Table of Contents

Pg # Title

4. 20 Minute Hamburger Skillet Stew
5. Antiguan Charcoal Baked Bananas
6. Aunt Sarah's Chili Sauce
7. Australian Grilled Fish
8. Backpacking Simple Food Ideas
9. Baked Stuffed Fish
10. Best Damn Peach Cobbler
11. Biscuit And Pancake Mix
12. Blackened Fish
13. Blazing Trail Mix
14. Box Oven
15. Buckwheat Pecan Pancakes For Camping
16. Burgers In Foil
17. Buttermilk Biscuits
18. Camp Au Gratin Potatoes
19. Camp Chili
20. Camp Cobbler Delight
21. Camp Hash
22. Camp Pasta
23. Camp Potatoes
24. Camp Stew - Mr. B's Recipe
25. Camper's Baked Potatoes
26. Camper's Buckwheat Pancakes
27. Camper's Cookies
28. Camper's Sausage
29. Camper's Stew

30. Campers Hobo Pie
31. Campers Pizza Pie
32. Campfire Biscuits
33. Campfire Cinnamon Coffeecake
34. Campfire Coffee
35. Campfire Fondue
36. Campfire Fried Rice
37. Campfire Hash
38. Campfire Pork And Beans
39. Campfire Recipes 1
40. Campfire Recipes 2
41. Campfire Recipes 3
42. Campfire Recipes 4
43. Campfire Stew
44. Camping Seasoning Mix
45. Cheesy Chicken Rolls
46. Cherry Fudge Goodies
47. Chicken In Foil
48. Cinnamon Apples
49. Coffee Can Cookery
50. Corned Beef & Cabbage
51. Dandelion Salad
52. Dutch Oven Biscuits
53. Dutch Oven Trout
54. Easy Stroganoff
55. Egg In A Nest
56. Flank Steak Teriyaki
57. Foil Dinner
58. Foiled Burgers Aka "Jack Special"
59. Foiled Chicken
60. Frying Pan Cookies
61. Gorp
62. Great Outdoors Potatoes
63. Grilled Orange Egg Custard
64. Grilled Sausage & Sweet Mustard In Tortillas
65. Grunch
66. Hobo Popcorn
67. Homemade Granola

68. Honey Granola Bars
69. Honey Mustard Grilled Chicken
70. Hot Cocoa
71. Hot Dog Surprise
72. Irish Soda Bread
73. Jim Weller's Biscuit And Pancake Mix
74. Kids Trail Mix
75. Lazy Or "Dump" Cobbler
76. Meat Loaf (Camping)
77. Mexican Coffee
78. Mountain Man Breakfast
79. Nasturtium Tea Sandwiches
80. Never Fail Dumplings
81. No Bake Special K Candies
82. One Pan Breakfast
83. Onion Swiss Steak
84. Onioned Potatoes
85. Peach Cobbler -=- Dutch Oven Style
86. Pennsylvania Dutch Funnel Cakes
87. Pizza Baby
88. Pizza Hot Dish
89. Polish Sausage And Cabbage
90. Power Bars
91. Pumpkin Indian Cakes
92. Rice Krispie Squares
93. Roast Corn
94. Russian Tea #2
95. S'mores
96. Saskatoon Pemmican
97. Short Ribs Fdgn81a
98. Sioux Berry Stew
99. Sizzlin' Beef Kabobs
100. Spaghetti Carbonara [Hiking Version]
101. Sticky Bones
102. Texas Grilled Steak W/ Texas Sweet Onions
103. Twisters
104. Venison Goulash
105. Welcome Home Creamed Chipped Beef

20 Minute Hamburger Skillet Stew

1/4 lb Lean ground beef
1 lg Onion,sliced wafer-thin
4 Carrots,sliced wafer-thin
2 Potatoes,halved, sliced
-wafer-thin
3 Ribs celery,sliced
-wafer-thin
1 c Boiling water
2 t Beef extract OR bouillon
2 Bay leaves
1/4 t Dried thyme
Salt OR garlic salt
Pepper 1/4 c Dry red wine
-OR tomato
-juice
2 T All purpose flour

Use melon baller and shape meat into tiny meatballs. Brown in skillet. Discard any fat. Stir onion into skillet and cook 1 min. Add boiling water or broth and extract or bouillon. Add remaining veggies, seasonings. Cover, cook over low heat, 15 mins until vegs are tender. Combine wine or water and flour in covered jar. Shake and stir into skillet. Cook and stir until sauce is thick, 4 mins

Antiguan Charcoal Baked Bananas

This Caribbean dessert can be started in leftover coals

6 large ripe bananas, in a bunch
4 tbsp butter
1/2 cup brown sugar
1/2 tsp ground allspice or 1/2 tsp fresh grated nutmeg
3 limes, halved
1/4 cup dark rum, heated in a small pan onside of grill

Set the bunch of unpeeled bananas in hot coals. Bake until black and soft to the touch. Meanwhile, heat butter with brown sugar and spices until bubbly. Each person should slit his banana,
squeeze a lime half over it and drizzle the butter-sugar mixture on top. Ignite rum and pour it flaming over the bananas a little at a time, shaking the skillet gently until the flame dies.

Aunt Sarah's Chili Sauce

4 qt Tomatoes,cut in quarters
1 T Mustard seed
2 c Onions,sliced
1 T Celery seed
2 c Green peppers,sliced
2 1/2 c Cider vinegar
1 T Salt
1 c Sugar- brown,white, maple,
3 T Mixed pickling spices
Honey,whatever is handy

Mix everything together in a big pot and put on the back of woodstove so that everything simmers gently for days. It is ready when it reaches the thickness you want.

This recipe is over 150 years old.

Australian Grilled Fish

4	Fish steaks
1/4 c	Lime juice
2 T	Vegetable oil
1 t	Dijon mustard
2 t	Fresh ginger root --,Grated
1/4 t	Cayenne pepper
	Black pepper

* For the steaks: they should be 8-10 ounces and 1-inch thick each. Use Swordfish, Halibut or Salmon steaks.

1. In a bowl, combine the lime juice, 1 tablespoon oil, ginger, cayenne pepper and enough freshly ground black pepper to suit your taste. 2. Marinate the fish in the marinade for 45-60 minutes. Turn steaks 2-3 times. 3. Have the grill prepared with white coals and brush the cooking grill with the remaining one tablespoon oil. 4. Grill the fish, brushing several times with the marinade, until cooked through and opaque in the center. Turn fish after about 4-5 minutes. Total grilling time will dependon your grill and the heat of the coals.

* To broil instead, use a broiler pan brushed with oil and broil until center is opaque. Will take about 10 minutes total in broiler. Turn steaks after 5 minutes, and baste often with marinade.

Backpacking Simple Food Ideas

Here are some very simple ideas for dehydrated and light-weight foods.

1) Any packaged dinner mix from the grocery and packed in ziploc baggies ie, Macaroni & Cheese, Rice-a-Roni, Broccoli and Cheese, etc There are tons of these things available today. If they call for milk, then the boys can carry powdered milk in baggies. Margarine will travel well, and since they will be working hard, the extra fat might be desirable.
2) Instant oatmeal and instant grits and bagels are great for breakfast. Again, powdered milk can be used with these. Get some of the new Fantastic Foods hot cereal mixes--they are warm and filling.
3) Dehydrated vegetables and full meals can be found in camping stores. Add dried peas to a box of mac & cheese, for instance
4) Try Ramen noodle soups, or any of those "soup in a cup"s (that can be packaged in baggies so they take up less room).
5) Dehydrated bean flakes that mix up almost instantly with water are available in HFS. Mix these with some cooked minute rice and put in a tortilla. Yum! Flavor them with onion, garlic, cumin powders.
6) Cheese backpacks well. Again, the fat may not be so bad if they are hiking all day. And if it's cold, then the fat is almost necessary to help them stay warm. (You need a lot more calories when it's cold.) Add a hunk to any soup, pasta, rice, or dehydrated veggies you're cooking.
7) Pasta, pasta, pasta. Top it with sauces made from the dry package mixes. A lot of these are tasty. High in sodium and preservatives sometimes, but for a couple of meals they won't hurt you.
8) Instant mashed potatoes that can be mixed with the powdered milk or water only. Make up an instant gravy to go top.
9) Dried fruit can be cooked in some water and put on top of a piece of angel food cake for dessert. (Hey, the cake might get crushed a little, but it is lightweight!) Add some cinnamon and Tang (in lieu of orange juice)and you approximate a Cooking Light recipe.
10) The dry veggie burger mixes would make a great meal. Most of them make up with water only and many are quite tasty.
11) Bulgar and couscous cook up in only a few minutes with boiling water.

