

If you are planning a backpacking trip you must be careful not to pack too much because everything that you take, you literally must carry around on your back day-in and day-out. This means the amount and types of foods you take with you must be carefully planned out beforehand. Backpackers burn more calories per day than they usually would in their normal lives and, therefore, need to eat many more calories than they typically would. A general guideline to follow is to consume between 3,000 – 4,000 calories per day. With limited resources including mostly dehydrated food and one pot, eating well on the trail can be a challenge. The following recipes are nutritious, light to carry, and easy to make on backpacking trips.

Breakfast

For a change from the typical granola or oatmeal breakfast, try “Sunrise Spuds” – a high energy breakfast that is a staple in many backpacking cookbooks.

What you need to make one serving:

- 1 plastic sandwich bag
- 1 cup dehydrated potato flakes
- 2 tablespoons dry milk powder
- ¼ cup powdered cheese
- 1 teaspoon parsley
- 2 tablespoons of imitation/pre-cooked bacon bits
- 1 teaspoon powdered butter
- salt
- pepper

To prepare before your trip: measure 1 cup of dehydrated potato flakes into a plastic bag. Add in other ingredients.

To make while camping: Boil water. Add hot water to the mixture until desired consistency is achieved.

Eggs MacSanches

2 eggs

bacon bits, or crumbled bacon

onion flakes

flour tortillas

1 slice cheese or shredded cheese

salsa sauce

1 Quart Freezer Zip type bag. The heavy freezer bags are needed, not the regular.

In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight, removing most of the air, and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes fillings for about 2 tortillas.

Sarah's Fattening Coconut Berry Oatmeal

In a pint freezer bag:

2 packets instant plain oatmeal

2 Tbsp coconut cream powder

2 Tbsp diced dried fruit blend

1 Tbsp natural coconut

1 Tbsp brown sugar

1/2 tsp cinnamon

FBC method:

Add 1 cup near boiling water and stir well. Seal well and put in a cozy for 5 minutes.

Mug method:

Add 1 cup boiling water. Stir well, cover tightly and let sit for 5 minutes.

Serves 1.

Raisin Nut Bulgur

In a pint freezer bag:

1/4 cup bulgur
2 Tbsp raisins
1 Tbsp brown sugar
1 Tbsp chopped toasted almonds
1/2 tsp cinnamon
1 Tbsp coconut cream powder

FBC method:

Add 1/2 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes.

Mug method:

Add 1/2 cup boiling water. Stir well, cover tightly and let sit for 15 minutes.

Serves 1.

Fruity Breakfast Bulgur

In a pint freezer bag:

1/4 cup bulgur
2 Tbsp diced dried apples
2 Tbsp golden raisins
1/2 tsp cinnamon
1 Tbsp powdered milk
Pinch nutmeg

Also take 1 packet honey

FBC method:

Add 1/2 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Stir in the honey.

Mug method:

Add 1/2 cup boiling water. Stir well, cover tightly and let sit for 15 minutes. Stir in the honey.

Serves 1.

Turbo Charged Oatmeal

In a quart freezer bag:

2 packets of Trader Joe's Complete Oatmeal (or similar)
1 Tbsp dried cranberries
1 Tbsp golden raisins
1 Tbsp pine nuts
1/3 cup powdered Milk
2 scoops of Muscle Milk® "Chocolate Caramel Pecan" flavored drink or similar

FBC method:

Add 1 cup near boiling water and stir well. Add more water as needed.

Mug method:

Add 1 cup boiling water and stir well. Add more water as needed.

Serves 1.

~Thank you to Mitchell for the recipe.

Fruity Breakfast Rice

In a quart freezer bag:

1 cup instant rice
1/2 tsp cinnamon
1/4 cup diced dried fruit
2 Tbsp dry milk
2 Tbsp brown sugar

Also take:

2 Tbsp butter

FBC method:

Add 1 1/4 cups near boiling water and the butter. Stir well and put in a cozy for 15 minutes. Fluff and serve.

Mug method:

Add 1 1/4 cups boiling water and butter. Stir well, cover tightly and let sit for 15 minutes.

Serves 2.

Oatmeal with a little extra

In a quart freezer bag:

2 packets instant oatmeal, your choice of flavor
2 Tbsp dry milk
1-2 Tbsp dried fruit

FBC method:

Add 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 5 minutes.

Mug method:

Add 1 cup boiling water. Stir well, cover tightly and let sit for 5 minutes.

Serves 1.

CyndiH's Super Oatmeal

In a quart freezer bag:

2 packages instant oatmeal
1 Tbsp dry milk
2 Tbsp brown sugar
1 Tbsp each: dried cranberries, chopped dates and sliced or chopped almonds.

FBC method:

Add 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 5 minutes.

Mug method:

Add 1 cup boiling water. Stir well, cover tightly and let sit for 5 minutes.

Serves 1.

Couscous and Fruit

In a quart freezer bag:

2/3 cup couscous
1/4 cup ground dried blueberries
2 Tbsp ground dried bananas
1/4 cup dried pineapple bits
2 Tbsp raw sugar
1/2 tsp cinnamon
Drizzle vegetable oil

FBC method:

Add 1 1/2 cups near boiling water and oil. Stir well, seal tightly and put in a cozy for 10 minutes. Fluff the couscous.

Mug method:

Add 1 1/2 cups boiling water and oil. Stir well, cover tightly and let sit for 10 minutes. Fluff up.

Serves 2.

Dried Figs And Plums Couscous

In a quart freezer bag:

1 1/3 cups couscous
2 tsp low sodium vegetable bouillon
1/3 cup diced pitted dried dates
1/3 cup diced dried figs or plums

1 Tbsp brown sugar

FBC method:

Add 2 cups near boiling water, stir well and put in a cozy for 10 minutes. Fluff up.

Mug method:

Add 2 cups boiling water to the dry ingredients in a large mug. Stir well, cover tightly and let sit for 10 minutes. Fluff up.

Serves 2 - 3.

Super Charged Oatmeal

In a quart freezer bag:

1/2 cup oats ground course in a coffee grinder or food chopper.
1/4 cup dried milk
2 Tbsp plain small TVP
1 Tbsp milled Flax seed
1 Tbsp wheat germ
2 tsp brown sugar
A handful of raisins

FBC method:

Add 1 cup near boiling water. Mix well, seal tightly and put in a cozy for 5 minutes.

Mug method:

Add 1 cup boiling water to mix in your mug. Stir well and cover tightly. Let sit for 5 minutes.

Serves 1.

Note: This recipe is very high in fiber. ~Thanks to Turbobill for this recipe.

Brown Sugar & Cinnamon Quinoa

In a pint freezer bag:

1/3 cup instant Quinoa Flakes

1 1/2 tsp brown sugar

1/4 tsp cinnamon

FBC method:

Add 1 cup near boiling water to the dry ingredients. Start stirring and keep stirring for a minute. Let sit in a cozy tightly sealed for 5 minutes. It will thicken up considerably. This will also work well in an insulated mug.

Mug method:

Using a Ti or aluminum mug, cook this over a low flame for 90 seconds, stirring constantly.

Serves 1.

Notes:

I came across Ancient Harvest® Quinoa Flakes recently and brought a box home to play with. I found it at the local natural foods grocery store. Quinoa products are often found in the natural foods or gluten free section in large grocery stores. You can also find it online at Amazon: Ancient Harvest Quinoa Flakes, 12-Ounce Box (Pack of 7)

While they don't claim to be instant they do work perfectly for FBC meals. The box is 12 ounces which is quite a bit of Quinoa! A hearty serving is 1/3 cup dry Quinoa flakes.

Unlike traditional Quinoa that takes 15-20 minutes cooking time and needs to be rinsed beforehand all you need here is boiling water and some sitting time in a cozy. A good comparison is to oatmeal or grits & polenta. Any recipe you have for those will work with the flakes. I tried it out in a quick breakfast and was quite happy with the results. Quinoa does have a quirky texture if you are not used to it but has so much more nutritionally to offer over wheat.

Granola:

Nora Ann's Homemade Granola

Preheat oven to 225-F.

In a large bowl, mix:

2 cups rolled oats

2 cups Bob's Red Mill® 5-grain cereal (rolled mixed grains)

1/3 cup toasted wheat germ

1 Tbsp cinnamon

2 cups coarsely chopped pecans

In a separate bowl, whisk together:

1/4 cup honey or real maple syrup

1/4 vegetable oil

1/4 cup water

2 tsp vanilla

Add liquid mixture to grains mixture and toss to coat evenly. Spray 2 jelly roll pans with cooking spray, and

spread mixture evenly in a thin layer on the pans. Bake for 75-90 minutes, or until starting to brown lightly. Cool in pans, then store in heavy plastic bags in cool, dry place. Granola will get crisp when it cools.

You can increase the calorie content by adding more oil (up to 1 cup) and more sweetener -- this is not a very sweet granola.

Take about 3/4 cup of granola in a quart bag, add some dried fruit and 1/3 cup of powdered milk. Add 1 cup cold water in camp and eat from the bag.

~Thank you for the recipe Ken and Nora!

Not-Gorp Trail Mix/Breakfast Cereal

2 parts Quaker Oatmeal Squares® cereal
1/2 part Grapenut® cereal
1 part dried cherries
1/2 part dried cranberries
1/2 part dried blueberries
1 part whole raw almonds
1 part hazelnuts (aka filberts)
1/2 part macadamia nuts
1/2 part Brazil nuts
1/2 part dehydrated banana slices (unsweetened, not fried)

Catzia usually takes a "part" to be a cup, then half-fill as many quart bags as it takes. She eats this often during the day, it also makes a great breakfast.

Combine 3 Tbsp your choice of milk powder (soy, rice, cow – plain, vanilla, carob, cocoa) and 1 cup cold water – shake – pour over your Not-Gorp.

~Thanks to Catzia for the recipe.

Cran-Orange Cereal

In a quart bag:

3/4 cup bulgur
4 Tbsp dried cranberries
2 Tbsp dried wild blueberries
3 Tbsp orange powder (Tang® can be used, but it doesn't quite taste the same!)

Add 1 1/2 cup cool water before going to bed. In the morning, add 4 Tbsp toasted chopped walnuts (or your favorite nuts/seeds) and enjoy!

Serves 2.

Lunch or Dinner Options

Cypher Mine Soup Philmont ONEPOT
Instant Chicken Noodle Soup or Ramen
Instant Potatoes
Chicken Rice Dinner with Peas & Carrots

Cranberry or Cherry Couscous

What you need to make one serving:

- 1 plastic sandwich bag
- 1/2 cup couscous
- slivered almonds
- dried cranberries or cherries
- dried onion flakes

- salt
- pepper
- 1 teaspoon olive oil (optional)

To prepare before your trip: measure couscous and other ingredients (not including olive oil) into plastic bag.

To make while camping: Boil water (add olive oil, if you have it). Add approximately ½ cup of water to the bag mixture. Let sit 5 – 10 minute or until water is absorbed into couscous and dried fruit.

Spinach pasta with tomato sauce

What you need to make one serving:

- 3 plastic sandwich bags
- 1/4 cup tomato powder
- 1/8 cup dried mushrooms
- 1/4 cup mixed dried vegetables
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- Salt and pepper
- 1/8 cup parmesan Cheese (optional)
- 6 ounces dried spinach pasta noodles (linguini or other)

To prepare before your trip: measure tomato powder, dried mushrooms, dried vegetables, Italian seasoning, garlic powder and salt and pepper into one sandwich bag. Place parmesan cheese into second sandwich bag. Place pasta into a third bag.

To make while camping: Boil a large pot of water. Put the sauce mix (first sandwich bag ingredients) in a separate container and add water until sauce is of the desired consistency; cover and place on top of pot to stay warm. Add more water to the pot and resume boil. Add the pasta to the boiling water and cook until desired firmness. Drain the water. Add the sauce and mix. Top with parmesan cheese and enjoy!

Of course an easy dessert is a great treat after a long day of backpacking. Instant pudding always is a good option out on the trail, but there are other options, too. The following is a favorite you can surprise and treat your backpacking friends with after a long hike.

One Pot Apple Dumpling

What you need:

- 3 plastic sandwich bags
- 1 cup biscuit mix
- 1 cup dried apples
- ½ cup sugar
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 2 tablespoons of butter (put in plastic bottle or bring along a squeeze bottle of liquid butter)
- 2 ¼ cups water

To prepare before your trip: Measure biscuit mix and put it in one bag. Put 1 cup of dried apples in a second bag. Put sugar, salt cinnamon in a third bag.

To make while camping: Place apples into pot with 2 cups of water. Cover the pot and let the apples soak for at least 1 hour. Then, place the pot on the stove and bring to a boil, lower to simmer while you make the dumpling. Then, make the dumpling by adding ¼ cup water to the biscuit mix and mixing into dough. Next, add the sugar-spice bag contents and butter to the simmering apples. Use a spoon to spread the dumpling dough over the apples. Replace pot cover and simmer for 15 or more minutes, until the dumpling is dry in the middle. Eat and enjoy.

