

Backpacking Menu & Recipes

Menu

Breakfast	Lunch/Snacks	Dinner	Desserts
Kellogg's Pop Tarts (109 cal/oz)	Hard salami	Lipton Rice & Sauce: Cheddar & Broccoli Rice Medley Teriyaki (128 cal/oz)	Instant pudding
Kellogg's Nutri-Grain bars	Hard pepperoni	Lipton Noodles & Sauce: Noodles Parmesan Alfredo Stroganoff Chicken Tetrazzine	Instant cheesecake
Pancakes (96 cal/oz) & Maple sugar /Honey	Peanut butter (168 cal/oz) / honey & pita bread / bagel / tortilla	Lipton Pasta & Sauce: Chicken Primavera Rotini Primavera (144 cal/oz)	Jello
Scrambled Eggs	Summer sausage (eg Landsjager) (80 cal/oz)	Potatoes & sauce	Apple Dumpling Dessert
Omelets	Hard (aged) cheese	Pasta & dehydrated spaghetti sauce	Chocolate brownies
Cinnamon rolls	Nabisco Wheat Thins (136 cal/oz)	Kraft macaroni & cheese (164 cal/oz)	Chocolate buttermilk cake
Quaker's Fruit & Cream Oatmeal (113 cal/oz)	Pretzels (100 cal/oz)	Couscous Curry Ginger	Cake (Chocolate, Lemon, or Coffee)
Hangdog Oatmeal	Bread sticks	Pizza	
Carnation Instant Breakfast	Nuts (peanuts / cashews (163 cal/oz) / walnuts)	Betty Crocker Mashed potatoes: Butter & Herb Sour Cream & Chives (174 cal/oz)	
	Trail mix / GORP	Betty Crocker scalloped potatoes	

Bagels	Hard candy / Candy bars (Snickers (135 cal/oz))	<u>Hamburger Helper:</u> Teriyaki Rice Lasagne Pizza Pasta Italian Herb
Quaker Chewy Granola Bars (114 cal/oz)	<u>Beef jerky</u>	Cornbread
	<u>Dehydrated Bananas</u>	Soup mixes
	<u>Dehydrated applesauce</u>	<u>Shell Noodle Surprise</u>
	Dried fruit	<u>Chicken & Dumplings</u>
	Animal crackers (128 cal/oz)	<u>Fred's Potato Soup</u>
	Cheez-Its (151 cal/oz)	<u>Jerky Stew with Dumplings</u>

Ingredients

- | | | |
|------------------------|---------------------------|-------------------------|
| • Salt | • Sugar, white | • Honey |
| • Red (cayenne) pepper | • Sugar, brown | • Peanut butter |
| • Black pepper | • Active Dry Yeast | • Cocoa powder |
| • Basil | • <u>Clarified butter</u> | • <u>Milk, powdered</u> |
| • Cinnamon | • Olive oil | • Crystal Light |
| • Garlic powder | • Flour | • Gatorade |
| • Parmesan cheese | • Bisquick mix | • --- |

Recipes

Clarified Butter

Butter

Cut it into pieces and place it in a saucepan over moderate heat. When the butter has melted, skim off the foam and strain the clear yellow liquid into a bowl, leaving the milky residue in the bottom of the pan.

from Mastering the Art of French Cooking by Julia Child; Pg. 15

Powdered Milk Proportions

Powdered Milk	Water	To make
1/8 cup	less than 1/2 cup	1/2 cup

less than ¼ cup	greater than ½ cup	2/3 cup
¼ cup	less than 1 cup	1 cup
½ cup	less than 2 cups	2 cups
1 cup	3 ¾ cups	4 cups

White Sauce Mix

1 ½ Tbsp Butter
1 ½ Tbsp Flour
2 Tbsp Powdered milk
Pinch Salt
1 cup Water

Add the powdered milk to the water. Melt the butter, add the flour and cook slowly for 1 or 2 minutes. Add the milk, stir until thick, for 4 or 5 minutes.