Baked Stuffed Fish

White fish,enough for
-4-6
2 c Soft bread cubes,about
-1/2" cubes
1 Small onion,chopped
-fine
1 Green pepper,blanched
-and,Chopped
8 oz Imitation crabmeat
1/4 c Lemon juice
1/2 c HELLMANS mayo
Salt & pepper,To Taste

Mix all these ingredients together and roll up in fish fillets, securing them with toothpicks. Divide it among four or five good-sized pieces. Bake at 400 for 30 minutes. During last 10 minutes pour newburg sauce over fish.
It's good with flounder, but any white fish will do. I've used large cod and catfish fillets and butterflied them. Just enough so you can roll it up over the stuffing.

Best Peach Cobbler

Filling
3 T Sugar
2 qt peach slices,Canned
4 t Baking powder
3/4 c Sugar
6 T Lard (or butter)
1/4 c Water
3/4 c milk cut half-,Canned
3 t Corn starch
-strength with water (just
Topping
-enough to moisten dough)
2 c Flour

FILLING: Dissolve corn starch in water; add mixture to peaches and juice in a large, warm Dutch oven; stir well; sprinkle sugar on top; cover and allow to simmer lightly while topping is prepared.

TOPPING: On a floured board, turn out a soft dough; pat down to 1/2" thick; cut into strips 1/2" wide and place criss-cross atop peach mixture; cover and cook approximately 20 minutes until golden brown. Serve with Campfire Coffee. Serves approximately 18.

Biscuit And Pancake Mix

9 c Flour,sifted
4 t Salt
1/3 c Baking powder
1 3/4 c Shortening,vegetable
1 c Milk,powdered

Chill shortening. Sift all dry ingredients. Cut shortening into flour till mixture resembles coarse cornmeal. Store, well covered, in a cool, dry place.

Use for pancakes, biscuits, shortcake, cobblers or anything that you would make from a packaged biscuit mix. All you need is water.

For pancakes add 1 tb each sugar and powdered eggs to each cup of mix.

Blackened Fish

2 T Paprika
2 T Cayenne pepper
2 T White pepper
3/4 c Creole seasoning
1/4 c Blackening seasoning
4 .to 12 fish fillets
1/8 c Butter (or margarine)

Mix the spices. Coat the fillets with the spice mixture.

Melt the butter or margarine in an iron skillet over a hot cooking fire. Sear the fish for 1 to 2 minutes on each side, or until they smoke and appear "blackened".

Remove the skillet from the fire and cover. The heat in the pan will complete the cooking in about 10 minutes. The spices can be mixed at home and stored in an airtight container.

Makes about 4 to 6 .

Blazing Trail Mix

2 c miniature wheat or,Shredded - bran squares
1 c thin pretzel,Unsalted - sticks,broken into pieces
1/2 c lentils,Cooked
1/2 c Quick-cooking rolled oats
1/2 c Raisins
1/2 c dried apples,Chopped
1/4 c Honey
2 t Curry powder
1/2 t coriander,Ground
1/4 t cumin,Ground
1/4 t Paprika
1/8 t red pepper,Ground

In a 13x9-inch baking pan, combine the wheat or bran squares, pretzels, lentils, oats, raisins, and apples. In a small bowl, stir together the honey, curry powder, coriander, cumin, paprika and pepper. Drizzle the honey mixture over the cereal mixture. Toss until evenly coated. Bake at 350 for 15 to 20 minutes or until crisp, stirring occasionally. Store in an airtight container or self-closing plastic bags.

Makes 8 cups or 16 .

Box Oven

1 Brick (or flat rock)
1 pk Aluminum foil,heavy-duty
1 Corrugated cardboard box
1 Metal pie pan,old
3 Coat hangers
4 Charcoal briquets,lit

1. Cover the inside and outside of the box completely with 3 or 4 layers of aluminum foil, including the flaps. Lay box on level ground so that the opening opens oven-style (front-door style is OK, too).

2. Straighten the coat hangers, then run them through the sides of the box about 2/3 of the way up from the bottom to form a rack.

3. Set brick in bottom. Place live coals into pie pan/pie plate. Put pan on brick (don't forget, the PIE PAN IS HOT! Use an oven mitt or hot pad).

4. Place food to be cooked onto coat-hanger rack and close oven door. Watch carefully, checking often. Each live coal makes about 80 degrees Fahrenheit.

Buckwheat Pecan Pancakes For Camping

MIX IN A ZIPLOCK BAG ==========
- 2 c Buckwheat flour
- 1/2 t Salt
- 2/3 c Wheat flour
- 2 t Baking powder
- 2/3 c dry milk,Instant
- 3 T egg (optional),Dried

IN SMALL TIGHT CONTAINER =======
- 2 T Oil
- 2 T Molasses

ADD WHEN MIXING ================
- 2 1/2 c Water
- 1/2 c Pecan halves

PACK FOR TOPPING WHEN DONE =====
- 1/4 c Butter (optional)
- 1 c Maple syrup

This is a camping recipe. Assume moderate heat on a campfire or pack stove.

When ready to cook, mix all ingredients except the butter and syrup and let set a couple minutes. If stiff, add a little more water. If you heat the pan well first, no oil is necessary; however you will need a good, flat metal spatula. If I have time, I plop 3 or 4 pecan halves on each cake instead of mixing them in. Serve hot with butter and syrup. Can be saved for later in the day; great with jam.

Burgers In Foil

1 .to 1 1/2 lb beef,Ground
2 sm Green bell peppers,chopped
4 16-inch squares aluminum
onion flakes,Dehydrated
. foil
Worcestershire sauce
4 Carrots,sliced
Salt & pepper,To Taste
1 cn Potatoes,16oz, sliced

Separate meat into 4 portions. Place each in the center of a square of foil. Top with equal portions of chopped carrots, potatoes and peppers.

Season with dehydrated onions, Worcestershire sauce, salt and pepper to taste. Seal foil, checking for leaks. Place on hot coals for 10 to 15 minutes per side.

Buttermilk Biscuits

1/4 c shortening
1/4 t baking soda
2 c self-rising flour
3/4 c buttermilk

Cut shortening into flour. Stir soda in milk and pour into flour and shortening. Stir until well blended. Pour out onto a floured surface and knead 12 to 15 times. Roll out and cut. Place on a baking sheet and bake at 450 degrees F. until brown.

Camp Au Gratin Potatoes

1 cn Corned Beef Or 2 Cans Tuna
-Or Similar
-Meat
2 Boxes Au Gratin Potatoes
6 c Water
1/2 c Dry Milk Powder
1/4 c Margarine Or Oil
1 md Pot For Heating Water
1 lg Pot For Potatoes
1 Stirring Spoon

Put the corned beef or tuna on the bottom of the pan. Open the potato packages and layer the potatoes on top of the meat. Sprinkle the cheese powder over the potatoes. Put the oil or margarine on the potatoes. Heat the water to near boiling and add the dry milk. Pour the hot liquid over the dry potatoes and put the pot on a moderate fire to simmer gently for 40 minutes. This arrangement should result in a slightly liquid mixture. Turn the pot from time to time if it is being kept at the edge of the fire to assure it heat all the way around. The oil or margarine is to keep the liquid from foaming. A smaller quantity or none can be used, but more care to keep the liquid from boiling over must be made. Good served with something that will sop up the extra juices.

Camp Chili

1 c Lentils
1 T Cumin
3 T Tomato soup powder
1 t Oregano
2 T Masa (or Corn flour)
1 t Salt
1 T Chili Powder
1 Clove Garlic
1 T Onion Flakes
4 c Water

Combine all the ingredients and simmer 30 - 45 Min.

Camp Cobbler Delight

1 cn Sliced peaches,large
1/4 lb Margarine
1 cn Fruit cocktail,large
1 c Brown sugar
1 cn Crushed pineapple,small
1 pk Cake mix
1/2 c tapioca,Instant

In 12 inch foil lined Dutch Oven, combine fruit and tapioca. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over cake mix. Dab butter all over top of brown sugar.

Place lid on oven. Bake 45 minutes to 1 hour. Use 6 to 8 coals on the bottom and 14 to 16 on the top. Cake is done when top is brown and cake has absorbed juices and is no longer dry.

