

# The Outdoor Ed Cookbook

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# Intro:

The three of us got together to create an outdoor cookbook that can be used by both outdoor professionals and outdoor education students alike. We wanted to make it an easy to use resource for whenever inspiration or information is needed for both outdoor expeditions and base-camping trips. We also wanted to give options for people who have a variety of dietary requirements.



## Key

For the following recipes each will have a category under the recipe heading to help you find the recipes that best suit your trip.

Lightweight

Weight no issue

Hot trips

Cold/snow trips

Fire Required



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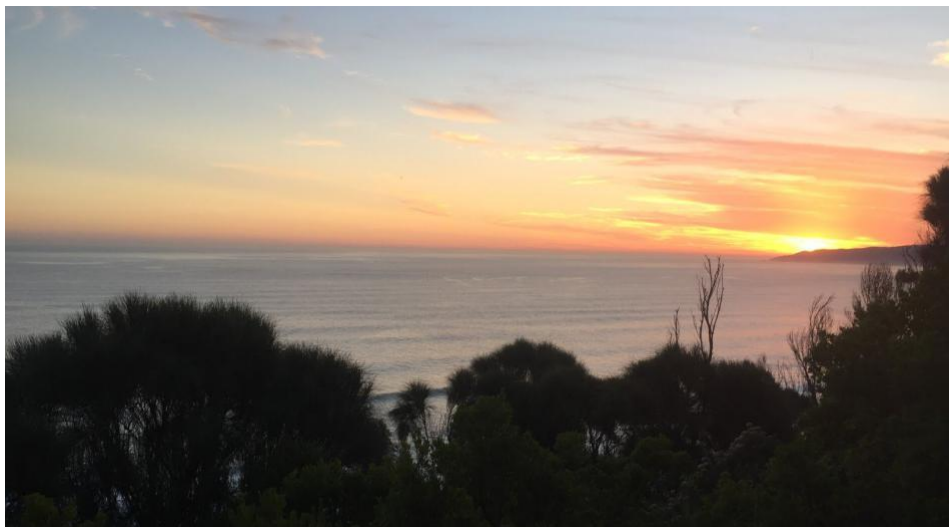
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## Tips:

- When you go on outdoors trips you use a lot more energy than you normally would in day to day life. Because of this we have made sure all the recipes have relatively large portion sizes, as your body needs the extra fuel to keep going and keep you warm and full of energy. This is especially the case in harsh, cold environments such as alpine areas where staying well fed and hydrated is one of the main ways to prevent hypothermia.
- There is nothing worse than running out of food while on a trip so always pack lots of snacks and tea bags/hot choccie sachets to make sure you have the best time possible.
- Another tip is to organise your food into different bags according to what day it is for. This doesn't have to be rations but will make it much easier to prepare meals if everything is already together and it will mean that you don't accidentally eat all four or so days worth of snacks in one day, believe me, it happens.
- Always make sure that you take spare bags to take all your rubbish with you. If you pack well you should be able to minimise extra packaging by taking it off beforehand, the less you take in the less you take out.
- Always fill up water bottles when you cross a water source.
- Make sure that you check the restrictions of where you are going before you start planning your meals. If you want to cook every meal on an open fire some places, especially National Parks won't permit it or allow you to collect firewood so check beforehand.
- Make your cooking style suits your type of activity. If you have some long slogs you need to do you'll need to get up early and planning gourmet meals cooked on the fire takes TIME! A quick Trangia or Jetboil meal would be more appropriate.
- When cooking with a Trangia add a small amount of water to the fuel, it will ensure a tiny bit less washing up, as your pots won't go quite as black.
- Always pack a reserve of ready-to-eat food, such as trail mix and tortillas in case you are short on water, stove malfunctions, or fuel runs out. Tortillas serve wonderfully as bread to spread instant hummus and powdered peanut butter.

<http://blog.outdoorherbivore.com/camp-tips/backpacking-meal-planning/>



## Good Perishables

Certain foods can are able to cope with living in a pack, being bumped around and unrefrigerated. These can include:

- Potatoes
- Carrot
- Zucchini
- Cucumber
- Salami (can sit at room temperature), Tuna and Smoked Chicken
- Slightly unripened tomatoes
- Beans
- Apples and Oranges
- Burritos/tortillas
- Cream cheese portions
- UHT or powdered milk

## Not So Good Perishables

These foods don't cope well with being bumped around and being unrefrigerated. They can still be brought however need to be consumed within the first one or two days and include:

- Lettuce
- Sprouts
- Ripe tomatoes
- Red meat and chicken
- Mushrooms
- Bananas
- Bread/bread rolls
- Grated cheese

Credit: Jonathan Goss, Blue Peter - The Sea School



## Hikes

- Bring spare food
- Take off as much excess packaging as you can! Whatever you take with you you'll have to take back out
- Don't bring lots of fresh food that won't keep and will be much heavier
- Meals need to be lightweight and easy to cook on a Trangia or some sort of jet boil
- Try to cook in small groups or pairs
- Sugars, or carbohydrates, come in two main forms: Simple carbohydrates are found in things like table sugar and candy bars and provide a quick boost of energy, but that energy level can drop off rapidly afterwards. Complex carbs are found in foods like whole grains, rice, and pasta. Complex carbs take longer to digest and as a result provide longer, more sustained energy. <http://www.wildbackpacker.com/backpacking-food/articles/all-about-food-nutrition/>
- Try to avoid foods that contain water. If possible, bring the dehydrated or freeze-dried versions of foods, and use the water on the trail to reconstitute these foods. Dehydrated apple slices are a tasty snack while on the trail.
- Trail mixes or scroggin is always a winner, high in energy and super lightweight.





## Canoe Trips

- Camp oven or Bidori cooking on a campfire
- Don't need to carry all the cooking gear on back so can bring more utensils and heavier food and gear such as eskies
- If you're in a larger group cook all together on an open fire if restrictions allow it
- When using an esky, use block ice or dry ice to keep items cold. Pack all meats and perishables near the ice. Pack fruit and veggies towards the top.
- If you can gain access to Barrales they are good to store no perishable food in.
- Instead of one large cooler, use several smaller ones. Duct tape the coolers closed and label them accordingly: Day 1, Day 2, etc. This will help to keep perishables cold.  
<http://camprecipes.blogspot.com.au/2010/06/camp-tips-on-river-rafting-trips.html>
- Don't leave the cooler in the hot sun or place the bottom in the hot sand on the beach.
- Remember when strapping stuff into the canoe not to create entrapment hazards with the straps! If it floats, it might be best to leave it unstrapped





## Snow Trips

- Meals need a higher protein and carb content generally as the conditions are much harsher. You need more/burn more energy doing these activities.
- Cooking on a jetboil with a windshield is usually best as methylated spirits can freeze/burns badly in super cold conditions
- Quicker meals so that you spend as little time in the elements as possible
- It is best to cook in small groups as it is generally quicker
- Remember to drink water often (even if you are not thirsty!). It is the most important element for staying alive. In winter it is common to experience dehydration because there is less humidity which has a drying effect on the body.
- Consume your water by eating soups and other brothy meals, and make hot beverages such as hot choccies at night. Warm drinks (and food) help warm you from within.
- Don't drink icy water. Cold water will lower your internal body heat and give you the chills. Keep your bottle of water insulated by covering it with a sock, hat or similar.
- Don't pack fresh food in the winter or ready-made wet-pack meal pouches. These all contain water (subject to freezing) and weigh a lot. The exception is foods that are rich in oils (such as avocados, olives) or plant-based oils which are needed for higher fat.
- Relax with dish duty. Improper cleaning during frigid temperature has one advantage – no mold. Still give your pots a quick clean but you can get by with letting bits of food residue remain (saved calories for your next meal). Snow makes for good cleaning, use it to scrape off leftover food residue. <http://blog.outdoorherbivore.com/random/foods-you-need-to-eat-when-it-is-cold-outside/>



## Dehydrating food

A few important tips when dehydrating food:

- There are two different methods you can use to dehydrate your food, either by using a dehydrator or by setting your oven to a low setting and spreading food on a baking tray and dehydrating by doing this.
- If you don't use oil when cooking the food it will keep much better! Instead, if the sauce or whatever it is you are cooking sticks then use small amounts of water and keep on stirring. Oil can be brought on trips though in small containers as by itself it keeps well and is good for cooking.
- Store dehydrated meals in 1L snaplock bags even if it is small enough to fit into sandwich bags. This means that when you decide to rehydrate your meals you can add the water straight into this bag at lunchtime and by dinner it will be rehydrated.
- Do not add pasta or rice when dehydrating as these are already dehydrated and lightweight. When rehydrating your sauces you can add the pasta or rice and rehydrate them all together if your snaplock bag is big enough.
- Fetta dehydrates really well!
- Yogurt doesn't dehydrate well.



