

Adventure Camping Menu Ideas & Recipes
BC OAL Adventure Training – October 2014
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Adventure Camping food doesn't have to be boring or the same old thing everyday. Below is just a small start to a list of ideas and a few recipes to get you going. Remember...there are different types of adventure camps and different types of food, fuel and storage requirements. Backpackers need to dehydrate almost everything to conserve space and weight where as water activities allow for frozen options (for at least a couple of days). Think about "early in the trip food" and "later in the trip food." Be adventurous and creative with your food...your whole trip experience will be better because of it!

Breakfast

Granola & Fruit
Mashed Yams
Oatmeal
Quinoa
Seeds/Nut
Omelettes in a Ziploc
Bisquick
Hashbrown patties on a toaster
Yogurt (fresh & dried)
Pop tarts
Quiche
Sunrise Spuds

Lunch

Soup
Sandwiches
Wraps
Hard Cheese/Waxed cheese
Pepperoni sticks/Jerky
Meats/Tofu
Peanut Butter & banana chips
Veggie sticks
Quinoa salad
Bean salad

Dinner

Turkey Shepherd's Pie
Taco in a bag
Chicken Stir Fry
Pasta
One Pot Meals
Chicken Satay
MEC Dehydrated Meals

Snacks

Trail Mix
Muffins
Veggies & Hummus
Granola Bars
Ranger Bars
Butterscotch Bars
Fruit Leather
Hot Dogs
Pudgy Turtles
Jerky
Gummie Stingers
Cheese & Crackers
Pepperoni
Pudding Cups

Desserts

Pumpkin Pie
Apple Crisp
Wicked good brownies
Meringue Cookies
Harry Beasts (French bread, sweetened condensed milk, coconut)

Drinks

Water
Drink Crystals (cold and warm)

Some Breakfast Recipes:
Backpacking Breakfast Burritos
(Source: Agnes D'Entremont)

Ingredients

Tortillas
Dehydrated Hash-browns
Dehydrated veggies (peppers, mushrooms, onion)
Salsa (may be dehydrated)
Package of Powdered egg
Cheese
Oil (to fry eggs/hash-browns)

At camp:

Re-hydrate hash-browns, veggies and salsa (may be done overnight). Cook eggs, hash-browns and veggies. Wrap in tortillas with cheese and salsa.

Sunrise Spuds
(Source: Barb Aven)

Ingredients

Dehydrated Potatoes
Ziploc bags
Hot water
Cheese, chives, bacon bits, salt & pepper, chili flakes.
Combine everything in a Ziploc bag and let the potatoes rehydrate squishing the bag around so that the cheese and garnishes mix in. Baby red Idaho potatoes are a favourite!

Broccoli & Cheese Quiche
(Source: Leave No Crumbs Camping Cookbook by Rick Greenspan & Hal Kahn)

Ingredients

300g of frozen broccoli
1 tbsp dehydrated onion
½ tsp garlic powder
½ tsp basil and oregano
3 tbsp powdered whole egg
2 tbsp powdered milk
3 tbsp cheese

At home:

Dehydrate broccoli. Package broccoli & onion together. Package garlic, spices, powdered milk & egg together.

At camp:

Rehydrate broccoli & onion. To make quiche pudding, add 2/3 cup water (use any reconstituted water from broccoli and add as necessary). Season with salt & pepper. Add rehydrated broccoli, cheese & mix well. Pour into outback oven. Bake at "E" of bake until filling is thickened and no longer runny.

Chocolate Banana Baked Oatmeal
(Source: Budget Bytes food blog
<http://www.budgetbytes.com/2012/04/chocolate-banana-baked-oatmeal/>)

Ingredients

3-4 large bananas
2 large eggs
½ cup unsweetened cocoa powder
⅓ cup brown sugar
1 tsp vanilla extract
½ tsp salt
½ tsp baking soda
½ tsp baking powder
2 cups milk
2½ cups old-fashioned oats

At home:

Preheat oven to 350 degrees. In a med bowl, mash 1.5 cups of bananas (about 3 lg or 4 med bananas). Combine bananas with eggs, cocoa powder, brown sugar, vanilla extract, salt, baking soda, and baking powder. Whisk together until smooth. Add milk, whisk again until no clumps of cocoa powder. Stir oats into milk/chocolate/egg mixture. Coat inside of an 8x8 inch casserole dish or large pie pan with non-stick spray. Pour oat mixture into pan. Slice last banana and place slices over top of the oat mixture (optional garnish). Place oats in oven and bake about 45 min. Cool and crumble & dehydrate.