Camp Hash

4 c Shredded Hash Brown,Dried
Taste
Potatoes (Get At Costco)
1 lg Pot With A Lid
2 pk Onion Soup Mix
1 lg Spoon
1 1/2 lb Meat (Or Sausage),Ground
6 c Water
Assorted Seasonings To

Brown the meat in the bottom of the pan. Break up the meat as it cooks assuring that all the pink (raw) meat is cooked. Add the water and soup mix stirring to mix. Heat to boiling and simmer a few minutes. Add the dry potatoes and stir to mix. Cover the pot and move to the edge of the fire for about 10 minutes to allow the potatoes to swell up with the water. Move the pot back on the heat and stir while cooking the potatoes. cook about 5-10 minutes. Serve hot. Seasonings may be added with the potatoes to the cooks taste. Hot peppers, chili powder, basil, italian seasonings are good.
The meat may be hamburger, sausage, italian sausage, etc. Different meats do provide a different flavor. This hash can be either a evening or breakfast meal.

Camp Pasta

1 lb Pasta -- any kind
1 pk Spaghetti sauce mix
1 cn Tomato paste
1 lb Lean hamburger -- ground
-turkey or
-Italian sausage

Heat water to a boil in a large pot. In a smaller pot cook the meat and add the sauce mix, water, and tomato paste according to the instructions on the sauce package. Cook the pasta in the water for 8-10 minutes. Place the lid on the pot and with gloves or pot holders drain the water from the pasta through the crack between the lid and the pot. Putting the pot on a stump or log and letting the stump or log hold the weight of the pot helps. Mix the sauce with the drained pasta and serve . Grated cheese may be used with the pasta. Pasta notes: Spaghetti is the traditional pasta, but wheels, or other forms that are more compact and larger will be much easier to drain.

Camp Potatoes

4 Potatoes,sliced
4 Onions,sliced
4 T Butter or margarine
10 oz Cheddar cheese,sharp
Salt & pepper to taste

Grease a large square of heavy foil. Arrange sliced potatoes on foil, sprinkle with salt and pepper and cover with sliced onions. Add chunks of butter or margarine. Wrap and seal foil. Cook over hot coals on a grill until done (30 or 40 minutes depending on fire). Open foil and add thin-sliced cheddar strips. Cover again and grill for a couple of minutes, until cheddar melts.

Camp Stew - Mr. B's Recipe

1 Or more chickens
2 lg Onions,cut up fine
2 Twice as many squirrels as
Butter beans
-chickens
Corn
of pickled pork -or-,Slices
Tomatoes
-bacon to cover bottom of
Red,black pepper & salt to
-stew-pan
-taste
Irish potatoes

Prepare one or more chickens, and twice as many squirrels, as for frying. Into the bottom of a pot or deep stew-pan, lay slices of pickled pork or bacon, cutting off the rind and rancid parts, if bacon is used.

Put a layer of chicken, one of Irish potatoes peeled and sliced, two large onions cut up fine, butter beans, corn and tomatoes; red and black pepper and salt to taste; a layer of game, then of pork. Finish with a layer of vegetables; cover with water, and, putting on a well-fitting cover, set the vessel where the mixture will simmer gently and steadily for four hours.

Camper's Baked Potatoes

6 Baking potatoes
1/4 t Garlic powder
1 Onion,chopped
1/2 t Lemon pepper
4 oz Green chiles
Aluminum foil
4 oz Black olives,chopped

1. Scrub and chop baking potatoes into pieces, but do not peel.

2. Prepare 6-8 square pieces of heavy-duty aluminum foil, one piece per serving. Place equal portions of the ingredients on each foil square. Fold the foil in a drug-store type fold, sealing ends.

3. Place on barbecue grill for about 45-55 minutes. If you can safely take along margarine, you might want to add a teaspoon or so to each packet before grilling.

Camper's Buckwheat Pancakes

3/4 c Buckwheat Flour
3/4 c Flour,All-Purpose
1/2 t Salt
1/3 c Dried Whole Egg
1/2 c Nonfat Dry Milk
1 1/2 t Baking Powder
4 T Margarine
1 1/2 c Water

Mix all ingredients, except margarine, with water to make a creamy batter. Melt margarine and add gradually to batter while stirring.

Camper's Cookies

2 c Flour
1 t Baking soda
1/2 t Salt
1/2 t Baking powder
1 c Margarine
1 c White sugar
1 c Brown sugar
2 Eggs
1 t Vanilla
2 c Oats
6 oz Semi-sweet chocolate chips
1 c Nuts

Sift together the flour, baking soda, salt, and baking powder. Cream the margarine and the sugars together. Add the eggs and beat. Add the flour mixture and mix well. Add the vanilla, oats, chocolate chips, and nuts. Grease a 13x9x2 pan, and press mixture in evenly. Bake in a preheated oven 15 minutes at 350 F

Camper's Sausage

2 1/2	kg	Ground beef
5	t	Tender quick curing salt
2	t	Coarsely ground pepper
2	t	Garlic salt
2	t	Mustard salt
1	t	Hickory-smoked salt

These will keep for several days without refrigeration.

Mix together spices. Crumble meat and, with the hands, thoroughly mix in spices. Cover and refrigerate for 24 hours. Mix again and refrigerate another 24 hours.

On the third day, shape into five rolls about 38 mm in diameter. Place 50 mm apart on a metal rack and bake at 150 degrees F (65 degrees C) for 8 hours, turning every 2 hours.

Camper's Stew

1 cn Whole new potatoes
1 cn Meatballs with gravy
1 cn Green beans
8 oz Can tomato sauce
1 cn carrots,Diced
2 T onion,Dehydrated

Drain liquid from vegetables, save 1 cup. Combine all ingredients, bring to a boil and serve. Delicious also with "biscuit mix" dumplings. Follow directions on package. Serves 2 to 3. Easily doubled.

Campers Hobo Pie

1 lb Ground beef
4 Carrots sliced
2 Potatoes cubed
1 md Onion,sliced in 1/4"
-pieces
Butter

Form hamburger patties and put one patty,with individual of whole carrots,sliced potatoes and sliced onions,on a sheet of aluminum foil. Brush everything with butter and sprinkle with salt and pepper.

Fold foil over food and place on charcoal or open fire Cook for an hour,turning every 15 minutes. Chicken can be substituted for the hamburger meat.

Campers Pizza Pie

8 oz pizza or spaghetti sauce
1 lb Wheat bread
1/4 lb Mozzarella cheese
Pepperoni

Using the pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

Campfire Biscuits

2 c Jiffy Baking mix
2/3 c Water

Directions: Mix well and knead. If too soft, add a little more mix for a dry handling dough. Put flour on aluminum foil and pat dough to about 1/2 inch thickness. Cut into biscuits. Bake at moderate heat for 15-20 minutes, or until biscuits are lightly browned on top. Remove from heat and serve hot.

Campfire Cinnamon Coffeecake

2 T Butter or margarine
1 c Packaged biscuit mix
1/3 c Evaporated milk,undiluted
1 T Prepared cinnamon-sugar

Make Coffeecake: Cut butter into tiny pieces over biscuit mix in medium bowl. Toss lightly with fork until butter is coated. Make a well in center. Pour in milk and cinnamon-sugar, stirring with fork just until mixture is moistened. Turn dough into a lightly greased and floured 8-inch shiny, heavy skillet. With floured hands, pat down evenly into the skillet. Cook, covered, over very low heat, 12 to 15 minutes, or until a cake tester or wooden pick inserted in center comes out clean.

For Topping: Spread the coffeecake with 2 Ts butter or margarine. Then sprinkle 1 ts prepared cinnamon-sugar over all of it. Cut into quarters, and serve warm.

Campfire Coffee

Water
coffee,Fresh Ground

Bring water to boil; add fresh ground coffee; immediately remove from fire; pour from top.

Campfire Fondue

2 c Cheddar,Shredded
-OR swiss cheese
2 T All purpose flour
1/4 t Paprika
1 cn Cream of celery soup
1/2 c Beer (or white wine or
-water)

Toss together, cheese, flour and paprika. Combine soup and beer. Heat. Over low heat add cheese, stirring until completely melted.

Serve with French Bread Cubes

Campfire Fried Rice

1 pk Precooked rice (7 oz)
2 c Boiling water
1 cn Spam luncheon meat - (7 oz)
-diced
1 Envelope fried rice
-seasoning mix (1 oz)

Place rice in small bowl; pour boiling water over. Cover and let stand 5 minutes. Fluff with a fork. Mix in Spam and seasoning mix.

Transfer mixture to medium skillet. Cook over medium heat 5 minutes, stirring often.