***Don't Feed The Wildlife!***



# Breakfast

## Healthy Instant Oatmeal Packets

**Lightweight**

### Serves 1

Oats are the easiest of camp brekkies and really set you up for a good day. If you make your own varieties beforehand then it is also super low fuss and delicious, all you need to do is boil a billy!

### Ingredients

1/3 cup rolled oats  
2 teaspoons oat bran (or wheat germ/bran)  
2 teaspoons powdered milk (omit for non-dairy, vegan)  
1 to 3 teaspoons brown sugar  
1/8 teaspoon cinnamon pinch  
of salt

### OPTIONAL ADD INS

1 teaspoon chia seeds or ground flaxseed (optional)  
dried or freeze dried fruit, chopped  
chopped nuts (pecans, walnuts, almonds, macadamia nuts)  
powdered peanut butter  
cocoa powder, instant coffee or espresso powder  
spices (cinnamon, nutmeg, cardamon, cloves)  
ground vanilla beans (dry powder)

### Method

Combine basic recipe ingredients in individual zip top bags. Add additional flavor ingredients, if desired.

To prepare 1 serving of hot oatmeal:

Add 1 oatmeal packet to mug or bowl. Pour in 2/3 cups boiling water and stir. Let instant oats stand for 3-4 minutes to soften and thicken; stir, and they are ready to eat. Quick oats may need to soften an additional minute or two.

FLAVOR VARIATIONS (use the basic recipe ingredients, plus these additions):





Apple Cinnamon Maple -- 2 tablespoons dried or 1/4 cup freeze-dried chopped apples; additional 1/4 teaspoon cinnamon; use maple sugar for sweetener Blueberry -- 2 tablespoons dried or 1/4 cup freeze-dried blueberries.

Raspberry Vanilla Bean-- 2 tablespoons dried or 1/4 cup freeze-dried raspberries, 1/4 teaspoon ground vanilla powder

Cocoa Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 2 teaspoons cocoa powder

To make oatmeal packets gluten-free, use gluten-free oats and oat bran.

[http://www.theyummylife.com/Instant\\_Oatmeal\\_Packets#EmbedRecipe\\_320](http://www.theyummylife.com/Instant_Oatmeal_Packets#EmbedRecipe_320)



## Cereal

**Lightweight**

### Ingredients

Cereal of choice (more per day than you would eat at home)

Dehydrated milk (2 tablespoons for each day)

### Method

Add cereal and 2 tablespoons of milk powder in bowl. Add water and mix. Enjoy

# Pancakes and Maple Syrup

Weight no issue

Cold/snow trips

**Serves 4**

## Ingredients

- 1 pkt Pancake Mix
- 1 bottle Maple Syrup
- 1 pkt dried mixed berries
- 1 pkt pouring cream/coconut cream

## Instructions

Using the small bowl of the Trangia, place dried mixed berries, covering with a thin layer of water. Simmer until re-hydrated, and then cover.

Meanwhile, make pancake mix following the directions on the packet.

Using the lid of the Trangia, cook pancake mixture.

Serve onto plate, add berries, pouring cream and maple syrup, and enjoy!!!

Credit: Jonathan Goss, Blue Peter - The Sea School



# Instant Rice Pudding with Blueberries, Coconut, and Vanilla

Lightweight

Cold/snow trips

## Serves 2

For a more exotic version of your normal brekkie porridge that still has the warmth and sustenance you need for your day.

## Ingredients

2 cup instant rice  
1 packet coconut cream powder  
½ tsp vanilla  
½ cup freeze-dried  
blueberries ¼ tsp cinnamon  
⅓ cup brown sugar

## Method

At home: Combine all ingredients in a plastic bag.

On the trail: Bring three cups of water to a boil and add the contents of the bag.

Reduce the heat and simmer for five minutes, or until the rice pudding has reached your desired consistency.

<https://thesummitregister.com/hot-backcountry-breakfasts-for-cold-mornings/>





# Spanish Omelette

Weight no issue

## Serves 2

This is my all time favourite brekkie when base camping and you have a bit of time in the morning to be cooking and enjoy breakfast.

## Ingredients

10 Mushrooms  
1 Tomato 1/2  
Onion  
4 Eggs  
100mL long time milk (leave out if you want dairy free)  
Dash of oil  
Bacon bits (leave out for vegetarian option)  
Herbs, salt and pepper to taste

## Method

Chop up and then fry the mushroom, onion, bacon and tomato until cooked in the oil, either in a pot on the fire, Trangia or jetboil.

Mix egg and milk with a fork and then add to the mix with herbs, salt and pepper to taste.

Keep stirring so that it doesn't stick and burn until cooked then remove from heat.

Can add avocado, cheese or baked beans once done or even hash-browns.



# Breakfast Scramble

Lightweight

Serves 1

## Ingredients

1 3/4 cup instant mashed potatoes  
1/2 cup freeze-dried eggs with bacon  
1 1/2 cup water  
1 Tbsp dry milk  
Cheddar cheese (optional)

## Method

At home: Combine all dry ingredients in a zip lock freezer bag.

On the trail: Heat water in pot (the hotter the better). Add to freezer bag and stir. Let sit for 5 minutes.

<http://www.wildbackpacker.com/backpacking-food/recipes/backpacking-breakfast-recipes/>





# Porridge

Lightweight

Cold/snow trips

**Serves 1**

## Ingredients

Half litre water, (can do half water and half milk)

80g rolled oats (3 tablespoons)

## Method

Bring the water to a good rolling boil. Slowly pour the oatmeal into the boiling liquid, stirring vigorously with a wooden spoon all the time. Keep stirring until it has returned to the boil again, reduce the heat, cover the pan and simmer very gently for 15 minutes, stirring frequently. It should be a thick but pourable consistency. Can add sugar, cinnamon or golden syrup for flavour!





# Coconut Millet Porridge With Forest Berries

Lightweight

Cold/snow trips

## Serves 1

This recipe is both dairy-free and gluten free. It is good for any lightweight trips and is suitable for vegans.

## Ingredients

- 1/4 cup millet instant flakes
- 2 tablespoons coconut milk powder
- 1 tablespoon freeze-dried wild berry mix (blueberries, raspberries)
- 1 teaspoon organic blueberry powder
- 1 teaspoon sugar or stevia powder



## Method

Bring 1/2 cup water to a boil.

Carefully pour hot water into the bag with the coconut millet porridge mixture. Stir well, close the bag and let sit in a cozy (warm place) for about 3-4 minutes.

<https://www.trail.recipes/recipes/coconut-millet-porridge-with-forest-berries/>

# Cheesy Beans

Weight no issue

Cold/snow trips

## Serves 2

Quick and simple meal. If an open flame is not an option can serve on plain bread.

## Ingredients

1 can baked beans  
200g shredded cheese  
4 to 6 slices bread

## Method

Pour baked beans into a pot and add to heat. Stir until hot. Add cheese, stirring until all cheese is melted. Toast bread on the fire, serve cheesy beans on top. Credit;  
Bindaree



# Lunch

## Bucket Lunch

Weight no issue

### Serves 6

Good for when you have to cater for lunches for a few people and weight isn't a big issue. For example on rafting trips.

### Ingredients

- 2 pkts Wraps
- 2 bags Corn chips
- 1 Capsicum
- 1 tin of Corn
- 1 tin of Kidney Beans
- 3 Apples
- 3 UHT cream
- 250g Grated Cheese
- 1 jar Salsa
- 1 pkt Taco seasoning

### Method

Chop up capsicum and apples and add into a large pot or wrap packet.  
Drain tins of corn and beans and add in as well.  
Add in UHT cream, grated cheese, salsa and taco seasoning.  
Stir all ingredients until mixed well.  
Lastly add in crushed corn chips and stir thoroughly.  
Serve into wraps.

Can prepare this meal earlier and put the mix into large zip lock bags. However, keep the corn chips in a separate bag until serving time or they will go soggy.





# Dried Biscuits

Lightweight

**Serves 2**

## Ingredients

1 Salami  
200g Grated cheese  
Hommus  
1 Cucumber  
1 Capsicum  
2 pkts Dried Biscuits (Saladas)  
1 jar Sun Dried tomatoes  
1 large tin Tuna

## Method

Chop up all ingredients. Serve yourself, adding any favoured ingredients onto the salada.



# Curried Zucchini Soup

Lightweight

Cold/snow trips

## Serves 1

This recipe is dairy-free and dehydrated which means that it is very lightweight and will keep well. It is also a good vegan lunch option.