Lunches:

Lemony Lentils with Tuna Fillets

A high protein/low carb lunch or dinner that is easy to prepare. Even better? It is a cold meal, needing no heat - just room temperature water and 30 minutes time.

In a sandwich bag:

- 1/4 cup cooked and dehydrated lentils
- 1 Tbsp diced dried shallots
- 1 Tbsp dried spinach
- 1/2 tsp lower sodium vegetable bouillon

2 packets True Lemon powder (1/2 tsp)
1/4 tsp ground black pepper and salt to taste, if desired

Also take:

1 Tbsp (1 packet) extra virgin olive oil
1 5-ounce pack tuna fillets

Add 1/2 cup water to the lentil mix. Allow to rehydrate for 30 minutes. Add the olive oil and blend gently. Salt to taste if desired. Top the tuna fillets with the lentil mix.

Serves 1.

Approximate nutritional stats:

Calories: 420 Protein: 41 Carbs: 28 Fat: 19

Weight:

About 8 ounces for all ingredients.

Salsa Hummus

In a sandwich or pint freezer bag:

1/4 cup instant hummus
1 tsp tomato powder

Also take:

1 packet salsa (2 Tbsp)
1 packet olive oil (1 Tbsp)
Crackers of choice or tortillas

Add 1/3 cup cool water, the salsa and oil. Stir well and let sit for a couple minutes to blend flavors.

Serve with crackers or spread on a tortilla.

Serves 1 as lunch or 2 as a snack.

Tuna "Bruschetta"

In a sandwich bag:

1/4 cup sun-dried tomatoes, crumbled (non-oil type)
2 Tbsp dried onions
1/4 tsp dried garlic
1 tsp dried parsley
1/2 tsp dried oregano leaves
black pepper to taste

Also take:

1 3-ounce pouch Albacore tuna
1 packet olive oil (1 Tbsp)
2 tortillas
1 ounce cheese of choice, diced

Add a generous 1/4 cup cool water to the vegetable bag. Let sit for 15 to 30 minutes. Add in oil and stir. Toss in tuna to coat, then add in cheese. Serve on tortillas

Serves 1 - 2.

Curried Fruit Hummus *n a sandwich bag:*

1/4 cup commercial hummus mix (such as Fantastic Foods or Casbah)

3 Tbsp freeze dried cubed apples
3 Tbsp freeze dried cubed mangoes
1/2 tsp mild curry powder

Also take:

1 packet or 1 Tbsp mild olive oil
Nibbelage of choice

Add 1/2 cup cool water and stir. Seal bag tightly and gently knead till mixed. Let sit for a few minutes.

Serve in pitas, on tortillas or with crackers.

Serves 1.

Notes:

Dry weight of mix, fruit and oil is 2.7 ounces. Nibbelage is extra ;-). An easy to prep trail snack or lunch - no hot water needed. Ice cold stream water works great in it as well. This is a popular recipe when we do trail cooking presentations.

Curry Chicken Pitas

1 7-ounce pouch chicken
4 packets mayo

In a sandwich bag:

2 Tbsp dried onion
1/4 cup dried apples, chopped

In a small bag:

1 tsp curry powder
1/4 tsp ground ginger

Also take:

2 large pita pockets or large tortillas

Add enough cool water to cover the onions and apples. Let soak for 10-20 minutes. If any water is left, drain off carefully. Open the chicken packet, add in the mayo to taste, then the seasonings. Toss in the onion and apple. Spoon into the pitas, halved.

Serves 2.

Harvest Chicken Salad Wraps

1 7-ounce pouch of chicken

In a sandwich bag:

2 Tbsp dried chopped celery
1/4 cup diced dried apples

Also take:

1/4 cup chopped walnuts or pecans
1 Tbsp dried cranberries or raisins
1 packet each salt and pepper
1 Tbsp olive oil
2 large pitas or tortillas

Cover the celery and apples with water and let sit for 10-20 minutes. Drain any remaining water carefully. Open the chicken pouch and add the vegetables, nuts and cranberries and toss. Add in olive oil to texture you like, salt and pepper to taste. Serve in pita halves or as wraps.

Serves 2.

Razzie chicken

1 7-ounce pouch of chicken
2 Tbsp dried cranberries
2 Tbsp dried chopped apples - plain (fresh is better if you want to pack one small apple in)
1 Tbsp walnuts, diced
Balsamic raspberry dressing to taste, from a single serve pouch

Mix together in chicken pouch. Will fill 2 tortillas.

Serves 1 - 2.

Peanut Butter Wraps

Per person take:

1 tortilla or flat bread
1 individual tube or tub of peanut butter per tortilla
1 packet honey
Snack box of raisins

Spread and enjoy.

First day out Chicken Salad

At home cook 2 chicken breasts (dry roast in the oven till cooked). Chop up and chill.

In a quart bag, add to chilled chicken 1 tub diced 3 color bell peppers from the produce department (or 1 pepper worth), 1/2 cup mayonnaise and 2 tsp curry powder.
Mix well, and pack tightly and chill.

This is great in pita bread, on a tortilla or on a bagel. You can freeze water in a sandwich bag to act as a coolant for your pack. Keep cold in your pack at all times!

Serves 2.

BBQ Chicken Rice Wraps

In a pint freezer bag:

1/2 cup instant rice

Also take:

2 flour tortillas (soft taco size)
1 4-ounce foil package BBQ chicken breast
1 ounce cream cheese

Add 1/2 cup near boiling water to the rice. Stir well, seal tightly and put in a cozy for 15 minutes, slip the unopened chicken breast package under the rice bag. This will warm the chicken up a bit.

Meanwhile spread the cream cheese evenly on the two tortillas. When the rice is ready, split it between the two tortillas.

Open up the chicken package and using your spoon or spork, split the breast up into shreds. Split the bag evenly onto the rice.

Drizzle the BBQ sauce over the wraps. Roll up and enjoy!

Serves 2 normal appetites. Vacuum cleaners may consider this a 1 person meal.

This recipe used a couple items to talk about:

Uncle Bens® Instant Rice. Not found in as many stores as Minute Rice®, but it has better flavor, texture

and actually looks like regular rice once rehydrated. Worth looking for! It is also many times more competitively priced as well.

BumbleBee Chicken Breast in BBQ Sauce. These are a chicken breast in sauce sealed in an easy to rip open foil packet. Each packet weighs 4 ounces and sports 29 grams of protein. They are also a huge serving (it alone would fill me up!) so they work great in shared meals. The chicken is very moist and shreds easily with a spoon.

Rondele Bagel Temptations Cream Cheese. Single serving packets and shelf stable. I have been using these packets for a number of years but it can be hard to find them. They are often sold in the bakery department in grocery stores. Each packet is 1 ounce and will fill a small bagel nicely. They run about 50 cents to a dollar per packet.

I often carry paper towels to lay on the ground or table when I am hiking so I have a clean "prep" surface to work on. They also roll up around your wrap preventing messes as well. A lightweight solution that also can clean up messy hands afterwards ;-)

Avy-Cran Wraps

This wrap is very easy to do and while a bit heavier is well worth carrying it with you.

I used La Tortilla Factory Multi Grain wraps, small tub cream cheese, an avocado and dried sweetened cranberries. This will make 2 wraps.

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First off I spread 1 ounce of cream cheese on each wrap. You can use shelf stable or for an overnigher just carry normal cream cheese. Often near the bagels in grocery store bakeries you will find one of the two styles in 1-2 ounce tubs. I split the avocado in half, then sliced each half and placed it on a wrap. I then sprinkled 1 Tbsp of the cranberries on top of each wrap. Ford wanted a bit more so I shredded on two thick slices of natural turkey for him. Roll up and enjoy! These wraps will more than fill you up.

Thai coconut and seafood soup

In a quart freezer bag:

- 2 1/2 tsp. fish or vegetable bouillon, low sodium if desired
- 1 tsp ground ginger or galangal powder
- 2 Tbsp dried chives
- 2 Tbsp dried cilantro
- 1 Tbsp diced dried shallots or onion
- 6 Tbsp coconut cream powder
- 1-2 tsp sugar
- 1-3 tsp Thai green curry paste (1 for mild, 3 for hot)
- Salt and pepper, to taste
- 1 1/2 tsp powdered lime juice (True Lime packets)

Label and package with:

- 1/2 - 1 cup instant rice in a second quart freezer bag
- 1 - 2 foil pouches seafood (shrimp, crab, tuna)
- 1 -2 packets soy sauce

Add 2 1/2 cups near boiling water to bag containing dry ingredients; add soy sauce and seafood. Prepare rice separately and pour soup over rice.

Serves 2 - 4, depending on taste, hunger and amount of rice prepared.

~Thanks to Andrea in AK for this recipe!

Miso Soup

Add soybean paste or dried miso mix to a pint freezer bag or your mug.

Add some dried seaweed or dried green onions if you want. There is no rule about how much soybean paste to add. It's a matter of preference. Add hot water and let sit for a couple minutes.

Serves 1. Thank you to Jason Klass for this idea.

Thai Tomato Soup by Perk

In a pint freezer bag:

- 1 single serving package tomato soup mix (Lipton Cup A Soup®)
- 2 Tbsp dried onion
- 1/4 tsp powdered ginger
- 1 tsp granulated garlic
- 1/4 cup diced sun-dried tomatoes

1 tsp sugar
1/2 tsp red pepper powder
1/2 tsp chili powder
Dash of salt, if desired
1 Tbsp coconut cream powder

FBC method:

Add 1 1/4 cups near boiling water. Stir well, seal tightly and put in cozy 10 minutes.

Mug method:

Add 1 1/4 cups boiling water. Stir well, cover tightly and let sit for 10 minutes.

Serves 1.

Chowders & Soups

Some of the below recipes were given to me by Perk. He uses the "cover with boiling water" method. As I try out all his recipes, I will convert them to cup measurements for the water.

Recipe sizes for the soups and chowders are:

Serves 1 as a main meal, 2 as an appetizer or served with another item.

Creamy Potato Soup Mix:

At home mix up in a bowl:

2 cups instant mashed potatoes
1 3/4 cups instant dry milk
1/2 cup shelf stable Parmesan cheese
2 tablespoons low sodium chicken, beef or vegetable bouillon
2 Tablespoons dried onion flakes
1 Tablespoon dried parsley
1 teaspoon granulated garlic
1/2 teaspoon pepper
1 teaspoon dried thyme

Divide the soup mix up by 1/2 cup dry portions. Depending on if you will be using freezer bags or a mug to have your soup in, pack in quart freezer bags or sandwich bags.

FBC method:

Add 1 cup near boiling water and stir till smooth. Let cool.

Mug method:

Add 1 cup boiling water and stir till smooth. Let cool.

Serves 1 per bag.

Notes:

Creamy Potato Soup mix is a great way to get a potassium rich meal into you when you are so tired you can't face eating. It is easy to mix up, and quite affordable. Carry a packet or two with you in your food bag, as a backup for cold evenings as well. It rehydrates easily in a freezer bag or in your mug.

Split Pea and Bacon Soup

In a quart freezer bag:

1/3 cup cooked and dehydrated green split peas
2 Tbsp dry milk
2 Tbsp shelf stable bacon
1 Tbsp diced dried carrots
1 Tbsp instant hash browns
2 tsp low sodium chicken bouillon
1 tsp onion flakes

1 tsp dried celery flakes
1/2 tsp dried parsley
1/2 tsp carrot powder
1/4 tsp each: garlic, black pepper and chives

FBC method:

Add 2 cups near boiling water to the dry mix. Stir well, put in a cozy and let sit for at least 15 minutes, preferably up to 30 minutes.

Insulated mug method:

Follow as above, covering mug tightly after adding water. Let sit for 15-30 minutes as noted.

Notes:

Celery flakes are found in the spice aisle of nearly all grocery stores. They are a mix of diced celery and celery leaves.

Shelf stable bacon is found in the meat department, salad toppings section and with the canned/pouched meat. 2 Tbsp crumbled bacon is equal to two cooked slices of bacon.

Instant hash browns are sold near the instant mashed potatoes. One can also dry frozen hash brown shreds as well.

On sit time:

If you live or hike in high altitude (above 7,000 ft) you will need a longer sit time. Above 11,000 feet you may find you need to simmer the soup for a good 5-10 minutes for the split peas to rehydrate properly.