Campfire Hash

2 TB cooking oil
1 lg onion -- chopped
2 garlic cloves -- minced
4 lg potatoes -- peeled and
: cubed
1 lb smoked sausage -- cubed
1 cn chopped green chiles -- (4
: oz)
1 cn whole kernel corn --
: drained

In a Dutch oven, heat oil. Saute onion and garlic until tender. Add potatoes. Cook, uncovered, over medium heat for 20 mins., stirring occasionally. Add sausage; cook and stir until potatoes are tender and well browned, about 10 mins. more. Stir in chilies and corn; cook until heated through.

Campfire Pork And Beans

8 Bacon slices,cut 1 1/2"
1/2 c Chopped onion
1/2 c Chopped green bell pepper
53 oz Can pork and beans
1/4 c Molasses
1/4 t Tabasco sauce

Heat oven to 375 degrees. Fry bacon until crisp;set aside. Reserve 2 tablespoons drippings in pan. Saute onion and green pepper in drippings until tender. Combine beans,molasses and red pepper sauce in a 2 1/2 quart casserole. Bake 40 to 45 minutes. Top with bacon.

Campfire Recipes 1- CAMPING IDEAS

GRILLED CHEESE---- Sandwiches can be made without a pan--use a buddy burner if you have one or wrap the prepared sandwich in foil and place just above the coals (cooks real fast). To make it a more complete meal add tomatoes, onions and cold cuts or any combination of your choice before cooking.

KEBOBS--- Of all sorts are easy to make and require no pans. If using wooden skewers, soak them in water to slow down the burning and make sure you can cook without holding by hand over the fire; if using metal ones make sure each person has a good glove to hold it with or there is a proper handle on it.

Make kebobs with wieners, smokies, sausage or meatballs. Pre cook chicken, turkey, ham or any other meat cubes. Use a variety of veggies such as peppers, canned taters, tomatoes, mushrooms, etc. As it is cooking, brush with bar-b-que sauce or teriyaki sauce if so desired.

RICE--- cooked in a sleeping bag. Take instant rice in 2 heavy duty zip lock bags. Add slightly less than normal amount of boiling water, (it must be at a full boil), add some raisins, nuts or some cinnamon and sugar, or whatever other flavoring you desire. Zip it up tight and place in a sleeping bag. The rice will cook in about 20 minutes. Once the rice is done, you can add cinnamon, nutmeg, raisins and nuts to make it a dessert or snack; or you can use it as a side dish by adding butter, soy sauce or canned gravy.

BREAD--- Add grated cheddar or parmesan cheese to butter, spread on bread slices (french or Italian loaves sliced thick work best) wrap in foil and put on coals or on a grate above the coals.

HOT DOGS--- are always popular but if you are tired of the usual roasts, try wrapping them in biscuit wraps and cooking them on a stick or wrap very loosely in foil and place on grate above fire for 15 to 30 minutes (time will depend on the heat of the fire and the weather. To make these more fun add cheese, onions, mustard, ketchup, pickles, bacon bits, etc. before wrapping. If using a stick, only add a little bit or the wrap will rip.

SOUPS---- To tomato soup add croutons, bacon bits, cheese cubes, sliced sausage; to vegetable soups ad precooked ground beef, wienies, cheese cubes; to noodle soups add croutons, parmesan cheese, cubes of precooked beef or chicken. Serve with crackers or cheese bread.

Campfire Recipes 2-CAMPING IDEAS

POTATO DINNER-- Take a raw potato. Hollow out the center leaving about 1/2 inch all the way around with skin attached. Fill the center with spiced hamburger with a bit of tomato sauce or use sausage pieces. Wrap tightly in foil and place on coals. Serve with cheese or garlic bread and a salad or some steamed or canned veggies. To steam veggies, slice thinly and make a foil pack and add a little water; seal and place on or over hot coals. Check after a 1/2 hour. Potato will take about an hour.

ONION SKIN HAMBURGER-- Cut a large onion in half cross-wise and remove most of the center, leaving about 3 or 4 layers. Mix up a hamburger mixture of your favorite seasonings and press into the hollowed out onion skin. Place directly on the coals for about 20 to 25 minutes.

BREAD CUPS--- Use a stick that is about 3 inches across, wrap in foil, grease foil and form biscuit mix or bread dough around the end of the stick and cook over the fire. Remove from stick carefully when done and serve anything you like in the cup; chili, creamed chicken, creamed tuna stew, etc.

CREAMED CHICKEN-- use cream of chicken soup with 1/2 can of milk/water and using precooked chicken chunks.

CREAMED TUNA-- using cream of mushroom soup mixed with 1/2 can milk/water and a can of drained tuna. Add canned veggies (drained) to the mixture. You may have to add more milk/water to make it of stew consistency.

CANNED stew or chili is also good served in the cups.

Campfire Recipes 3--CAMPING IDEAS

EGGS IN A NEST Using a buddy burner, hollow out a piece of bread, butter the bread, place on burner and crack an egg into the hollowed area and cover with foil, flip when ready if desired. If you want sausage, cook it first then you won't have to butter the bread.

BACON AND EGGS Using a paper lunch bag, place 2 pieces of bacon in bottom of bag. Crack 1 egg on top, roll down bag tightly; poke stick through bag and hold over fire. Bag will not burn. It will take about 5 minutes to have bacon and eggs. DO NOT ADD EXTRA BACON AS THE GREASE WILL CAUSE THE BOTTOM TO FALL OUT OF THE BAG. At the same time make toast by sticking a piece of bread on the end of stick, turn as necessary.

BAG OMELETTE---- Use a good quality ziplock type bag. Break 1 to 3 eggs into the bag, add a tablespoon of milk per egg, add cheese, bacon bits, peppers, onions, mushrooms or whatever you like in an omelette to the bag. Close the bag tightly, much all together and drop bag into boiling water (water should be at a full boil. It will take 3 to 8 minutes depending on how many bags are in the water. Can be thrown back into the water if you find yours isn't done enough.

BOILED EGG---- Place egg in a hot cup (a paper one without the wax coating). Cover the egg with water and sit the cup on the coals. Have the seam on the cup away from the flames as the cup may split open on the seam. Bring the water to a boil and boil for 10 minutes adding more water as necessary to keep the egg covered. The cup will not catch fire as long as you make sure that there is enough water in the cup.

ORANGE SKIN---- Cut an orange in half cross-wise and scoop out the insides and eat. Break an egg into the hollow rind and set directly onto the coals and cook for 10 to 15 minutes, or until the center is done. 'For biscuits,mix Bisquick as directed and fill rind 3/4's full and cook as above until toothpick comes out clean (no doughy goo on it).

Campfire Recipes 4--CAMPING IDEAS

BAKED APPLES-- Cut the apples in quarters, remove seeds and place on shiny side of a sheet of foil. Sprinkle with brown sugar, cinnamon, raisins and dot with butter. Wrap tightly and place on coals for 10 to 15 minutes.

ORANGE CAKE-- Have each person eat an orange by cutting a thin slice from the top and eating the pulp with a spoon leaving the skin in tact. (They could have the orange for breakfast and save the shells in a zip lock.) Mix a white or spice cake mix as directed on box. Pour mix into rind until 3/4's full, put the thin slice on the top and wrap in foil, place on coals and cook for 10 to 15 minutes.

BREAD ON A STICK-- Have a stick about the width of a broom handle. Cover about 1 1/2 feet with foil, shiny side out. Grease the foil well, wrap canned crescent rolls around it and bake over the hot coals. Can also use biscuit mix. After mixing biscuits make a tope of the dough and wrap around stick leaving a little space between wraps. Serve with jam or honey.

PUDDING IN A BAG-- Using a good ziplock, divide instant pudding into portions in the bags, add the right amount of milk, close the bag and mush with fingers. In about 5 minutes you'll have pudding. Eat it right from the bag.

Campfire Stew

2 lb Hamburger
1 cn stewed tomatoes
1 cn corn
8 oz Elbow macaroni
1/2 c Chopped onions
1 c Water
1/4 lb Longhorn cheddar cheese

Brown beef in dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water.

Cook until done. Just before serving add cheese.

Camping Seasoning Mix

1/3 c Salt
1 T Paprika
1 T Garlic Powder
2 t Onion Powder
1/2 t Cayenne or substitute Curry
1/2 t Pepper

Mix well and store in a double zip-lock bag or a good screw-top container.

