

BACKPACKING COOKING

by [David Rozelle](#)

Venture ASM

Troop 464

RESOURCES

TTF = "Trailside's Trail Food" by John Viehman, Rodale Press, 1993

WFB = "The Well-Fed Backpacker" by June Fleming, Vintage Books, 1986

Camp = "Camping" merit badge book pages 40-44

Bkpk = "Backpacking" merit badge book pages 28-32

[Backpack Menu Planning sheet](#)

SELECTED MENU IDEAS

DINNERS

Cashew Rice Curry (WFB-77, TTF-100)

Chicken Rice Almandine (TTF-100)

Curried Vegetables (Rice) (TTF-104)

Lentil & Rice Casserole (TTF-106)

Ramen / Curried Mushrooms (TTF-103)

Meatless Goulash (TTF-107)

White Mountain Stew (TTF-114)

Cheesy Baco-Spuds (WFB-75)

Devil's Thumb Stew (TTF-104)

SOUPS

Curried soup (WFB-70)

Instant Packet Soups - Chicken Noodle, Onion, etc.

DESERTS

Grasshopper pie (WFB-95)

Rice Pudding (TTF-)

Grocery Instant Puddings w/ Instant Milk

Rice Crispy Squares

Cookies - Fig Newtons, Oatmeal

BEVERAGES

Coffee

Hot Cocoa

Spiced Cider

Tang

Kool-ade

LUNCHES / TRAIL SNACKS

Tuna / Salami / Peanut Butter (Grunch TTF-96)
 Jerky
 Bar's - Power, Wilderness Logs (TTF-96)
 GORP (Granola/Oats/Raisins/Peanuts) also known as "Trail mix"
 good to add M&M's, Sunflower seeds, yogurt covered raisins, etc.
 Breads/Crackers - good source of Carbohydrates for quick energy
 Tortillas
 Bagels
 Pilot Biscuits
 Fry Breads (Biscuit mix/Corn bread mix made like pancakes)
 Pretzels
 Spreads/Bread Toppings to use on Breads
 Honey,
 Humus or Bean Spread
 Peanut Butter
 Tuna
 Sardines
 String Cheese
 Fig Newtons
 Dried Fruits!!

BREAKFASTS

Oatmeal/Cream of Wheat/ Cream of Rice Packets
 Granola
 Familia (TTF-74)
 Sunrise Spuds (WFB-59)
 Breakfast Bars (WFB-80) or Store Bought

Menu Plan from Venture-Patrol John Muir Long Term 8-96

<p><u>Breakfast Choices - Each Chooses his own</u></p> <p> Oatmeal Cream of Wheat Granola Muesli Tang Sunrise Spuds </p>	
--	--

<p><u>Lunch #1 -</u></p> <p> Summer Sausage Pilot Biscuits Gorp Dried Fruit Power Bar </p>	<p><u>Lunch - #2</u></p> <p> Cheese Tortillas Gorp Dried Fruit Power Bar </p>
<p><u>Lunch #3</u></p>	<p><u>Lunch #4</u></p>

Peanut Butter/Honey Bagels Gorp Dried Fruit Power Bar	Tuna & Mayonnaise Pita Bread Gorp Dried Fruit Power Bar
<u>Lunch #5</u> Beef/Turkey Jerky Rice Cakes Gorp Dried Fruit Power Bar	<u>Lunch #6</u> Cracker/Cheese Snack Kits Gorp Dried Fruit Power Bar
<u>Dinner #1-</u> Soup Lentil-Rice Casserole	<u>Dinner #2</u> Soup Cheesy Bacospuds Peas
<u>Dessert #1</u> Chocolate Pudding	<u>Dessert #2:</u> Cobbler
<u>Dinner #3</u> Soup Cashew Rice Curry Fry Biscuits ?	<u>Dinner #4</u> Soup Devil's Thumb Stew Peas & Carrots
<u>Dessert #3</u> Marshmallow Munchies	<u>Dessert #4:</u> Cobbler
<u>Dinner #5-</u> Soup Ramen & Curried Mushrooms	<u>Dinner #6</u> Soup Freeze Dried Spaghetti & Meat Sauce
<u>Dessert #5</u> Strawberry Cheesecake	<u>Dessert #6:</u> Grasshopper Pie

