

## Recipes from Felicia

### Macha Latte

Yield 1 servings.

¼ cup coconut milk powder

1 tsp matcha powder

2 – 3 tsp sugar

1 cup of water

At home place both powder and sugar in the ziplock bag

At camp, Bring a cup of water to a boil. Meanwhile pour the matcha mixture into the mug. Add a couple table spoon of boiling water into the mug and stir the mixture until you have a smooth green paste. Add the remaining water.

Note: you can substitute coconut milk powder with full fat milk powder. Also instead of macha use Thai tea (loose tea leaves must be strained using the paper cone coffee filter. Pantai or Number One Thai tea brand are the ones usually used at Thai restaurants.)

### Rice Pudding

Yield 2 servings.

¾ cup instant rice

4 tbs milk powder (preferably full fat)

1 tbs sugar

1 tsp vanilla powder

¼ tsp ground cardamom (cardamom pods) or cinnamon.

1 cup water

At home place the rice in a ziplock bag. Combine milk powder, sugar, vanilla powder and cardamom in another ziplock bag.

At camp, bring the water to a rolling boil. Adjust the stove to the lowest setting and add the milk powder mixture. Stir until no lumps remain. Add the rice and stir. Cover the pot (you can turn off the heat) for 10 minutes or until rice is cooked and the mixture is thickened.

### Dried Apricot Canapes

Yield 20 bites

20 dried apricots

2-3 ounces of spreadable blue cheese or goat cheese

20 roasted walnut halves (or pieces) or roasted almond or bacon bits

dried rosemary leaves or thyme

1-2 tbs sugar maple sugar or honey sugar

Place the apricots on a platter. Spread each apricot with goat cheese or blue cheese.

Top each apricot with a whole almond or walnut or bacon bits

Drizzle the platter with maple or honey sugar.

Sprinkle with fresh thyme or rosemary

## **Jambalaya mix**

Can be used to make camping jambalaya with rehydrated instant rice, dried tomato, celery, green, red and yellow pepper, okra, dried cooked chicken, summer sausage and dried shrimp (you can get them at Asian stores). Add salt and more thyme and cayenne pepper if necessary.

- 2½ tbs paprika
- 2 tbs salt
- 2 tbs garlic powder
- 1 tbs black pepper
- 1 tbs onion powder
- 1 tbs oregano
- 1 tbs thyme

## **Berberé mix**

Berberé is used in a lot of Ethiopian dishes. Traditionally berberé mix is used when cooking chicken and hard-boiled egg. For camping food, it can be added to make a stew of dried tomato, eggplant and dried cooked chicken. Pour the stew over instant rice and egg.

Toast:

- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- ½ teaspoon fenugreek seeds
- 1 teaspoon black peppercorns
- 2 whole allspice berries
- Seeds of 4 green cardamom pods
- 4 cloves
- 2 dried red chilies, seeded, broken into small pieces (more if you like it hot)

Grind the toasted mix when cooled then add:

- 3 tablespoons sweet paprika
- 1 teaspoon salt
- ¼ teaspoon nutmeg ground
- ½ teaspoon ginger powder
- ¼ teaspoon cinnamon
- 1 teaspoon turmeric

## **Biryani mix**

It is used to make Indian rice biryani. Rehydrate instant rice with dried, carrot, peas, cauliflower, raisin (or currant), and cashew add the biryani mix when the rice or vegetables are almost done. Or it can be used to spice up the instant mash potato.

- 2 tbs dry onion flakes
- ½ tsp ginger powder
- 1½ tsp cumin
- 1½ tsp coriander
- ½ tsp cinnamon
- A pinch of cayenne
- 1 tbs coconut flakes

*Question? Email [feliciawibowo@hotmail.com](mailto:feliciawibowo@hotmail.com)*

## Dehydrated Food Recipes for the Camp from Sally Anderson

### **Marinera Pasta Dish (Samples provided)**

Trader Joes Marinera Sauce with Basil (1/2 cup per serving prior to dehydration)

Trader Joes Eggplant Garlic Spread with Sweet Red Peppers (1 T per serving prior to dehydration)

Various Vegetables: Zucchini, Carrots, Onions, Mushrooms, Kale,

Ground beef or sausage (3 to 4 oz per serving prior to dehydration)

TVP (Bob's Red Mill Textured Vegetable Protein) (1T)

Capellini Pasta (2 to 3 oz per serving)

Parmesan cheese

Dehydrate sauces and meat separately. Pre-cook all vegetables prior to dehydration by sautéing. They can be combined or dried separately, depending on if you want to use them for other dishes.