## Ingredients

4 tablespoons dehydrated zucchini powder  
2 tablespoons powdered coconut milk  
1 teaspoon dehydrated green curry paste  
1 handful croutons (optional)



## Method

Pour zucchini soup mixture into a mug.  
Gradually add 1 cup of boiling water, stir well.  
Let stand for 5 minutes to rehydrate meal completely.  
Serve with croutons.

<https://www.trail.recipes/recipes/curried-zucchini-soup/>

# Bean Mix

Weight no issue

**Serves 6**

## Ingredients

1 can Red kidney beans  
1 can Mixed beans  
250g Cheese  
1 can Crushed Tomatoes  
Small tub of sour cream  
Guacamole  
Hummus  
2 pkts Plain Corn chips  
12 Buns

## Method

Similar to bucket mix, add all ingredients into large pot. Add corn chips last to avoid soginess. Serve into buns.





# Wraps

Lightweight

## Serves 2

Wraps are the most common form of lunch you have when on outdoors trips. They are lightweight and depending on what you put on them are easy to make longlife as well.

## Ingredients

1 packet Wraps  
Salad mix  
Sun dried tomato packet  
1 Cucumber  
Tuna tin  
Kraft longlife cheese  
Aoli

Other options include:

Roast Beef packet  
Ham packet  
Chutney  
Vegemite  
Nutella  
Peanut butter

## Method

Chop up all ingredients and serve yourself.  
Can also use biscuits such as vita wheats.



# Hotdogs

Weight no issue

Cold/snow trips

## Serves 6

An easy meal but often a winner. If you are needing a vegetarian or vegan option you can buy veggies sausages or patties from most supermarkets.

## Ingredients

12 Frankfurt's  
250g Cheese  
12 Buns  
Tomato Sauce  
BBQ Sauce  
Mustard  
Coleslaw

## Method

Boil water in large pot on open flame.  
Add hotdogs and boil until hot. Serve in bun with coleslaw, cheese and sauce.



Another way you can prepare hot dogs is in a thermos. You boil the water prior to lunchtime (eg. breakfast), and put the hotdogs and boiling water in the thermos for a couple of hours or until you are ready to serve. I often do this at the snow when you don't want to be stopped for long over lunchtime.

Tip: when using a thermos, warm it up with a separate batch of boiling water, to ensure maximum heat and hours of warmth.

# Stir Fry

Weight no issue

**Serves 6**

## Ingredients

1kg Beef  
3 Onions  
2 Capsicums  
1 Broccoli  
2 Zucchini  
2 Carrots  
500g Mushroom  
2 Sweet potato  
Soy sauce  
Sesame seed oil  
Hokkien noodles, refer to serving size on pkt



## Method

Chop up all ingredients. Fry onion, capsicum, broccoli, zucchini, carrots, mushroom, sweet potato, and mince in a large pot. Once cooked add in hokkien noodles and sauces.



# Dinner

## Potato Mushroom Stew with Dill and Fried Onions

Lightweight

Cold/snow trips

**Serves 2**

### Ingredients

Dried Potato Slices (2 cups)  
Dried Mushrooms (2 cups)  
Dried Dill (1 tsp.)  
Dehydrated Milk (2/3 cup)  
Powdered Parmesan (2 tbsp.)  
Salt (¼ tsp.)  
Black Pepper (to taste)  
Fried Onions (1/2 cup)  
Olive Oil (2 tbsp.)



### Method

Frontcountry: Break up the dried mushroom into bite-sized pieces. Combine all ingredients except for the fried onions and olive oil in a gallon size plastic bag. Store the fried onions in a baggie and the olive oil in a disposable plastic water bottle.

On the trail: Boil a liter of water and pour half of it into the Ziploc bag. Seal the bag for two to three minutes. Taste for doneness, adding more water as necessary to reach the desired consistency. Add the fried onions and stir to incorporate. To keep ourselves warm while we were waiting for our food to rehydrate, we used some of the extra water from the meal prep to make some hot chocolate.

<https://thesummitregister.com/three-warm-meals-for-cold-weather-trips/>

## Deb (Instant Mash)

**Lightweight**

**Serves 1**

Good with instant hot pot mixes, tuna and vegetables.

### Ingredients

Instant Mashed Potatoes: 2 cups

North Bay Trading Co. Freeze Dried Broccoli: 1 cup

Dehydrated minced onions: 1 tbsp

Powdered Cheddar Cheese:  $\frac{1}{3}$  cup

Salt:  $\frac{1}{2}$  tsp.

Bacon Bits:  $\frac{1}{4}$  cup (optional)

Powdered Sour Cream: 2 tbsp (optional)

Powdered Butter: 2 tbsp (optional)

Chili Pepper Flakes: a pinch (optional)

Olive Oil: 2 tbsp



### Method

Add all ingredients, except the olive oil, to a mixing bowl, and stir until incorporated. Make sure to break up any hard clumps of the powdered cheese, powdered sour cream, and powdered butter.

Light your stove and heat up half a liter of water per serving in your pot.

Carefully pour the water into your Ziploc Freezer Bag after it's cooled slightly from the boil. Stir until the ingredients are completely mixed and the desired consistency has been reached, adding more water if necessary. Partially seal the bag. After a couple of minutes add the olive oil and stir to mix.

<https://thesummitregister.com/backcountry-cafe-diy-mashed-potatoes-with-all-the-fixings/>

# Spiced Eggplant and Tomato Stew

Cold/snow trips

Weight no issue

## Serves 1

This recipe is simple, and it doesn't make an enormous amount of food, so plan on preparing some side dishes for extra substance. How about a pot of instant couscous or some beans on the side, or a fried egg?

## Ingredients

- 1 small eggplant
- 3 cloves garlic
- 1 tablespoon panch phoron spice mix (fennel seed, black mustard, nigella seeds, golden fenugreek and buff-coloured cumin seeds)
- 3 tablespoons olive oil
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  teaspoon pepper
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{2}$  teaspoon garlic powder
- 1 14.5 ounce can diced tomatoes

## Method

Begin by cutting the eggplant into small chunks, and mincing the garlic.

Light your stove, and turn it to a medium-low heat.

Add the panch phoron and olive oil to your MSR Flex Skillet, and heat until the seeds begin to pop.

Add the eggplant and garlic to the pan, as well as the salt, pepper, sugar (this balances the bitterness of the eggplant and the acidity of the tomatoes), and garlic powder. Sauté until the eggplant is fully cooked, and practically melting in the olive oil. Finally, add the tomatoes.

Allow the mixture to simmer for a few minutes.

When everything has mingled and combined into a cohesive stew, you're ready to eat.

Enjoy as-is, or with couscous, rice, or side dishes such as eggs and beans.

<https://thesummitregister.com/msr-backcountry-cafe-spiced-eggplant-tomato-stew/>





# Butter Chicken

Lightweight

## Serves 2

Good for an easy meal. Only downfall is that it needs to be eaten on the first night of a trip due to the smoked chicken.

## Ingredients

Smoked chicken breast  
Butter chicken sauce of choice  
1 cup Rice  
100g Peas  
1 onion  
1 Zucchini  
1 Broccoli  
Oil  
Coriander

## Method

Place the rice in your pot with in a saucepan with two cups of water and a little salt and stir once. Bring to the boil, then turn the heat down and cover. Cook for 10-15 mins. Once cooked take off the heat.

Chop up the vegetable into small pieces and fry in oil. Add chicken and sauce mix.

Serve with the rice and coriander.

Credit: Bec Watson



# Udon Noodle Stir Fry or Soup With Veggies

Weight no issue

## Serves 2

Udon noodles are super quick to cook and make a delicious base to a stir fry. You can just throw into boiling water with a mix of fresh vegetables and a stock cube. To make a delicious soup. Bringing along small soya sauce sachets like you get from sushi stores is always a good add.

## Ingredients

- 1 carrot
- Small handful of beans
- Snow peas
- 1 Capsicum
- Packet of udon noodles
- 4 mushrooms
- 1 bok choy
- Sesame or plain vegetable oil
- Teriyaki or honey-soy sauce packet



## Method

Add udon noodles to a pot of boiling water, and let it separate by themselves, about 3 minutes. Drain and rinse well with cold water. Set aside. Chop up all of the vegetables.

Heat oil in pot and add all vegetables, stirring. Let cook for a few minutes.

Add noodles into pot with vegetables and add the sauce, fry for a few minutes until it is all covered and hot.

Enjoy

Can also make with beef or chicken.