Perk's Chili

In quart freezer bag:

2 Tbsp diced dried onion
2 Tbsp diced dried green bell pepper
1 tsp granulated garlic
1/2 tsp dried jalapeno peppers (or Serrano if you like the heat)
2 tsp brown sugar
1 Tbsp tomato powder (or soup mix)
1/2 tsp ground ancho chili pepper
Dash of: oregano, red pepper, cumin, ground cinnamon, salt
2 Tbsp diced sun-dried tomatoes
1/4 cup cooked and dehydrated red kidney beans
1/4 cup dehydrated (canned) hot chili beans

Also take 1 package chipped beef or 1/4 cup cooked and dehydrated hamburger

FBC method:

Add the beef to the bag and top with near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Add more water if needed.

Mug method:

Add the beef to the mug with dry ingredients. Top with boiling water. Stir well, cover tightly and let sit for 15 minutes. Add more water if needed.

Optional: Add a 1/4 cup of red wine. Top with a couple of tablespoons of fresh pico de gallo packed in.

Cranberry Chicken Rice

In a quart freezer bag:

1 cup instant rice
2 Tbsp dried veggie flakes or freeze-dried mixed vegetables
3 Tbsp dried cranberries
1 tsp low sodium chicken bouillon
1 tsp Parsley
1 tsp diced dried onion
1/2 tsp granulated garlic

Also take a 3 to 5-ounce can of chicken

FBC method:

Add the chicken with broth and 1 1/4 cups near boiling water. Stir well, seal tightly and put into a cozy for 15 minutes. Fluff up and salt to taste if desired.

Mug method:

Add the chicken with broth and 1 1/4 cups boiling water to the dry ingredients in your mug. Stir well, tightly cover and let sit for 15 minutes. Fluff up and salt to taste if desired.

Serves 1.

Cranberry Chicken Rice Part 2

In a quart freezer bag:

1 cup instant rice

1/4 cup dried sweetened cranberries

1/4 cup freeze-dried vegetable mix

1 tsp diced dried onions

1 tsp dried parsley

1/2 tsp diced dried garlic

1/4 tsp ground black pepper

Also take:

1 4-ounce pouch Garlic & Herb chicken breast

1 packet or 1 Tbsp olive oil

1-2 Tbsp shelf stable Parmesan cheese

1 tube lower sodium chicken stock concentrate

Add the chicken with broth, oil and concentrate to the bag along with 1 1/4 cups near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Fluff up and stir in cheese.

Serves 1 large appetite, 2 if other items are included.

Insulated mug method:

Follow above directions, adding everything to your mug, Stir well, cover tightly and let sit for 15 minutes. Proceed as above.

One pot method:

In your pot combine the oil, chicken with broth, concentrate and 1 1/4 cups water. Bring to a boil, add in dry ingredients. Stir well, turn off heat. Cover tightly and let sit for 15 minutes. If in cold weather, put your pot in a pot cozy. Fluff up and stir in cheese.

There was a reason it became the flagship recipe for FBC. It was easy, quick to pack, filled you up and tasted good. It also signified something else - only a few days later we took freezerbagcooking.com live. It

was over Thanksgiving Weekend in 2004. It has been a great 4 years - from some of the first recipes have come 100's more each year. [The book](#), [the cozy](#) all came out of that one lunch all those years ago.

The modified version of that meal - the broth concentrate I mention in the video I find at Trader Joe's. PackitGourmet carries a similar version, though a bit saltier. You can always use low sodium bouillon as well - 1 tsp will work fine.

Ropa Vieja

In a quart freezer bag:

1 cup instant rice
1/4 cup dried shredded beef
2 Tbsp dried tomato sauce or tomato powder
2 Tbsp dried onion
1 tsp low sodium beef bouillon
1 tsp dried parsley
1/2 tsp dried red pepper flakes

FBC method:

Add one cup near boiling water, stir well, seal tightly and place in a cozy for 15 minutes.

Mug method:

Add one cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes.

Serves 1.

Beef & Onion Trash-erole

In a quart freezer bag:

1 cup instant rice
1 Tbsp diced dried tomatoes
1 Tbsp Cooked and dehydrated hamburger or "Beef" flavored TVP
1 Tbsp diced dried shallots (or use onions)
1 Tbsp Parmesan cheese
1 tsp French Onion Dip Mix

FBC method:

Add 1 1/4 cups near boiling water. Stir well and seal tightly. Put in a cozy for 15 minutes. Fluff up.

Mug method:

Add 1 1/4 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Fluff up.

Serves 1.

In a quart freezer bag:

1 cup instant brown rice
1/2 tsp granulated garlic
1 tsp dried thyme
2 Tbsp diced dried broccoli
1 Tbsp diced dried onion
2 Tbsp diced walnuts
1 tsp low sodium chicken bouillon
2 tsp chicken gravy (organic preferred)

Also take:

3-ounce can of chicken
1 Tbsp olive oil
1 Tbsp shelf stable Parmesan cheese

FBC method:

Add the oil, chicken with broth and 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Stir again and top with the cheese.

Mug method:

Add the oil, chicken with broth and 1 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Stir again and top with the cheese.

One pot method:

Bring 1 cup water, oil and chicken with broth to a boil in your pot. Add in the dry ingredients, stir well and turn off the stove. Cover tightly and let sit for 15 minutes. If cold outside use a pot cozy. Stir again and top with cheese.

Serves 1 large appetite.

Spicy Black Beans & Rice

In a quart freezer bag:

3/4 cup instant rice
2 Tbsp cooked and dehydrated black beans
1 Tbsp diced dried bell peppers
1 Tbsp freeze-dried corn
3-4 tsp Black Bean dip mix powder

Also take 1-ounce cheddar or Pepper jack cheese. (The string cheese size packs work well)

FBC method:

Add 1 cup + 2 Tbsp near boiling water and stir well. Seal tightly and put in a cozy for 15 minutes. Add in the cheese diced up and stir well.

Mug method:

Add 1 cup + 2 Tbsp boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Add in the cheese diced up and stir well.

Serves 1.

Shitake and Beef Rice

In a quart freezer bag:

1/2 cup rice
1/2 tsp low sodium beef bouillon
1 tsp diced dried onion
1/4 cup dehydrated top round beef, diced up
1/4 cup dried crumbled shitake mushrooms

Also take 1 - 2 packets of soy sauce (regular or lower sodium)

FBC method:

Add 1/2 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Fluff up and add soy sauce to taste.

Mug method:

Add 1/2 cup boiling water top dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Fluff up and add soy sauce to taste.

Serves 1.

~Thanks to Trailhead for this recipe.

Notes:

This also works well with diced dried carrots added. Cooked and dried hamburger or 'Beef' TVP can be used as a sub for the Top Round.

Chicken Satay Rice

In a quart freezer bag:

1 cup instant rice
2 Tbsp natural dried coconut
1 Tbsp coconut cream powder
1 tsp satay mix

Also take:

1 single serving peanut butter (or 1 - 2 Tbsp)
1 3 ounce can of chicken
1 packet soy sauce (lower sodium or regular, about 1 tsp)

FBC method:

Add to the bag the soy sauce, chicken with broth, peanut butter and 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Stir again.

Mug method:

Add the soy sauce, chicken with broth, peanut butter and 1 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Stir again.

Serves 1.

Notes:

If one likes spicy, add in a pinch of red pepper flakes.

The soy sauce is open to how much a person likes - some may like more than 1 packet of it.

You can find lower sodium packets on Minimus.

It uses a dry Indonesian satay mix (peanut sauce) made here in Washington state by The Rijsttafel Company.

The mix is salt and MSG free and is a blend of spices and sugar designed to be added to peanut butter and soy sauce.

For the coconut called in the recipe use a powdered coconut (not strips).

Preferable is to use natural coconut - it is very shelf stable and has nothing artificial added to it.

Asian Fusion Casserole

This is a slightly sweet, slightly salty Asian inspired rice and chicken casserole. The amount of soy sauce powder can be boosted for a saltier flavor, or use 1 - 2 packets soy sauce. Freeze-dried green peas work as well.

In a quart freezer bag:

1 cup instant rice
1/4 cup freeze-dried green beans
1 Tbsp crumbled freeze-dried oranges
1 Tbsp diced dried shallots
1 tsp soy sauce powder
2 packets True Lemon® powder

Also take:

1 packet vegetable oil (1 Tbsp)
1 packet honey (1 Tbsp)
1 3-ounce can chicken
Dried green onions

FBC method:

Add the honey, oil, chicken with broth and with 1 1/4 cups near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Fluff up and top with dried green onions.

Mug method:

Add the honey, oil, chicken with broth and 1 1/4 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Fluff up and top with green onions.

Serves 1 large appetite.

Notes:

Dry weight of ingredients: 10.2 ounces.

This recipe is a powerhouse for protein and fat - 24 grams protein, 15 grams fat and roughly 700 calories.

On the dried green onions, they can be found in Asian grocery stores. Each package has 6 mini packs of about 2 tsp each.

The mini pack is about the size of a Parmesan cheese packet.

Italian Inspired Rice

In a quart freezer or sandwich bag:

1 cup instant rice

1 Tbsp diced dried spinach

1 Tbsp tomato powder

Also take:

1 2-ounce block Northwoods Tomato & Basil cheese

1 Tbsp seasoned bread crumbs

FBC method:

Dice the cheese up. Add it and 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Stir well and top with the bread crumbs.

Insulated mug method:

Dice the cheese up. Add it and the rice bag contents into your mug. Cover with 1 cup boiling water and stir well. Cover tightly and let sit for 15 minutes. Stir well and top with the bread crumbs.

One pot method:

Dice the cheese up. Bring 1 cup water to a boil in your pot. Add in the dry ingredients and cheese, stirring well. Turn off the stove, cover tightly and let sit for 10 minutes. (In cold temperatures insulate in a pot cozy.) Stir well and top with the bread crumbs.

Serves 1.

Notes:

As for the cheese called in the recipe, you can buy it online or in person at Cost Plus World Market. Packitgourmet carries a couple of their varieties but not this one. I love the Tomato & Basil - it has great flavor and melts in perfectly. In this recipe it provides much of the flavor as well. It is shelf stable till opened as well.

Artichoke Zucchini Alfredo Rice

In a quart freezer or sandwich bag:

1/2 cup instant white rice

1/2 cup instant brown rice

2 Tbsp freeze-dried zucchini

2 Tbsp dried diced artichokes

2 Tbsp dry alfredo mix

2 Tbsp dry milk

2 Tbsp shelf stable Parmesan cheese

1/4 tsp fresh ground black pepper

Also take 1 Tbsp olive oil

FBC method:

Add 1 1/4 cups near boiling water and oil to the dry ingredients. Stir well, seal tightly and put in a cozy for 15 minutes.

Insulated mug method:

Add 1 1/4 cups boiling water and the oil to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes.

One pot method:

Bring 1 1/4 cups water and oil to a boil. Turn off the stove and add in the dry ingredients, stirring well. Cover tightly and let sit for 15 minutes. In colder temperatures, use a pot cozy.

Serves 1.

Notes: You could add in a 3 to 5-ounce can of chicken for extra protein if you crave meat.

Nasi Goreng (Indonesian fried rice) 'FBC Hybrid Style'

In a quart freezer bag:

1 cup instant rice

1/2 tsp dried powdered ginger

1/2 tsp dried garlic powder

1/2 tsp red pepper flakes

2 packages soy sauce

1 packet ketchup

1 generous pinch of diced dried onions

2 Tbsp diced dried carrots

1 packet or 1 Tbsp olive oil

Bring 1 cup water to a near boil, add to the freezer bag, stir well, seal tightly and place in a cozy for 10 minutes.

Heat oil in the pan over the stove, add cooked rice mixture, soy sauce and ketchup. Stir fry until ingredients are blended, about 2 or 3 minutes. You may need to raise your pot to avoid burning - keep an eye on it!

Serves 1.

Bringing water to a boil over a [White Box Stove](#):

Creole Albacore

In the first quart freezer bag:

2 cups instant white rice

In a second quart freezer bag:

1/4 tsp mesquite seasoning

1 dash each garlic powder & black pepper

1 tsp dried diced onion

2 Tbsp dried diced bell pepper

1 pouch spaghetti sauce powder (found in the packet aisle)

Also take:

1 pouch albacore tuna fillets

1 packet soy sauce

1 packet lemon juice

1 packet hot sauce (Franks)

FBC method:

Add the liquid packets to the second freezer bag of dry spices and 1/2 cup very hot water mixing well. Add tuna to sauce.

Seal bag tightly and place in cozy.

Meanwhile, add 2 cups near boiling water to rice bag. Seal tightly and put in cozy for 15 minutes.

Divide fish, sauce and rice between the two bags and enjoy!

Serves 2.

~Thanks to Perk (now Grizz) for the recipe. This is a recipe that eating in a lightweight bowl would work well for dividing up.

Bruschetta Pasta

At home:

Cook 8 ounces small pasta of choice, cutting the cooking time short by a minute and drain.