At camp:

To rehydrate, put meat, sauces, and larger vegetables into a thermos with boiling water to set for 15 to 20 minutes. Cook pasta in a separate pan until al dente. When pasta is almost cooked, drain some (but not all) of the water, keeping in a separate cup to possibly add back to mixture. Add sauce/meat/vegetable mixture from thermos to pasta. Dried Kale should be added at this time (it does not take long to rehydrate and often becomes powdery with storage). Add TVP. Stir together ingredients. Add some of the water back if needed to the desired consistency. Add parmesan prior to serving.

### **Chicken Vegetable Noodle Soup**

Chicken

TVP (Bob's Red Mill Textured Vegetable Protein)

Various vegetables: Carrots, mushrooms, snow peas, onions, kale, broccoli

Ramen or Soba noodles

Soup mix

If desired: Coconut milk powder, Chilis, Sesame seeds

Dehydrate cooked canned chicken breast separately. Pre-cook vegetables by sautéing together and dry.

At camp:

Bring water to boil and add chicken and vegetables. Cook until tender and add soup mix and noodles. Add coconut milk powder, chilis and/or sesame seeds.

### **Yogurt (Samples provided)**

1 cup Brown Cow Organic Plain yogurt

8 to 10 large fresh raspberries, smashed up a bit

1 Package of Stevia sweetener

Pure Vanilla Extract to taste

Spread evenly on sheet to dry. Dehydrate at 135 degrees until not sticky.

At Camp:

Can be eaten like a fruit leather or broken into oatmeal. You could try rehydrating with water (I have not tried).

### **Potato Breakfast**

Grated potatoes (1/2 c per serving dried)

Dehydrated onions, mushrooms, kale

Ghee or Olive oil to cook

Cheese

Sesame seeds

Rehydrate potatoes, onions and mushrooms in a thermos with boiling water for 10 to 15 minutes. Drain off excess water. Mix in kale. Heat Ghee or oil in pan. Add vegetables. Sauté until tender and beginning to brown. Add sesame seeds and grated or sliced cheese.

Enjoy.

***Question? Email [garywsallya@yahoo.com](mailto:garywsallya@yahoo.com)***

## Diane Gelotte's Recipes

### Butternut Squash Apple Soup

Ingredients:

1 medium yellow onion

1 celery rib

1 carrot

2 Tbsp butter

1 butternut squash, peeled and chopped (6-8cups)

1 tart green apple, peeled, cored, chopped (squash and apple ratio should be 3:1)

3 cups chicken stock or broth

1 cup water

Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Method:

1. Sauté onion, carrot, celery in butter: Heat a large thick bottom pot on medium high heat. Melt butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.
2. Add squash, apple, broth, water, bring to boil and then simmer for 30 minutes or so, until the squash and carrots have softened.
3. Puree the soup: Use an immersion blender or standing blender to puree the soup.
4. Season with nutmeg, cinnamon, cayenne, salt, pepper: Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste.

Dehydrating:

Intentionally leave soup thick so there is less moisture to dry off.

Cover half of each drying tray with saran wrap, mentally making sure the air can flow through the dryer.

Place a cup of soup on the saran wrap on each tray. Measuring the soup before drying helps you know how much boiling water to reconstitute with when you are ready to eat.

After it has become dryish and you can handle it turn "leather" over for more even drying.

Once the soup is completely dry put in blender and create a powder.

I then put it in a storage container until I am ready to use it.

### Korma Masala Sauce

Use over rice, quinoa, or vegetables

Purchase a jar of Korma Masala from a local store or Amazon

Prepare drying trays with Saran Wrap on half of each tray. Be mindful of the need for the air to circulate in the food dryer for faster drying.

Pour Korma Masala sauce from the can onto the trays.

When sauce becomes a "leather" and can be handled, turn it over for more even drying.

When the sauce is all dry put it in the blender and make it into a powder.

Store in air tight container until needed.

**Question? Email [dianeg@gelotte.com](mailto:dianeg@gelotte.com)**