# Green Curry

Lightweight

Cold/snow trips

## Serves 2

This dish is a welcomed alternative to freeze-dried meals and competes with freeze dried packages for weight savings and cook time, thanks to the powdered coconut milk. And I've yet to find someone who doesn't love this dish, both for its taste and for the ease of making it vegan and gluten free. One pot is all you need.

## Ingredients

2 bundles thin rice vermicelli noodles (a package of 8 can be purchased at an Asian food market for just over a buck, or you can find in the international section of your grocery store) 1 (8 ounce) can of chunk chicken (optional or substitute extra firm tofu, chopped)

1 ½ tablespoons Mae Ploy green curry paste

1 (2 ounce) package of coconut cream powder (found most cheaply in Asian food markets or purchased online)

½ white or sweet yellow onion, chopped

1 red bell pepper, chopped

2 kaffir lime leaves (found in Asian food markets; optional, but adds a lot to the flavor) 2 tablespoons sweet chili sauce (or sugar will work)

## Method

Bring 1 liter of water to a boil.

Add all ingredients, minus the vermicelli and cilantro. Cook for 3 minutes on a low boil until all ingredients blend and coconut milk starts to thicken.

Add the vermicelli and cook for about 3 more minutes. Turn off the stove, remove from heat, and let stand for 2-3 minutes.

Transfer into bowls (or eat straight from the pot!).

Enjoy

<https://thesummitregister.com/msr-backcountry-cafe-green-curry/>





# Pasta With Beef and Vegetable Bolognese

Weight no issue

## Serves 3

This can also be made vegetarian or vegan by leaving out the meat and adding more vegetables.

Sauce can be used on ravioli or tortellini (as in picture below) which can be bought pre-made.

## Ingredients

2 teaspoons olive oil  
300g extra-lean beef mince  
1 large brown onion, finely chopped  
2 garlic cloves, crushed  
1 large carrot, grated  
1 large zucchini, grated  
1 celery stalk, trimmed, finely chopped  
200g broccoli, trimmed, finely chopped  
2 x 400g cans diced tomatoes  
400g can brown lentils, drained, rinsed  
500g Spaghetti



## Method

Heat oil in a large saucepan over medium-high heat. Add mince, onion and garlic. Cook, stirring with a wooden spoon to break up mince, for 5 to 6 minutes or until browned. Add carrot, zucchini, celery and broccoli. Cook, stirring, for 5 minutes or until vegetables are tender. Add tomato. Reduce heat to medium-low. Simmer for 15 minutes, adding lentils for the last 5 minutes of cooking, or until sauce has thickened. Meanwhile, cook pasta in a large saucepan of boiling, salted water, following packet directions, until tender. Drain. Add remaining pasta to mince mixture.

# Carbonara

Weight no issue

**Serves 3**

## Ingredients

400g Spaghetti  
1 tablespoon olive oil  
200g bacon bits  
2 garlic cloves, finely chopped  
3 eggs  
100ml thickened cream  
2/3 cup (50g) grated parmesan  
2 tablespoons chopped parsley

## Method

Cook pasta in a large pan of boiling salted water according to the packet instructions.

Meanwhile, heat oil in a frypan over medium heat.

Cook bacon, stirring, for 2-3 minutes until beginning to crisp. Add garlic for 30 seconds, then set pan aside.

Place eggs, yolk, cream and parmesan in a bowl. Season, then mix gently with a fork.

Drain pasta, then return to pan.

Quickly add egg and pancetta mixtures and parsley. Toss to combine - the heat from the pasta will cook the egg slightly and form a creamy sauce. Serve immediately with extra parmesan.



## Carbonara (Cont.)

To make this vegetarian, instead of adding bacon add mushroom, spinach, broccoli and any other desired vegetables. In the picture below I have added spinach, broccoli, carrot, peas and corn.

### Lightweight

Another alternative is buying the pasta and sauce packets where you only need to add water and milk (or milk powder) and boil. It is always a good idea to add lots of veggies to make it a tastier and more substantial meal. This also makes it lighter. You can always add meat such as Strasburg or salami that lasts better without refrigeration.





# Fedellini With Tuna and Chickpeas

Cold/snow trips

**Serves 2**

## Ingredients

2 tbsp. Cooking oil  
1 onion  
¾ tsp. fennel seeds  
Grated zest from 1/2 orange  
1½ tsp. salt  
¼ tsp. fresh-ground black pepper  
1 can crushed tomatoes  
1 can tuna packed in oil  
1 can drained chickpeas  
500g Fedellini  
Parsley

## Method

In a large frying pan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the fennel seeds, the orange zest, and the salt and pepper. Cook, stirring, for 1 minute longer. Add the tomatoes and simmer, covered, for 10 minutes. Add the tuna and its oil and the chickpeas, cover, and remove the pan from the heat.

In a large pot of boiling, salted water, cook the fedellini until just done, about 6 minutes. Reserve about 1/2 cup of the pasta water. Drain the pasta and toss with the sauce, 1/4 cup of the reserved pasta water, and the parsley. If the sauce seems too thick, add more of the reserved pasta water.

<http://www.delish.com/cooking/recipe-ideas/recipes/a3075/fedellini-tuna-chickpeas-recipe-8079/>



# Tuna Spaghetti

Lightweight

Cold/snow trips

**Serves 2**

## Ingredients

- 1 8-ounce package angel hair pasta
- 1 6-ounce can or packet of tuna in oil
- 8 dried tomatoes, sliced
- 1 tsp dried basil
- 1 tsp oregano
- 1/4 cup Parmesan cheese
- 1/2 tsp garlic powder

## Method

At home: Mix the basil, oregano, Parmesan cheese and garlic powder in a zip lock bag. Store other items separately.

On the trail: Soak tomatoes in 4 cups of water for 10 minutes or until rehydrated. Remove the tomatoes from water and bring to a boil. Break the angel hair pasta in half and add to the boiling water. Cook pasta until done, drain water. Leave noodles in the pot and add tuna, tomatoes, and contents of the cheese and spice bag. Stir well.

<http://www.wildbackpacker.com/backpacking-food/recipes/backpacking-dinner-recipes/>



# Lentil Dahl

Lightweight  
cold/snow trips

**Serves 4**

## ingredients

1 cup (210g) red lentils, rinsed well  
3cm fresh ginger, sliced  
2 bay leaves  
1 cinnamon stick  
2 tablespoons (40g) butter  
1 large onion, finely chopped  
2 cloves garlic, crushed  
2 teaspoons turmeric  
1 teaspoon cumin  
1/2 teaspoon chilli flakes  
2 tablespoons lemon  
juice 1/2-1 teaspoon salt  
1 tablespoon chopped coriander leaves

## Method

Place lentils, ginger, bay leaves and cinnamon in a large saucepan with 3 cups of cold water.

Bring to the boil, reduce the heat to medium and simmer, stirring to prevent sticking for 10-12 minutes. Discard spices and set aside.

Heat the butter in a large frying pan over a medium high heat. Add the onion and cook for 3 minutes.

Stir in the garlic, turmeric, cumin, garam marsala and chilli flakes and cook for a further minute or until fragrant.

Stir in the lemon juice and season to taste with salt.

Add the lentils to the pan and mix well. Cook for a further 3 minutes, stirring constantly.

Remove from the heat. Stir in coriander and serve hot with naan bread or pappadums.

If taking on an expedition, can also be eaten with dehydrated mashed potato, cous cous, rice or with wraps.





# Lentil Curry

Cold/snow trips

## Serves 2

Super easy for trips and good to dehy too. Courtesy of Mark Scotland.

## Ingredients

- 1 can of brown lentils
- 1 onion
- 1 clove of garlic
- 1 tablespoon of curry powder
- Dehy peas
- (Any other veggies you want really)



## Method

- Cook chopped onion and garlic in a bit of oil until soft
- Add curry powder and stir for a minute
- Add lentils and water from can and dehy peas. Bring to boil.
- Add any other veggies and simmer until it thickens.
- Serve with some rice

# Vegetable Curry with Couscous

Weight no issue

**Serves 4**

## Ingredients

1 tablespoon vegetable oil  
1 medium red bell pepper, cut into thin strips  
¼ cup vegetable or chicken  
broth 1 tablespoon curry powder  
1 teaspoon salt  
1 bag (1 lb) frozen broccoli, carrots and cauliflower (or other  
combination) ½ cup raisins  
⅓ cup chutney  
2 cups hot cooked couscous or rice

## Method

In 12-inch skillet, heat oil over medium-high heat. Cook bell pepper in oil 4 to 5 minutes, stirring frequently, until tender.

Stir in broth, curry powder, salt and vegetables. Heat to boiling. Boil about 4 minutes, stirring frequently, until vegetables are crisp-tender.