Cheesy Chicken Rolls

1/2 c lowfat mozzarella cheese --shredded
1 jar Sliced mushrooms -- (2 1/2 oz) drained
1/4 c Plain low-fat Yogurt
1 TB Chives -- Snipped
1 TB Parsley -- Snipped
1 TB Pimiento -- chopped
4 md Skinless Boneless Chicken Breast Halves -- about 12 oz total
1 TB Dry bread crumbs -- fine
1/8 ts Paprika
1 TB Plain low-fat Yogurt

For filling, in a small bowl combine cheese, mushrooms, the 1/4 c yogurt, chives, parsley, and pimento. Place 1 chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to 1/8" thickness. Remove plastic wrap. Repeat with remaining chicken. Sprinkle lightly with salt and pepper. Spread some of the filling on each chicken breast half. Fold in the sides and roll up. Arrange rolls seam side down in a 10x6x2" baking dish. Combine bread crumbs and paprika. Brush chicken with the 1 Tbspn yogurt; sprinkle with crumb mixture. Bake in 350 deg F. oven for 20-25 minutes or till chicken is tender and no longer pink.

Cherry Fudge Goodies

1 ea Box fudge brownie mix
1 1/2 c Shredded Coconut
1 1/2 c Chopped,Candied cherries
2 T Cherry flavoring oil
1 c Chopped walnuts
-powdered Sugar
-shortening

Follow brownie mix directions/recipe on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well.

Pour batter into greased Dutch Oven or covered baking pan. Add coals 5 on top 7 under (350) Bake. Its done when a knife comes out clean. Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

Chicken In Foil

1	sm Green bell pepper,chopped
1/2	sm Red bell pepper,chopped
10	Mushrooms,chopped
4	Chicken breast,halved
1	cn Pineapple slices,8oz
1	t Butter (or margarine)
	Garlic powder,salt and/or pepper,To Taste
4	16-inch squares aluminum foil

Divide the peppers and mushrooms into four equal parts. Coat a small area in the center of the foil with butter or margarine. Place a portion of peppers and mushrooms on the greased area of foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper.

Fold foil securely and check for leaks. Place on coals for 10 to 15 minutes per side.

Makes about 4 .

Cinnamon Apples

4 24 inch length of aluminum
4 T Red cinnamon candies
Foil
4 T Seedless raisins
4 lg Tart apples - cored
Dot with butter

Cut off four 24 inch length of heavy duty aluminum foil and fold in half. Place one cored apple in center of each foil square; fill hole with one tablespoon each of red cinnamon candies and seedless raisins.

Bring foil up loosely over apple and twist ends together to seal well. Cook foil package over glowing coals til done Serve warm with cream or ice cream if desired.

Coffee Can Cookery

2 Strips bacon
1 Med. potato,sliced
1 Med. onion,sliced
1 Med. tomato,sliced
2 Stalks celery
1/3 lb Ground beef
1 Carrot
Salt and pepper to taste
Coffee can and lid

Cut carrot in half lengthwise. Cut celery and carrot into 2" lengths. Cut bacon in half. Mold 2 meat patties. Place 2 pieces of bacon on bottom of can. Place layers of all ingredients. Repeat. Place closed coffee can on top of glowing coals for 25 min. Open lid and check after 10 minutes, if browning too rapidly, pour 2 Tb. of water in can.

Corned Beef & Cabbage

2 lb Well trimmed corned beef
-boneless
-brisket or round
1 sm Head green cabbage,cut
-into
6 Wedges
6 md Carrots cut into quarters
1 sm Onion,quartered
1 ea garlic,crushed

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

Dandelion Salad

1/2 c Cream
2 ea Egg
1 T Sugar
1 t Salt
4 T Vinegar
1/4 c Butter
Paprika
Pepper
4 ea Sl Bacon,thick
1 Dandelion

Carefully wash and prepare the dandelion as you would lettuce. Roll in cloth and pat dry. Then put into a salad bowl and place in warm place. Cut bacon in small pieces, fry quickly and drop over the dandelions. Put the butter and cream into a skillet and melt over a slow fire. Beat eggs, add salt, pepper, sugar and vinegar and mix with slightly warm cream mixture. Pour into skillet and under increased heat, stir until dressing becomes thick like custard. Take off and pour piping hot over dandelion. Stir thoroughly. Never use dandelion after it has begun to flower, for then it is apt to be bitter.

Dutch Oven Biscuits

2 c Flour
4 T Solid shortening
1/2 t Salt
1 c Milk (diluted ok),Canned
3 t Baking powder

Blend flour, salt, baking powder and mash in shortening with a fork until crumbly. Add milk and stir until the dough sags down into trough left by spoon as it moves around the bowl.

Turn dough out on a floured surface, knead for 30 seconds, pat out gently until it is 1/2 inch thick. Cut with a round cutter or pinch off pieces of dough and form by hand.

Put biscuits into a greased Dutch Oven, cover, and bury in bright coals for 5 or 10 minutes or until golden brown.

Dutch Oven Trout

6 8 inch trout
1 t pepper,Ground
12 sl Bacon

Filet the trout. Lay three slices of bacon on the bottom of a Dutch Oven, put 1/2 a trout, flesh-side-down, on each slice. Sprinkle pepper lightly over upper sides of fish. Arrange a second layer of bacon and fish at right angles to the first, and continue to arrange other layers, each at right angles to one below it, until all the fish halves are in the pot. Cover the Dutch Oven, bury in coals, cook 35-40 minutes. Serve a slice of bacon with each half-fish. If you cook bass this way, skin them first.

Easy Stroganoff

2 t Butter or
-into thin stripes
-margarine
1/4 c Water
1 cn Cream of mushroom
1/2 c Sour cream
-soup
1/2 c onion,Chopped
1 lb Round steak,cut
1/2 t Paprika

Melt butter or margarine in skillet. Brown strips of round steak in hot fat. Add onion and brown. Stir in soup, water, sour cream and paprika. Cover and cook over low heat about 45 minutes, or until meat is tender. Stir frequently. Serve over hot noodles (wide egg noodles, etc.) or rice.

Egg In A Nest

1 sl of bread
1 Egg

Make a hole in the center of the slice of bread and place in frying pan and break egg in the center of the hole and leave to cook.

Flank Steak Teriyaki

4 - 6 flank steaks
1 T Salad oil
1/4 c Sugar
1 t Ginger
1/2 t MSG
4 - 6 pineapple slices
1/2 c Soy sauce
2 T Sherry (optional)
1 ea garlic,crushed

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

Foil Dinner

12 Potatoes,partially cooked
12 Carrots (or other vegetable)
3 lb beef,Ground
Salt and pepper,To Taste

For single : Cut one potato into small pieces. Cut carrot into sticks. Make a patty of 1/4 lb. ground beef (3/4 inches thick). Place all ingredients side by side on a piece of foil. Season to taste, wrap in foil and put packet into embers or onto grill. Cook 10 to 20 minutes.

Other combinations: Ham, pineapple and sweet potato; Chicken legs, onion and potato; Hot dogs and onions; Hot dogs with cheese and bacon; Hot dogs with apples and cheese.

Foiled Burgers Aka "Jack Special"

1 lb beef,Ground
4 Squares heavy duty foil
. (16x16 inches)
4 Carrots,chopped
1 cn New potatoes,sliced (16oz)
2 sm Green peppers,chopped
onion flakes,Dehydrated
Worcestershire sauce
Salt & pepper,To Taste

Separate the meat into 4 portions. Place each portion in the center of a aluminum foil square. Top with equal portions of chopped carrots, potatoes and bell peppers. Season with dehydrated onion flakes, Worcestershire sauce, salt and/or pepper to suit your taste. Seal the foil, check for leaks. Place on the coals for 10 to 15 minutes per side.

Foiled Chicken

1 sm Green pepper,chopped
1/2 sm Red pepper,chopped
10 Mushrooms,chopped
4 lg Chicken breasts
1 cn Pineapple slices (8oz)
Non-stick cooking spray
-*or* 1 tsp
-butter
Garlic powder,salt and/or
-pepper to taste
4 Squares heavy duty foil
-(16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste. Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

Frying Pan Cookies

2 Eggs,unbeaten
1 c Sugar*
1 1/2 c Dates,chopped
Salt

Cook over a low heat for 10 minutes, stirring constantly. Remove from stove and add 2 cups of Rice Krispies.

Roll in balls and dip in coconut.

*Would recommend from none to 1/2 c sugar. Dates, coconut and Rice Krispies supply sufficient sweetening.

Gorp

1 c Corn syrup (or molasses or)
1/2 c Chocolate chips
Honey
1/2 c Wheat Germ
3/4 c Milk powder
1/2 c peanuts,Crushed
1 c Oatmeal
1/2 c Raisins
1/2 c Peanut butter

Mix all the ingredient thoroughly. Roll into balls and each in a small piece of wax paper, twisting ends and chill.

