

A Few Backpacking/Canoeing Recipes

Hash Brown, Egg & Ham Breakfast

A modified recipe.

For each person, you need 2 baked potatoes, 2 slices of ham, 2 eggs, chopped onion, salt and pepper and parmesan cheese.

Bake the potatoes (don't peel them), dice them small.

Dice ham and onions as well.

Beat eggs.

Sauté ham and onions until onions are wilted. Add diced potatoes and heat through. Add beaten eggs and parmesan cheese and cook until the eggs are scrambled and dry. Season with salt and pepper. Spread on dehydrator sheets and dry for 4-5 hours, until potatoes are light in weight.

To rehydrate, put mixture in a pot and cover with water $\frac{1}{2}$ inch above the level of the food. Bring to a boil and simmer for about 5 minutes. Remove pot from stove and let sit for about another 5 minutes. Should be ready to eat and enjoy!

Creamy Banana-Yogurt Fruit Leather

(Makes 1 fruit leather)

2 ripe bananas

$\frac{1}{2}$ cup yogurt (any flavour)

1 - 2 Tbsp honey

1 - 2 Tbsp coconut

Put all ingredients in a blender and puree until well blended. Line food dryer trays with plastic rap if you don't have a try designed for drying leathers. Fruit pulp should be spread evenly to a thickness of about $\frac{1}{4}$ inch. Allow 7-14 hours for drying, depending on the type of food dryer. When leathers almost done, peel it off the plastic wrap, turn it over, and place it directly on the try to finish drying. Roll the leather in plastic and store.

NOTE: When making any fruit leathers always add 1 - 2 Tbsp. of honey or corn syrup to the recipe. It helps to blend the ingredients and makes the leather more pliable.

Peanut Butter Spread

1 cup peanut butter

1 cup honey

1 cup margarine

3-4 heaping teaspoons of cinnamon

Blend together with a cake mixer until well blended and smooth. Put in a plastic container. Enjoy on crackers, breads or pancakes.

Peanut Butter Roll

2 cups peanut butter
2 cups low-fat powdered milk
½ cup honey
1 cup rolled oats
Nuts, coconut, dried fruit, cinnamon, wheat germ, vanilla (all optional)

Mix all of the ingredients together. This recipe can be stored in a container and used like peanut butter or rolled into two 16 ounce logs and cut into slices when you are ready to eat it.

Home Food Drying

DRYING FRUIT

Fruit to be dried should be ripe but in very good condition: it shouldn't be bruised or mushy. Some fruits can be dried simply by peeling them if necessary, slicing them, and laying them on the dryer racks:

Apples	berries and cherries	pineapple
Figs	lemon and orange peel	

You may prefer to dip certain fruits into a solution of either salt, ascorbic acid, or fruit juice to keep them from discoloring:

Apricots	peaches	pears
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A honey dip will make these fruits into sweet snacks:

Rhubarb	apricots	strawberries
Bananas	pineapple	

The dips, which I have borrowed from the "Garden Way's Guide to Food Drying by Phyllis Hobson, are:

Salt dip: Dissolve 6 tablespoons salt in 1 gallon lukewarm water. Allow the sliced fruit to stay in this solution no more than 5 minutes.

Ascorbic acid dip: Dissolve 5 grams of vitamin C tablets (this would be ten 500 mg tablets or 2 tablespoons vitamin C crystals or powder) into 1 quart of lukewarm water. Slice the fruit into this solution and let it sit no more than 5 minutes, then remove and drain this batch and add a new one.

Fruit juice dip: Add ¼ cup lemon juice to 1 quart lukewarm water. Or use undiluted pineapple juice as a dip.

Honey dip: Dissolve 1 cup sugar in 3 cups hot water. Cool to lukewarm, then stir in 1 cup honey. Use a slotted spoon, dip the fruit into the solution, then drain it well.

FRUIT LEATHERS

A fruit leather is a cooked puree of a single fruit or of some combinations, which has been dried. Applesauce is the easiest – you can dry canned applesauce as your first leather. I usually add 1-2 tablespoons of honey to every fruit leather to make it pliable.

Vegetable Drying Chart

(Drying time varies between 12 and 14 hours)

