

# Recipes from the Trail

## Backpacking Food Dehydration – 2024

I have cooked (and enjoyed) all the following recipes on trail.

\*Please note serving sizes will vary from person to person, so consider multiplying by x1.5 or x2 depending on your daily caloric needs. Feel free to get creative and make modifications according to your personal taste.

\*\*Add salt/pepper to taste if not otherwise listed.

### Chicken Tortilla Soup

**Serving Size: 2 People**

#### ***Bag 1:***

- 40 grams dehydrated chicken
- 30 grams dehydrated black beans
- 30 grams dehydrated pinto beans
- 100 grams instant or dehydrated rice
- 34 grams dehydrated bell peppers (mixed or red)
- 25 grams dehydrated salsa
- 8 grams dehydrated tomato paste
- 2 grams dehydrated jalapeno
- ½ tsp each of:
  - Cumin, chili powder, smoked paprika, dried oregano
- ¼ tsp pepper
- 2 packets concentrated chicken broth or bouillon cubes

#### ***Additional Ingredients:***

- Tortilla chips
- Avocado (optional)
- Cheddar cheese (chopped, optional)

#### ***Trail Instructions:***

- ❖ Bring 2 cups water to a boil and add all ingredients from **bag 1** to pot
- ❖ Add extra water if wanting a “brothier” soup
- ❖ Top with tortilla chips and other additional ingredients

## Andrew Skurka's Breakfast Potatoes

Serving Size: 1 Person

### **Bag 1:**

- 35 grams, Instant mashed potato flakes
- 4.5 grams, nutritional yeast
- 1.5 grams, dried onions
- 3 grams, dried green chilis
- 1 tsp. dried chives
- ½ tsp smoked paprika
- Salt/pepper to taste (can be helpful to add at the end)

\*Mashed potato flakes and nutritional yeast are store bought. Dried onions can be either store bought (as flakes) or homemade from finely diced dried onions. Dried green chilis are dried in a home dehydrator from drained, canned green chilis.

### **Bag 2:**

- 1 tbsp. chopped cured salami (can leave whole to chop at camp)
- 1 tbsp. chopped sharp cheddar (can leave whole to chop at camp)
- 1 or 2 tbsp. butter

### **Trail Instructions:**

- ❖ Slowly add boiling water to **bag 1** ingredients until potatoes are the desired consistency
- ❖ Add ingredients from **bag 2**, mix well and enjoy.

\*Insulated pot/mug with coozy recommended as potatoes can cool quickly.

## Jambalaya

Serving Size: 3 People

### **Bag 1:**

- 5 grams, dried green onions
- 18 grams, dried green and red peppers (thinly sliced)
- 15 grams, dried mushrooms (I prefer shitake)

### **Additional Ingredients:**

- 2 bags, Ben's Original Spanish Style Ready Rice
- 8oz, chopped smoked chorizo sausage, Boar's Head (can find at Fred Meyer)
- ~10 mL, Lemon packet or fresh lemon if you're feeling fancy
- Salt/pepper to taste

### ***Trail Instructions:***

- ❖ Simmer or hot soak dried mushrooms in just enough water to cover so they can soften (this can take a frustratingly long amount of time, so plan ahead).
- ❖ Add peppers and green onions once mushrooms are “done” and allow hot soak or simmer to continue another minute or two until those have softened as well.
- ❖ If simmering, turn flame to low and add Ready Rice and sausage and stir constantly to prevent burning. For hot soak method, ensure you don’t have too much excess water before adding rice (see instructions on Ready Rice bag for recommended volume of liquid).
- ❖ Add lemon juice and salt/pepper at end to taste and enjoy!

This meal is heavier (by weight) than many, but is great for the first night out and is incredibly hearty!

## **Alfredo Noodles/Veggies**

**Serving Size: 2 People**

### ***Bag 1:***

- 44 grams dehydrated peas
- 20 grams dehydrated broccoli
- 12 oz linguine noodles

### ***Bag 2:***

- 2 tbsp butter (can substitute powdered butter in hot weather)
- 1/2 cup grated parmesan cheese (can substitute powdered parmesan in hot weather)

### ***Additional Ingredients:***

- Packet alfredo sauce (typically serves 4)
- Salt/pepper to taste

### ***Trail Instructions:***

- ❖ Simmer or hot soak noodles, broccoli, peas and noodles in pot with just enough water to cover, so they can soften.
- ❖ Once cooked/soft, remove excess water so only ~1/4 cup remains
- ❖ Bring water to boil once again at bottom of the pot
- ❖ Add contents of **bag 2** and packet of alfredo sauce to pot and mix
- ❖ Season with salt and pepper and enjoy!

\*Alternatively, a box of white cheddar mac n cheese (I buy Annie’s) can be used instead of linguine/alfredo packet for a similar experience!