Stir in raisins and chutney. Serve over couscous.



# Spag Bol

Weight no issue

Cold/snow trips

**Serves 2**

## Ingredients

100g mushrooms  
2 tablespoon olive oil  
1 brown onion, finely chopped-  
1 carrot, peeled, finely chopped-  
1 garlic cloves, crushed  
500g beef mince  
1 cup tomato paste  
1 can kidney beans  
400g can diced tomatoes  
500g thin spaghetti  
Grated or flaked parmesan cheese, to serve

## Method

Chop and cook onions, mushrooms, carrots, garlic, and mince in a large pot. Boil pasta in a separate pot. Add in beans, tomatoes and tomato paste. Serve with cheese on top.





# Burgers

Weight no issue

**Serves 2**

## Ingredients

4 Rolls  
4 Meat patties  
1 Onions  
1 Tomatos  
Lettuce  
1 tin Pineapple  
Cheese to serve

## Method

Fry meat patties in a pan with onions and tomatoes. Serve on bun with cheese, and lettuce.



# Creamy Broccoli Pasta

**Lightweight**

## Serves 6

This meal is always really quick and easy to prepare and tastes amazing after a day in the outdoors.

## Ingredients

2 large heads Broccoli  
1kg Pasta  
2 cloves Garlic  
1 can UHT cream  
1kg Beans  
250g Cheese  
Salt and Pepper

## Method

Boil pasta in a large pot. Chop up broccoli, and boil in separate pot. Once cooked combine all ingredients and stir.



# Caesar Salad

Weight no issue

Hot trips

**Serves 6**

## Ingredients

2 Smoked Chicken breasts  
2 Lettuce Iceberg  
2 Cucumber  
2 Avocado  
4 Tomatoes  
3 tins Chickpeas  
1 full bottle Caesar dressing  
250g Parmesan cheese  
2 French sticks  
Butter

## Method

Chop all ingredients excluding bread and add into large mixing bowl. Pour dressing over and stir. Cut up french sticks and use as side dish with butter. To make this vegetarian do not add the chicken.





# Tuna Cup-a-soup

Lightweight

**Serves 6**

## Ingredients

10 Tuna Soft pack  
3 pkts Deb Potato  
3 pkts Surprise peas  
12 Cup a soup  
Vegetarian no tuna, can add bean mix  
Lactose free no deb, add couscous

## Method

Separate all ingredients into 13 zip lock bags, leaving tuna in the sachets. On the trip add boiling water into the ziplock bag and stir with a spoon. Add in tuna and eat straight out of the bag.



# Chicken Risotto

Weight no issue

**Serves 6**

## Ingredients

1.5kg Chicken thighs  
500g Bacon  
2 Sweet potato  
500g Mushrooms  
2 Zucchini  
2 Onions  
1 large pkt Surprise peas  
1.5kg Arborio rice  
1 pkt Vegetable stock  
1 pkt Mixed Herbs  
250g Parmesan cheese

To make this vegetarian leave out the chicken and you could add some more veggies.

For a lactose free option add either lactose free cheese or no cheese.



## Method

Boil rice on open fire.

Chop and cook chicken thighs in large pot.

Chop bacon, sweet potato, mushrooms, zucchini, and onions and add to chicken pot.

Boil surprise peas.

Add peas, vegetable stock and mixed herbs to chicken pot.

Serve with rice and cheese.

# Penne Bolognese

Weight no issue

**Serves 6**

## Ingredients

1kg Beef mince  
2 Onion  
2 Zucchini  
500g Mushrooms  
2kg Penne Pasta  
2 jars Tomato paste  
250g Parmesan cheese  
1 pkt Mixed herbs

## Method

Chop onion, zucchini, mushrooms, and cook in a large pot. Add in beef mince, and herbs. Once cooked add in tomato paste. Serve with pasta and cheese. To make vegetarian leave out the mince and add more vegetables eg. carrots, broccoli.





# Vegetarian Chilli

Weight no issue

Cold/snow trips

**Serves 2**

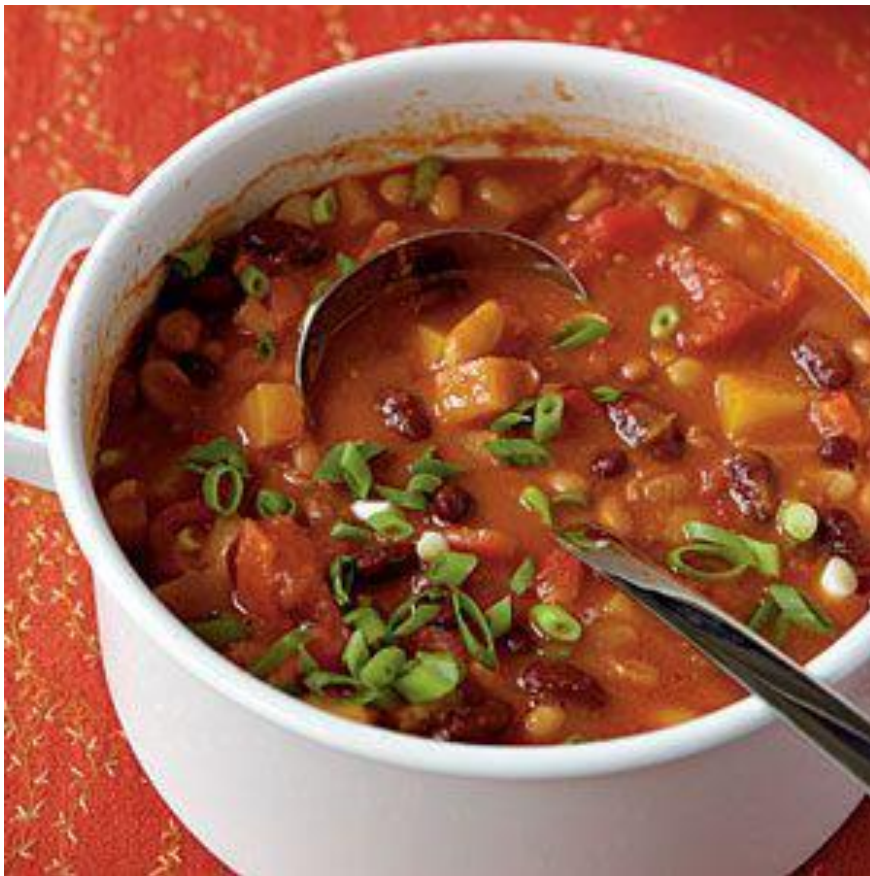
## Ingredients

2 cans Black beans  
1 can Kidney beans  
1 can Corn  
1 jar Salsa  
½ cup Shredded  
cheese Chilli seasoning

## Method

Put cans of beans and corn into a pot and bring to boil stirring occasionally. Add salsa and chili seasoning and stir until chili thickens. Option to add tofu for extra protein. Serve with shredded cheese.

<https://pandaneo.com/camping-recipes-kids/>



# Chicken Curry

Weight no issue

Cold/snow trips

**Seves 4**

## Ingredients

1 curry paste sachet  
1 cup coconut milk (1 sachet = 1 cup)  
1 cup water  
onion & garlic flakes  
1 carrot  
1 potato  
1 organic chicken breast  
1 surprise beans / handful fresh  
beans 500grms rice  
Oil

## Method

Three quarters fill the large pot with water; add rice and surprise or fresh beans. Bring to boil and simmer for approximately 10 minutes, do not let the rice boil dry, add more water if necessary.  
Remove from the stove and cover with trangia lid.  
While rice is cooking chop up and fry onion / garlic, potato, chicken & carrot (dice very small to speed up cooking).  
Add coconut milk, water and curry sauce. Bring to the boil, simmer until vegetables are cooked.  
Mix sauce and rice / veggies together in the wok and chow down.

Credit: Jonathan Goss, Blue Peter - The Sea School



# Burritos

weight no issue

hot trips

**Serves 6**

## Ingredients

- 15 Soft Tacos or burritos (2 or 3 for each person)
- 1 packets taco seasoning
- 2 onions
- 2 carrots
- 1 lettuce
- 4 Roma tomatoes
- 250g tasty cheese grated (packet)
- 2 x 400g Mince
- 1 plastic bottle tomato paste (Leggos)
- 250g sour cream (maintain temperature )
- 1 tin kidney beans (for vegos)

## Method

Pour a spoon full of oil into the wok; add the onion & mince (kidney beans for vegetarian option) and brown (remember to keep stirring or it will burn). Add the carrot and cook for a few minutes. Add the taco seasoning, tomato paste and water (see packet) Cook over a low heat for approximately 5 minutes, stirring regularly.