from the Hungry Hiker's Book of Good Cooking; Pg. 60

Hot Chocolate Mix

Makes about 10 cups hot chocolate

2 cups Powdered Milk
½ cup Unsweetened Cocoa
1 cup Sugar
¼ tsp Salt
½ tsp Instant coffee (optional)

Mix the ingredients together. Use ¼ cup per cup of boiling water.

from the Hungry Hiker's Book of Good Cooking; Pg. 67

Pancakes

Makes 7-8 pancakes

1 cup Mrs. Butterworth's Complete Pancake & Waffle mix
¾ cup Water
or
1 cup Bisquick mix
½ cup Milk
2 Tbsp [Powdered Eggs](#)

Mix the ingredients together until blended. Pour ¼ cup of the batter onto the hot griddle. Cook until the edges are dry. Turn and cook until golden.

Tasty Omelets

[Powdered eggs](#)

Dehydrated tomatoes

Dehydrated green peppers

Onion flakes

Use differing quantities of tomato, peppers, and onion to taste. The trick is to pre-mix everything at home, after experiment with spice quantities, so that all you have to do is pour your powdered concoction into a pan of hot water to get a morning or lunch omelet that doesn't have the traditional "powdered egg blahs."

Cinnamon Rolls

Prepare a basic [Pizza Crust](#). Separately prepare streusel filing:

2 Tbsp Flour

½ cup Sugar (white or brown)

¼ cup Chopped Walnuts

2 tsp Cinnamon

2 Tbsp Butter or Oil

Stretch dough into a long rectangle. Cover with streusel mix.

Roll up and slice into 4 - 6 rolls. Arrange in pan and bake approximately 25 minutes.

from the Traveling Light Backcountry Baking guide; Pg. 9

Tortillas

1 cup Biscuit mix

1/3 cup Water

Add the water to the biscuit mix and knead until smooth. Tear off a piece and flatten, then pan fry both sides in a little oil with the cover on.

from Backpacker Magazine; September 1996; Pg. 43

Quaker's Fruit & Cream Oatmeal

¾ cups Water

2 pkgs Quaker Instant Oatmeal

Empty 2 packets into bowl. Add $\frac{3}{4}$ cups boiling water and stir.

Hangdog Oatmeal

2 $\frac{1}{2}$ cups Oatmeal
2 Tbsp Brown Sugar
 $\frac{1}{2}$ cup Dried Bananas, powdered
 $\frac{3}{4}$ cup Chocolate chips

At home:

Mix ingredients in zip-lock bag and tape it shut.

On the trail:

Boil 4 cups of water, add contents of bag, stir, reboil, remove from stove and set aside until cool enough to eat.

from Backpacker Magazine; April 1996; Pg 45

GORP

Here are a few good ones. Quantities listed are approximate, as I usually carry the bags of stuff separate and mix as I go. That way, I can vary the mix a little to stave off boredom. Also, these qty's are for about 7-10 day's worth.

- **Cashews 'n' Cherries:**

This one is simple, but tangy! Cures thirst, but can cause heartburn. Tastes GREAT!!!

2 lb bag Granola

1 lb bag Cashews

$\frac{1}{2}$ lb [Dried Cherries](#) (for less tang, use dried bag blueberries!)

1 lb bag Chocolate chips

- **Fruit Mix:**

This one is mostly fruit, some granola, add nuts as desired.

2 lb
bag Granola

$\frac{1}{2}$ lb Mixed dried Fruit bits (raisins, apples, bag apricots, dates - SunMaid)

1/4 lb
bag [Dried Bananas](#)

1/4 lb
bag Dried Papaya

1 lb
bag Cashews/almonds/peanuts/whatever (optional)

- **Nestle's 'n' Reese's Mix:**

This one has a LOT of sugar, mostly chocolate and peanut butter. It doesn't go too well with fruit, as it is my experience that mixing a lot of chocolate with any kind of highly acidic foods is dangerous to the bowels.

This stuff is great energy food, though.