Meanwhile, mix up in a bowl:

1 15-ounce can diced Italian seasoned tomatoes

4 green onions, thinly sliced (or 2 Tbsp diced onions)

2 minced garlic cloves

12 large basil leaves, thinly sliced

Salt and pepper to taste, if desired

Toss together. Spread on parchment paper lined trays and dehydrate at 135*. Stir every hour to break up clumps. When dry, split in half and measure each portion in a dry measuring cup. Note on the two quart freezer bags how much each one is.

Also take for each bag:

1 Tbsp (1 packet) olive oil

2 Tbsp shelf stable Parmesan cheese

FBC method:

Add a 1:1 ratio of near boiling water to pasta mix. Add oil; stir well, seal tightly and put in a cozy for 15 minutes. Toss with Parmesan cheese.

Insulated mug method:

Add a 1:1 ratio of boiling water to pasta mix in your mug along with the oil. Stir well, cover tightly and let sit for 15 minutes. Toss with Parmesan cheese.

One pot method:

Cover the dry ingredients with a 1:1 ratio of water. Bring to a boil, turn off your stove, cover tightly and let sit for 15 minutes. Toss with Parmesan cheese. In cold temperatures place in a pot cozy.

Serves 1 per bag.

Notes:

A 1:1 ratio works well for many dried foods, you may need to add a bit more water, depending on your personal taste.

Adding in crumbled dried mushrooms, diced toasted walnuts, dried beef or "beef" TVP or shredded beef jerky is a nice addition as well.

Red Bell Pesto Veggie Pasta

At home:

Split a packet of Knorr® Red Bell Pepper Pesto Mix into 4 portions. I used craft bags for this. 1 bag per meal.

In a quart freezer bag:

4 ounces cooked and dehydrated pasta

1/4 cup freeze-dried vegetables

2 Tbsp crumbled mushrooms

Also take:

1/4 cup shelf stable Parmesan cheese

1 packet olive oil (1 Tbsp)

Cover the pasta and vegetables with near boiling water. Seal well and put in a cozy for 15 minutes. Open bag and if any left over water, carefully drain off most of it, leaving a Tablespoon or two behind. Add in oil, pesto mix and mix well. Top with cheese and stir again.

Each bag serves 1.

Using 1/4 of the pesto pack per meal gives good flavor without being too strong. A 3-ounce can of chicken or 1/4 cup cooked and dried hamburger added is a nice addition.

Pasketti a la Stephen (Low Sodium/Vegetarian)

In a quart freezer bag:

4-ounces angel hair pasta

1 tsp dried basil

1/2 tsp dried oregano

1 tsp granulated garlic
2 Tbsp diced sun-dried tomatoes
2 Tbsp crumbled dried mushrooms
1 Tbsp dried diced zucchini

Also take:

1 Tbsp olive oil or 1 packet

Shelf stable Parmesan cheese

Add olive oil and 1 1/2 cup near boiling water. Seal well and put in a cozy for 10 minutes. Drain any remaining water carefully. Add salt and pepper to taste, if desired and liberal amounts of Parmesan cheese. A little lemon juice added on top works well.

Serves 1.

Herby Pasta (Low Sodium/Vegetarian)

In a quart freezer bag:
8 ounces spaghetti, precooked and dehydrated (break in thirds)

In a small sandwich bag put:

1 Tbsp dried parsley
1 Tbsp freeze-dried chives
1 tsp celery seed
1 tsp granulated garlic
1/8 tsp ground black pepper

Also take:

1 packet or 1 Tbsp olive oil

Shelf stable Parmesan cheese

Cover the pasta with near boiling water. Seal well and put in a cozy for 10 minutes. Drain any remaining water carefully. Toss with the oil and herbs. Add cheese to liking.

Serves 1 - 2.

Note: You can use ramen or choka soba noodles instead.

Perk's Smoked Salmon Pasta

In a quart freezer bag:

4-ounces cooked dried pasta (penne or mac)
1 tsp butter powder
1/4 cup dried diced onion
1 tsp low sodium chicken bouillon
2 Tbsp dry milk
2 Tbsp shelf stable Parmesan cheese
2 Tbsp tomato power (or tomato soup mix)
1/4 cup freeze-dried peas
Dash of dill, salt, coarse grind black pepper

Also take 1 3-ounce pouch smoked salmon

Add near boiling water to cover. Stir well, seal tightly and put in a cozy for 15 minutes. Stir in the salmon.

Serves 1 - 2.

Perk's Beef Stroganoff:

In a quart freezer bag put:

2 Tbsp powdered milk
1 tsp Butter Buds® (or use fresh butter/margarine, 1 Tbsp)
1 Tbsp tomato powder (or tomato soup mix)
1 Tbsp flour
Dash of pepper
2 Tbsp dried onion
1 cube beef bullion (crushed) (or use low sodium Beef bullion)
1/4 Cup diced dried mushroom slices (or freeze dried mushrooms)
1 Cup cooked & dehydrated noodles (egg noodles work well, see drying section.)
1/2 cup dried hamburger

Cover with near boiling water, stir well, seal tightly and put in a cozy for 15 minutes.

Serves 1 to 2.

Spicy Mussel Noodle Bowl by Perk

In a quart freezer bag:

4-ounces cooked and dehydrated pasta (linguine works well)
2 Tbsp dried diced onion
1 Tbsp dried diced green bell pepper
1 tsp granulated garlic
Dash of saffron, black pepper, parsley
1 tsp low sodium chicken bouillon
2 Tbsp diced dried sun-dried tomatoes

Also take:

1 foil pouch smoked mussels
1 single serving summer sausage

Add the mussels and diced up sausage and near boiling water to cover. Stir well, seal tightly and put in a cozy for 15 minutes.

Notes:

If first night, replace sausage with cooked chorizo or sliced kielbasa. Also, 1/2 cup of white wine added is nice if you carry wine with you.

Serves 1 - 2.

Red Bean Stew with Pasta by Perk

In a quart freezer bag:

1/4 cup dried crumbled mushrooms
1/4 cup dried diced carrot
1/2 tsp granulated garlic
Dash of ground black pepper
1/4 cup cooked and dehydrated kidney beans
1/4 cup crumbled sun-dried tomatoes
1 tsp low sodium beef bullion

1 cup cooked and dehydrated pasta
2 Tbsp shelf stable Parmesan cheese

Add near boiling water to cover, stir well and seal tightly. Put in a cozy for 15 minutes.

Serves 2.

Beef Stroganoff

3 Tbsp powdered sour cream (see ingredient page)
1 Pinch nutmeg
1/3 cup cooked and dehydrated ground beef or 'beef' TVP
1/3 cup thinly sliced dried mushrooms
1 Tbsp dried onion
1 1/3 Cups Chinese instant noodles (you can use ramen or choka soba noodles also)

If you don't have sour cream powder on hand, a packet of cream cheese (1-ounce) is a good substitute.

At Home:

Put sour cream powder and nutmeg in a small bag. Remaining ingredients go in a separate quart freezer bag.

In camp:

Pour 2 cups near boiling water into main bag. Stir well, seal tightly and put in a cozy for 10 minutes. Drain off the broth, this makes a nice starter soup if you like. Add nutmeg and sour cream powder to the bag and any extra broth as needed and mix well.

Serves 1 - 2.

DIY Trail Spaghetti

At home:

Cook a 16 ounce package pasta of choice. Cut the cooking time by 2-3 minutes. Drain and rinse. Spread on two dehydrator trays and dry at 135* till hard and fully dry (see above for hints).

On the other two trays, line with parchment paper. Spread a jar of pasta/spaghetti sauce of choice on the two trays evenly (24-32 ounce size jar). Dry at 135*. Halfway through its drying, when it is dry enough to touch (a bit tacky is ok), pop the leather off the parchment paper, and flip over, so it evenly dries. You want a dry leather, with no tacky or sticky spots. When cool, rip into small pieces, or whirl into a blender.

You can also combine the sauce with pasta and dry it combined.

Either way, look at your appetite at home: do you eat a lot? Or little? Will you be adding dried hamburger? 4 ounces is a serving that will fill up smaller stomachs, but if you are a man with a big appetite, you may need 8 ounces of pasta. The dried sauce and pasta can be split into 1- 4 servings. If you dried the sauce separately, pack it into a quart freezer bag, the pasta into another one.

In camp:

Pour boiling water over the pasta, to cover. Seal and put into a cozy for 10 minutes. For the sauce, if you are using 1 serving, add 1/2 cup boiling water, stir and let sit in a cozy for 5 minutes. Check if it needs water, add up to 1/4 cup more water. Toss with hot pasta and add lots of Parmesan cheese!

Notes:

If you would like to add dried hamburger, add it with the pasta. You can also add dried mushrooms, bell peppers, onions, etc.

Avoid "vodka" sauces as they contain cream, the higher fat content can be an issue for long term storage. Store your dried sauces in your freezer, tightly wrapped till trip time.

FBC Mac & Cheese (vegetarian):

I took 4 boxes of Organic White Cheddar Shells (6 ounce boxes). I boiled the pasta for a shy 9 minutes (about 1 1/2 minutes less than called for on the box). When done, I drained the pasta, then spread on parchment lined trays on my dehydrator.

I dried the pasta at 135* till dry (the time will depend on type of pasta and humidity.)

When dry, I weighed out the pasta, and split it among 4 quart freezer bags. Weight was roughly 4 1/2 ounces in each bag. I then packed with each bag:

1 cheese sauce packet

2 Tbsp dry milk

1 packet olive oil

In camp pour boiling water over the pasta (to just cover). Seal well, and put in a cozy for 10 minutes. Drain off most of the water, leaving in about 1/4 cup. Add in the milk powder, cheese sauce powder and oil. Stir well and enjoy.

Knowing our son, the 6 ounce box will feed 1. As in him.

Works well with dried mushrooms, diced sun dried tomatoes and tuna pouches. By adding vegetables and meat you can feed two.

Make Your Own FBC Mac & Cheese (vegetarian):

Parmesan Cheese Mix:

1 cup nonfat dry milk

4 Tbsp shelf stable Parmesan cheese or Romano cheese

1/2 tsp onion powder

1 1/2 tsp granulated garlic

1/2 tsp pepper

Mix all ingredients and store in a tightly closed container (plastic bag or tub). Keeps for 4 months, stored away from heat. Long term storage in the refrigerator is a good choice.

To use:

Combine 1/4 cup mix with 2 tablespoons melted butter and 1/4 cup water.

Notes:

Add salt in camp to taste. This mix will work well with cooked and dehydrated pasta. 1/4 cup of the dry mix works with 4-5 ounces of dehydrated pasta. (Weight after cooking/drying). Olive oil works fine instead of butter as well. (1 packet is all you need)

You can also find dried cheeses from a number of companies online, that could be used instead of the Parmesan. Use dehydrated cheese, not freeze dried though.

Lipton's® Packets: Yes, it can be done in a freezer bag.....

But! Do not do this on the trail till you try it at home!

You can use any of the Lipton® side dish packets they sell in grocery stores-the small noodle ones work best, think angel hair ones.

If it calls for milk, just remember: 1/3 cup of dried milk for every cup of milk called for (add the powdered milk before you add the water). The meals are just fine without butter or oil added.

Package the meal (plus powdered milk if milk is called for) into a quart freezer bag. Add the amount of water called for (ie...if it calls for 1 1/2 cups water and 1/2 cup milk, you would add 2 cups water). Make

sure your water is at full boil. Stir well, and pop in a cozy for 10-20 minutes. Each type of meal is different, and will do differently. Please try it out at home first, and see how it works for you.

Ramen works well prepared in either freezer bags or in an insulated mug.

Pizza Ramen For Two

2 3-ounce packages of ramen (any flavor)
1 3-ounce package julienne cut sun dried tomatoes
1 small shelf stable package sliced pepperoni
1 packet Italian dry dressing mix
2 packets string cheese
Small bottle olive oil
Shelf stable Parmesan cheese
Box of steamer bags

Bring 3 cups water to a near boil.

Meanwhile open up the 2 packets of ramen and put into a steamer bag, crumbling them up a bit. Discard the 'flavor packet'. Add in about half the bag of tomatoes (or more!).

Pour the hot water over the ramen. Seal the bag tightly and put into a cozy for 3-5 minutes. Dice the cheese up and take out one packet of pepperoni (each package has two packets).

Drain carefully all the water but about 1 Tbsp. Add in 1-2 Tbsp olive oil, a couple tsps of the Italian mix and stir up. Toss in the pepperoni and cheese. Stir in and toss some Parmesan on top.

Serves 1 Beast master to 2 normal appetites. As I mention in the video, pick up some nice rolls in the store's bakery to go with it and hey, grab some dessert as well!