Chop lettuce and tomatoes into small pieces.

Hold Burrito and pile with Mince mix, lettuce, tomato, cheese and sour cream and eat!

Credit: Jonathan Goss, Blue Peter - The Sea School





# Smoked Sausage Jambalaya

Lightweight

Hot trips

**Serves 1**

## Ingredients

1 tablespoon olive oil  
1 small shallot, diced  
1 garlic clove, chopped  
1 handful (about 50g/1.76oz) smoked sausages, sliced  
1 tablespoon tomato paste  
1/2 teaspoon Cajun seasoning  
2 tablespoon canned pimentos, drained and sliced (or red bell peppers)  
1/3 cup quick-cooking rice  
Salt

## Method

Heat the olive oil in a pot, add onions and garlic; cook until onions are soft.

Add sausages and sauté until browned.

Stir in tomato paste, Cajun spice mixture and pimentos. Cook for another 1–2 minutes, and then pour in rice and 2/3 cup water.

Bring to a boil. Season to taste with salt.

Simmer for 10 minutes, stirring occasionally, until rice is done and all liquid is absorbed.

<https://www.trail.recipes/blog/backpacking-dinner-recipes-smoked-sausage-jambalaya/>



# No-fail Rice

Weight no issue

Cold/snow trips

## Serves 2

Rice is a great hiking staple, but it can be tricky to cook, especially if you're cooking bulk amounts.

This is my modified absorption method for cooking rice with no chance of burning it, or having cold rice when the rest of your meal is ready.

## Ingredients

- 1 cup rice
- Oil
- 1 chicken breast
- Carrots
- Cauliflower
- Capsicum
- Green Curry Sauce

## Method

Put 1 Cup of rice and 1 ½ cups of water in a pot and bring to the boil. Simmer for a few minutes for the rice to start cooking.

Take rice off the heat and put the lid on. Wrap the whole pot, with lid on, in a tea-towel or tee-shirt and then in a sleeping bag. In my experience, this won't hurt the sleeping bag at all. The sleeping bag will keep the rice cooking while you start on the second part of the meal (like a nice thai curry). Leave the rice as long as you can, but at least 20 minutes. Fluff with a fork and serve.

Cook chicken until brown. Add curry sauce, bring to the boil and add vegetables. Cook for a few minutes, add light coconut milk and bring to the boil. Gently simmer for an additional 5 minutes.

Credit: Daniel Mulqueeny



# Calzone

Weight no issue

**Serves 1**

## Ingredients

2 wraps  
1 salami  
½ onion  
5 mushrooms  
1 capsicum  
Tomato paste  
Shredded  
cheese Tin foil

## Method

Chop up salami, onion, mushrooms and capsicum. Spread tomato paste over wraps. Place ingredients into wrap and fold in half. Wrap in foil and toast on coals. Credit: Amy McLean





# Couscous a la Steve

Weight no issue

Hot trips

## Serves 1

This recipe is appropriate for summer, or for situations where you don't want to use much fuel. Ingredients are for one serve but it works better for multiple people.

## Ingredients

⅓-½ cup of couscous  
1 tsp of oil or margarine  
1 cube chicken stock  
½ sachet tomato paste 85g tin  
of shredded chicken Handful  
dried peas/carrots/other  
veggies  
Handful of dried mushroom  
1 lemon



## Method

Rehydrate the peas, carrots, and mushrooms well in advance.

Heat the chicken and dried vegetables and let stand.

Dissolve the stock cube in 1/3 cup of water, then use this to cook the couscous.

Stir in the oil/margarine and tomato paste, being careful not to add too much paste.

Add the heated ingredients and carefully reheat, using a small amount of additional oil or water if necessary.

Squeeze lemon juice over the top and serve.

Credit: Lachlan Shield

# Dessert

## Chocolate Ripple Cake

Lightweight

Hot trips

### Serves 3

This recipe is a simple, cost effective desert. You can also create it by putting both the biscuits and UHT cream in a zip lock bag and crushing it up (this can help minimise the amount of rubbish you carry).

### Ingredients

- 1 packet of Choc Ripple biscuits
- 1 small carton (250ml) UHT Cream

### Method

Remove outside packaging from the choc ripple biscuits (leaving the biscuits in the plastic tray). Shake the UHT cream and open it carefully. Pour cream over biscuits evenly and rotate biscuits to ensure an even covering. Set aside to soak for a while, and then enjoy!



# Custard and Fruit Salad

Weight no issue

Hot trips

**Serves 4**

## Ingredients

2 tins fruit salad

Cream 250mL

Custard 500mL

## Method

Serve yourself, combining the ingredients as you wish.





# Damper

Lightweight

## Serves 4

A camping favourite for when you're allowed to have an open fire.

## Ingredients

Self-raising flour 3 ½ cups

Salt 1 teaspoon

Powdered Milk ½ cup

Water 1½ cup

(Alternate - use ½ cup of fresh or long life milk and only 1 cup water)

## Method

Add all dry ingredients into a bowl. Gradually add water, stirring as you go. Add a bit of flour to your hands and knead the dough together. Shape the dough into a round shape and allow to stand for 5 - 10 minutes. Dust your camp oven with flour and place damper inside. Put the lid on and place the oven on the hot coals. Allow to cook for half an hour. Damper will sound hollow when you tap it once it's cooked.

Can also cook individual damper, by separating the dough and rolling into snake like shapes. Then wrap the damper snake around a stick and toast over the campfire.



# Choc Orange Cupcakes

Weight no issue

Fire Required

**Serves 10**

## Ingredients

oranges (10ish)  
cupcake mix  
milk(or whatever the cupcake mix requires)  
foil



## Method

Make the cake mix.

Cut the top quarter of the oranges off and place them aside.

Hollow out the bigger half of the orange (making sure the orange skin stays intact) and finely chop the orange, adding it to the cake mixture.

Add the mixture to the orange hollows until they are  $\frac{2}{3}$  full, replace the lid of the orange, wrap in foil and place on the coals of the fire for approx 20min. Remove from the fire carefully, unwrap foil and enjoy!

Note; for single servings, the cake in a cup mixes are great, with one orange.

# Banana S'mores Sundae

Weight no issue

Cold/snow trips

Fire Required

## Serves 2

This is a great little recipe to cook on the fire. It requires no dirty dishes or cooking utensils (except tin foil and fire)

## Ingredients

2 bananas

Marshmallows (the little ones work really well)

Chocolate chips



## Method

Leaving the skin on the banana, slice it down the middle.

Stuff the banana with marshmallows and chocolate

Wrap the banana in foil and place on the coals in the fire (try not to put it in the flames)

Get it out of the fire after about 5minutes (being careful not to burn yourself, ie. use a stick to drag it out, and leave it so the foil can cool down before you touch it) Unwrap the foil and enjoy!

<https://www.facebook.com/buzzfeedniftyoutdoors/?fref=mentions>



# Puddings

Lightweight

Hot trips

**Serves 2**

## Ingredients

Pudding packet

UHT cream



## Method

Remove from outer packaging

Bring enough water to the boil that the puddings will float in (in their individual tubs/packaging).

Sit the puddings in the water for 10 minutes.

Remove them from the water and peel back the foil top.

Use a spoon to scoop and flip the pudding, so the sauce is on top.

Add cream to taste and enjoy!

# Chocolate Turtles

Lightweight

## Ingredients

2 cups walnuts  
36 soft caramels  
3 Tblsp butter  
2/3 cup semisweet or milk chocolate

## Method

Cover baking sheet with waxed paper and arrange walnut halves in 28 to 30 clusters, keeping separated by at least 2cm.

Unwrap caramels and butter and place in top of double boiler set over boiling water. Heat until caramels are completely melted stirring occasionally then remove from heat. Drop caramel onto center of each walnut cluster making sure that caramel touches all the walnut pieces to hold them together.

Melt chocolate over hot but not boiling water and then spread over caramels.

Makes 28 to 30 Turtles.

They can be stored in an airtight container in the refrigerator or at cool room temperature for up to two weeks.

<http://camprecipies.blogspot.com.au/>



# Campfire Cones

Weight no issue

Hot trips

Fire Required

**Serves 4**

## Ingredients

4 Ice cream cones  
Peanut Butter  
1 packet Mini Marshmallows  
1 packet Chocolate Chips  
2 Bananas  
Aluminum Foil

## Method

Chop up the bananas. Spread peanut butter inside the cone and then add in the banana, chocolate chips and marshmallows. Wrap the cone in foil and put in the fire for around 5 to 10 minutes turning every so often.