2 lb
bag Granola

1 lb
bag Chocolate chips

1 lb
bag Peanut butter chips

1 lb
bag Cashews/macadamias/almonds/walnuts/whatever

- **GORPISH:**

This one isn't illegal (yet). If you like chocolate, this is THE mix!

2 lb
bag Granola

1 lb
bag Chocolate chips

1 lb
bag Butterscotch chips

1 lb M & Ms (plain/peanut/almond, your choice bag here)

1/2lb Andes Mints/Butterscotch (again, your choice, pkg maybe both!)

1 lb
bag Cashews/macadamias/almonds/walnuts/whatever

Lipton Rice & Sauce

2 cups Water

1 Tbsp Butter

1 pkg Lipton rice dinner

Bring 2 cups water, 1 Tbsp butter and contents of package to a boil. Reduce heat and simmer uncovered, stirring occasionally, 10 minutes or until rice is tender. Sauce will thicken upon standing, about 2 to 3 minutes.

Lipton Noodles & Sauce

2 cups Water
1 Tbsp Butter
1/8 cup Powdered milk
1 pkg Lipton noodle dinner

Heat the 2 cups water and 1 Tbsp butter in a saucepan. Add the milk carefully so it doesn't burn. Bring to a boil. Stir in contents of package. Continue boiling over medium heat, stirring occasionally, 8 minutes or until noodles are tender. Sauce will thicken upon standing, about 2 to 3 minutes. Serve, if desired, with grated Parmesan cheese.

Lipton Pasta & Sauce

2 1/3 cups Water
1/8 cup Powdered milk
1 Tbsp Butter
1 pkg Lipton pasta dinner

Bring 2 1/3 cups water, 1/8 cup powdered milk, and 1 Tbsp butter to a boil. Stir in contents of package. Continue boiling over medium heat, stirring occasionally, 12 minutes or until pasta is tender. Sauce will thicken upon standing, about 2 to 3 minutes.

Hamburger Helper

1 lb Ground beef, lean
1 pkg Hamburger Helper

At home:

[Dehydrate the ground beef](#) and put into a zip-lock bag.

On the trail:

½ hour before dinner, put the dehydrated hamburger in a large-mouth 1 quart water bottle and cover with water to rehydrate.

Bring the water and hamburger from the water bottle, the rice, and sauce mix to a boil, stirring occasionally. Reduce heat; cover and simmer 25 to 30 minutes, stirring frequently. Uncover and cook until desire consistency.

Betty Crocker Mashed Potatoes

2 cups Water
1/8 cup Powdered milk
2 Tbsp Butter
1 pkg Betty Crocker Mashed Potatoes mix

Heat water, milk and butter to boiling in a 2-quart saucepan; remove from heat.

Stir in 1 packet Potatoes and 1 packet Seasoning Mix just until moistened. Let stand about 1 minute or until liquid is absorbed.

Whip with fork until smooth. For stiffer potatoes, let stand 3 to 5 minutes.

Pizza

Basic Crust:

2/3 cup Warm Water
1 tsp Sugar
2 cups Flour (approx.)
1 pkg Active dry Yeast
2 Tbsp Oil
½ tsp Salt

Blend ingredients, then mix in warm, not hot, water. Once blended, knead about 5 minutes (if the dough is sticky add more flour), then stretch into the pan. Rise 5 - 15 minutes.

Sauce:

A little sauce goes a long way. 3 - 4 Tbsp is enough for a 10" pizza. Canned, bottled or packaged work fine. For a light weight, non-refrigerated sauce, mix tomato paste (little tubes

from delis are convenient) with a little water, olive oil, minced garlic and Italian spices. Or try a mustard sauce - 1 Tbsp mustard & 2 Tbsp olive oil; whisk together and spread on dough.