	Pretreatment	If properly dried	Amount fresh and dried
Beets	Peel, slice thin	Curled and leathery	1 pound = $\frac{3}{4}$ cup
Butternut squash	Cut, cook, peel, and purée <small>(page 35)</small>	Dry, like filigree	1 medium squash = $\frac{1}{2}$ cup
Cabbage	Slice thin	Wispy	1 small head ($1\frac{1}{2}$ pound) = 1 cup
Carrots	Slice lengthwise or julienne, or grate, then chop fine for carrot flakes	Leathery, still orange, somewhat curled	6 carrots = 1 cup
Celery	Slice	Very dry and shrunken	1 bunch = 1 cup
Corn	Cook in boiling water 2 minutes, cut kernels off ears	Hard, pebbly, slightly darker	Corn from 6 ears = 1 cup
Eggplant	Peel, slice thin	Pale and leathery, very light	1 medium eggplant = 1 cup
Green beans	Cook in boiling water 10 minutes	Shrunken and leathery but not brown	1 pound = 1 cup
Green pepper	Slice thin	Shriveled but still green and pliable	2 green peppers (1 pound) = 1 cup
Kohlrabi	Peel, slice thin	Curled and leathery	1 pound = $\frac{3}{4}$ cup
Leeks	Wash well, slice well up into the green part	Like parchment, not brittle	1 medium leek = 1 cup
Mushrooms	Wash well, slice thin	Crinkled, but not too shrunken	1 pound = $1\frac{3}{4}$ cup
Parsley	Chop	Dry, almost powdery	1 bunch = $\frac{1}{2}$ cup
Parsnips	Peel, slice lengthwise or julienne	Dry and leathery	1 pound = $\frac{3}{4}$ cup
Peas	Cook in boiling water 10 minutes	Hard as pebbles	1 package frozen peas = $\frac{2}{3}$ cup
Potatoes	Slice and soak for no more than 10 minutes in lemon juice dip <small>(page 35)</small>	Will almost crack in two	1 pound = $\frac{3}{4}$ cup
Tomatoes	Slice "through equator" and coat with olive oil	Leathery and still red	$\frac{3}{4}$ pound = 1 cup
Turnips	Peel, slice thin	Curled, dry, and leathery	1 pound = $\frac{3}{4}$ cup
Yellow summer squash	Slice across or lengthwise	Curled edges, leathery, not brown	1 medium squash = $\frac{1}{3}$ cup
Zucchini	Slice across or lengthwise	Curled edges, leathery, not brown	1 medium squash = $\frac{1}{2}$ cup

A POTFUL OF ONE-LINERS

Meat and Meat Substitutes	Pasta, Grains, and Other Bases	Vegetables	Sauces (many available in powdered form in foil packets)	Seasonings	Toppings and Extra Additions
fresh precooked meat (leftover roast, round steak; bacon; hamburger)	spaghetti (thin) noodles (narrow) egg whole wheat spinach	fresh ones that travel well: carrots onions potatoes	cheese (add dry milk)	salt, pepper herbs (sage, basil, oregano, etc.)	nuts (chopped, slivered)
canned meats (boned turkey, chicken, luncheon meat, Vienna sausage)	alphabet pasta macaroni (small) egg whole wheat vegetable rice (quick white, brown, wild)	summer squash cucumbers frozen vegetables (on short trips in cool weather)	sour-cream sauce (add dry milk)	poultry seasoning paprika	toasted sunflower seed kernels
dried chipped beef	rice (quick white, brown, wild) couscous bulgur millet	most anything is possible commercially	Stroganoff (add dry milk or sour cream to most)	chili powder dry mustard powdered dill celery seed	toasted pumpkin seeds
jerky (beef or fowl, in small bits)	bean threads ramen noodles (several kinds) chow mein noodles freeze-dried tofu	grocery stores: onions mushrooms soup blends	spaghetti (choose one that needs only water)	garlic (fresh or dried; minced) powdered)	coconut (shredded, flaked)
dried fish smoked fish canned fish (clams, tuna, salmon, sardines, crab, shrimp)	buckwheat groats bean threads (several kinds) chow mein noodles freeze-dried tofu boxed mixes such as macaroni and cheese, noodle/rice dinners	commercially dried, sold in grocery stores: onions mushrooms soup blends	one that needs only water)	celery seed garlic (fresh or dried; minced) powdered)	cheese (cubed, sliced, grated)
dry salami	freeze-dried tofu boxed mixes such as macaroni and cheese, noodle/rice dinners	onions mushrooms soup blends	spaghetti (choose one that needs only water)	garlic (fresh or dried; minced) powdered)	sesame seeds toasted wheat germ
Thuringer sausage Landjager sausage pepperoni smoked link sausages	freeze-dried tofu boxed mixes such as macaroni and cheese, noodle/rice dinners Hamburger Helper Tuna Helper Chicken Helper	onions mushrooms soup blends mixed vegetable flakes green and red pepper flakes celery flakes green chili peppers	spaghetti (choose one that needs only water)	garlic salt onion salt onion powder celery salt	toasted wheat germ roasted soybeans bacon bits
Canadian bacon canned pre-cooked bacon	freeze-dried tofu boxed mixes such as macaroni and cheese, noodle/rice dinners Hamburger Helper Tuna Helper Chicken Helper	onions mushrooms soup blends mixed vegetable flakes green and red pepper flakes celery flakes green chili peppers	sweet and sour (choose one that needs only water)	dried parsley flakes	instant dry milk
bacon or meat bar TVP (textured vegetable protein, granular and chunk form; beef, ham, chicken, bacon flavors)	freeze-dried ham, beef, chicken, shrimp	onions mushrooms soup blends mixed vegetable flakes green and red pepper flakes celery flakes green chili peppers	au jus teriyaki tomato leather (page 151)	dried chives Butter Buds margarine	dried pineapple bits
nut burger mix freeze-dried ham, beef, chicken, shrimp		onions mushrooms soup blends mixed vegetable flakes green and red pepper flakes celery flakes green chili peppers	thickeners: cornstarch flour cornmeal	powdered tomato juice Worcestershire sauce soy sauce	dried or fresh diced apple other dried fruit bits
		potatoes: instant mashed, diced, shredded, sliced		Worcestershire sauce soy sauce bouillon (cubes or powder; beef, fish, chicken, vegetable mixes: chili taco sloppy joe salad dressing	dried seaweed catsup (individual packets)