

# CAMPING AND CAMPFIRE COOKING

YOUR COMPLETE  CAMPING GUIDE

*best camping guide and*  
**CAMPING RECIPES**  
FOR EVERYONE



**fpa**\*

**Family Protection**  
ASSOCIATION



## CAMPING AND CAMPFIRE COOKING

Preface	1	CHAPTER THREE: RECIPES FOR VEGETARIANS AND DIRT BAGGERS	31
Introduction to Survival	3	With a stick	32
Terms you need to know	3	Skewers and Kebabs	38
CHAPTER ONE: LEARN HOW TO CAMP	4	Foil packets hobo-style	42
What is camping?	4	Pie Iron	46
Reasons to go for camping	6	Skillet	50
Information you need to know about camping	7	Dutch oven	55
Activities done during camping	9	On a grate	60
Ideas for a good camping trip	10	Bring Alongs	63
CHAPTER TWO: TIPS, TRICKS AND SECRETS TO A GREAT CAMPING EXPERIENCE	11	CHAPTER FOUR: GOURMET RECIPES	64
Preparing for your camping	11	Salad dressings, sauces, marinades, and more	65
Kick off your camping	17	Breakfast	71
Camping activities for all personalities	20	Sandwiches, salads and such	74
A guide to meals during your camping	27	Snacks and appetizers	76
Time to leave the camp	29	Entrees	79
		Cooked Vegetables, grains, and other sides	82
		Desserts	85

# ***CAMPING & CAMPFIRE COOKING***

## ***Your Complete Camping Guide***

### ***Best Camping Guide and Camping Recipes for Everyone***



**T**he desired result of this book is to give a reader the best campfire recipes for everyone along with gear tips and tricks. This book is filled with delicious and easy to prepare recipes for anyone who is planning to have a campfire. Whether you are a seasoned veteran camper or a new camper, you will be able to learn how to prepare tasty breakfast, main dishes, sides, and desserts. This book clearly elaborates several recipes, hence giving the reader a wide variety to choose from when going camping. You will be covered whether your preferred cooking method is with foil packets, stick, Dutch ovens, grate, skillets, skewers, and kebabs or pie irons.

Inside your heart, I am sure there is some eagerness to trek into the woods and get away from everything because it is good for the soul. All that is detailed in this book, giving you the reader a detailed guide on how to be involved in camping and how to make that camping fun and easier. “Campfire Cooking: Best Camping Recipes for Everyone” is a clear guide to bringing some adventure in your cooking while camping, regardless of whether you are a vegetarian, dirt bagger or gourmet.

This book is going to give a direct answer to all your questions regarding camping and meals. In this book, I will talk about getting ready and preparing for camping. The aim is to give you a refresher on how you should set up a quality camp. Further, I am going to advise you on the activities to partake once you have set up your camp. Next, I will address the ‘flesh of this book’, and that is what you should eat out in the wilderness. The meals are covered for all personalities, and, therefore, you should not worry that you may be left out. You will also note that I have not left out one of the most ignored activities in camping, and that is how to end your camping nicely. Who would have thought to include such an important part?



This book is a quick guide to taking a trip into the wilderness and exploring while keeping in mind all the necessary meals. The wilderness can be one of the greatest places to take a vacation, and that is why I give you all the relevant information. This book will cover some of the most delicious, appetizing recipes during your camping experience. You are going to discover this book seeps into you, and you will want more. I enlighten you the reader about the greatness of the wilderness as a place that you can visit and still discover exciting meals and areas to visit. In fact, this book will enlighten you that the only restriction is your time and budget.

You know you need to have a checklist before you go out, and this book clearly outlines your list, chapter by chapter, making it useful for every camping trip that you plan to make in the future. You will find yourself wanting to test all the recipes listed because I have given the simplest and best methods of preparing these meals. This book will advise you that you need to take your planning very seriously because a great adventure will only come true after proper planning. Having a good plan is the only way to ensure that you have the correct ingredients, and you save time in future.

You will learn that you need to buy materials that are durable and reliable. You will also learn that you need to replace some equipment after your initial camp visit. That will help you remember to carry what you forgot to bring on your last adventure; hence, you will be able to learn how to build your supplies and make things better in the future. Most importantly, this book emphasizes that you need to have fun during your camping. If you cooked something that was boring last time, then think of something new this time. The book is all about having a great experience.

As much as you love the outdoors, this book will teach you that the main highlight of any camping

trip is the food. Meals prepared around the campfire form the pinnacle of any camping experience. You will learn that you do not have to resign to unhealthy or unsatisfactory meals just because you are outdoors. If it has never occurred to you that you can cook something right at the campsite, then this book will change your thinking. You do not have to eat cheese and macaroni out of the box every night. Neither do you have to eat canned meat and rehydrated vegetables or any other strange foods inside plastic bags. You will learn how to serve yourself the best meals you have ever had from the comfort of your campsite.