At camp: Add enough water to cover and bring to boil. Serve.

Some Salad Recipes:

Coleslaw

(Source: "Backcountry Cooking", by Dorcas Miller)

Ingredients

Pack:

- 1/4 c dried shredded cabbage
- 2 tbsp shredded dried carrots
- seasoning (choose from):
 - mayo (individual serving packet)
 - vinegarette (oil and vinegar)
 - ranch (individual serving packet)
 - salt and pepper

On trail: Add cold water to veggies and let stand 1 hour. Drain and dress. Makes one serving.

Quinoa Salad

(Source: PJ Borghardt)

Ingredients

Prepare Quinoa with water or broth. Add diced red, yellow, orange peppers, cucumber, feta, red onion. Olive oil, lemon juice, fresh chopped mint and cracked pepper. Keeps for 3 days without refrigeration.

Some Dinner Recipes:

Turkey Chili

(Source: PJ Borghardt)

Ingredients

- 1lb ground turkey
- 1 lg chopped onion
- 2 or 3 cloves of garlic
- 2 chopped peppers (red, yellow, orange)
- 2 chopped stalks of celery
- 1 can of red kidney beans (drained)
- 1 can of black beans (drained)
- 1 can of chick peas (drained)
- 1 lg. can of diced tomatoes
- 1 sm. can of tomato paste
- Salt, pepper
- 3 tbsp chili powder (or to taste)
- 2 tbsp ground cumin (or to taste)
- Chili flakes if you like it spicier

Scramble fry turkey, then onion, then celery, then peppers. Add spices, then tomatoes & tomato paste. Let stew for at least an hour, stirring and adjusting spices. Eat, freeze or dehydrate.

One pot Sheppard's pie

(Source: Barb Aven)

Ingredients

- 1 lb ground meat (beef, turkey, or veggie ground round)
- 1 package of instant mashed potatoes
- 1 package onion soup mix or gravy mix
- 400-500g frozen vegetables

At home:

Cook ground meat. Rinse with water (to remove fat.) Dehydrate. (approx 1 cup). Dehydrate frozen vegetables. Pack meat & vegetables in separate Ziploc bags and place all ingredients into one large Ziploc with "at camp" instructions.

At camp:

Re-hydrate ground meat (approx 1hr) and vegetables (~4hr). Add 3 cups of water in a pot with the veggies and meat. Bring to boil and cook until hot and veggies are soft. Add potatoes and seasoning mix. Add water to thin out. Serves 4.

Vegetarian Thai Curry

(Source: Agnes d'Entremont)

Ingredients

- 1.5 c jasmine rice
- 1 package powdered coconut milk
- 1 package curry paste
- 400g frozen vegetables
- 1 lb tofu

At home: Dehydrate vegetables.

At camp: Rehydrate vegetables (approx 4hr). Put all ingredients into medium pot. Add 3.5 - 4 cups of water. Bring to boil and simmer for 20 minutes or until rice is cooked. Serves 4.

Satay Chicken

Buy or make chicken skewers, freeze before camp. Let thaw at camp and cook over a fire. Serve some sort of peanut sauce or thai sauce as a dip.

Tofu Jerky

(Source: Babes in the Woods by Bobbi Hoadley)

Ingredients

Extra firm tofu

Marinades:

Asian: Soy sauce

Chili flakes

Powdered ginger

Italian:

Balsamic vinegar

Rosemary

Powdered garlic

Soak tofu in marinade overnight. Dry on dehydrator.

Pasta or Thai Food

Prepare pasta with your favourite sauce or rice with curried chicken and thai sauce. Freeze in heavy duty Ziploc freezer bags. After food has thawed either cook in pot or **Double bag freezers bags** and drop in to hot water to warm up, squishing the food around inside the bag once in a while.

One Pot Meal or Crock Pot Meals at Snow Camp

Make things that people want to eat.! Check with your group to ensure that what you bring to camp will get eaten. Instead of a regular unit meeting the week before a snow or adventure camp have a cooking meeting at someone's house. Make stews, chili's, pastas, teriyaki chicken rice bowls, curries....whatever you want. Freeze or dehydrate in individual portions in

heavy-duty Ziploc freezer bags. These meals will act as your freezer packs in your cooler.

