

# DIRTY GOURMET

## Food for Your Outdoor Adventures

AVAILABLE WHERE BOOKS ARE SOLD, APRIL 2018



SKIPSTONE

An imprint of Mountaineers Books

## ON THE TRAIL SWEET SNACK

### Black Sesame Cashew Granola Brittle

**Yield: About 5 cups**

**Prep Time: 10 minutes**

**Cook Time: 30 minutes**



½ cup dark brown sugar  
½ cup canola oil  
¼ cup honey  
½ teaspoon kosher salt  
3 cups rolled oats  
1 cup cashews  
1 cup unsweetened coconut flakes  
½ cup black sesame seeds

The first event we did as Dirty Gourmet was an art fair. Not so outdoorsy, but people were “hiking” around looking at and purchasing all sorts of art—and they got hungry doing it. We made several products to sell there, but the main thing people wanted to buy was our granola. We offered two flavors, and both sold out (and there was a wait list!).

This recipe is one of those two flavors. We’ve sold it a handful of times since then and it continues to be a favorite. The texture is much like brittle, starting off as big, irregular slabs. It is easy to eat like a bar, but it’s not a big deal if it crumbles in your pack. —Aimee

Preheat the oven to 325° F.

Line a large rimmed baking sheet with a silicone mat or parchment paper. Set aside.

In a small saucepan, combine the brown sugar, oil, honey, and salt. Cook over low heat, stirring frequently, until the mixture is hot and just starts to bubble. Remove from heat.

In a large bowl, combine the oats, cashews, coconut flakes, and sesame seeds. Add the sugar mixture, stirring to coat.

Spread the mixture onto the prepared baking sheet and bake, stirring every 10 minutes, until the granola is golden (about 30 minutes). Remove from the oven and let cool completely.

Break brittle into large chunks and store in an airtight container.

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## BACKCOUNTRY CAMPING BREAKFASTS

### Breakfast Couscous with Dates and Tahini

**Yield: 2 servings**

**Prep Time: 10 minutes**

**Cook Time: 10 minutes**



1/4 cup milk powder  
1/8 teaspoon nutmeg  
1 1/2 cups water  
2/3 cup couscous  
6 medjool dates, pitted and  
chopped  
4 tablespoons tahini

#### TOOLS

Backcountry Base Kit

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For my thirtieth birthday, I decided to celebrate by going on a three-day backpacking trip in the Golden Trout Wilderness. This trip is now known as the *Golden Trout Fiasco*. As we finished packing up at the trailhead, we did a quick inventory of the food and discovered we had four sweaty bricks of cheese among the three of us—it was only 8:00 AM and it was already 80 degrees. After ditching some cheese, we decided to book it to gain some elevation and escape the increasing temperatures.

The anticipation of a new adventure quickly turned into horror as beautiful meadows revealed themselves as festering grounds for thousands of hungry mosquitos. The heat remained with us and more than a few meals went bad leaving slimy messes we had to carry out with us. One of the true all-weather backcountry meals that did hold up was a variation on this Breakfast Couscous recipe. It was the morale and energy boost we needed to conquer the nearby eleven-thousand-foot peak where we got a brief respite from mosquitos and an amazing vista on the Kern River.

Lessons learned: (1) Plan meals appropriately for the weather, (2) Adventure with people who will still love you after seeing you at your worst, and (3) count on Breakfast Couscous to see you through. —*Mai-Yan*

#### AT HOME

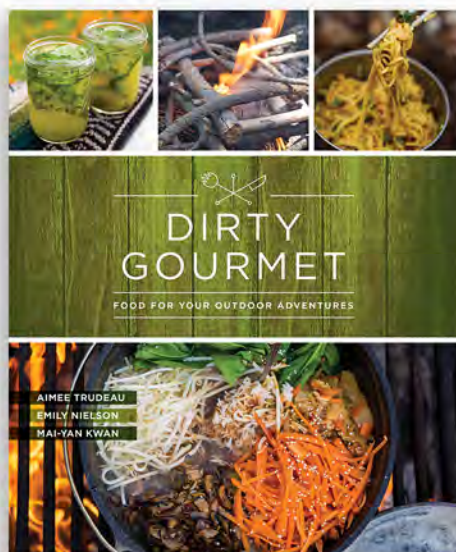
Combine the milk powder and nutmeg in a small ziplock bag.

#### AT CAMP

In a 1-liter pot, bring the water to a boil over high heat. Add the milk powder and nutmeg, stirring until no lumps remain. Remove from heat and stir in the couscous. Cover and let sit for about 5 minutes.

To serve, divide the couscous into two portions and top each with chopped dates and tahini.

Serving Size: 1/2 the recipe; Calories: 700; Protein: 18 g; Fat: 23 g; Saturated Fat: 5 g; Carbohydrates: 107 g; Fiber: 9 g; Sugar: 53 g





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### CAR CAMPING

## BUFFALO CAULIFLOWER WRAP

### Buffalo Cauliflower Wraps

**Yield: 4 servings**

**Prep Time: 20 minutes**

**Cook Time: 5 to 7 minutes**



#### FOR THE PICKLED ONIONS

- 1 small red onion, thinly sliced
- ¼ cup white vinegar
- ¼ teaspoon sugar
- ¼ teaspoon kosher salt

#### FOR THE CAULIFLOWER

- 1 large head cauliflower, cut into florets
- 4 tablespoons vegetable oil
- ½ teaspoon kosher salt
- ¼ to ½ cup hot sauce, such as Frank's Red Hot

#### FOR THE SCALLION CREAM CHEESE

- ½ cup cream cheese
- 2 tablespoons thinly sliced scallions

Usually I find wraps boring, but these are anything but. They're stuffed with spicy cauliflower, pickled onions, cream cheese, and the kicker—salt and vinegar potato chips! The cauliflower cooks quickly in foil packets and then it's just a matter of putting everything together. If you don't have a campfire, you can skip wrapping the cauliflower in foil and sauté the florets in a pan on a camp stove instead. —Aimee

#### AT HOME

Make the pickled onions: Combine the onion, vinegar, sugar, and salt in a jar. Seal it tightly, label it, and keep chilled until ready to use. (You can also prepare this at camp, but make sure to do it at least an hour before you're going to eat, to give the onions some time to pickle.)

#### AT CAMP

First prepare the cauliflower: Cut 4 pieces of aluminum foil large enough to create a foil pouch around about one-fourth of the florets. Divide the florets between the pieces of foil. Drizzle with the oil and sprinkle with the salt. Fold the aluminum foil into a pouch (see the Appendix for instructions), and place on a grate set over a campfire.

Cook until the cauliflower is just tender, about 4 to 5 minutes, then remove from heat and pour about 1 to 2 tablespoons of hot sauce on top of the cauliflower in each pouch.

While the cauliflower is cooking, make the scallion cream cheese: In a small bowl, combine the cream cheese with the scallions, mashing in the scallions with a fork.

On the campfire grate (or in a large skillet on your stove), warm the tortillas. Spread each tortilla with about 2 tablespoons of cream cheese mixture followed by a romaine leaf, the contents of one foil packet of cauliflower, and a handful each of the pickled onions and the chips. Wrap tightly like a burrito and serve.

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