Toppings:

Parmesan, Romano and mozzarella are traditional, but just about anything goes. Most cheeses keep well in their sealed wrappers for a few days if its not too warm. Dry cheeses keep longer. Some good backcountry toppings include sun dried tomatoes (soften in warm water while you make the crust), dry Italian olives, pepperoncini peppers, pepperoni, dry salami, anchovies, etc. Resist the temptation to overload your pizza - it won't bake as well. Bake about 20 - 25 minutes. The crust should be golden brown on bottom and sauce bubbly.

Focaccia:

This delicious Italian pan bread is made just like pizza. Instead of sauce and toppings, drizzle top with olive oil, minced garlic, and Italian spices. Great with soup! Follow recipe for pizza crust.

from the Traveling Light Backcountry Baking guide; Pg. 7

Kraft Macaroni & Cheese

8 cups Water
1 pkg Macaroni
½ cup Butter
1/8 cup Powdered milk
1 pkg Cheese Sauce Mix

Boil 8 cups water and add the macaroni. Boil 7 to 10 minutes stirring occasionally. Drain. Add the butter, milk, and cheese sauce mix. Mix well.

Couscous Curry Ginger

3 cups Couscous
3 Tbsp Powdered Shortening
1 tsp Ground Ginger
2 tsp Curry powder
¾ cup Cashews
1 ½ cup Dehydrated Vegetables

At home:

Mix ingredients (except vegetables) in a zip-lock bag. Bag the vegetables separately. Tapes the bags shut.

On the trail:

In the morning, place the vegetables in a large-mouth 1 quart water bottle and cover with water to rehydrate.

At mealtime:

Bring 4 cups of water to a boil, add all ingredients, including the rehydrated vegetables with the water. Boil under tender (5 - 10 minutes).

from Backpacker Magazine; April 1996; Pg 45

Shell Noodle Surprise

- 3 cups Small Pasta shells
- 2 cups Dried Tomatoes (cut in half)
- 2 Tbsp Powdered Shortening
- 3 tsp Dried Basil
- 1 tsp Garlic powder
- 1 pkg Mrs. Grass Onion Soup mix
- 1 pkg Uncle Ben's Cream of Mushroom Soup mix

At home:

Mix ingredients in zip-lock bag and tape it shut.

On the trail:

Boil 6 cups of water, add ingredients and simmer for 10 minutes stirring occasionally. Remove from stove, cover and wait 5 minutes.

from Backpacker Magazine; April 1996; Pg 45

Chicken & Dumplings

- 2 envelopes Lipton's Cream of Chicken Cup-o-soup
- 1 can Swanson's Chunk Chicken Meat
- ½ pkg Mixed freeze-dried vegetables
- 1 cup Bisquick in a zip-lock bag
- 2 - 3 cups Water

Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

Fred's Potato Soup

1 cup Potato Buds
½ cup Powdered Milk
2 envelopes Instant beef bouillon
(about 1 Tbsp)
1 Tbsp Dried parsley
Pinch Thyme
4 cups Water

Boil 4 cups of water. Add the ingredients, bring to the boil and simmer for a moment.

from the Hungry Hiker's Book of Good Cooking; Pg. 163

Jerky Stew with Dumplings

1 cup Unmarinated beef jerky
½ cup Dried sliced carrots
½ cup Dried sliced parsnips
¼ cup Dried sliced mushrooms
2 cups Dried sliced potatoes
1 pkg Instant beef gravy mix
1 cup Biscuit mix
4 cups Water

At home:

Put into 4 small bags: 1. Jerky; 2. Carrots, parsnips, and mushrooms; 3. Potatoes; 4. Biscuit mix

On the trail:

Soak the jerky in 4 cups water for as long as possible, at least an hour.

Bring the jerky and water to a boil and cook for 1 hour. During the last half hour, add the carrots, parsnips, and mushrooms. Add the potatoes the last 15 minutes. Add water if necessary to keep the ingredients just covered.