A Selection of Recipes Used on Venture Outings

<u>Traveling Grasshopper Pie</u> (WFB pg. 95) Serves 3 or 4	In camp:
---	----------

<p><u>Package into 1-qt ziploc bag:</u></p> <ul style="list-style-type: none"> • 1 sm. package instant pistachio pudding • 2/3 cup instant dry milk • ½ teaspoon mint flavoring <p><u>Smash & bag separately:</u> 12 chocolate-filled chocolate sandwich cookies</p>	<ul style="list-style-type: none"> • Add 1 ¾ sup cold water to pudding bag • Seal & knead to mix thoroughly • Chill a few minutes to thicken if possible <p>Put Into Each bowl:</p> <ul style="list-style-type: none"> • a layer of cookie crumbs • pudding • ore crumbs
---	--

--	--

<p><u>Dinner Recipe#1</u></p>	
--------------------------------------	--

<p><u>Lentil-Rice Casserole</u> (TTF pg. 106)</p> <p>Serves 4</p> <ul style="list-style-type: none"> • 1-cup lentils • 1 cup brown rice • ¼ cup onion flakes • 1 cup dried tomatoes • garlic powder to taste • chicken bouillon, enough to make 4 cups • 1 tsp. Cumin • 4 cups water • ¼ cup butter 	<p>In camp:</p> <ul style="list-style-type: none"> • Pour all ingredients except water and butter into a skillet • Add water, stir & bring to a boil • Lower heat, cover & simmer 45 minutes <p>(or until rice is tender)</p> <ul style="list-style-type: none"> • Stir in butter & serve
---	---

<p><u>Dinner Recipe #2</u></p>	
<p><u>Cheesy Bacospuds</u> (WFB pg. 75)</p> <p>Serves 4</p> <p><u>Package into 1-qt ziploc bag:</u></p> <ul style="list-style-type: none"> • 2 ¼ cup instant potato flakes • ½ cup instant dry milk • 1 packet Butter Buds • 1 ½ Tablespoon dried parsley flakes • 1 ½ Tablespoon dried onions • ¾ teaspoon salt • pepper • ¾ cup Baco-bits (or crumbled bacon) • 1 pkg. Powdered Cheese spread (can use cubed fresh cheese but reduce water by 1 cup) • 4 ½ cups boiling water w/ powdered cheese • (3 cups boiling water if fresh cheese) 	<p><u>In Camp</u></p> <ul style="list-style-type: none"> • Bring 4 ½ (or 3) cups water to a boil • Add all ingredients • Stir • Let Stand a minute • Stir to fluff - add more water if too dry
<p><u>Dinner Recipe #3</u></p>	
<p><u>Cashew Rice Curry</u> (WFB pg. 77 or TTF pg. 100) serves 4 (increased by 3/2 for larger portions)</p> <p><u>At home package in small bag</u></p> <ul style="list-style-type: none"> • 1 ½ tsp. salt • 4 ½ tsp. curry powder <p><u>also package</u></p> <ul style="list-style-type: none"> • 3 cups instant rice • ¾ cup instant dry milk • ¾ cup cashew pieces • 4 oz Jack (or Havarti) cheese (~1 cup) • 6 cups boiling water 	<p><u>In Camp</u></p> <ul style="list-style-type: none"> • Mix salt & curry powder w/ a little water to make a paste • Add 6 cups Water, mix well & bring to boil • Stir in Rice • Cover & simmer gently until soft • Blend in dry milk then add nuts & cheese • Serve when cheese has melted
<p><u>Dinner Recipe #4</u></p>	
<p><u>Devil's Thumb Stew</u> (TTF pg. 104) Serves 4</p>	<p><u>In Camp</u></p> <ul style="list-style-type: none"> • Bring water to a boil • Add soup & macaroni