Great Outdoors Potatoes

6	Potatoes
1/2 t	pepper,Fresh Ground
1/4 c	Olive oil
1 t	onion,Minced
2 t	Lemon juice
1	Pureed garlic clove
1 t	Dijon mustard
1 t	Paprika
1/2 t	Corriander

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

Grilled Orange Egg Custard

1 Orange (or Grapefruit)
2 T Milk
1 Large egg
Sugar & cinnamon,To Taste

With the navel at the bottom, slice off the top of the orange & dig out all the pulp and fruit (to eat)... save the "orange cup"... in fact, serve oranges during dinner & get everyone to save their orange cups for this.

Crack egg into a bowl with the milk, sugar & cinnamon and gently whisk it a little with a fork, but don't over mix, you want the lumps of smooth egg white when it's cooked.

Place egg mixture in the orange cup & place them over a grilling stand over EMBERS (not the fire).. wait till egg looks cooked, but not hard.

Grilled Sausage & Sweet Mustard In Tortillas

1 lb Hot or sweet ltalian
-sausage or
-Spanish choriza*
1 c Hearty red wine (such as
-Italian
-Barolo or Spanish R10ia)
9 8-inch flour or 6-inch corn
-tortillas
Honey mustard or Dijon
-mustard

Place sausage in single layer in 9-inch skillet. Pour wine over sausage. Bring to boil. Reduce heat, cover partially and simmer until sausages are cooked through, turning frequently, about 12 minutes. Remove sausage from pan and cool slightly. Discard liquid. (Can be prepared 1 day ahead. Cover tightly and refrigerate. Bring to room temperature before continuing.) Prepare barbecue (medium-high heat). Cut sausages into 1/2-inch slices. Thread slices on long metal skewers, using 3 to 4 skewers. Cut tortillas into quarters and wrap in foil. Place tortillas on side of grill to heat through. Grill sausage until heated through and charred on all sides, about 5 minutes. Remove sausage from skewers and place in serving bowl. Serve sausage with tortillas and mustard.
*A fresh pork link sausage flavored with garlic and spices, and milder than Mexican chorizo. Spanish chorizo is available at Spanish markets.

Grunch

1 c Peanut butter
1/2 c Honey
1/2 c Crushed graham crackers
1/4 c Powdered skim milk
3 T Cinnamon
1 T Powdered cloves

At home, mix ingredients. Store in plastic container and place in the refrigerator to harden overnight. Store in a plastic squeeze tube for easy carrying. Makes two cups.

Hobo Popcorn

1 18 in square HD foil
butter,Melted
4 t Cooking oil
Salt
4 T Popcorn

For four ; cut 18 inch square of heavy duty foil into four squares. In the center of each square, place one teaspoon oil and one tablespoon popcorn. Bring the four corners of foil to the center, making pouch like hobo knapsack. Seal edges well. With string, tie corners of each pouch to long handled barbeque tool or green stick.

Place pouch directly on hot coals and shake often until corn is popped.

Carefully open pouch and season popcorn with melted butter and salt.

Homemade Granola

4 c Rolled oats
1/4 c Sesame Seeds
2 T Light Sesame oil
1 t Ground Cinnamon
1/2 c Wheat Germ
1/4 c Shelled Peanuts (or soybeans
1/4 c Honey
1/2 t Grated Nutmeg or Cardamon
Raisins,grated coconut,
-nuts, or dried fruit (op

Preheat the oven to 350 deg F. Toast the oats, wheat germ, seeds, and legumes lightly on a baking sheet for 5-10 minutes, until slightly browned. Remove and cool. Heat the honey and oil together in a small pan; drizzle it over the dry mixture. Sprinkle with cinnamon or cardomon. Return the mixture to the baking sheet and heat in the oven for 5 minutes. Stir or turn. Bake for a few minutes more, until crispy but not too browned. Remove and cool. Add raisins, nuts, or dried fruit if desired.

Honey Granola Bars

1 1/4 c Quick-cooking oats
2 T Honey
1/4 c Whole wheat flour
1/3 c Raisins
1/4 c wheat germ,Toasted
Or dried apricots,Chopped
1/4 c Honey -- Plus

Combine the oats, flour, wheat germ, and cinnamon, and stir to mix well. Add the honey, and stir until the mixture is moist and crumbly. Fold in the raisins or apricots.

Coat an 8" square pan with nonstick cooking spray. pat the mixture into the pan, and bake at 300 for 18-20 minutes, or until lightly browned. Cool to room temperature, cut into bars, and serve.

Honey Mustard Grilled Chicken

2 lb Boneless chicken parts (may use bone in parts)
2 T Honey
2 T Dijon mustard
2 T Melted margarine
1 t Basil Leaves
1/2 t California Style Blend Garlic Powder .

Preheat grill for direct-heat cooking. Place chicken on grill rack. Combine remaining ingredients. During last 3-4 minutes per side of grilling time, brush chicken with sauce.

Hot Cocoa

1/2 c Cocoa Powder
1 t Corn Starch
1/3 c Sugar
1 c Water (Divided)
1 c Milk

Mix Cocoa, corn starch and sugar with 1/2 cup water. Heat on low until ingredients are dissolved. Add remaining 1/2 cup water and milk. Heat over low heat until mixture thickens.

Recommended high quality cocoas are Pernigotti and De Zaan. Hersheys cocoa may require reducing corn starch to 1/2 tsp.

Hot Dog Surprise

10 Hot dogs
American cheese ,sliced into hot dog-length fingers
10 sl Bacon

At home or on the road, cut a deep slit in each wiener, and stuff with fingers of cheese. Then wrap on the diagonal with the bacon. Seal individually in foil. These are great for stuffing into those odd places on the engine where you can't fit a turkey or a suckling pig. Cook about 45 minutes, or until cheese is melted and bacon is somewhat crisp.

Irish Soda Bread

2 1/2 c Milk
1/2 c Rolled oats
2 T White vinegar
1 t Baking soda
4 c Whole wheat flour
2 t Salt
1 c All-purpose white flour

Preheat the oven to 375F, or preheat the dutch oven, top and bottom.

Put the milk in a small bowl. Stir in the vinegar and mix to make the milk sour; set aside. In a large mixing bowl, mix together the whole wheat flour, white flour, oats, baking soda, and salt. Add the soured mixture to the flour mixture and stir until all the dry ingredients are moistened. Place the dough on a floured board and lightly knead about ten times, until the dough is smooth.

Form the dough into a 9-inch round loaf, place it on a cookie sheet or in a preheated dutch oven, and with a sharp knife, mark the top of the loaf with an X, cutting the dough about 1/8 inch deep. Bake for 50 to 60 minutes, or until the bread is brown and sounds hollow when tapped.

Cool and serve.

Jim Weller's Biscuit And Pancake Mix

9 c Flour,sifted
4 t Salt
1/3 c Baking powder
1 3/4 c Shortening,vegetable
1 c Milk,powdered

Chill shortening. Sift all dry ingredients. Cut shortening into flour till mixture resembles coarse cornmeal. Store, well covered, in a cool, dry place.

Use for pancakes, biscuits, shortcake, cobblers or anything that you would make from a packaged biscuit mix. All you need is water.

For pancakes add 1 tb each sugar and powdered eggs to each cup of mix.

Kids Trail Mix

4 c Chex cereal
1/2 c Dried fruit bits
1/2 c Raisins
1/2 c Yogurt covered peanuts
1/2 c Reeces Pieces

Put into a large ziploc bag and shake to mix.

Lazy Or "Dump" Cobbler

12-inch Dutch oven
25 charcoal briquettes (15
-on bottom,10 on top)
2 cn peaches with syrup,Sliced
-(29-30 oz. cans)
1 pk Cake mix (white,yellow or
-spiced)
1/3 Stick margarine
cinnamon to taste,Ground

Place oven over hot bottom briquettes. Pour contents of peach cans into oven. Spread dry cake mix evenly over peaches (eggs or shortening not needed!) Sprinkle cinnamon over all to taste. Cut margarine into equal slices and place in checkerboard pattern on top. Put lid on top of oven. Add hot briquettes and bake for about 45 minutes or until done. This recipe will have a layer of peaches with a cake covering that the boiling syrup self mixes. If mixing the cake in with the peaches is preferred, about 1/2 way through baking, mix everything together and continue baking until done. Spoon out cobbler into bowls, add milk or ice cream.