Backpackers Chicken Stew

(Source: Erin DeBruin)

Ingredients

1 cup chicken vegetable soup base

1 cup dried vegetable mix

1 cup rice

250gm chicken per person

½ tsp. oregano

½ tsp. thyme

½ tsp garlic

2 tbsp Margarine

Bring 8 cups of water to a boil. Add dry ingredients and chicken to water. Simmer 1hr. Serves 6 large portions.

Backpackers Beef Stroganoff

(Source: Agnes D'Entremont)

Ingredients

1 lb ground beef

2 boxes Hamburger Helper Beef

Stroganoff

1 cup powdered milk

At home:

Cook ground beef. Rinse with water (to remove as much fat as possible). Dehydrate.

At camp:

Boil 7 cups water. Add dried beef, noodles, seasoning packs, and milk to water. Cook 10 minutes. Remove from heat and let stand 5 minutes. Serves 4.

Outback Oven Garlic Bread

(Source: PJ Borghardt)

Ingredients

Pillsbury Crescent Dough (could use Bisquick)
Soft Butter
Garlic
Parsley

Combine butter, minced garlic, chopped parsley. Spread on to crescent triangles, roll up and bake in an outback oven for approximately 10 minutes.

Outback Oven Pizza

(Source: PJ Borghardt)

Ingredients

Pillsbury Pizza Dough (could use Bisquick)
Diced Sundried Tomatoes in oil or Sundried Tomato Pesto
Diced coloured peppers
Goat Cheese
Fresh Basil, Cracked Pepper

Roll out dough in to outback oven. Spread sundried oil or pesto on to dough. Diced sundried tomatoes, peppers, goat cheese, basil, & pepper. Bake for approximately 10 minutes.

Some Dessert & Snack Recipes:

Backcountry Cheesecake

(Source: Erin DeBruin)

Ingredients

1 package Jell-O instant cheese-cake mix
¼ cup powdered milk
1 tsp. lemonade crystals
Dehydrated sliced strawberries
1 package graham crackers

At home, premix Jello filling with lemonade crystals and powdered milk. While getting dinner ready, add 1 cup water (according to package directions) and let sit if it's a cool evening. If

weather is warm, put cheesecake mix in a water bottle and float in the creek.

Top with dehydrated strawberries and scoop up mix with the graham crackers.

Serves 4-6

Pudgy Turtles

Ingredients

Pillsbury Crescent Dough
Pecans or Walnuts Crushed
Chopped up Caramel Squares or Skor Chips
Chocolate Chips

1. Take Triangle of dough fill with nuts, chopped caramel squares, and chocolate chips.
2. Then fold dough over sealing it on two sides by pressing together.
3. Wrap in tin foil sprayed with Pam and put into fire for about 10 to 15 minutes or cook in outback oven.
4. Unwrap when golden brown let cool for a few minutes and enjoy!

Ranger Bars

Ingredients

1 cup creamed honey
2 cups semi sweet chocolate chips
1 cup peanut butter
Optional 2 cups salted peanuts

Cover a 10 x 15 inch pan with tin foil. Combine honey and chocolate chips in a saucepan. Melt, stirring on low heat. Turn to medium high heat. Bring to a boil and stir constantly. Remove from heat. Add peanut butter. Stir until smooth. Add peanuts, if using. Pour into prepared pan. Spread. Cool for 15 minutes. Cut into 1/2, then 1/2 again, then into thirds to make 24 bars. Store wrapped in wax paper or foil. Freezes well.

Brownies

Ingredients

1 box brownie mix
1 tbsp whole egg + 3 tbsp water
oil (as per directions)

Mix, put in backpack baker (such as Outback Oven), bake for about 30 minutes on moderate heat.

Butterscotch Bars

(Source: Anne Van den Byllardt)

Ingredients

1/4 tsp salt
3/4 cup flour
2 tsp baking powder
4 cups rolled oats
1 cup margarine or shortening
2 cups brown sugar
2 tsp vanilla
1pk butterscotch chips

Melt shortening, add sugar and stir over low heat until sugar dissolves. Remove from heat. Add vanilla, stir in dry ingredients, mix, and add butterscotch chips. Add oats to sugar mix, and then combine all other dry ingredients and stir. If mixture is too dry stir in a 1/4 cup water. Put into a greased 9x12 pan. Bake in 300 oven for 30 minutes.