<http://www.cometogetherkids.com/2012/05/campfire-cones.html>





# Campfire Pies

Weight no issue

Cold/snow trips

Fire Required

**Serves 2**

## Ingredients

4 Bread Slices

Cinnamon Sugar Mixture

1 Can Fruit (cherries, blueberries, raspberries, peach slices, apple slices, fruit salad)

## Method

Place some fruit and cinnamon sugar on a piece of bread, place another piece on top and wrap in foil. Place in fire for around 5 minutes.



# Rhubarb Compote

Lightweight

Serves 1

## Ingredients

1 cup rhubarb, trimmed and cut into cubes  
2 tablespoons sugar, or to taste  
1/4 teaspoon vanilla powder  
1 teaspoon potato starch  
2 tablespoons shelf-stable whipped cream

## Method

Bring to a boil 1/2 cup water.

Pour rhubarb into the pot; add vanilla powder and sugar.

Bring to a boil and simmer for about 5 minutes.

Mix potato starch with 1/4 cup cold water and stream it into the pot, stirring.

Cook on low heat until soup thickens, then immediately remove from the heat. Allow to cool slightly.

Serve topped with whipped cream.

Rhubarb goes well with ice-cream, yogurt or whipped cream too.

<https://www.trail.recipes/recipes/rhubarb-compote/>



# Butterscotch Snap

Weight no issue

## Ingredients

Butterscotch biscuits

UHT Custard

## Method

Simply just pour custard onto biscuits and enjoy. Quick and easy, but still delicious.





# Sticky Date Pudding

Weight no issue

Fire Required

**Serves 4**

## Ingredients

3 Oranges

1 pkt Sticky Date Pudding Mix

Aluminium foil

1 pkt pouring cream/coconut cream

## Method

Cut oranges in half. Scoop out the orange segments to eat alone or to use in a fruit salad.

Reserve the hollow peel shells.

Prepare the sticky date pudding mix according to the package directions. Fill the orange peel cups 3/4 full of pudding.

Wrap each one loosely with heavy duty aluminum foil.

Place in large Trangia pot, making sure that the batter side stays up, add 1-2cm of water, then place lid over the Trangia pot.

Cook until puddings are done, they should still appear moist when done.

Credit: Jonathan Goss, Blue Peter - The Sea School



# Meringue Nests

Weight no issue

Hot trips

**Serves 6**

## Ingredients

12 Meringue nests  
3 Tins of berries of choice  
3 Large UHT cream

## Method

Place berries in meringue nest, add cream on top.

Credit: Amy McLean



# Chocolate Coconut Chia Pudding

Lightweight

Cold/snow trips

## Serves 2

These have got a terrific amount of protein. And fiber! Lots of good fiber, they are packed with omega-3s.

## Ingredients

1 cup canned lite coconut milk

1/4 cup good-quality cocoa powder

1 tablespoon pure maple syrup + more for a sweeter pudding, if desired

1/4 cup chia seeds

Pinch kosher salt

## Method

Add the coconut milk, cocoa powder, and maple syrup to a small bowl and mix well.

Taste and add more maple syrup for a sweeter pudding, if desired.

Stir in the chia seeds and the salt.

Cover and let set.

Stir and scoop into individual bowls or cups.

<http://www.kitchentreaty.com/thick-creamy-chocolate-coconut-chia-pudding/>





# Chocolate Truffles

**Lightweight**

## Serves 6

These are unreal! Just need to make them at home beforehand, or have a really good method of washing your hands and bowls on the trail.

## Ingredients

- 1 cup desiccated coconut
- 1 pack nice arnotts biscuits (250g)
- 1 tin condensed milk
- 2 tablespoons cocoa



## Method

Crush biscuits and then add all ingredients in bowl and mix well.  
Pour leftover coconut in a bowl and roll mixture into balls and then roll in coconut.  
Place on tray and store in airtight containing in the fridge.  
Keeps for a few weeks.

Credit: Kai Schaefer

# Apple Crumble

Lightweight

**Serves 6**

## Ingredients

1 pkt Dehydrated Apples  
1 pkt Butternut snaps  
300g Custard powder

## Method

Chop dehydrated apples. Add apples to a pot of water and boil until apples are plump and juicy. Continue to stir and add water when necessary. Crush butternut snap biscuits into small crumbs (you can do this with two different sized trangia bowls by putting the biscuits into the larger bowl and crushing with the smaller bowl). Add custard powder to apples, adding more water if needed. Stir until custard is of good consistency. Remove from heat and sprinkle with butternut snap crumbs.

Credit: Bindaree

Credit: Jonathan Goss, Blue Peter - The Sea School

Fire Required

Another, less lightweight method is to hollow out whole apples and fill them with the crumbled up biscuits, sultanas and brown sugar, wrap in foil and put them in the fire for 10 minutes. Then serve with custard. (picture below)



# Snacks

## Scroggin

### Lightweight

This is always an absolute winner on any outdoor trip as it provides a constant energy boost. Make sure you keep it somewhere easy access in a ziplock bag so that you can snack as you hike/ski/etc...

### Ingredients

You can literally add any favourite lollies, fruit, snacks and nuts to your scroggin! Here are a few good combinations however:

Almonds, dried cherries, dark chocolate chips, sea salt, cinnamon.

Power Mix: Goji berries, pistachios, dried blueberries, flax seeds, dark chocolate chips.

Spicy and Savory: Almonds, wasabi peas, sesame seeds, dried ginger, Chex cereal.

Other additions can be pretzels, skittles, dried apricot, nutri grain, etc...

### Method

Combine ingredients into ziplock bags, one for each day makes it easiest to ration. This is best done a day or 2 before the trip.

Tip: Pre-make your scroggin and if you have used chocolate chips then put it in the sun or somewhere warm so that it melts and coats everything else. This will prevent you from just picking around all the fruit and nuts and just eating all the chocolate.

<https://greatist.com/health/21-healthier-trail-mix-ideas>





# Cowboy Coffee

## Lightweight

Good coffee is key to outdoor education. Its tasty, warm and will keep the teacher on your side! There are lots of gadgets sold to make coffee, such as the aeropress and insulated plungers, but they weigh a lot of a single purpose item on a long hike. Cowboy coffee requires no equipment other than a small pot and tastes good and strong.

### Ingredients

Best, freshest, ground coffee you can afford.

### Method

Bring water to boil. Use about ½ cup more than you want (you won't get all of it). Add ground coffee to the boiling water. Add 1 tablespoon of coffee per cup and stir it in. Take coffee off the heat and let it rest for a minute or two. A few taps on the pot will help the grounds to settle to the bottom. Pour a little cold water over the top of the brew. This helps the last few grounds settle to the bottom, and slightly cool the coffee, stopping the brewing process. Immediately pour into cups. Be very slow with the pour so as not to stir up the grounds. Enjoy! Dispose of grounds appropriately.

Credit: Daniel Mulqueeny



# Banana Chips

Lightweight

This is a good snack to make and is easy to store due to being dehydrated. The chips are high-energy as well as being vegan. These are also great for adding into your scroggin!



## Ingredients

2-3 just ripe bananas  
1 tablespoon fresh pressed lemon juice

## Method

Cut bananas into 3-4mm/1/8 inch slices.  
Mix lemon juice with 1/4 cup water in a bowl.  
Place banana slices on dehydrator tray.  
Brush each slice from both sides with mix of lemon juice and water.  
Dehydrate at 57C for 6-10 hours.  
Store in an airtight container in a dark, dry place.

# Dark Chocolate, Nuts & Sea Salt

Lightweight

Hot trips

These snacks are well worth the extra effort and preparation it takes to make them. They are delicious and high in energy, just make sure you don't eat them all before you go.

## Ingredients

For nut mixture

2 cups whole roasted unsalted almonds

3/4 cup whole roasted unsalted peanuts

3/4 cup roasted walnuts, chopped

1/2 cup puffed millet, rice (or other puffed whole grain; or crispy brown rice cereal)

1 tablespoon flaxseed meal

For syrup

1/2 cup honey

1/3 cup brown rice syrup

3/4 teaspoon sea salt, divided

1 teaspoon vanilla

For chocolate drizzle

1 cup dark chocolate chips

1 tablespoon vegetable, grapeseed, or coconut oil



## Method

Grease/spray large bowl, 9x13 baking sheet/pan, wooden spoon or rubber spatula, and bottom of drinking glass. Set aside.

Add toasted nuts to large bowl. Add puffed rice/millet and flaxseed meal. Stir to combine; set aside.