Meat Loaf (Camping)

1 1/2 lb beef,Ground
1/4 c Bell pepper
3/4 c Quick oats
1 pk Onion soup mix
1 Eggs
3/4 t Salt
1/4 t Dry mustard
1/8 t Marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

Mexican Coffee

1 qt Milk
1 t Ground cinnamon
1 t Vanilla extract
2/3 c Instant cocoa mix
8 c Boiling water
1/3 c Instant coffee granules
Whipped cream
Garnish,cinnamon sticks

Combine first 3 ingredients in a Dutch oven; cook over medium heat until thoroughly heated. Stir in instant cocoa mix. Combine boiling water and coffee granules; stir into milk mixture. Serve with a dollop of whipped cream and, if desired, garnish with cinnamon stick.

Mountain Man Breakfast

1 12-inch Dutch oven
1 md Onion,chopped
1/2 lb Bacon,cut into small pieces
1 pk 32-oz. hash brown potatoes
12 Eggs
1 1/2 lb Cheddar cheese,grated
1 8-oz. jar of salsa

Preheat Dutch oven over 10 charcoal briquettes and preheat lid with 14 briquettes.

Brown 1/2 pound bacon. Add onion and cook until clear.

Remove bacon and onions from Dutch oven and drain on paper towels. Wipe excess grease out of dutch oven and place back over hot briquettes.

Stir in the 32-ounce bag of hash brown potatoes.

Fry until potatoes are golden brown, then mix the bacon and onions back in.

Break 12 eggs into medium mixing bowk and beat thoroughly. Pour over potatoes, bacon and onions. Cover with hot lid and cook until eggs are almost solid.

Sprinkle with 1 1/2 pounds grated cheddar cheese.

Continue cooking until eggs set and cheese melts. Just before serving, top with 1 8-oz jar of hot, medium, or mild salsa, according to taste.

Nasturtium Tea Sandwiches

8 sl Bread,fine-textured homemade
12 Nasturtium blossoms,coarsely,Chopped
8 oz Light Cream cheese,softened
Nasturtium blossoms & leaves
2 T Sour cream,LF or fat-free
- to garnish plate

Remove crust from thinly sliced homemade bread.

Combine cream cheese, sour cream and chopped nasurtium blossoms. Spread
thinly on bread, top with another slice of bread, and cut into quarters.

Refrigerate 1/2 hour before serving to blend the flavors. Line plate with nasturtium leaves, arrange sandwiches, and garnish with flowers.

Never Fail Dumplings

3 t Baking Powder
6 T Cold water
1 c Flour
1 T Oil
1 md Egg
1 t Salt

Beat the egg well then add the 6T of cold water. Measure the Water carefully. Add the oil and salt and whisk together. Mix the baking-powder and flour together. Blend the two mixes into a smooth batter quickly. Drop into boiling stew and cover continuing to boil for 15- 20 mins. Try to resist the urge to peek too often - the dumplings will rise and produce a light tender crust - a cold draft will cause them to fall. They can also be served as a dessert by cooking in boiling water and served with pancake syrup or jam drizzled over them.

No Bake Special K Candies

1/2 c Butter
2 c Sugar
1/2 c Water
2 T Cocoa
1/2 c Peanut butter
3 c Oatmeal or
1 c Coconut

Mix butter, sugar, water and cocoa together. Bring to a boil for 30 seconds. Remove from fire and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden

One Pan Breakfast

3 sausage links
3 eggs
1/2 spud
1/4 c shredded cheese
3 T milk

Dice sausage links and cook until done, setting aside drippings.
Dice the spud into small hash size pieces, cook in drippings until done (not crispy)and drain. Beat eggs and milk and add to spuds.
Cook to a soft scramble, add cheese and sausage. Cook until cheese is melted. Serve with cold milk and toast. Serves one.

Onion Swiss Steak

3 lb Round steak,3/4" thick
1 1/2 t Salt
1/4 t Pepper
2 pk Onion soup mix
2 cn (10 oz) tomatoes

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meet is done and tender.

Onioned Potatoes

6 md Baking potatoes
1 pk Envelope dry onion soup mix
1/2 c Soft butter (or margarine)

Scrub potatoes but do not pare. Cut each in three or four lengthwise slices. Blend butter and soup mix; spread on slices. Reassemble the potatoes.

Wrap each potato in square of foil, overlapping ends. Bake until tender, turning once. Takes 45 to 60 minutes on the grill or right on top of coals depending on size of potatoes.

Peach Cobbler - Dutch Oven Style

1/4 lb Margarine (1 stick,1/2 cup)
1 c Flour,self-rising
1 c Sugar
1 c Milk
1 cn Peaches,29oz, sliced
Cinnamon (optional)

Line a Dutch Oven with aluminum foil and preheat over coals.

Melt the margarine in the lined oven.

Mix the flour, sugar and milk and pour over the melted margarine. On top of this, pour 1 large can of sliced peaches with the juice; then sprinkle with cinnamon (if desired). Place lid on the oven and cover with hot coals. Cook for about 1 hour.

Makes about 4 to 6 .

Pennsylvania Dutch Funnel Cakes

1 1/3 c Unbleached Flour
2/3 c Milk,Or More As Needed
1/4 t Salt
-Oil For Frying
1/2 t Baking Soda
-Powdered Sugar (Icing
2 T Sugar
-Sugar in Europe)
3/4 t Baking Powder
-Sugar
1 lg Egg,Beaten

In a large bowl, sift the flour, salt, baking soda, sugar, and the baking powder together, blending well.

In another bowl, blend the egg, and milk together, mixing well.

Add the liquid ingredients to the dry ones, blending well, and beat until smooth.

Fill a skillet or pan with 1 inch of cooking oil and heat to a temperature of 375 F. Now cover the small hole of a clean funnel with a finger. Then fill the funnel with the batter.

Carefully move your finger away from the hole in the funnel, allowing the batter to flow into the skillet. Move the funnel to form patterns with the batter. Fry until golden brown, about 1 or 2 minutes, turning once with two spatulas. Remove to paper toweling to drain. Place on a plate and sprinkle with powdered sugar. Serve hot. Repeat the process until all of the batter is used up.

To make a camping mix, mix the dry ingredients and put them into a ziplock bag with a copy of this recipe. When at your campsite just add egg and milk and there you are. Alternately, if you are not planning to pack milk, put about 1/4 cup of dehydrated milk in the dry ingredients and then use water to turn the mix into batter instead of milk.

Pizza Baby

Biscuit mix
Part of can of tomato soup
Parmesan cheese
Cold meats
Chopped green pepper
Oregano
Seasoning

Mix pizza dough and shape into a shallow dish about 12 cm across. Spoon soup into dish and top with other ingredients Place in a double wrap of heavy aluminum foil. Cook in hot coals or on rack over hot coals close to the heat.

Pizza Hot Dish

2 pk Crescent rolls
1 Jar Pizza Sauce
1 1/2 lb Ground Beef
8 oz Shredded Cheddar Cheese
8 oz Shredded Mozzarella Cheese

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350.

Polish Sausage And Cabbage

2 lg Onions
8 Potatoes
1 md Head of cabbage
3 lb Polish sausage
salt and pepper to taste

Slice onions and arrange to cover bottom of dutch oven. Slice potatoes, layer them on top of onions and cover with water and salt and pepper to taste. Cover and place on coals until water starts to simmer. Cut cabbage into wedges. When water is simmering, add cabbage wedges and sausage and return to heat. simmer until potatoes are tender and the cabbage is tender.

Power Bars

2 c Whole wheat flour
1/2 c Packed brown sugar
1/4 c Skim milk powder
1/4 c Wheat germ
1 t Baking powder
1 1/2 c Raisins or chopped dried -apricots
1/2 c Unsalted sunflower seeds
2 Eggs
1/2 c Vegetable oil
1/2 c Molasses
1/3 c Peanut butter

In bowl, combine flour, sugar, skim milk powder, wheat germ and baking powder; stir in raisins and sunflower seeds. Combine eggs, oil, molasses and peanut butter. Add to dry ingredients, blending well. Spread in greased 9 inch square cake pan. Bake in 350F oven for 35 minutes or until browned and firm to the touch. Let cool completely.

Cut into 24 bars.

Bars can be stored in air tight container for up to 5 days.

Pumpkin Indian Cakes

Take equal portions of Indian meal and stewed pumpkin that has been well mashed and drained very dry in a sieve. Put the pumpkin in a pan, stir the meal into it gradually, a spoonful at a time, adding a little butter as you proceed. Mix the whole throughly, stirring it very hard. if not thick enough to form a stiff dough, add a little more meal. Make it into round, flat cakes, about the size of a muffin, and bake them over the fire on a hot griddle.

