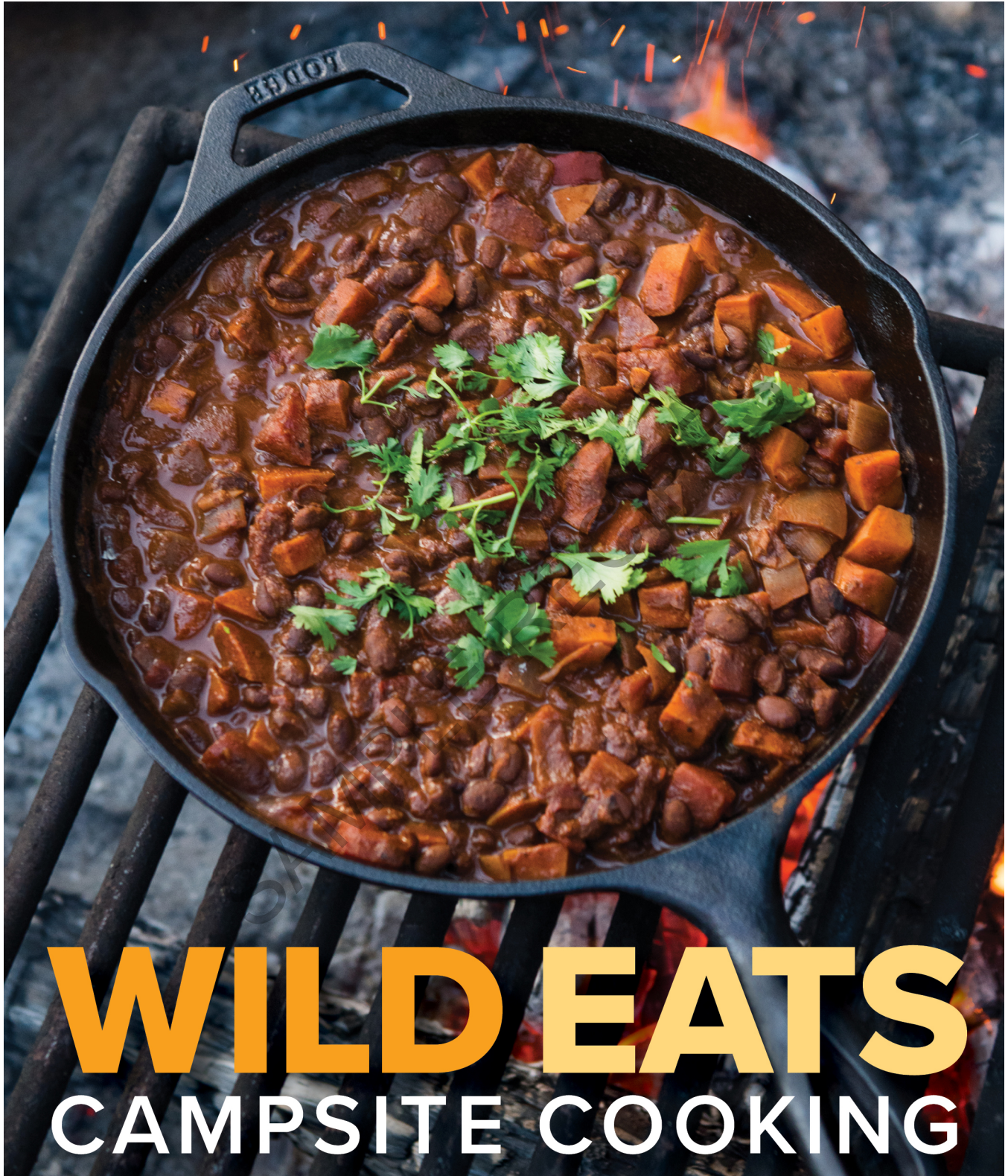


FREE SAMPLE RECIPES



# WILD EATS

## CAMPSITE COOKING

NICK COTE

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# SWEET FRUIT LEATHERS

You can make fruit leather with just about any type of fruit (fresh or frozen) that's been peeled, pitted, and pureed in a food processor or blender. If you're using fruit that is low in pectin, such as strawberries, rhubarb, or raspberries, mixing it with a higher pectin fruit, such as apples, blueberries, grapes, pineapples, or peaches, will create more pliable rolls.