This book will teach you that outdoor cooking does not need to be very detailed for you to get remarkable results. As you will learn, good food is easy to prepare, it tastes good and only requires the right ingredients. After reading this book, you will feel safe venturing into the woods, especially if you are a foodie. You will be able to have a nice meal while Mother Nature provides you with the ambiance that any restaurant would kill for, all in the comfort your outdoor adventure. This book will teach you that all you need is the right equipment, a good meal plan, and you, too, will be able to make top-notch meals around the campfire.

By reading this book, you will put yourself on the right path of becoming courageous and daring in campfire cooking. Remember, having an exploring soul is the beginning of all great adventures, and that is precisely what you are. You will explore several recipes and make things delicious in the wilderness. This book will teach you that just because you are outdoor, you do not have to eat boring meals wrapped in plastic bags. As a gourmet, you may get resistance at first if you go camping with your friends, but be rest assured that everyone will enjoy your meal during dinner time. So, set up the fire, grab your equipment and start cooking in the wilderness. I give you the art of camping, be creative.





# INTRODUCTION

**Y**ou have come to the right place to receive advice on some of the best recipes, whether you are a vegetarian, dirt bagger or gourmet. Here, you will also receive tips and tricks about your camping gears and the supplies you need to buy. I have detailed these recipes to ensure you have all the information about a particular food so that you can make some delicious meals and make your camping experience unforgettable. Go out there and make the best breakfast, main dish, side or dessert. I have also expounded on the various cooking methods available to ensure you are well covered. I have tried to answer all your questions regarding camping and meals, starting with a refresher on how to set up quality camp, the activities to partake and how to prepare some delicious food while you are at the camping site. As you will discover, I will insist that you have a nice plan before stepping out of your house. The plan should cover how to go about your camping experience, and most importantly, the plan will enable you settle on a shopping list. Off course, that is after deciding on your food menu. I believe after this book, you should drop the old myth that when you go outdoors you need to have your ready prepared food stashed in plastic bags. The reason is that at your campsite, you can still prepare the foods you prepare at home. Please remember to do all these not forgetting that you are out there to have fun.

Let loose.

## **TERMS YOU NEED TO KNOW**

**Vegetarian** – A vegetarian is someone who abstains from consumption of meat (seafood, poultry, red meat or any other animal flesh). Instead, a vegetarian substitutes meat with fruits, grain, nuts, and vegetables.

**Dirt Baggers** – A dirt bagger is someone who eats almost anything. This camper is okay with any food, and, therefore, can take any recipe from this book without any limitations.

**Gourmet** – A gourmet is someone who discriminates when it comes to enjoyment of foods and drinks. This is someone who does not just eat anything but carefully chooses the food/drink and only enjoys high-quality or exotic ingredients that require skilled preparation.

**Kindling** – material that is used to ignite fire, such as straw or dry wood

**Ember**- Ember is a small piece of wood or coal that is still live (dying fire)

**Regular camper** – Someone who goes camping regularly and is therefore well acquainted with all the camping activities. Such a person knows almost everything concerning camping.



# CHAPTER ONE: LEARN HOW TO CAMP



**W**hether you are a veteran camper or a newcomer in the camping world, your goal is to have the best time whenever you go camping. Having a good time means settling for the right solutions and having a chance of a lifetime. Getting the process right means that you should make prior arrangements, and this is where most campers go wrong. A majority of campers fail to plan all the activities in advance, including the places to visit and the meals to take. For you to get positive results as a camper, it is vital that you allocate more time and ensure you have invested in the right solutions. There are two sides; your trip can go perfectly or terribly wrong. Keep in mind that the result is always based on how you start your planning process.

## **WHAT IS CAMPING?**

Camping is defined as the process of going outdoors alone or with a group of people, or simply the act of encamping and living in tents in a camp. When you go camping, you arrange to sleep outside in a tent or under the bonfire,

and you enjoy yourself while taking part in outdoor activities. Camping is recommended for friends, families, companies or any other groups or individuals who want to have fun. In most instances, you will discover that people prefer to go camping out in the woods. This is always important to help people interact with nature and put a halt in normal daily activities like school or work. Camping is always an exciting experience.

In the recent past, people and organizations have been arranging camping trips to have time for relaxation. With the current economic conditions, people are experiencing high-stress levels that are characterized by busy lives.

An occupied lifestyle denies one a chance of mingling. This life has been identified as one of the biggest causes of stress. Getting to go out in the woods to mingle with people is an idea that is always welcomed in the modern 21st-century world. Going out to experience nature, participate in different activities and connect with people is a life experience that relieves many. Some groups that have been known to go



out camping include the following:

- 1) Team building groups
- 2) Workmates
- 3) Former students in high school or college
- 4) Pen pals
- 5) Scouts
- 6) Church groups
- 7) Children
- 8) Community groups
- 9) People who love to explore
- 10) Tourists
- 11) Families

There are different reasons that prompt these groups to go out camping. Some will go camping regularly while some will only invest in camping trips once a year. Once you identify a suitable location and you know the activities to partake, you have a chance of organizing these trips.