<p><u>At home package</u></p> <ul style="list-style-type: none"> • 1 pkg. Vegetable Beef Soup mix • 1 box (7¼ oz) macaroni & cheese dinner • 1 can (6½ oz) tuna • 1 cup instant rice • 4 ½ cups boiling water 	<ul style="list-style-type: none"> • Simmer until macaroni about ½ done • Add cheese & tuna • Add enough rice to obtain desired consistency • Cook until macaroni & rice are done
<p><u>Dinner Recipe #5</u></p>	
<p><u>Ramen & Curried Mushrooms</u> (TTF pg. 103) Serves 4</p> <p><u>At home package</u></p> <ul style="list-style-type: none"> • 2 oz. Sliced dried mushrooms • 2 cup water • 4 ox curry seasoning mix or 7 Tbs. curry powder • 4 pkgs. beef, chicken or pork Ramen noodles 	<p><u>In Camp</u></p> <ul style="list-style-type: none"> • Soak mushrooms in water for 20 minutes • Pour mushroom water in another pan adding enough water to make 9 cups • Bring to a boil • Add curry & noodles • Boil for 3 minutes, stirring occasionally • Remove from heat & stir in seasoning mix from noodle package • Serve immediately
<p><u>Dinner Recipe #6</u></p>	
<p><u>Mountain House Freeze Dried Spaghetti w/ Meat Sauce</u> Serves 4</p> <p><u>At home package</u></p> <ul style="list-style-type: none"> • Prepackaged • 2 cups boiling water 	<p><u>In Camp</u></p> <ul style="list-style-type: none"> • read package

Koosah (Sky) Mountain Stew
(2 BIG SERVINGS)

Try the basic recipe first, or put together variations that are cheaper, lighter or quicker to suit the needs of your particular journey. Adaptations follow the recipe.

At *home*, pack in a 1-quart ziploc bag:

- 1 packet sour-cream sauce mix
- 1/4 cup grated Parmesan cheese
- 1/4 cup instant dry milk

1/4 teaspoon paprika

Also pack:

- 1 large clean but unpeeled
- one 2-serving package freeze-
- potato
- dried green beans OR 2 handfuls fresh green beans
- one 6 3/4-ounce can boned
- turkey

In camp: Cut the clean, unpeeled potato into small dice and cook it and the green beans for about 8 minutes in 2 1/2 cups boiling water. While this simmers, add 1/2 cup cold water to the sour-cream sauce bag, seal and knead until well mixed. In the can, cut the turkey into bite-sized pieces. When the veggies are tender, add the sauce mix and turkey, stir well and heat through.

A cheaper and lighter version of this stew can be made by substituting 1/3 cup chicken-flavored TVP for the canned turkey. Increase the water to 3 1/2 cups and rehydrate the TVP with the vegetables as they cook.

If cooking time needs to be shortened, substitute a 3-ounce package of ramen noodles for the potato and 2 thinly sliced fresh carrots for the green beans. These will cook in about 3 minutes.

Juncal Trail backpack 6/26-28/98

Breakfast(2):	Lunch:	Dinner:
Oatmeal/Museli Breakfast Bars Coffee	Tuna/Cheese in Pitas (w/ Mayo) Powerbars Dried Fruit Gorp	Cashew Chicken Wrap Grasshopper Pie

Cashew Chicken Wrap
(Definitely a "Do Again" recipe!)
(serves 2 - multiply up as needed)