Add the gravy mix and stir

To make the dumplings: Add $\frac{1}{4}$ cup water to the bisquick mix and make a stiff batter. Form small balls about the size of ping-pong balls, and float them on top of the stew. Cover so they steam and cook until done, about 20 minutes.

from the Hungry Hiker's Book of Good Cooking; Pg. 183

Camp Frosting

1 cup Powdered sugar
1 Tbsp Powdered milk
1 Tbsp Butter
 $\frac{1}{4}$ cup Unsweetened cocoa (optional)

Add 1 Tbsp cold water to the ingredients and stir. *Very slowly*, add 1 to 2 tsp more cold water, stirring, until you have frosting consistency. (It very easily becomes too wet.)

from the Hungry Hiker's Book of Good Cooking; Pg. 265

Jello Gelatin

2 cups Water
1 pkg Jello gelatin

Add 1 cup boiling water to package contents; stir until dissolved. Stir 1 cup cold water. Refrigerate until firm.

Chocolate Brownies

$\frac{2}{3}$ cup Oil
1 tsp Vanilla
 $\frac{1}{3}$ cup Flour
 $\frac{3}{4}$ cup Sugar

4 Tbsp [Powdered Eggs](#)
½ cup Chopped Walnuts

Mix all except flour, then add flour. Stir in nuts with a few quick strokes. Bake 15 - 20 minutes. It'll be soft in the middle and drier around the edges when done. Cool before cutting.

from the Traveling Light Backcountry Baking guide; Pg. 9

Chocolate Buttermilk Cake

¾ cup Flour
½ cup Sugar
¼ cup Cocoa powder
½ tsp Baking soda
¼ tsp Salt
2 Tbsp Buttermilk powder
½ cup Water
¼ cup Oil
1 bar Chocolate

At home:

Combine all ingredients except water, oil and chocolate.

On the trail:

Add ½ cup water and the oil to the dry ingredients and mix well. (For the Traveling Light Outback Oven) Heat to "bake" range, then bake 20 minutes.

As soon as the cake is done, top with pieces of the chocolate bar for the frosting.

from Backpacker Magazine; September 1995; Pg. 37

Cake - Chocolate, Lemon or Coffee

Basic Cake:

1 ¼ cup Flour
½ tsp Salt
1 ½ tsp Baking powder
1/3 cup Oil
½ cup Water or Milk
2/3 cup Sugar

2 Tbsp [Powdered Eggs](#)

1 tsp Vanilla

Combine the flour, salt and baking powder. In a separate bowl mix the oil, water (or milk), sugar, eggs and vanilla.

Combine the two and pour into the pan. Bake for approximately 20 minutes.

Variations

Chocolate Cake:

Use 1 cup Flour and ¼ cup Cocoa powder

Lemon Cake:

Delete the vanilla. Add juice of 3 lemons, plus water to make up ½ cup liquid; add 2 Tbsp grated lemon rind. Lemon glaze

- 2 tsp lemon juice mixed with ½ cup powdered sugar.

Spread over hot cake.

Coffee Cake:

Top with the streusel mix from [Cinnamon Rolls](#). Topping sinks into the cake as it bakes.

from the Traveling Light Backcountry Baking guide; Pg. 9

Apple Dumpling Dessert

1 cup Biscuit mix

1 cup Apples, dried

½ cup Sugar

¼ tsp Salt

½ tsp Cinnamon

2 Tbsp Butter or margarine

2 ¼ cups Water

Milk, yogurt, or cream (optional)

At home:

Put into 3 small bags: 1. Biscuit mix; 2. Apples; 3. Sugar, salt, and cinnamon

On the trail:

Cover the apples with 2 cups water in a pot and let them soak 1 hour. Then bring them to a boil and simmer, covered, while making the dumpling.

To make the dumpling - Add ¼ cup water to the biscuit mix

and form into one piece of dough.

Add the sugar-spice mixture and 2 Tbsp butter or margarine to the apples. With a spoon spread the dumpling dough over them. Simmer covered, for 15 to 20 minutes, until the dumpling is done; it will be dry in the middle.

from the Hungry Hiker's Book of Good Cooking by Gretchen McHugh; Pg. 262

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