Shrimp Sesame Noodles

In a quart freezer bag:

1 3-ounce block shrimp flavored ramen with 1/4 of the seasoning packet added
2 Tbsp dried diced carrots
2 Tbsp dried diced onions
Pinch of red pepper flakes

Also bring:

1 foil pouch of shrimp
1-2 tsp sesame oil in a leak proof container

Add about 1 1/2 cups near boiling water to the ramen bag. Push air out, seal well and mix by gently shaking and rolling the bag, till the ramen starts to just soften. Put the bag in a cozy for 10 minutes, tucking the shrimp pouch underneath, to warm it up.

Opening one corner a bit, drain off the water carefully, add in the shrimp and toss with the sesame oil.

Serves 1-2, depending on how hungry you are.

Notes:

By using only 1/4 of the seasoning packet, you keep the sodium levels at a decent rate, yet still get some of the flavor. If one desires, they can add more seasoning, or keep the broth and have it as a ramen bowl.

Thai Ginger Chicken Noodles*In a quart freezer bag:*

1 package noodles from Thai Ginger soup (or similar rice noodle ramen)
1/2 the flavor packet
1 Tbsp dried diced carrots
1 Tbsp dried diced onion
1 Tbsp dried shredded cabbage
1/8 tsp dried red chili flakes

Also take:

1 3 or 5-ounce can chicken

1-2 Tbsp shredded natural coconut

Add the chicken and 1 cup near boiling water to the bag. Mix well, seal tightly and put in a cozy for 5 minutes. Do not let sit too long, as the noodles can get mushy.

Drain off any remaining water carefully, leaving a Tablespoon behind and stir in the other half of the flavor packet, along with the oil. Top with coconut and eat.

Serves 1.

Notes:

By adding half of the flavor packet first, the noodles get some flavor while "cooking" but you drain off some of it. The other half of the packet gives a flavor punch at the end. Overall, while I wouldn't recommend this for those on a low sodium diet the dish has reasonable amounts of sodium, about 800-1,000 for a very filling dish (depending on how much chicken used). This dish would also work well vegetarian. Leave the chicken out and add in cashews chopped up with the coconut. Yum!

Cheesy Ramen

In a quart freezer bag:

1 3-ounce block ramen noodles.

Also pack 1-2 tubs cheese sauce. (This can be found at Papa John's® pizza joints, through Minimus.biz, or in cases at some club stores. If you can't find the tubs or tubes, Velveeta® can be used.)

Add 1 1/2 cups near boiling water to the ramen bag. Seal well and put in a cozy for 10 minutes. Drain off any remaining water carefully, add in cheese sauce, tossing the pasta to combine.

Serves 1.

Ramen Pot Pie

In a quart freezer bag:

1 package chicken flavored ramen with half the seasoning packet (crumble up the ramen)

1 pouch or can of chicken (3 to 7-ounces depending on your taste)

Also take a packet of instant mashed potatoes such as Idahoan® ones that have everything in them (any flavor, add 2 cups water variety)

Add 2 cups near boiling water and chicken with any broth to the ramen bag. Seal well and put in a cozy for 10 minutes. Take out the bag and add the dry potatoes till it becomes nice and thick.

Serves 2.

Notes:

This is a salty meal, but filling. Thanks to Bill who sent the recipe.

Mountain Spaghetti

In a quart freezer bag:

1 3-ounce block ramen or choka soba noodles

In a small bag:

1 Tbsp dried parsley

1/2 tsp granulated garlic

1 Tbsp Italian herb seasoning

1/4 cup shelf stable Parmesan cheese

Also take 2 packets or 2 Tbsp olive oil

Pour 1 1/2 cups near boiling water over the ramen. Seal bag tightly, carefully rotate bag till ramen softens. Put in a cozy for 10 minutes. Drain any remaining water carefully. Add olive oil and toss with spices and cheese.

Serves 1

Couscous cooking tips:

You can use either couscous in boxes or for a better buy, find it in bulk. Couscous is made from semolina, the same as pasta. It is pasta, it just doesn't need anything but boiling water to cook. You can find it in regular, whole wheat or in flavored varieties.

Basic cooking method:

- 1 person: 1/3 cup couscous to 1/2 cup water
- 2 persons: 2/3 cup couscous to 1 cup water

To this you can add whatever flavorings, herbs or spices you might desire. A pinch of salt is usually mandatory with couscous. Couscous works well with either savory or sweet recipes-and handles items like nuts and dried fruit well. It does not do well though, with heavy thick sauces. Add your boiling water, stir well, and let sit for 5-10 minutes in a cozy.

A quick trail lunch that will serve 1 to 2 depending on your appetite (1 for logger sized people.....). The recipe works well prepared many ways: freezer bag cooking (FBC method), insulated mug (Mug method) and one pot method. Directions for all three are included.

Red Pepper Curry chicken & Olive Couscous

Depending on method, pack in a quart freezer bag or sandwich bag:

2/3 cup couscous

1/4 cup freeze-dried olives

3 tsp Red Pepper Curry dressing mix

1 tsp diced dried onion

Also take:

1 7-ounce pouch chicken

1 Tbsp extra virgin olive oil (1 packet)

FBC method:

Add the chicken, oil and 1 1/4 cups near boiling water. Stir well, seal tightly and put in a cozy for 10 minutes.

Mug method:

Add the chicken, oil and 1 1/4 cups boiling water to the ingredients. Stir well, cover tightly and let sit for 10 minutes.

One pot method:

Bring 1 1/4 cups water to a boil in your pot. Turn off your stove and add in the dry ingredients, chicken and oil. Stir, cover tightly and let sit for 10 minutes. If in cool weather, put your pot in a pot cozy.

Fluff up after sit time. Sprinkle with freeze-dried chives if desired.

Serves 1 to 2.

Italian couscous

In a quart freezer bag:

1/3 cup plain couscous
1/4 cup dried vegetable mix or freeze-dried
1 Tbsp dried diced onion
1/4 tsp pepper
1/4 tsp salt, if desired
1/4 tsp dried basil
1/4 tsp dried oregano
1/4 cup shelf stable Parmesan cheese

Also take a 3 to 5-ounce can of chicken

FBC method:

Add 1 cup near boiling water and chicken with broth. Stir well, seal tightly and put in a cozy for 10 minutes. Fluff up.

Mug method:

Add the chicken with broth and 1 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Fluff up.

Serves 1.

Spicy Beef & Tomato Couscous

In a quart freezer bag:

1/4 cup cooked and dehydrated hamburger or 'beef' TVP
1/4 cup diced sun-dried tomatoes
3/4 cup couscous
1 1/2 tsp low sodium beef bouillon
2 Tbsp dried onions
1 Tbsp dried chives
1 Tbsp dried parsley
1/2 tsp ground cumin seed
1/2 tsp dried minced garlic
1/4 tsp black pepper
1/4 tsp red pepper flakes

Also take 1 Tbsp olive oil

FBC method:

Add the oil and 1 1/2 cups near boiling water and stir well. Seal tightly and put in a cozy for 10 minutes. Fluff up. Salt to taste, if desired.

Mug method:

Add the oil and 1 1/2 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Fluff up. Salt to taste, if desired.

Serves 2.

Trust me, 3/4 cup of couscous makes a lot! It would also make a great burrito filling with salsa and cheese!

Notes:

The original recipe called for beef jerky that was shredded in a blender at home beforehand. This could be used as well, but due to not being boiled as in the original, the jerky will most likely be still quite chewy. I changed the recipe to using low sodium beef bouillon. You don't have to follow this, and can use vegetable or beef bouillon. This is a way though to watch the sodium content. The recipe also called for 1/2 tsp of sea salt. If you use normal bouillon, you don't need that extra salt!

Dried hamburger is very easy to make at home, but if you are a vegetarian or want an easy option, use flavored TVP! It is easy to use with a long shelf life. Harmony House Foods sells a great little sampler kit of TVP.

Sun dried tomatoes? My favorite to use is Just Tomatoes tomatoes. They are thin, easily crumbled and not chewy like most out there.

Curried Chicken Cranberry Couscous

In quart freezer bag:

3/4 cup couscous
1/2 cup dried cranberries
1 Tbsp dried diced onion
1/2 tsp dried parsley
1 1/2 tsp curry powder
1/4 tsp salt (if desired)

Also take:

1 7-ounce packet or 5-ounce can chicken
2 Tbsp olive oil
1/4 cup diced toasted walnuts

FBC method:

Add the chicken with broth, oil and 1 1/4 cup near boiling water. Stir well, seal tightly and put in a cozy for 10 minutes. Fluff up and add the walnuts.

Mug method:

Add the chicken with broth, oil and 1 1/4 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Fluff up and add the walnuts.

Serves 2.

Chicken Alfredo Couscous

In a quart freezer bag:

1/3 cup instant couscous
1 Tbsp dried onion
1 Tbsp dry alfredo mix (preferably organic)
1 tsp dried parsley
1/4 tsp dried granulated garlic
1 Tbsp dry milk

Also take:

3-ounce can of chicken (with pop top).
1 Tbsp shelf stable Parmesan cheese (in a small bag) or 3 packets

FBC method:

Bring 1/2 cup water to a near boil. Add the chicken with its broth to the bag along with the hot water. Stir well, seal tightly and put in a cozy for 10 minutes. Stir again and top with Parmesan cheese.

Mug method:

Add the chicken with broth and 1/2 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Stir again and top with the Parmesan cheese.

Serves 1.

Mexican Chicken

In a quart freezer bag:

1/3 cup couscous
2 Tbsp freeze dried vegetables
1 tsp each dried adobe & chipotle powder
1 tsp low sodium chicken bouillon
1/2 tsp Mexican spice
1 tsp granulated garlic
1 tsp granulated onion powder

Also take 1 3 to 5-ounce can chicken.

FBC method:

Add 1/2 cup near boiling water and chicken with broth. Stir well, seal tightly and put in a cozy for 10 minutes.
Fluff up.

Mug method:

Add 1/2 cup boiling water and chicken with broth to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Fluff up.

Serves 1.

Notes:

For the dried adobe and chipotle powder, puree a can of the stuff and dehydrate until crumbly, run through a food processor/blender until it is almost a powder. Need to do the dehydrating outside, this stuff has a strong smell.

~Thank you to PaddIn for the recipe.

Chicken Italian

In a quart freezer bag:

1/3 cup couscous
1/4 cup freeze dried mixed vegetables
2-3 Tbsp Knorr® Tomato With Basil soup mix (or any powder tomato soup mix)
1 Tbsp dry onion
1/4 tsp granulated garlic

Also take one 3 to 5-ounce can chicken.

FBC method:

Add chicken with broth and 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 10 minutes.

Mug method:

Add chicken with broth and 1 cup boiling water to the dry ingredients. Stir well, seal tightly and let sit for 10 minutes.

Serves 1.

Notes:

Depending on personal taste, you may prefer up to 1/4 cup more water, as the recipe is very thick.

Cranberry Couscous

In a quart freezer bag:

1 cup couscous
1/3 cup dried cranberries
2 Tbsp dried onion
2 tsp low sodium chicken bullion
Pepper to taste, salt, if desired.

Also take:

1 Tbsp or 1 packet olive oil

FBC method:

Add 1 1/2 cups near boiling water and oil. Stir well, seal tightly and put in a cozy for 10 minutes. Fluff up.

Mug method:

Add 1 1/2 cups boiling water and oil to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Fluff up.

Meat option: 1 5-ounce can or 7-ounce pouch of chicken added with the water step.

Serves 1 or 2 if chicken is added.

Dried-Fruit Couscous

In a quart freezer bag:

1 1/3 cups couscous
2 tsp low sodium vegetable bouillon
1/3 cup pitted dates, diced
1/3 cup dried figs or prunes, diced

Also take:

1 Tbsp or 1 packet olive oil

FBC method:

Add 2 cups near boiling water and oil. Stir well, tightly seal and put in a cozy for 10 minutes. Fluff up.

Mug method:

Add 2 cups boiling water and oil to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Fluff up.

Serves 2.

Everything you need for a great meal with little thinking:

From Nic, who posts on the Backpacker.com forums, posted this fabulous meal for the backcountry:

"My scouts have pizza in a pot EVERY outing they plan. This is their absolute favorite menu."

(I tweaked the recipe a bit to make it a little more user friendly)

Pizza in a Pot:

At home cook up:

16 ounces rigatoni pasta
1 lb ground meat (beef or turkey), cooked with onion, mushrooms and green pepper as desired before dehydrating

Mix in:

1 26 ounce jar spaghetti sauce

Divide into 4 portions, on 4 trays of your dehydrator. Leave on till fully dry. Measure each portion and note on the bag how much it was. Bag into 4 quart freezer bags.

Also take:

1 string cheese per serving

Parmesan cheese (to taste)

pepperoni (you can find shelf stable pepperoni slices in most grocery stores)

In a quart freezer bag, add the pepperoni and cover dehydrated meal with a 1:1 ratio of boiling water. (You can also do the 'just covering with water' method.) Stir well and put in a cozy. Let sit for 10 minutes.

When ready, stir well and top with the cheeses (shred the string cheese).