Alternatively, store-bought applesauce can be added to up the amount of pectin.

Some dehydrators have trays dedicated to fruit leather, but if not, a parchment-lined tray works well too. How much you make at one time depends on the size of your dehydrator, but a good rule of thumb is to use about 1 cup of fruit puree per tray. It also tends to thin out around the edges, so leave a slightly thicker layer on the sides for more even results. To make it easier to remove from the tray or parchment paper, peel the fruit leather off while it's still warm, about 15 minutes after taking it out of the dehydrator. Then let it cool completely before storing.

## YIELDS

1 cup fruit puree  
makes 1 roll

## EQUIPMENT

Dehydrator  
Blender or food processor



## 1 cup fruit puree per roll

**Home prep:** Puree fruit, then spread evenly in a ¼-inch-thick layer on the fruit leather tray for your dehydrator or on a piece of parchment paper. Dehydrate at 135°F until the surface is no longer wet or tacky, about 4–6 hours. Store in an airtight container.



# BANNOCK BISCUITS

Bannock bread has been a campfire staple for hundreds of years, with roots dating back to pre-contact Indigenous peoples in North America. Try these biscuits with Bacon Gravy (p. 62) or Mushroom Gravy (p. 65), or whip up a batch in the morning to use for sandwiches and snacks throughout the day.

YIELDS	CAMPING STYLE	EQUIPMENT	DIETARY NOTES
Makes 8–10 biscuits	Backcountry 	Cast-iron or lightweight backpacking skillet Two-burner or backpacking stove	Vegetarian 

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 tablespoons milk powder
- 1 teaspoon salt
- ½–¾ cup water
- 2 tablespoons vegetable oil





**Home prep:** Mix dry ingredients together in a gallon-size zip-top bag (this will be your mixing vessel in camp). Pack other ingredients separately.

**At camp:** Add water, a little bit at a time, to dry ingredients and mix until smooth, thick batter has formed. Heat oil in a skillet over medium-low heat and drop batter, about ¼ cup at a time, into separate lumps in the skillet. Cook until the bottom is lightly browned, about 2 minutes, then flip. Continue to cook until the other side is browned and a toothpick or fork stuck into the center comes out clean, about another 2 minutes. Repeat with remaining batter.



# BLACK BEAN AND SWEET POTATO CHILI

This hearty, spicy vegetarian chili is as tasty as it is adaptable. Make it vegan by using vegan chocolate, or adjust the heat by using more or less chile powder or a milder type. This can be cooked as easily on a grill grate over a fire in a cast-iron pan or Dutch oven as it can be with a skillet on a two-burner camp stove.

YIELDS	CAMPING STYLE	EQUIPMENT	DIETARY NOTES
Serves 4	Frontcountry 	Cast-iron skillet or Dutch oven Two-burner stove or hot campfire coals	Vegan and dairy-free (with vegan chocolate) Gluten-free   

1 medium sweet potato  
(about ½ pound), diced

1 red onion, diced

1 jalapeño, de-seeded and diced

2 tablespoons ancho chile powder

1 tablespoon Mexican oregano  
(or Mediterranean in a pinch)

1 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon garlic powder

1 tablespoon vegetable oil

1 14-ounce can diced tomatoes

2 15-ounce cans black beans

1 ounce dark chocolate

1 bouillon cube

1 cup water

Optional garnishes: avocado, cilantro,  
lime wedges, shredded cheese,  
diced onion

**Home prep:** Combine sweet potato, onion, and jalapeño in one container. In a separate container, combine chile powder, oregano, coriander, cumin, and garlic powder. Pack other ingredients separately.

**At camp:** Heat oil over medium heat. Add sweet potato, onion, and jalapeño. Sauté until lightly browned, about 5 minutes. Add spices and continue to cook for 1 minute. Add tomatoes, beans, chocolate, bouillon cube, and 1 cup water. Bring to a boil and then simmer, partially covered, until potatoes are cooked through, about 15 minutes. Serve with desired garnishes on the side.