

Troop 22
Whitman, MA



Backpacking Cookbook

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Breakfast

Bacon & Eggs

- Bacon (2 slices)
- Freeze-dried scrambled egg
- Bagel (pre-buttered)
- Dried fruit
- Hot cocoa

Take 2 strips of bacon, cut in half, and pre-cook at home until it's almost done (still a bit limp). Wrap in plastic wrap securely. Bacon prepared this way will keep for a few days and can be easily reheated in his frying pan.

Bagels

- Bagel with jelly
- Tang
- Hot cocoa
- Dried Fruit

Bagels are the preferred bread for hikers. They taste good, don't crush, and won't dry out appreciably.

Bagged Eggs

- Grated cheese
- Chopped ham
- Pre-cooked bacon
- Salsa
- Tabasco sauce
- Sliced mushrooms

Before the hike, crack eggs in a bowl, then pour into Ziploc bag. Add ingredients as desired. Close Ziploc bag. Squish to mix well, freeze. Boil water in pot. Add bags to boiling water to cook. Remove with tongs when eggs are cooked.

Cold Cereal

- Dry cereal (pre-sugared)
- Powdered milk
- Hot cocoa
- Dried fruit

Hot Cereal

- Instant oatmeal
- Tang
- Hot cocoa
- Dried Fruit
- Sugar

Heat water for oatmeal and cocoa. Prepare oatmeal and add dried fruit and sugar.

Pancakes

- Pancakes
- Bacon
- Syrup/butter
- Hot cocoa

Buy the pancake mix that only needs to add water, and put just enough for 2 or 3 pancakes in a baggie.

Preparations

Dried Beef

- 2 lbs Lean meat (round or flank steak)
- 2 C Cold water
- ½ C Salt
- ½ Tbl Black pepper
- ¼ C Vinegar

Trim fat from meat. Slice meat into ¼ inch strips, slicing with grain of meat. Combine water, salt, black pepper, and vinegar in deep pot and bring to boil. Divide meat into 4 lots. Boil each lot for 5 minutes. Meat will be gray when done. Press out juice with rolling pin and paper towels. Preheat oven to 150°. Place meat strips on metal oven racks. Keep oven door slightly ajar. Meat will dry in 1 ½ hours. Meat should crack but not be brittle when done. If it bends but does not break, cook little longer. Store in bag. Dried meat should keep about 10 weeks.

Dried Apples

- 5 lb Apples
- 2-3 C Pineapple juice

Use good apples, bad apples with bruises or those that are not ripe make bad dried apples. Skin (optional) and core the apples. Cut the fruit into thin slices (¼"). Soak the apples in lemon or pineapple juice for at least 1 minute to prevent browning. In an oven, at the lowest setting with the door ajar until the apples are leathery but pliable (optional - keep drying until like potato chips). 1 pound of apples makes 2 ½ ounces after skinning, coring, and drying. I usually make dried apples at the same time as making dried pineapple, that way I get the juice as I get the pineapples.

Snacks

Baked Campfire Apples

- 1 Apple
- Brown Sugar
- Raisins, Nuts and/or Red Hot Cinnamon Candies
- Heavy Aluminum Foil

Core upper part of apple leaving bottom half intact. Fill center with raisins, nuts and candies. Add brown sugar to taste. Double wrap apple in aluminum foil and place on hot coals for 20 minutes.

Can Cobbler

- 1 Can Pie Filling
- 1 Yellow Cake Mix
- Margarine
- Empty 15 oz cans

Fill each can $\frac{3}{4}$ full, with the pie filling. Sprinkle about an inch of the cake mix in each can. Put a pad of butter on top of the cake mix. Cover with aluminum foil. Put the cans in the coals around the edge of the campfire, not directly near flames. Be sure to turn the can often to insure equal cooking.

GORP

- $\frac{1}{3}$ C each Raisins, apples, apricots, dates and coconut
- $\frac{1}{2}$ C Sesame seeds
- $\frac{1}{3}$ C Walnuts
- 2 C Peanuts
- 1 C Chocolate chips
- 1 C M&Ms

Mix everything together. Place in Ziploc bag.

Gorp Balls

Same as for GORP plus:

- $\frac{1}{3}$ C Honey
- $\frac{1}{2}$ C Peanut butter

Mix dry ingredients. For the "glue", use 1 cup chocolate chips, $\frac{1}{3}$ C honey and $\frac{1}{2}$ C peanut butter. Shape into balls; nice snack for hiking trips or as an after-school snack.

Popcorn

- $\frac{1}{2}$ c Popcorn
- 8 tsp Oil
- 1 Tbl Butter
- Seasonings

In center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and butter.

Lunch & Dinner

Alpine Spaghetti

- 8 oz Spaghetti
- 1 Tbl Olive Oil
- 1 C Parmesan Cheese grated
- 3 tsp Basil
- 1 Tbl Parsley Flakes
- 1 Tbl Garlic

Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

Beef Hash with Gravy

- 8 oz Beef cooked
- 1 Tbl Dry Milk
- 2 Tbl Dried Onions
- $\frac{1}{2}$ C Mashed Potato Flakes
- 4 Tbl Margarine
- 1 pkg Instant Gravy Mix

Boil 2 C water in a pot. Add the dried beef and onion, cover, and simmer for 2 to 3 min. Remove from the heat, add the potatoes and dried milk; stir; cover and let sit for a few minutes. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min. Turn the hash. Pour the gravy over the top. Brown the side that is down.