Note: Nic likes to usually add garlic and Italian seasoning to the sauce before dehydrating.

While this is rehydrating, prepare cheese cake.

Garlic Toast:

Done ahead of the trip:

Buy a good loaf of bread (ie: Italian) Slice into 1/2 slices. Brush with melted butter and sprinkle with garlic. Place in 250 degree oven and slowly dry. Bread will be hard (sorta like a crouton) when done. Is pretty durable to pack. Can't store for long periods of time (months) because of the butter but will hold up well for most trips.

Cheesecake:

At home:

In a quart freezer bag, add correct amount of powdered milk plus dry mix. (For every cup of fluid milk called for add 1/3 cup dry instant milk + 1 cup water.)

In camp, add cold water to mix in bag. Close and squeeze mixture as till it starts to thicken. Set aside (it sill continue to thicken as it sits). When it is time to eat, sprinkle with graham cracker crumbs. Enjoy! (If you got an instant cheesecake mix with a fruit topping, top with it.) If you would like to do individual servings, prepare the mix in the bag and then cut a corner off the bag. Squeeze into muffin liners and proceed as noted.

A very easy meal, and one that will impress!

Serves up to 4.

Razzie chicken

1 7 ounce foil package of chicken

2 Tbsp dried cranberries

2 Tbsp diced dried apples (fresh is better if you want to pack one in)

1 Tbsp walnuts, chopped in quarters

Balsamic raspberry dressing, single serve pouch

Also take 2 tortillas

Mix together in chicken pouch. Fills 2 tortillas, share between the two.

Serves 1 - 2 as a light meal.

Tuna "Bruschetta"

In a sandwich bag:

1/4 cup diced sun-dried tomatoes

2 Tbsp diced dried onions

1/4 tsp diced dried garlic

1 tsp dried parsley
1/2 tsp dried oregano
Ground black pepper to taste

Notes: Measure dry ingredients and mark on bag.

Also take:

1 3 ounce pouch Albacore tuna
1 Tbsp olive oil
2 tortillas
1-ounce cheese of choice, diced

Add a 1:1 ratio of cool water to the vegetable bag. Let sit for 10-30 minutes. Add in oil and stir. Toss in tuna to coat, then add in cheese. Serve on tortillas.

Serves 1 - 2.

Curry Chicken Pitas

1 7-ounce pouch chicken
4 packets mayo

In a sandwich bag:

2 Tbsp diced dried onion
1/4 cup diced dried apple

In a small bag:

1 tsp curry powder
1/4 tsp ground ginger

Also take:

2 large pita pockets or large tortillas

Add enough cool water to cover the onions and apples. Let soak for 10-20 minutes. If any water is left, drain off carefully. Open the chicken packet, add in the mayo to taste, then the seasonings. Toss in the onion and apple. Spoon into the pitas, halved.

Serves 2.

Harvest Chicken Salad Wraps

1 7-ounce pouch of chicken

In a sandwich bag:

2 Tbsp diced dried celery
1/4 cup diced dried apples

Also take:

1/4 cup chopped walnuts or pecans
1 Tbsp dried cranberries or raisins
1 packet each salt and pepper
1 Tbsp olive oil
2 large pitas or tortillas

Cover the celery and apples with water and let sit for 10-20 minutes. Drain any remaining water carefully. Open the chicken pouch and add the vegetables, nuts and cranberries and toss. Add in olive oil to texture you like, salt and pepper to taste. Serve in pita halves or as wraps.

Serves 2.

Colcannon Mashers

In a sandwich or quart freezer bag:

3/4 cup instant mashed potatoes

2 Tbsp butter powder

2 Tbsp dry milk

2 Tbsp shelf stable bacon or bacon bits

2 Tbsp dried shredded cabbage

1 Tbsp dried diced shallots or onions

1 tsp dried parsley

1/4 tsp ground black pepper

Salt to taste

FBC method:

Add 1 1/4 cups near boiling water to the bag. Stir well, getting into the corners. Seal tightly and put in a cozy for 15 minutes. Stir again before serving.

Insulated mug method:

Add 1 1/4 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Stir again before serving.

One pot method:

Bring 1 1/4 cups water to a boil. Turn off the stove and in the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Stir again before serving. In cold temperatures you may want to put your pot in a pot cozy.

Salt to taste, if desired.

Serves 1.

Creamy Clam Taters

In a quart freezer bag:

3/4 cup instant mashed potatoes

3 Tbsp dry instant milk

1/2 package Creamy Clam Sauce

1 Tbsp diced dried onion

1 Tbsp shelf stable Parmesan cheese

1/2 tsp dried chives

FBC method:

Add 1 1/4 cups near boiling water and stir well. Seal tightly and let sit for 10 minutes in a cozy. Stir well again.

Mug method:

Add 1 1/4 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Stir well again.

Serves 1.

Note: Really good topped with crunchy fried garlic bits.

Greens & Reds

In a quart freezer bag:
3/4 cup instant mashed potatoes
2 Tbsp dried milk
2 Tbsp dried spinach
1 Tbsp dried diced tomatoes
2 tsp chicken gravy mix
1/4 tsp ground black pepper
1/4 tsp dried chives

Also take:

3 ounce can of chicken
1 ounce of Swiss cheese

FBC method:

Add 1 1/4 near boiling water and the chicken with broth. Stir well, seal tightly and put in a cozy for 10 minutes. Stir in the diced up Swiss cheese.

Mug method:

Add 1 1/4 cups boiling water and the chicken with broth to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Stir in the diced Swiss cheese.

Serves 1.

Chicken Ranch Tater Trash-erole

In a quart freezer bag:
3/4 cup instant mashed potatoes
1/4 cup dried hash browns
2 Tbsp instant dry milk
1 Tbsp organic Ranch dip mix
1 Tbsp diced dried shallots
1 Tbsp shelf stable Parmesan cheese
1/4 tsp diced dried garlic

Also take:

1 ounce cheddar cheese
1 3 ounce can of chicken

FBC method:

Dice the cheese. Add 1 1/4 cups near boiling water, the can of chicken with broth and 3/4 of the cheese. Stir well, seal tightly, pushing out the air and put in a cozy for 10 minutes. Stir again and top with the remaining cheese.

Mug method:

Dice the cheese. Add 1 1/4 cups boiling water, the chicken with broth and 3/4 of the cheese. Stir well, cover tightly and let sit for 10 minutes. Stir again and top with the remaining cheese.

Serves 1. Balsamic Vinaigrette Mashers

Packed and ready to go - 1 masher recipe and 1 packet. In a pint freezer bag:
1/2 cup instant mashed potatoes
1/4 cup instant hash browns
1 Tbsp dry milk
1 Tbsp diced sun dried tomatoes

1 Tbsp diced dried shallots (or onions)
1 Tbsp shelf stable Parmesan cheese

Also take 1 packet of shelf stable dressing (1 ounce)

FBC method:

Add the dressing and 1 1/4 cups near boiling water. Stir well, making sure all the potatoes are evenly moistened. Seal tightly and put in a cozy for 10 minutes. Stir again and sprinkle on more cheese if desired.

Mug method:

Add the dressing and 1 1/4 cups boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes. Stir again and sprinkle on more cheese if desired.

Serves 1.

Homemade Alfredo Mashed Potatoes (Vegetarian)

In a quart freezer bag:

1Tbsp shelf stable Parmesan cheese
1Tbsp dry milk powder
1 tsp coffee creamer
1/8 tsp Tony's® seasoning (or salt, black pepper, red pepper to taste)
1/8 tsp Granulated Garlic
1/8 tsp Oregano
1/4 tsp Basil
2/3 cup instant mashed potatoes

FBC method:

Add 1 cup near boiling water and stir well. Let sit till cool enough to eat.

Mug method:

Add 1 cup boiling water. Stir well and let sit till cool enough to eat.

Serves 1.

Note: Drizzle 1 Tbsp olive oil or butter in if desired.

Cheezy Bacon Mashed Potatoes

In a quart freezer bag:

1 1/2 cups instant potatoes
1/3 cup instant dry milk
3 Tbsp cheese sauce powder (found in bulk section or online)
Fresh ground black pepper

Also take 2 - 3 Tbsp Shelf stable crumbled bacon or 'bacon' TVP

FBC method:

Add the bacon and 2 1/4 cups near boiling water. Stir well and let sit till cool enough to eat.

Mug method:

Add the bacon and 2 1/4 cups boiling water. Stir well and let sit till cool enough to eat.

Serves 2.

Sasquatch's Taters

Mix in a bowl:

1-3/4 cups instant mashed potatoes
1-1/2 cups dry milk

2 tsp low sodium chicken bouillon
2 tsp dried onion
1 tsp dried parsley
1/4 tsp ground pepper
1/4 tsp dried thyme
1/8 tsp turmeric (or an Indian curry powder)
salt to taste

Put 1/2 cup mix in each freezer bag.

FBC method:

Add 1 cup near boiling water. Stir until smooth and let sit till cool enough to eat.

Mug method:

Add 1 cup boiling water. Stir until smooth and let sit till cool enough to eat.

Serves 1 as a side dish or lunch.

Cheezy Bacon Mashed Potatoes

In a quart freezer bag:

1 1/2 cups instant potatoes
1/3 cup instant dry milk
3 Tbsp cheese sauce powder (found in bulk section or online)
Fresh ground black pepper

Also take 2 - 3 Tbsp Shelf stable crumbled bacon or 'bacon' TVP

FBC method:

Add the bacon and 2 1/4 cups near boiling water. Stir well and let sit till cool enough to eat.

Mug method:

heezy Bacon Mashed Potatoes

In a qu

Grizz's BBQ Bowl

1/2 cup cooked and dehydrated ground beef/turkey or 'beef' TVP
2 Tbsp diced dried green bell pepper
1/4 cup freeze-dried corn
2 tubs/packets BBQ sauce
1/2 tsp chili powder
1/4 cup French fried style onions
1 cup instant hash browns

In one quart freezer bag combine: Beef, peppers, corn and chili powder. Mix well in bottom of bag. Top with hash browns. (Don't mix)

Put French fried onions in a sandwich bag with unopened bbq tubs.

In camp: Add BBQ sauce, then near boiling water to the quart freezer bag (not quite covering), knead gently. Seal tightly and put in a cozy for 15 minutes.

Add more water if needed.

Divide and top with the fried onions.

Serves 2.

~Thanks to Perk (now known as Grizz)

Low Sodium Faux Rice You-Know-What Roni

A dehydrator special:

2 Tbsp Olive Oil
1 cup Long Grain Rice
1/2 cup Orzo Or Other Small Pasta (I used Hispanic pasta that comes in tiny spaghetti bits)
1 1/2 cups Water
2 cups very low sodium chicken broth
1 tsp dried onion
1/2 tsp granulated garlic
1 tsp Parsley
1/4 cup Soy Sauce Substitute* see below for recipe

1/2 lb natural low fat ground beef
4 large mushrooms, chopped

In a separate pan cook the meat and mushrooms till well done. Drain grease if needed.

Sauté rice and pasta in oil about 2 minutes or until pasta is golden brown. Add meat, water, broth and spices and soy sauce substitute, cover, reduce heat and simmer 20 minutes or until rice is tender. Stir every couple minutes-in the last 5 minutes you may need to turn the heat down.

For drying for trail use:

Spread on parchment lined trays. Dry till brittle dry at 135*. Seal well when cool. Food vac bags are ideal here. Or use freezer bags. Store in freezer till trip time. In camp add equal amounts boiling water to dry food and let sit in a cozy for 10 minutes or so. (ie. 1 cup food, 1 cup water.) A serving would be 1-2 cups rehydrated. Depending on appetite!

Low Sodium "Soy Sauce"

2 Tbsp Very Low Sodium Beef Bouillon (or use 4 packets of Herb Ox® brand LS Beef bouillon)
2 tsp Red Wine Vinegar
1 tsp Molasses
1/8 tsp Ground Ginger
couple grinds Black Pepper
1/8 tsp Garlic Powder
3/4 cup Water

In small sauce pan, combine and boil gently uncovered about 5 minutes or till mixture is reduced to 1/2 cup. Store in refrigerator. Stir before using. Will gel sometimes in refrigerator, but it does not affect it.

Note: I was very surprised that it actually DOES taste like soy sauce.

Sushi Rice Bowl

In a quart freezer bag:
1 cup instant rice
1 Tbsp diced dried carrots
1 Tbsp diced dried shallots
2 tsp dried green onions
1 tsp sugar
1/2 tsp soy sauce powder
1/4 tsp red pepper flakes
1/4 tsp vinegar powder

Also take 1/4 cup torn Nori in a tightly sealed bag.

FBC method:

Add 1 cup near boiling water to the rice bag. Stir well, seal tightly and put in a cozy for 15 minutes. Fluff up and stir in the Nori.