Rice Krispie Squares

4 T Butter
4 c Marshmallows or 10 oz
5 c Rice krispie cereal

Melt butter in saucepan over low heat. Add marshmallows and stir till melted. Cook 3 minutes, stirring constantly . Remove from heat, add Rice Krispies and stir until all are coated. Using buttered spatula, press evenly into buttered 13x9x2" pan. Cool. Cut into 2" squares.

Roast Corn

2 Ears or corn
Salt and pepper
Butter
String

Peel ears leaving husks on at bottom and remove corn silk. Replace husks covering ears and tie around top. Dip corn in salt water. Place corn on screen over hot coals and turn often until all side are done. When cooked remove husks and add salt and pepper and margarine.

Russian Tea #2

1 c Instant tea
2 c Tang instant orange drink
1 Envelope dry lemonade mix
2 c Sugar
2 t Cinnamon
1/2 t Cloves

Mix all ingredients thoroughly. Keep in sealed jar. Mix with hot or cold water -- 3 to 4 teaspoon to a glass, more or less to taste.

S'mores

Marshmallows
Hershey bars
g Crackers
Green sticks (or coat
-hangers)

Get prepared by getting 1 large graham cracker and breaking it in half. Cover 1/2 of the graham cracker with Hershey bar. Put a marshmallow (or 2) on the stick and hold it over the fire until roasted. Some people like them lightly golden, others like to catch them on fire and then blow the fire out. If you do that, be careful. You have to put the fire out quickly or your marshmallow will fall on the ground. When the marshmallow's roasted, place on top of the Hershey bar, put the other graham cracker on top and bite down.

Saskatoon Pemmican

1 c Jerky,beef or venison
1 c Saskatoon berries or,Dried
-dried blueberries
1 c Unroasted sunflower seeds or
-crushed nuts of any kind
2 t Honey
1/4 c Peanut butter
1/2 t Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

Short Ribs

3 lb Beef short ribs
1 c Hot water
1/3 c Flour
1 Bay leaf
1 t Salt
2 T Brown sugar,packed
3/4 t Black pepper
1/4 c Vinegar
2 T Vegetable shortening
2 T Soy sauce
1 c Onions,sliced
1 Green pepper,cut into rings
1 cl Garlic,minced or pressed
Flour

Wipe meat with a damp cloth. Trim off excess fat. Combine flour, salt and black pepper. Dredge meat in mixture to coat completely. Heat shortening in large skillet. Brown ribs on> all sides. Remove to a casserole with cover. Saute onions and garlic in skillet until golden. Spoon over ribs. Combine water, bay leaf, brown sugar, vinegar and soy sauce. Pour over ribs. Cover. Bake at 350 for 1 3/4 hours. Add green pepper rings. Cook 15 to 20 minutes longer or until meat is tender. Remove cooked ribs and vegetables to a serving platter. Skim fat off drippings. Thicken with a little flour if desired. Spoon drippings over meat and vegetables. *recipe may be halved or doubled. For 8 , use 1 1/2 cups hot water.

Sioux Berry Stew

1 1/2 lbs chuck beef or venison, trimmed 3 tbs oil 1 medium onion, sliced 2-3 cups beef broth 1 cup blackberries 1 tbs honey salt to taste

Brown meat. Saute onions and meat, add berries and stock to cover the meat. Stir in honey. Bring to boil and cover. Simmer 1 hour. Salt to taste and serve.

Sizzlin' Beef Kabobs

3 T Veg. oil
2 T Soy sauce
1 T Red wine vinegar
1 t California Style Blend Garlic Powder .
3/4 t Hot Shot! Black & Red Pepper Blend
1 lb Sirloin steak,cut into 1" cubes
Assorted vegetables

Combine first 5 ingredients in large self closing plastic bag or shallow glass dish. Add steak; toss to coat. Refrigerate 3 or more hours. Spear with veggies on metal skewers. Grill or broil 12-15 minutes, turning frequently.

Spaghetti Carbonara [Hiking Version]

1/4 lb Linguini (or vermicelli)
2 1/2 T Oil
3 Garlic cloves
Salt and pepper
1/2 c bacon pieces,Dried
1 T Flour *
2 T parsley,Dried
1 T Dry Milk *
1/2 c Parmesan,grated, fresh

* You may substitute a fresh raw egg for the flour and dry milk if you like.

Add the egg to the cooked, drained pasta, along with the bacon mixture, and toss. Then mix in the cheese.

Time: 15 to 20 minutes Water: 1 quart

Equipment Needed: 1 frying pan, 1 pot

Packing the food: Put into three small bags, then package with the trail directions:
1. pasta
2. garlic, bacon, parsley
3. cheese

Carry in general provisions: flour and dry milk or fresh egg, oil, salt and pepper.

Trail directions:

1. In a cup, mix 1 T dry milk with 1/2 c water. Have the flour handy.
2. Boil a pot of water, cook the pasta 5 minutes or until just done, drain, and keep warm if possible.

3. Smash garlic cloves under the flat of your knife blade and chop them. In the frying pan, heat oil and cook the garlic 1 minute over medium heat. Add the bacon, parsley and 1 T flour. Cook about 2 more minutes. Be careful not to burn. Add the milk and stir.

4. Add the pasta and cheese and toss. Season with salt and pepper.

Sticky Bones

1 c Vinegar
-paprika
1/2 c Honey
1/4 t Black pepper
2 T Worcestershire sauce
1 Clove garlic,minced
1/2 c Ketchup
4 lb Beef ribs
1 t EACH salt,dry mustard,

In saucepan, combine vinegar, honey, Worcestershire, ketch- up, salt, mustard, paprika, pepper, and garlic. Cover, bring to boil, reduce heat and simmer 15 minutes.

In baking pan, place ribs. Cover with hot marinade, then bake ribs at 325 degrees for 1 hour, turning and basting often with marinade. Or grill over medium coals, basting and turning often, until browned, about 20 minutes.

Makes 4-5

Texas Grilled Steak W/ Texas Sweet Onions

1 sm White onion,chopped
1 sm Purple onion,chopped
1 md Texas 1015 sweet onion
. coarsely,Chopped
3 Green onions,chopped
2 Jalapenos,seeded & chopped
2 T Oil
1/4 c Sugar
2 T Cider vinegar
1 t Worcestershire sauce
1/4 t Salt
1/4 t Black pepper
ds Cloves
4 Beef strip loin (or ribeye) steaks,cut 1-inch thick

Chop onions and jalapenos. Saute in the oil in a large saucepan over medium-low heat for 10 minutes or until tender, stirring occasionally.

Stir in the sugar, vinegar, Worcestershire sauce, salt, pepper and cloves. Cook onions 20 minutes over low heat, stirring occasionally.

Season steaks with pepper and place on grill over medium coals. Cook 9 to 12 minutes total, turning once.

Remove steaks from the grill. To serve, spoon onion mixture over each steak.

Makes 4 .

Twisters

Biscuit mix
Milk or water
Honey

Follow the direction on the biscuit box using a little less liquid than called for. Twist the dough around the end of of a green stick. Hold rotating slowly over hot coals of fire until cooked. Dip into honey and enjoy. Can also use butter and jam.

Venison Goulash

2 T Oil
1 1/2 lb Venison,from neck, flank,
-Shanks, cut into cubes
3 md Onions,very thinly sliced
2 T Paprika
1 t Salt
1 md Green Bell pepper,thinly
Sliced,seeds & pith removed
1/2 c Water

In a Dutch Oven, heat oil and brown venison, stirring often. Add the onions, sprinkle with paprika and salt while stirring, saute over med heat until onions are soft. Put in the green pepper and water, cover the Dutch Oven but do not put coals on top. Cook 1 to 1 1/2 hours, until the venison is fork tender. Traditionally Goulash is served with broad noodles.

Welcome Home Creamed Chipped Beef

1/2 lb Beef,Dried
6 T Unbleached Flour
1/2 c Milk,Dried
1/8 t Pepper
2 c Plus 2 Tb Cold Water
2 T Whole Eggs,Dried
6 T Butter

Shred the dried beef, removing any stringy portions; freshen, if necessary, by covering it with hot water and then draining.

Combine the dried milk with the 2 cups of cold water placed in a mixing bowl, beating with a mixer until smooth. Melt the butter in the upper part of a double boiler, over direct heat. Blend in the flour and pepper. Add milk gradually and after the mixture thickens, place over hot water and cook for 15 minutes.

Meanwhile, place the dried egg and 2 tb of water in a bowl and allow to stand for 5 minutes before beating with a mixer. Beat until smooth. Remove the sauce from the heat and stir in the egg quickly. Add the dried beef.

Serve on noodles or toast.