Breakfast Quinoa or Couscous

Ingredients

1/4 cup quinoa flakes or couscous
2 tbsp powdered milk
1 tbsp brown sugar
1/2 tsp cinnamon
Dried Fruit, trail mix etc.

Combine all ingredients in ziplock. At camp add 1/4 - 1/2 cup boiling water. Close bag & let sit for 5 minutes. Add your favorite topping (dried fruit, trail mix, etc.) and stir well. Makes 1 serving.

Coconut Mango Rice Pudding

(Source: Backcountry Cooking by Dorcas Miller)

Ingredients

1/2 tsp potato starch
2 tbsp powdered milk
1.5 tsp powdered coconut milk
1/2 tsp sugar
1 tbsp chopped dried mango
1/2 cup instant rice

Add 1/2 cup boiling water. Stir, cover & let stand 5 minutes. Makes 1 serving.

Seven Vegetable Tagine

Source: Entertaining Vegetarians

Ingredients

1 lb sweet potato
1 lb carrots
1 lb parsnips
1 red & yellow pepper
1 lg fennel bulb
2 medium zucchini
3+3 tbsp oil
1 tbsp cumin seeds
1 tbsp fennel seeds
4 garlic cloves
14 oz can chopped tomatoes
14 oz can chickpeas, drained
1 cup full-bodied red wine
zest & juice of 1 orange
2 cinnamon sticks
12 pitted prunes

Peel & cut into chunks all the vegetables. Preheat oven to 425°F. Place all vegetables in a roasting pan and coat with 3 tbsp oil, cumin & fennel seeds. Season with salt & pepper to taste. Roast in preheated oven at least 30 minutes, until soft & caramelized, stirring once or twice.

Meanwhile, to make the sauce, cook the garlic in 3 tbsp oil. Add remaining ingredients & simmer until thick. Remove from heat & combine with roasted vegetables. Cover & let stand in cool place to let flavours meld. Reheat until hot. Can be dehydrated.

No work Oatmeal

(Source: Lions Area Celebration Cookbook)

Ingredients:

2/3 cup Water
1/4 tsp salt
1/8 cup dried fruit
1/2 cup quick oats

Bring water with salt & fruit to a boil. Quickly stir in oatmeal. Put on lid and turn off heat. Let sit up to 20 minutes without stirring. (It will look runny but will be perfect with last minute stir). Allow 1/4 cup milk and 2 tbsp sugar. Serves 1

Squash and White bean soup

(Source: Wendy Smylitopoulos, SVI)

Ingredients

1 tbsp olive oil
1 onion
14oz can diced tomatoes*
1 red pepper*
1/2 cup red lentils*
4 cups Butternut squash cut small
1 tbsp Italian seasoning
2-15oz can cannellini white beans
1 bunch spinach
5 cups water or stock
salt & pepper to taste

*For those who can't do tomatoes, substitute red pepper, red lentils and flavored stock. This combo gives the body without tomatoes.

Heat olive oil in dutch oven, stir in finely diced onions (red peppers) cook gently til soft. Add tomatoes and cook five minutes then add squash in 1/2 " dice, Italian Seasoning, (lentils) water/stock, bring to boil then simmer until squash is tender.

Add cannellini beans and spinach, cook til spinach wilted and beans heated through. Correct seasoning. Serves 4.

Backcountry Cinnamon Rolls

(Source: Betty Crocker)

Ingredients

3 cups Bisquick mix
1 cup water
1 tbsp powdered milk
2 tbsp granulated sugar
3 tbsp Ghee or shortening
3/4 tsp cinnamon
1/2 cup brown sugar
1/4 cup chopped nuts (optional)
1/4 cup raisins (optional)

At Home:

Mix Bisquick, powdered milk & sugar in a ziplock. Mix cinnamon, brown sugar, nuts & raisins in another ziplock. Pack together with Ghee in container.

On Trail

Mix together most of bisquick mix with water. Use remaining mix to flour a surface to roll out. Mix Ghee & brown sugar mix until creamy & spread onto dough. Roll up jelly-roll style & slice into 1" pieces using dental floss. Place in backpack baker and bake for 15-25min until done.