Mug method:

Add 1 cup boiling water to dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Fluff up and stir in the Nori.

Serves 1.

Notes:

Weight of dry ingredients is 5 1/2 ounces. Roughly 500 calories and 10 grams protein. To boost fat content consider adding in 1 Tbsp oil (14 grams fat).

Nori does have a texture/smell that not everyone will like. If you like California sushi rolls you will like it. If you are a meat and potato type, it may take a time or ten of eating Nori to learn to love it. Nori is found in Asian grocery stores and the "ethnic" aisle in most grocery stores. It is flat sheets of sea vegetables, with the salty essence of the sea.

Dried green onions can be found in Asian grocery stores as well. **Thanksgiving On The Trail: Easy, Trashy & good:**

This isn't one of the "it is good for you" meals. But, eh, you get it once a year, no? The meal is designed to feed 2-3 and it will make quite a bit. You can double the meat and use a 10 ounce can. If you do this, use the liquid in the can, and cut the water back to a generous 1/2 cup (instead of 3/4 cup).

You can leave the butter out of the stuffing, it does though add a nice flavor and texture...and if you are hiking in November, the fat is a good thing for staying warm. Butter is easy to carry in the colder months as well, so take advantage!

Being a meal to share this is one of the rare times I will suggest "bring bowls!". It makes the cooking easy to do as well as sharing the meal.

Thanksgiving On The Trail: Easy, Trashy & good!

This isn't one of the "it is good for you" meals. But, eh, you get it once a year, no? The meal is designed to feed 2-3 and it will make quite a bit. You can double the meat and use a 10 to 13-ounce can. If you do this, use the liquid in the can, and cut the water back to a generous 1/2 cup (instead of 3/4 cup) in the gravy.

You can leave the butter out of the stuffing, it does add a nice flavor and texture...and if you are hiking in November, the fat is a good thing for staying warm. Butter is easy to carry in the colder months as well, so take advantage!

Being a meal to share this is one of the rare times I will suggest "bring bowls!". It makes the cooking easy to do as well as sharing the meal.

Turkey Cranberry Gravy:

In a pint freezer bag:

1 package Roasted Turkey Gravy mix

1/4 cup dried sweetened cranberries

Mark: Add can of chicken & 3/4 cup water.

Stuffing:

In a quart freezer bag:

1 package instant stuffing (usually between 6-8 ounce box, Stove Top or similar)

Mark: Add 1/4 cup butter and 1 1/2 cups water.

Mashed Potatoes:

In a quart freezer bag:

3/4 cup instant mashed potatoes

2 Tbsp dry milk

1/4 tsp diced dried garlic

1/4 tsp ground black pepper

Mark: Add 1 1/4 cups water.

Also take:

1/4 cup butter

1 5-ounce can turkey or chicken

The stuffing:

Add the butter, diced up, and 1 1/2 cups near boiling water. Stir well, and make sure the water gets mixed in. Seal tightly, pushing any air out carefully.

Gravy:

Add in the can of turkey along with the liquid and 3/4 cup of near boiling water. Stir very well and seal, pushing out any air carefully.

Mashed Potatoes:

Add in 1 1/4 cups near boiling water, stirring well. Make sure to get any powder in the corners. Seal tightly, pushing out any air.

For all:

Put the 3 bags into a cozy (you may need two cozies) for 10 minutes. Fluff up the stuffing, stir the potatoes well.

Plate up and eat!

~One pot option for the meal:

Boil the water for the stuffing and potatoes. Proceed as directed.

For the gravy, add 1 cup water along with chicken and juice to your pot. Stir in the gravy mix and bring to a boil. Lower heat to low and boil gently for a minute.

Let sit till everything else is ready.

DIY Instant Cranberry Sauce

1/4 cup dried sweetened cranberries

1/4 tsp dried orange peel

At home pulverize the cranberries and orange peel in a mini food chopper or blender till a small chunky paste (it will be sticky). Pack in a pint freezer bag.

On trail add 1/4 cup near boiling water. Seal the bag tightly and let sit in a cozy for 15 minutes.

Serves 1.

Thanksgiving On The Trail Part #2: Making It Reasonably Healthy:

One of my favorite pre-low sodium diets was doing Thanksgiving On The Trail...which just isn't low in sodium no matter what you do, even using the hard to find "lower sodium" chicken instant stuffing mix by Stove Top. The other issues lie in that brand contains both MSG and High Fructose Corn Syrup, both items we can do with less of. (And most commercial brands of "instant" stuffing contain it as well.)

This recipe won't necessarily save you money, but it will allow you to have a great tasting meal and be

able to make it with whole wheat or multi grain breads, vegetables and control the sodium to a respectable level. You can use homemade bread as well, and control the sodium there as well.

Thanksgiving On The Trail:

At home take approximately 6-7 slices of bread and flatten them with your palms on a cutting board. Take a sharp chef knife and dice up the pieces of bread. When done you will want about 4 cups of diced bread. The flattening creates a denser crumb.

Put on lined dehydrator trays. It will take about 2 hours at 135*. You want crispy dry. When dry split the bread crumbs into 2 quart freezer bags.

In a small chopper, blender or clean coffee grinder combine and whirl:

3 tsp low sodium chicken bouillon (or 3 Tbsp homemade)

1 1/2 tsp dried parsley

1 tsp poultry seasoning

2 Tbsp dried onions

2 Tbsp dried celery

1/8 tsp sugar

Split the seasoning mix into two small bags. Each bag of bread gets a bag of seasoning mix.

Mark the bread bags with: Add 3/4 cup water + 1 Tbsp olive oil.

Thanksgiving On The Trail

1 bag of bread crumbs

1 bag of seasoning blend

1 Tbsp or packet of olive oil

1 3 ounce can of chicken

Packet of Cranberry Sauce

Add the seasoning packet to the bread crumbs, add in the chicken (you can add in the broth if desired), the oil and 3/4 cup boiling water. Stir well, seal and put in a cozy for 5 minutes. Fluff up and serve.

Serves 1-2.

Notes:

Using no added salt besides the bread and the chicken one gets about 1000 mg of sodium if they eat the whole bag (the chicken is around 400 mg of it). Using commercial instant stuffing you would consume over 1700 mg of sodium. This is a considerable savings. While not low sodium it is a fun way to be able to enjoy it once in a while!

The cranberry sauce packets can be found at Minimus online.

Peanut Butter Hot Cocoa

Mix together in a bowl at home:

1 cup sugar

1 cup cocoa powder

1 cup dry milk

1/2 cup peanut butter chips

Split into individual servings of 1/3 cup and store in snack bags.

To make:

Add 1 cup of water to a bag, in your mug. Stir until peanut butter chips have melted and mixture is smooth.

Approximately 12 servings.

Notes: If you use Nido® or similar high fat dry milk, store the mix in your refrigerator till trip time.

Sugar Free Spicy Cocoa Mix

Mix together in a bowl at home:

2 cups nonfat dry milk powder

1/2 cup low-fat powdered nondairy creamer

1/2 cup unsweetened cocoa powder

10 packets sugar substitute

3/4 tsp ground cinnamon

Divide into 8 servings of 1/3 cup mix each, and store in snack size bags.

In your mug add 3/4 cup boiling water to a bag of cocoa mix. Stir well to dissolve.

Makes 8 servings total. A nice way for diabetics and those who like faux sugar to make their own cocoa mix up quickly at home.

Winter Cocoa

At home mix together:

1 4 serving box of instant chocolate pudding mix
2 cups dry milk

Split into 6 servings. Each serving takes 1 cup of boiling water. Stir well and enjoy! You can use sugar free pudding mix if desired, to cut pack weight. Whole fat dry milk (Nido®) works well here. If you use whole fat milk, store your mix in the refrigerator till leaving.

Serves 6.

Mocha Coffee Mix

At mix together:

1 1/4 cups instant coffee granules
7 cups dry milk powder
5 3/4 cups powdered chocolate drink mix
1/4 cup confectioners' sugar
1 3/4 cups powdered non-dairy creamer

Store in an airtight container.

Add 1/4 cup mix to 1 cup boiling water and stir well.

Makes 64 servings.

Rich Trail Cocoa

At home mix together:

1 lb instant cocoa mix
6 ounces nondairy creamer
8 quarts (11 cups) instant dry milk
2/3 cup brown sugar

Store in an airtight container.

Add 1/3 cup mix to 1 cup hot water. Stir well.

Russian Tea

At home mix:

2 cups instant orange flavored drink mix (with sugar)
2 cups sweetened instant tea mix
2 tsp cinnamon
1 tsp allspice
1 tsp cloves (if you like)

Add 2 Tbsp mix to every cup of boiling water in your cup. Stir well.

Makes about 32 servings.

Milk & Tea

At home mix:

2 cups instant milk
2 Tbsp instant ice tea mix (sweetened, with lemon)
1/3 cup sugar

Add 3 generous Tbsp per cup of boiling water in your cup. Stir well.

Makes about 12 servings.

Easy Mocha Coffee

1 packet cocoa mix of choice
1 packet of Folger's® or other brand singles coffee

Brew coffee, stir in cocoa packet.
Serves 1.

Our book Freezer Bag cooking: Trail Food Made Simple contains many more drink recipes.

Sport & Electrolyte Drink Mixes:

Sport Drink

10 tbs. sugar (5/8 cups or 120 grams)
3/4 tsp Morton® Lite salt (4.2 grams)
1 package of unsweetened Koolaid® or similar
Water to make 2 liters

The recipe will give a total of 124 grams of solute which in 2 liters water gives a total of 6.2% concentration. For an 8 oz serving this gives:
14.2 grams carbohydrate (6%)
53 calories
103 mg Sodium
121 mg Potassium

You'll notice that the amount of potassium is quite a bit higher than Gatorade®, but the rest is pretty close. If you wanted to reduce the potassium, another option would be to use 1/2 tsp. each of regular salt and the Morton® Lite Salt. This would change it to:
104mg sodium
40mg potassium

Trail Mixes & Gorp:

Trail Mixes & Gorp:

I have separated the mixes into two types-ready to go mixes and cooked or baked mixes. Usually ready-to-go blends will last quite some time, it's only enemy being heat on the trail. A good idea in summer is to bury your gorp/trail mixes deep in your pack. With baked or cooked mixes, you will most likely want to consume your mix within a week, as it will start going stale tasting or get a bit limp from moisture. Putting your trail mix into snack sized bags is a good idea for 2 reasons: 1) It keeps it fresh. 2) It keeps down dirty hands from double and triple dipping into the food. This cuts down on virus spreading while hiking with partners.

Ready To Go Mixes:

Candy De-lite

1 can cashew pieces
1 bag butterscotch chips
1 bag peanut butter chips
1 bag yogurt covered raisins
1 bag dried cranberries

Mix well in a bowl, and store in snack bags of how much you would like to eat at a time.
Try to keep cool in summer.

Ladies DeLite Trail Mix

- 1 bag white chocolate chips
- 1 bag dark or semisweet chocolate chips
- 1 bag dried cranberries
- 1 can or bag hazelnuts

Mix well in a bowl, and store in bags.
Try to keep cool in the summer.

Rocky Road Trail Mix

- 2 pkg semisweet chocolate chunks (or chips)
- 1 can or bag candied walnut pieces
- 1 bag mini marshmallows

Mix well in a bowl, and store in snack bags. Try to keep cool in summer.
~Thank you to Pixie for the recipe.

Banana Split Trail Mix

- 1 bag plain M&M's®
- 1 can cocktail peanuts
- 1 can walnut pieces
- 1 can candied pecans
- 1 pkg dried banana chips
- 1 pkg dried strawberry slices
- 1 pkg dried pineapple chunks

Mix all ingredients in a bowl and bag in snack bags.
~Thank you to Frantic for the recipe.

Fair Food Trail Mix

- 1 package pretzels, any shape
- 1 package Cheese balls or favorite Cheeto® type snack
- 1 can peanuts

Mix all ingredients in a bowl and bag in snack bags.
~Thank you to Frantic for the recipe.

Not-Gorp Trail Mix

- 2 parts Quaker Oatmeal Squares cereal®
- 1/2 part Grapenuts®
- 1 part dried cherries
- 1/2 part dried cranberries
- 1/2 part dried blueberries
- 1 part whole raw almonds
- 1 part hazelnuts (aka filberts)
- 1/2 part macadamia nuts
- 1/2 part Brazil nuts
- 1/2 part dehydrated banana slices (unsweetened, not fried)

I usually take a "part" to be a cup, then half-fill as many quart bags as it takes.
~Thanks to Catzia for this recipe.

Baked Trail Mixes:

Chocolate Popcorn Trail Mix

2 squares semi-sweet baking chocolate or half of a bag of chips
2 cups popped microwave popcorn
1 cup dried cranberries
2 cups frosted wheat cereal

In a microwavable bowl melt chocolate on high 1 minute, stir until fully melted. Add other items and toss fast to coat.

