways to meet this energy requirement.

- Using a fine controlled canister stove (Kovea Spider for one): pot elevated
- The Epicurean family of stoves (solid fuels, Esbit preferred)
- 3 – 4 tea lights
- Bobcat Standard with the Bake & Simmer Ring: pot elevated

How do you know if your stove has a 100 watt output? The simple test is to see how long it takes to boil 2 cups of water. Starting at 70 F a 100 watt stove will take 25 minutes to reach a boil.
There is a significant thermodynamic difference between “simmering” and “dry baking” and this can have a huge impact on how your stove functions. When you boil or simmer water, the bottom of the pot is probably a little higher than the boiling point of water (212 F). The heat from the pan feedbacks and affects the burn rate of the stove and stove designers have to take this into account. When dry baking, the bottom of the pot can reach temperatures far exceeding 550 F. The thermal feedback is significantly stronger (than when simmering) and can have a dramatic effect on performance. With the Bobcat Standard alcohol stove coupled with the Bake & Simmer Ring, simmering works very well. To dry bake using the same stove and simmer ring, the pot must be elevated several inches or the stove will overheat. Alcohol stoves are very sensitive to thermal feedback and raising the pot height reduces this affect. Esbit is far less sensitive than alcohol to thermal feedback and the Epicurean stove is our most reliable stove for dry baking.

Stoves

The Epicurean Stove - The easiest stove to use for dry baking is the Epicurean Titanium family of stoves. Esbit is tolerant to thermal feedback and this allows to pot to be able to sit close to the stove (Standard position). This allows the cooking system to have the best protection from the wind. Your baking times will be consistent and repeatable. The key to having a successful dry baking process are following these basic guidelines:

1) Make sure that the Epicurean stove is in the correct orientation. With the standard and UL version, this means that the crown of the stove is pointing upwards. If your total burn time is less than 20 minutes, you probably set up the stove crown side down, this is the high mode.

2) Make sure that the baseplate is flat and clean of all debris. The Epicurean Stove works by controlling the airflow to the burning fuel. If there is an air gap between the baseplate and the stove, then the stove will burn too fast. Residual fuel stuck on the baseplate can be scraped off with a tent stake. Be sure that your baseplate is on a flat surface when scrubbing the surface or you may dent the surface. Alternatively, you can add a few drops of alcohol onto the baseplate and burn the excess Esbit off.

3) Load the fuel correctly. Place the Esbit flat on the baseplate with the embossed surface pointing upwards. If you place the Esbit standing on end or on the side, the stove can overheat. The burn rate will be too high and the excess heat will feedback onto the stove causing a thermal runaway. Do not stack residual (unburnt) Esbit on top of an existing tablet for the same reason.

The Kovea Spider – The Kovea Spider is the second most consistent way to dry back. In order to dry bake, you need to understand a little bit about the stove. The burner head on the Kovea Spider is very small. This tends to concentrate a lot of heat in a small area. To compensate for this, you will need to elevate your pot several inches. We place tent stakes through the outlet ports on the windscreen. This allows for even heat distribution on the bottom of your pot. Since the pot is elevated, the windscreen has a larger opening near the handles and makes the system more susceptible to the wind. In windy conditions, it may take longer to cook your meal. On a final note, the Kovea Spider has fine control over the flame level. Check the level periodically as we have seen the level change over time.

Bobcat Standard with the Bake and Simmer Ring – Alcohol stoves are sensitive to thermal feedback. Baking with alcohol also requires you to raise the pot to minimize this effect. Elevate the pot by placing 2 tent stakes thought the outlet ports to support the pot. . Raising the pot also exposes the stove to the influence of the ambient wind. Under a light breeze, alcohol stoves burn faster and can let your food burn on the bottom. During a medium breeze, the alcohol will burn faster causing you to use a lot more fuel. Additionally, the breeze will blow the flame front around slowing down the backing process. It is best to dry bake under calm conditions, this may require you to seek a good shelter to cook your meal.

Tealights – Using tealights is another simple way to dry bake. Each tealight output 25 watts so we use 4 to bake with Bobcat and 3 to bake with Snow Leopard. Using tealights, the pot can be placed low in the standard position and you will have optimal wind protection.. Each tealight is good for 5-6 bakes. When using tealights, all of the wax will melt and will be in a liquid state. We have noticed that the wicks seem to be easy to blow out so you will need to check them periodically and re-light when needed. At the end of the bake, you will need to remove the pot and blow out the candles. The wax is still a liquid and will need to cool and solidify before you can handle them.

Pans and the Baking Process

The secret is in the baking pan! Dry Baking the FLAT CAT Way involves heat transfer through the pan and not by heating the air space. The best way to distribute the heat is to use a thick walled aluminum pan and we have found that the Fat Daddio's pans are optimal. They are a heavy walled aluminum pans that are anodized and FDA approved for baking. Since your items are cooked by heat transferring through the pan, the tops of your goods will cook, but will not develop a crust.

The cooking time is dependent of what you are baking; specifically the density and .mass of your goods. As we said earlier, thermal energy flows into the bottom of the pan, up the side walls and into your goods. Baking a thin cookie will take a lot less time that a thick brownie. A light fluffy cake will cook faster than a dense whole wheat bread.

The first time that you bake, you will also realize that the pan stay hot for a long time. As soon as you remove the pot from the stove, the pan is still extremely hot. In fact, your good will continue to bake for 10 to 15 minutes after you turn the stove off. We often turn off or let the stove burn out and leave the pot in the windscreen to let it finish cooking. One of the best uses for the FLAT CAT HAT is to use it as a pot holder for the pan.

Basic items for your pantry

Will be in the third release

Other cookbooks and resources

Will be in the third release