Beef Stroganoff (2 servings)

- $\frac{1}{3}$ C Instant powder milk
- 1 pkg Sour cream mix
- 1 pkg Stroganoff mix
- 2 C Egg noodles
- $\frac{1}{2}$ C Dried beef
- 2 tsp Salt

Mix 1 $\frac{1}{2}$ cups water and $\frac{1}{2}$ cup powder milk. In pot, add milk to sour cream mix and Stroganoff mix. Heat until sauce thickens. Place noodles, beef, salt, and 3 cups of water in second pot. Bring to boil and simmer 15 minutes. Stir in sauce, add margarine and serve.

Chicken Almandine (3 servings)

- 6 oz can Chicken
- 4 cups Instant rice
- $\frac{1}{2}$ tsp Onion salt
- $\frac{1}{2}$ tsp Celery salt
- 2 tsp Chopped dried onion
- 2 $\frac{3}{4}$ oz Sliced almonds
- $\frac{2}{3}$ C Raisins

Place chicken and water in pot, bring to boil. Add remaining ingredients, bring to boil. Remove from heat. Let sit for 10 minutes. Fluff with fork and serve.

Chicken and Gravy

- Chicken Noodle Cup-a-Soup
- 1 can Chicken
- ½ C White Rice
- ½ pkg Chicken Gravy Mix
- Punch
- Twinkies

Put the rice (regular long-grain rice) in the small pot with 1 cup of water, dump in the chicken, cook for 15 minutes on low heat, covered. Mix the gravy up according to directions, dump in with chicken and rice, reheat until boiling.

Chinese Dinner

- Won Ton Cup-A-Soup Mix
- 8 oz. Hamburger meat, frozen
- 1 tsp. Garlic powder
- 2 oz. Olive oil
- 1 pkg Chop suey vegetable mix
- ½ tsp Red pepper flakes
- 1 C Long-grain rice
- 1 Beef bouillon cube
- Crystal-Lite Drink Mix
- Soy sauce
- Almond cookies

Cut meat up into small pieces at home and freeze. Fix soup according to package directions. Put 2 cups water and 1 cup rice into pot, heat to a boil, reduce heat and simmer for 10 minutes covered. Remove from heat and set aside. Heat oil or butter in Silverstone frying pan, add meat and sauté until done. Add package of chop suey mix and cook for about 4 or 5 minutes. Add red pepper flakes according to how much you prefer Szechwan style. Serve with the rice. Season with soy sauce as desired.

Hot Chicken Soup

- Chicken Ramen Noodles
- Bagel
- 1 can Chicken
- Punch
- Hostess Ding-Dongs

Dump the chicken into the Top Ramen while it is cooking.

Meaty Mac & Cheese

- Chicken Broth Cup-a-Soup
- 1 pkg Macaroni & Cheese
- 1 can Tuna or chicken
- Corn
- Punch
- Cookies

Repackage the cheese packet in a Ziploc bag, along with some powdered milk. Cook according to directions; add the meat at the end, reheat, eat.

Portable Chili

- 1 can Chili
- Doritos
- Shredded cheese

Cook the chili. Buy individual size bags of Doritos. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese.

Spaghetti and Dogs

- Chicken Broth Cup-a-Soup
- 2 Hot dogs
- 1 Tbl Spaghetti sauce mix
- Spaghetti noodles
- 4 pkg Catsup
- Punch
- Instant Pudding with powdered milk

Break spaghetti noodles into smaller lengths at home. Boil in pot for 10 minutes or so. Pour off most of water, put sauce mix and catsup into pot with noodles. Cut hot dogs into small chunks and add to noodles and sauce. Cook over low heat, stirring, until hot dogs are hot. Clean out pot after eating out of it, put pre-measured instant pudding and powdered milk into pot, add proper amount of cold water, stir, let stand until thickened, eat.

Steak Dinner

- 1 pkg French Onion Soup
- 16 oz Sirloin steak, frozen
- 2 Potatoes
- 1 Onion
- 4 oz. Olive oil
- Frozen Green Beans
- 2 Individual Apple Pies

Fix onion soup according to package directions. Quarter potatoes and onion, then cut into thin slices. Heat half of oil in frying pan and add potatoes and onion, sauté for about 20 minutes, or until done. Cover and set aside. In a small pot, put ½ cup water and the green beans. Heat to boiling and simmer for 5 minutes. Cover and set aside. Heat rest of oil in Silverstone frying pan, add steak, sauté until done enough.

Turkey Tetrazini

- 1 pkg Mushroom soup mix
- 1 can Turkey (5 oz)
- 1 pkg Ramen oriental noodles

Mix water and soup mix until smooth. Add turkey and noodles. (Don't use the sauce mix from the Ramen package.) Cook 2 minutes and serve.