Cool on a large sheet of wax or parchment paper. Store in plastic bags tightly sealed.

Chex Mix®

About 20 recipes for Chex Mix® are [here](#).

Trail Popcorn

While not technically a freezer bag item, this can be fun if you are having a fire at camp.

What you will need:

Foil. For each person a 15 inch square. Use heavy duty foil.

1 Tbsp oil per person.

2 Tbsp popcorn per person.

1 stick that is hearty enough and long enough.

A piece of string or wire.

Take the square of foil and use your fist to make a pocket in it. Add the oil and the popcorn. Fold up the foil so it is like a hobo bag. Tie the string or wire around it, and the other end of the string to the branch. Dangle over the fire till it pops. Salt to preference after popping.

Make-On-The-Trail Desserts:

Chocolate Hazelnut Pudding

In a quart freezer or storage bag:

1 4-serving box of instant chocolate pudding

2/3 cup instant milk (preferably full fat Nido brand)

Also bring:

2 Tablespoons Nutella chocolate hazelnut spread

1/4 cup mini semisweet chocolate chips

Add to the bag 2 cups cold water and seal the bag tightly, pushing out most of the excess air. Shake the bag for a good 2 minutes, making sure there is no powder in the corners. Open the bag and stir in the Nutella spread. Seal the bag up tightly and stash somewhere cold (a protected spot in a cold creek, river, lake or snowbank). Let set up for 15 to 30 minutes.

Stir in the chocolate chips and dish up.

Serves 1 to 4 piggies for dessert.

Cappuccino Pudding

In a quart freezer bag:

2/3 cup dry dairy milk

1 4-serving size package of instant vanilla pudding mix

2 tsp instant espresso powder

If desired, pack in a small amount of cinnamon to dust the pudding.

Take 1 3/4 cups very cold water, add to the bag and seal well. Shake for 1 - 2 minutes till it starts to thicken. If you can, let the pudding rest in a cold snow bank, stream or lake for 20 minutes.

Serves 2 - 4.

Upside Down Lemon Pudding Pie

In a quart freezer or storage bag:

1/2 package instant lemon pudding (4-serving size)

1/3 cup dry dairy milk

In a sandwich bag:

1/2 cup crushed graham crackers (about 8 squares)

Add 1 cup very cold water to the quart bag, seal well and shake for a couple minutes. Put in a cold creek or lake for 20 minutes. Portion into two bags, cups or bowls and top with graham cracker crumbs.

Serves 2.

Trail Pudding

In a quart freezer or storage bag put:

1 4-serving package instant pudding mix, whatever flavor you like

1/2 cup dry dairy milk

Add 2 cups very cold water. Stir well and seal TIGHTLY. Holding the top, start shaking that bag good for a couple minutes. Put the bag in a stream or cold lake and let chill for 20 minutes.

Serves 2 - 4.

Cinnamon French Vanilla Pudding & Shortcakes

In a quart freezer or storage bag put:

1 4-serving package instant french vanilla pudding mix (regular or sugar-free)

2/3 cup dry dairy milk

1/2-1 tsp cinnamon

1-2 packages shortcakes (4-8)

Add 1 3/4 cups cold water, seal tightly and shake VERY well for a couple minutes and let sit in a cold creek or lake till dessert time, or for at least 10 minutes. Serve the pudding in the shortcake cups.

Feeds 4-8, depending on appetite.

Rice Pudding

In a quart freezer bag:

2/3 cup instant rice

1/3 cup raisins

1/3 cup brown sugar
3 Tbsp dry dairy milk
1 tsp potato starch
1/4 tsp cinnamon

FBC method:

Add 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes.

Mug method:

Add 1 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes.

One pot method:

Bring 1 cup water to a boil in your pot. Add in the dry ingredients, stirring well. Turn off the stove and cover tightly. Let sit for 10 minutes. In cold weather insulate in a pot cozy.

Serves 1 to 2 as a desert, 1 for breakfast.

Apple "Pie" Pudding

In a pint freezer bag:

1/4 cup of crushed honey graham crackers
1 Tbsp brown sugar
1/4 tsp cinnamon
1/4 cup of dehydrated diced apples
1 tsp flour or cornstarch
2 Tbsp dried milk

FBC method:

Add 1/2 cup near boiling water. Stir well, seal tightly and put in a cozy for 10 minutes.

Mug method:

Add 1/2 cup boiling water. Stir well, cover tightly and let sit for 10 minutes.

Serves 1.

Fruit Compote

Mix up dried strawberries, blueberries, and cranberries. Put 1/2 cup in a quart freezer bag. Add near boiling water to cover, seal tightly and put in a cozy for 10 min. If desired, drain off any remaining water and toss with a Tbsp of brown sugar and or some "adult" beverage of choice.....

Serves 1 - 2.

The Fauxbaker & Trail Baking

Have you ever wished you could have a hot biscuit or muffin in the morning? But not carry a ton of weight? Or a huge pot? You can!

I have been fascinated by the Bakepacker® for a couple years, but the problem is this: even with the light version they sell, it won't fit my tiny pans. You need a pan that is at least 6" across (which would be around a 1.5 L pot). I use a MSR Titan Ti Kettle, which is .85 L and is not even 5" across the top. And truth be told, I am not about to start carrying heavier and larger pans for this purpose. So I started looking around on the internet and came across <http://www.bakepacker.com> from a couple years ago, where a hiker described his version of making a UL baker. I thought to myself "could I make one that was smaller? Would it work?". (Though I still hold out for the Super UL Bakepacker® to be produced!)

I wandered around the house looking for what I could use to make it, and noticed I had a brand new windscreen from AntiGravityGear, by Trail Designs that I hadn't used. I smoothed it out, and layed my kettle on top. I traced the shape, then using scissors, cut it out. I then trimmed it down a bit so that it would fit in my pot. You want it so you can drop it in, maybe 1/4" smaller than your pot inside.

There are many materials you could use, one being my idea, another would be a disposable aluminum cookie tray from the grocery store.

Then, using a ruler, I traced a grid of 1/2" squares on it. I used a tiny phillips head screwdriver to do this. All I had to do was gently drag the screwdriver on the metal to leave a light line. You want one that is small, such as for jewelry work. A small punch would work as well.

Now, I found a scrap piece of wood. I set my circle on top of the wood. Using the screwdriver I punched a hole carefully at the corner of each square on the grid I had traced. I then went and punched a hole in the center of each grid.

I then cut another piece of the metal 14" long and 1" wide. It can be as long as you wish. This is what sits at the bottom of the pan, and is spiraled, to hold the circle up.



The baker in the pot:



Part 1: How To Use

When ready to get baking, put the spiral in the pan. Put water in till almost to the top of the spiral. Top with the circle. Next to the pot is my bag, ready with biscuit mix.



Biscuit mix place in pan. You can prep the mix in the bag, then arrange the bag, so that opening is at the top. Do not seal. You can use freezer bags or small oven bags for this. I used a sandwich bag here, but I'd not recommend that as they are more fragile.



I put the pan on my Primus canister stove and brought it to a boil. As soon it was boiling, I hit the timer for 15 minutes, and lowered my stove to where it was barely burning. With the low amount of water in the pan, it continues to gently simmer/boil and conserves fuel use. This would also work fine with an alcohol stove and 1 ounce of fuel. When the time was up, I turned the stove off and let it sit for 5 minutes.



Supposedly, they say on the Bakepacker website to not open the pan while cooking raised items (biscuits, cakes, etc) as the cold air can cause the items to fail and flop.

And did it work? Quite yes, it did! While it doesn't get browned, it was perfectly cooked through. Moist and tender as well! Yum! It made enough for 1 person. For my trial recipe I used Bisquick mix. The Betty Crocker® mixes for muffins that call for just water work well also. Split the pouch in half, into two quart freezer bags.

I put:
1/4 cup + 2 Tbsp biscuit mix

2 Tbsp water

In the bag and sealed it, then I mixed it by kneading the bag. I then opened up the bag and put it in the pot.

It is said that you can put paper muffin liners in the bags, and bake it that way, giving you a nice clean muffin/biscuit.

From now on, I will use a quart freezer bag, and double my biscuit recipe so there is enough for both Ford and I. Half a bag of BC muffin mixes would be perfect for 2 people.

Basically, if you can bake it in a Bakepacker, you can do it in this. Just cut your portions in half. 15 minutes seem perfect for cooking time, along with a 5 minute rest.

And the weight? Less than 1/4 of an ounce.

Baking Cakes On The Trail?

It was my friend, Ldyblade's birthday. So I wanted to make her cake!

I picked up a Betty Crocker® Warm Delights mix at the store for around a \$1. I tossed the bowl it came with into my "I might use it later" pile and packed the mix bag with a new heavy duty sandwich bag. On Sunday night in camp, I mixed it up with 1/4 cup water. I put in into my pan as I described in the previous entry. I put it on for about 15 minutes and let it sit for a couple more minutes.



The cake was very good. I can see stocking up on them when they go on sale. It is minimal fuel use and the results are worth the few minutes work!

Part 3: Beyond The FB?

I went back to the drawing board wanting to try using aluminum foil cupcake liners to bake in.

I am currently testing the "Easy Bake Oven® Theory" - that it is possible to cook in the Fauxbaker most

items you could cook in a child's Easy Bake Oven®. Before one laughs, what I noticed is that the EBO pans are about the same size as what you would use in a Fauxbaker.

Hot Chocolate Trail Cakes:

In a snack sized bag put:
3 Tbsp cake mix
1 tsp dry milk

You will also need your stove, pan, 1 aluminum cupcake liner and a handmade Fauxbaker set.



Add 2 Tbsp water to the mix, seal and carefully knead the bag till the batter is mixed up. Use your knife and cut off a corner of the bag. Pipe the batter into the muffin liner. Using the previous directions, get your Fauxbaker ready for use. Put the liner on top of the disc. Put the lid on the pan, put it on your stove and turn on. Bring the pot to a boil, then turn the stove down to its lowest setting. Let it steam gently for 15 minutes. Turn off your stove and open your pot carefully.

Carefully pop out your muffin.



Let cool for a minute or so. The liner peels off easily.

Each cake serves 1.

Part 4: You Never Knew It Could Be So Much Fun!

Part 1: Eggs In Silicone Cupcake Cups:

I came across Wilton® Silly Feet! silicone cupcake baking cups. Silicone is good for temperatures up to 500* so my mind got tinkering. Would they work as a flexible and reusable baking form for steam baking? Would the feet on them give them the support they need to steam up right? The feet had me thinking I wouldn't need rocks or a metal support system.

You mean you all don't ponder these things in Linen & Things at 10 am? ;-)

Once home I set up two of the cups in my GSI Soloist pan. I interlinked their feet as if dancing close.



I cracked one egg, whisked, into each cup. They hold about 1/4 cup of liquid perfectly. I carefully poured enough water into the pan to just under the bottom of the cup. The feet were covered with water.



I brought the water to a boil quickly, then turned the stove down to as low as it would go. Setting the timer to 10 minutes I let the water gently simmer, doing its steaming. A couple times I popped the lid and poked the crust of the eggs to help the interior egg get cooked. At 10 minutes I had hard cooked eggs.



Perfectly steamed eggs.



Two hot eggs cooling. The silicone is easy to grab even when hot.

The eggs pop out and look like 'egg muffins'.

DIY: Freezer Bag Cooking Cozy

Posted in September 5th, 2008

by [Earlylite](#) in [Stoves](#)

If you're into Freezer Bag Cooking, then you should consider bringing along a freezer bag cozy to keep your food warm while it re-hydrates. This is particularly helpful in the early spring, autumn, and in the wintertime when colder weather will quickly cool hot water in an uninsulated Ziploc bag.



This is an easy DIY project. To get started you need a roll of Foil Bubble Insulation and a roll of Reflective Foil tape. The bubble insulation consists of a layer of polyethylene bubble wrap sandwiched between two sheets of aluminum. This stuff is easy to find at Home Depot or a well stocked Ace Hardware store.



The first step is to cut two pieces of the foil bubble insulation with the same width. The stuff is very soft so common household scissors are fine for this task. Next cut one of the pieces down about 4 inches. You want the foil bubble insulation piece to be slightly wider than the freezer bag since you're going to tape them together to form a pocket-like envelope. I usually allow for two foil columns on the left and the right of the Ziploc and use that as a guide.



Next, stack the shorter piece of insulation on top of the longer piece, and cut three lengths of reflective tape to join the sides and bottom together.



Apply the reflective tape to form an insulating envelope and cut off any excess around the edges. Fold the longer piece over the shorter piece and you're done. If you want to be extra fancy, you can also add some velcro tape to the inside of the flap and the outside of the insulated envelope to keep the cozy closed while your freezer bag meal is cooking.



The weight of the freezer bag cozy shown here is 1.7 oz.