In saucepan, combine honey, rice syrup, 1/4 teaspoon of salt, and vanilla over medium-high heat. Cook, stirring frequently, until well combined. Pour mixture over nut mixture and stir. Quickly transfer to greased/sprayed 9x13 pan, use hands to spread mixture evenly in pan; press the mixture to close in holes and distribute evenly all over the pan. Using bottom of greased/sprayed drinking glass to tap and compact mixture in pan. Sprinkle top with 1/2 teaspoon sea salt. While still slightly warm, invert pan on cutting board and remove. Cut into bars and allow to cool.

Add chocolate chips and oil to microwave safe bowl. Cook on high power in 20 second intervals, stirring each time, just until last chips melt into mixture (approx. 60 seconds total). Use fork or squeeze bottle to drizzle chocolate over nut bars. Let cool until chocolate hardens.

Store in airtight container. Store at room temperature for up to 1 week. May refrigerate to extend storage or if firmer, less sticky bars are preferred. May be frozen, too.



# Puffed Amaranth and Peanut Butter Bars

**Lightweight**

## Ingredients

Parchment paper  
1 cup dried pitted dates  
1 cup puffed amaranth or quinoa  
1/3 cup shelled pumpkin seeds, unsalted  
1/3 cup shelled sunflower seeds, unsalted  
1 cup creamy peanut butter  
2 tablespoons virgin coconut oil, melted  
1 bar (about 100g/3.5oz) dark chocolate (70% cacao), broken into chunks  
1/3 cup unsweetened shredded coconut  
dairy-free, gluten-free, high-energy, snacks, vegan, vegetarian



## Method

Line a 25 x 20 cm (8 x 10 inch) baking dish with parchment paper.  
Pulse dates in a food processor until you get a sticky paste.  
Add puffed amaranth, seeds, peanut butter, and coconut oil; mix well.  
Put paste into prepared baking dish and spread evenly, pressing down firmly with your fingers.  
Melt chocolate and pour over pressed mixture. Dust with coconut flakes.  
Cool to room temperature; then refrigerate about 2 hours, or until firm.  
Remove slab from baking dish, cut into 12 bars.  
Wrap each bar in waxed paper or aluminum foil.  
Store bars in an airtight container in the fridge for up to one month, until you are ready to put them in a your backpack.

<https://www.trail.recipes/recipes/puffed-amaranth-and-peanut-butter-bars/>

# Honey Oat Bars

Lightweight

## Ingredients

1 ½ cup rolled oats  
1 cup sultanas (optional)  
¾ cup wholemeal SR  
flour ½ raw sugar  
¾ cup coconut  
125g butter  
1 tablespoon honey



## Method

Preheat oven to 180°C.

Combine all dry ingredients in a bowl. Melt butter and add with honey into the bowl and mix well.

Press evenly into slice tin (around 28cm x 18cm).

Bake for 15-20min or until golden.

Cut into bars while hot and remove from tin when cold. Enjoy :)

Note: can also add berries, chocolate chips, any other seeds, dried fruit or spices to taste.

# Whole Grain Chocolate Chip Cookie Bars

Lightweight

## Ingredients

2-1/4 cups whole wheat pastry flour  
2 tablespoons ground flaxseed (same as flaxseed meal)  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup unsalted butter, softened  
3/4 cup packed brown sugar  
3/4 cup granulated sugar  
2 eggs  
1 tablespoon vanilla  
2 cups semi-sweet or dark chocolate chips  
1 cup chopped pecans or walnuts (optional)

## Method

Preheat oven to 375 degrees. Spray or grease 9x13 pan; set aside.

In medium bowl, whisk together flour, flax seed, baking soda, and salt; set aside. In large mixing bowl (use stand or hand mixer), cream butter; add sugars and mix until creamy. Mix in eggs and vanilla. Gradually mix in flour mixture, 1/2 cup at a time, until completely mixed. Add chocolate chips and nuts and stir with wooden spoon, just until mixed. Spread mixture evenly in prepared pan. Bake for 20-25 minutes until golden brown. Cool in pan on wire rack.

Cut into bars.

[http://www.theyummylife.com/Whole\\_Grain\\_Chocolate\\_Chip\\_Cookie\\_Bars#EmbedRecipe\\_379](http://www.theyummylife.com/Whole_Grain_Chocolate_Chip_Cookie_Bars#EmbedRecipe_379)





# No Bake Peanut Butter Chocolate Energy Bites

Lightweight

## Ingredients

- 1 cup old fashioned oats
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 1 cup unsweetened coconut flakes
- 1/4 cup ground flaxseed
- 1/4 cup wheat germ
- 1/2 cup (3 oz.) chopped dark chocolate
- 1 teaspoon vanilla extract

## Method

Combine all the ingredients in a large bowl and mix well. Refrigerate for 30 minutes or so, which helps make the mixture easier to form into bite sized pieces. Form them into balls, packing the mixture before you roll it. Place them on a wax paper lined baking sheet. Refrigerate again. Store in an airtight container. Makes 24-28 cookies, depending on size.



<http://www.bakingandboys.com/2013/05/no-bake-peanut-butter-chocolate-energy.html>

# Credits

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We really appreciate all the useful tips and suggestions and of course the delicious recipes that you shared with us!

Hope you guys enjoyed this cookbook and that it has helped make your outdoor trips more stress free and enjoyable!

We wish you the best of luck with your future endeavours!

Love from the cookbook queens xx



*(Enya, Laura & Hannah)*

## Some other good resources

Here are some helpful links we have found whilst making this cookbook which might answer any additional questions you might have.

### Hiking:

<http://www.wildbackpacker.com/backpacking-food/recipes/backpacking-dinner-recipes/>

<http://www.trailcooking.com/recipe-home/>

<https://www.trail.recipes/>

<https://www.rei.com/learn/expert-advice/planning-menu.html>

<http://blog.outdoorherbivore.com/camp-tips/backpacking-meal-planning/>

[http://www.theyummylife.com/Instant Meals On The Go](http://www.theyummylife.com/Instant_Meals_On_The_Go)

<https://www.wildearth.com.au/choice/good-food-ideas-when-hiking-camping/657>

### Rafting:

<http://camprecipes.blogspot.com.au/2010/06/camp-tips-on-river-rafting-trips.html>

### Camp oven cooking:

<http://www.ozpig.com.au/recipe-types/camp-oven-cooking>

<http://www.aussiecampovencook.com/campovencooking.htm>

### Snow trips:

<http://blog.outdoorherbivore.com/random/foods-you-need-to-eat-when-it-is-cold-outside/>

### Other:

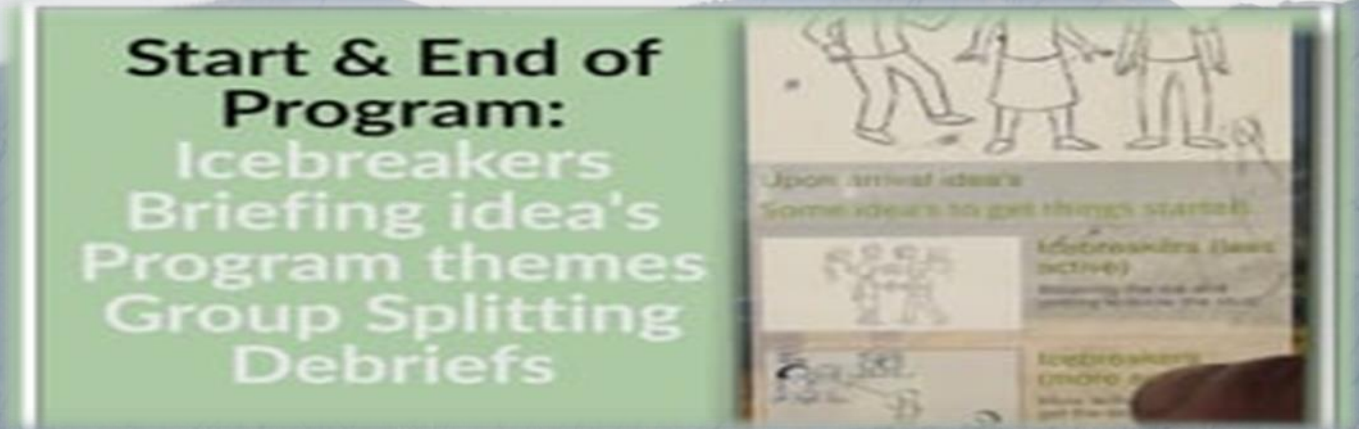
<https://www.facebook.com/buzzfeedniftyoutdoors/?fref=mentions>







# An Outdoor Education APP!



## Connection to Nature Documentary!



## Connection to Nature Study Guide

For more information visit our website:

[www.wildincursions.com.au](http://www.wildincursions.com.au)



Thank you



[www.wildexposure.com.au](http://www.wildexposure.com.au)