<ul style="list-style-type: none"> • ¾ cup dried cabbage • ¾ cup thinly sliced dried mushrooms • ¼ cup dried pineapple w/o added sugar (optional) • 2 tablespoons dried onion • 2 tablespoons flaked coconut w/o added sugar (can substitute 1 ½ teaspoons coconut cream powder) • 8 tortillas (7 ½" diameter) • 1 ½ cup cashews • 1 or 2 - 5-oz cans chicken <p>At home:</p> <ul style="list-style-type: none"> • Package veggies and fruit in zipper-lock bag 	<p>On trail:</p> <ul style="list-style-type: none"> • Pour fruit/vegetable mix into insulated bowl or pot and add 1 ½ cup boiling water • Stir well, cover, and let stand 10-min <p>Meanwhile:</p> <ul style="list-style-type: none"> • Briefly heat tortillas in frying pan or pot lid • When the filling has rehydrated, drain excess water • Add cashews, chicken, and salt to taste • Spoon ½ cup of filling onto each tortilla, turn in the ends, then roll
---	--

Backpacker magazine - may 1998

From the Rozelle's Green Creek backpack 7/98

<p>Breakfast(1):</p> <p>Oatmeal Breakfast Bars Coco/Coffee</p>	<p>Lunch:</p> <p>Tuna/Cheese in Pitas (w/ Mayo) Powerbars Fresh Fruit Gorp</p>	<p>Dinner:</p> <p>Szechuan Vege Wrap Coco Pudding</p>
---	---	---

Szechwan Vege Wrap
(another "Do Again" recipe!)
(serves 2 - multiply up as needed)

<ul style="list-style-type: none"> • 1/2 cup toasted chopped cashews • 2 tablespoons peanut butter • 1 teaspoon chicken bouillon • 1 tablespoon powdered milk • 1/2 cup thinly sliced dried mushrooms • 1/2 cup dried cabbage • 4 teaspoons dried onion • 1 teaspoon ground ginger • 1/8 teaspoon garlic powder • 4 tortillas (7 1/2 inch) • salt or soy sauce (optional) <p>At home:</p> <ul style="list-style-type: none"> • Combine and mix well in a plastic bag: Cashews, peanut butter, bouillon, powdered milk • Vegetables & spices in a separate bag • Tortillas in a bag 	<p>On trail:</p> <ul style="list-style-type: none"> • Place vegetable & spice mix in a pot and add 1 1/4 cups water • Stir well, bring to a boil, cover, remove from heat. • Let stand 10-minutes <p>Meanwhile:</p> <ul style="list-style-type: none"> • briefly heat each tortilla in a frying pan. • When veggies have rehydrated, stir in peanut butter mixture add salt or soy sauce to taste. • Reheat mixture if necessary • Spoon 1/2 cup filling onto each tortilla, turn in sides, then roll.
---	---

Backpacker magazine - august 1998

Menu Plan from the Crew 464's La Jolla Valley backpack 3/00

<p>Lunch:</p> <p>Crackers Sliced Luncheon Meat (Turkey) Cheese Mustard/Mayo Packets</p> <p>Trail Snacks:</p> <p>Powerbars Granola Bars Pop Tarts</p>	<p>Dinner:</p> <p>Shell Noodle Surprise Fruit Cocktail (canned) Hot Cocoa</p> <p>Drinks:</p> <p>Powdered Juice Drinks Cocoa Coffee</p>	<p>Breakfast:</p> <p>Oatmeal/Granola (Dry Milk) Breakfast Bars Orange Drink Coco/Coffee</p> <p>Return Lunch In-And-Out Burgers</p>
--	--	--

Shell Noodle Surprise

- 3c. small pasta shells
- 2c. dried tomatoes (cut in half)
- 2 Tbsp. powdered shortening
- 3 tsp. dried basil
- 1 tsp. garlic powder
- 1 pkg Mrs. Grass Onion soup mix
- 1 pkg. Uncle Ben's cream of mushroom soup mix

At home:

- Premix ingredients in Zip-Lock bag - tape shup.

On trail:

- Boil 6 cups water
- Add ingredients
- Simmer 10 minutes, stirring occasionally
- Remove from stove, cover & wait for 5-minutes
- Don't drain any excess water; drink it for dessert!

internet article by Drew Ross