

PIZZA BASIC CRUST

2/3	C	warm water	1	pkg	active dry yeast
1	t	sugar	2		oil
2	C	flour (approx.)	1/2	t	salt

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

Sauce: 3 - 4 T is enough for a 10" pizza. For a light weight, non-refrigerated sauce, mix tomato paste (little tubes from delis are convenient) with a little water, olive oil, minced garlic and Italian spices. Or try a mustard sauce - 1 T mustard & 2 T olive oil, whisk together and spread on dough.

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

CURRY COUSCOUS

serves: 2 generously

Heat					
2	C	water			
to a boil, add and let stand to rehydrate:					
1	C	dehydrated mixed vegetables - your choice			
1/2	C	dehydrated meat -- jerky, burger, chicken, shrimp, ham			
2	T	curry & ginger			
1	T	bouillon (to match meat flavour or veggie			
1	T	oil or margarine			

Return the pot to a boil, add 1 C couscous, remove from heat, cover and let stand for 5-10 minutes.

Plus fat: Top with 3 T sunflower seeds, cashews or other nuts.

BACON & SWISS LOAF

In the first plastic bag, mix together:

1 3/4	C	all purpose baking mix
4	T	bacon bits
4	T	dried egg
3/4	C	instant milk

in a separate bag
1/2 C shredded Swiss cheese (2 oz)

at camp: Mix 3/4 C water with the contents of the first bag in the oven pan. Stir well until batter is smooth. Stir in the Swiss cheese. Assemble oven and bake 10 minutes. Let stand 5 minutes.

TRAIL TIRAMISU

se ves: 4

1/2	C	water
2	t	instant espresso
2	T	Kahlua
3.4	oz pkg	white chocolate or chocolate instnt pudding mix
16		powdered milk to equal 2 c jps when reconstituted
1	T	ladyfingers
		cocoa powder or chocolate shavings

At home: Measure Kahlua into an empty clean 1 canister. Package espresso in a separate zipper-lock bag.

In camp: Heat the water, combine the water, espresso, and Kahlua and mix well. Re-constitute the milk. Make the instant pudding according to the directions on the box. Layer 1/2 the ladyfingers in the bottom of a pot, drizzle with 1/2 of the coffee mixture, then spread 1/2 the pudding over top. Repeat with another layer of ladyfingers, coffee, and pudding. Sift cocoa powder or chocolate shavings over top. If you have access to snow or cold water, make this dessert well before dinner and chill before serving.