## Red Pepper Hummus

Serving Size: 3-4 servings

- 6 tablespoons sesame seeds
- 2 cans chickpeas, drained/peeled
- 200 grams roasted red peppers (canned in water or roasted at home)
- 4 garlic cloves (or garlic powder)
- Juice of 1 lemon
- 2 tsp salt (to taste)
- Pepper (to taste)

### **Instructions:**

- Place sesame seeds in food processor and pulse until forms a powder, do not overmix or you will generate tahini sauce
- Add all other ingredients to food processor and mix until smooth adding water as needed
- Spread onto tray and dehydrate at 125 degrees F for 6 hours until completely dry

### **Trail Instructions:**

> Pack ~50grams/serving and enjoy with “scoopy” chips or crackers

- ❖ Rehydrate with cold water (adding just a little bit at a time) until desired consistency is reached
- ❖ Can add olive oil on trail for extra calories!

## Backcountry Gravy (with Biscuits)

Serving Size: 2 People

<https://www.seriousseats.com/the-food-lab-buttermilk-biscuits-recipe>

^While you could attempt making hot biscuit on the trail, I bake these in advance and pack so they are ready to go. They are worth the weight and bulk for the convenience and time savings.

### **Bag 1:**

- 8 tsp. flour
- 1 tbsp. butter

### **Bag 2:**

- ½ cup powder milk
- ¼ tsp. garlic powder
- ½ tsp. pepper
- ¼ tsp. salt

- ¼ tsp. dried onions
- ¼ tsp. dried chives

**Bag 3:**

- 2-3oz. dried sausage (PackIt Gourmet), depending on how meaty you like your gravy

**Trail Instructions:**

- ❖ Add 1 ½ cup hot water to rehydrate dried sausage. Allow meat to soften (hot soak)
- ❖ Transfer liquid from sausage to a vessel that will allow you to measure volume
  - Add additional water to sausage water to bring volume back to 1 ½ cup water then add all this to **bag 2**
- ❖ Melt butter in pan, add flour and mix well to make a thick paste. Continue to cook for 30 seconds stirring constantly to prevent burning
- ❖ Add liquid/contents from **bag 2** to pan and stir well to incorporate
- ❖ Cook over the lowest setting possible stirring constantly until gravy has thickened to a desired consistency.
- ❖ Add sausage at the end, top over biscuits and enjoy!

## Chicken and Dumpling Soup

Serving Size: 2 People

**Bag 1:**

- 25 grams dried chicken
- 10 grams dried peas/carrots mix
- 5 grams dried celery
- 5 grams dried onion
- 1 gram dried thyme/oregano mix

**Bag 2:**

- 1 tsp. dried parsley flakes
- ½ tsp. dried chives
- ½ cup flour
- 1 ½ tsp. baking powder
- 2 tbsp cornmeal
- 1 tsp. ground dried mushroom (use spice grinder to blend dried shitake mushrooms to fine powder to add umami flavor!)
- 1 tbsp. milk powder
- 1 tbsp. buttermilk powder
- 1/8 tsp pepper

### ***Additional Ingredients:***

- 1 tbsp olive oil
- 2 packets concentrated chicken broth or bouillon cubes
- Salt to taste

### ***Trail Instructions:***

- ❖ Add warm water to **bag 2** contents to make a shaggy dough. Knead inside Ziploc bag to reduce mess and add more water slowly to reach desired consistency.
- ❖ Bring 2 ½ cups of water to a boil
- ❖ Add contents from **bag 1** to boiling water and simmer (or hot soak) until softened
- ❖ Bring soup back to a boil
- ❖ Rip large hole in the bottom of the dough bag (**bag 2**) and squeeze out pellets of dough into boiling soup
- ❖ Simmer on low until dumplings are cooked through stirring carefully so as to not break up the dumplings into small pieces

## **Thai Curry (featured Dehydration Course Meal)**

**Serving Size: 3 People**

### ***Bag 1:***

- 150 grams rice noodles (dried)
- 2 packets concentrated vegetable broth
- 1 cup cashews (whole)

### ***Bag 2:***

- 64 grams dehydrated curry paste (green or red)
- 50 grams coconut cream powder
- 35 grams dehydrated broccoli
- 54 grams dehydrated carrots
- 20 grams dried onions

### ***Trail Instructions:***

- ❖ Hot soak or simmer rice noodles until they are soft and pliable
- ❖ Transfer noodles to secondary plate/bowl and discard all but ¾ cup of water
- ❖ Add contents of **bag 2** to pot with remaining hot water and simmer (or hot soak) until broccoli and carrots are almost cooked through
- ❖ Add vegetable broth and simmer 2 min until everything is cooked thoroughly
- ❖ Add noodles back to pot and mix
- ❖ Top with cashews (either keep whole or crush)