Some reasons that lead people to go camping include:

- a. Meeting new people and making friends
- b. Getting out of a busy life
- c. Connecting with family and friends
- d. Connecting with mother nature
- e. Going out and enjoying with no stress
- f. Catching up with old acquaintances (for example former college or high school mates)

- g. Team building (for example, company employees)
- h. Interacting with other campers from different parts
- i. Having an adrenaline rush as you are outdoors
- j. Enjoying nightlife or the bonfire life

With that said, you should make sure you have at least one camping experience in your lifetime. This will give you a chance of connecting with people and participating in healthy activities that will give you the adrenaline rush you need. You only have to choose the right time and a suitable location.

### **IMPORTANCE OF CAMPING**

Camping is important because it gives you a chance to enjoy nature, participate in several activities and meet new friends. In addition, you have the option of choosing whomever you want to include in your camping experience: friends, family, workmates or schoolmates. The ideal 21st-century person is faced with several stresses characterized by a busy life. Camping serves as a way of relieving such stresses. In fact, camping serves as a way of breaking the traditional norm where you go out clubbing and return home drunk and tired. When you go outdoors, you can take part in thrilling adventures and learn how people overcome certain situations. One thing that you should keep in mind is that you need to try out different places every time you go out. This is the only way to ensure you do not get bored with one place, and you have a chance of a lifetime.



# **REASONS TO GO FOR CAMPING**

No one would turn down an opportunity to have a nice time. A camping trip will always offer relief to the hectic schedule that most people have. It is advisable to have at least one camping experience because it is always adventurous and fulfilling. Several reasons can lead people to go camping, they include:

## **1. Family time**

It is always relieving for a family to come together and take part in several activities. This is always important because you have the chance of having a one on one connection with your family members, solve issues and discover areas where you need to advance. Busy schedules have led to minimal interaction amongst family members, and a camping trip is always advised to catch up and share the latest while enjoying each other's company. Frequent communication helps in keeping families together and strengthens the family bond.

## **2. School projects**

Taking students on a learning trip in the parks or woods is certainly an exciting experience as it gives every student an opportunity of exploring. Students can easily work on school projects by participating in discussions and learn how classmates react to certain situations. Undertaking school projects while camping helps in learning about other students and is usually a fun-filled moment.

## **3. Religious groups**

Camping offers the best experience for anyone or a group that needs spiritual fulfillment. Camping provides the best environment for one to go into prayer and to fast with minimal interference. Since you are out in the woods, you will find it easier connecting with your Creator through dancing and rejoicing. This gives you space, a peace of mind and the connection that you need with your creator. Most religious groups prefer going for camping for purposes of interacting with other members and connecting with their spiritual beings.

## **4. Tourism**

At times, you can decide to travel to the neighboring country, maybe to visit a friend or just have a different experience. Camping offers you the best solution if you do not need to stay in a hotel the entire time. In fact, camping gives you the best chance of going for a trip and learning more about that place. You can meet with other campers from that country and share ideas while taking part in some activities.

## **5. Meditation**

I have mentioned the hectic schedule that is one feature of the 21st-century person. With such a life, there comes a point where one just wants to 'get away' from everything: noise, people, work, family or friends. At such times, one only needs some quiet time to meditate and plan their life. Once you have identified a suitable spot, you can go for a few hours or some days. You find peaceful time to sit alone, think, and ponder over several

issues. You will find it very fulfilling and enjoyable in the end. While you are out in the woods, you have the chance of discovering nature, think about life and arrive at informed decisions, all by yourself. As you know, it is often impossible to come up with informed solutions when your life is busy. A fresh and collected spot makes it easier for you to think about solutions and helps you concentrate on vital areas of your life. After the camping trip, you return home feeling revived and ready to continue with your life.

## **6. Excavation**

If you love to discover new things, then you need to go camping to explore different subjects. Camping can serve as an important educational tour because you can study various aspects based on your location. Once you connect with nature, you will be surprised at the things it has to offer.

## **7. Discussion**

In some instances, your group or company needs to find the time and connect. Camping offers the right chance of having discussions since you rarely have the opportunity of connection on a personal level. On a camping trip, there are no rules that need to be followed. The environment is favorable for you and other individuals to 'let loose'. You can have plenty of time connecting with each other as you come up with strategies and points.

## **8. Romantic Tours**

With time, the old routines like watching movies, staying up late or drinking beer will get boring. You

and your spouse will need to come up with new ideas to keep your relationship vibrant. Camping offers you the chance of reviving your relationship and connecting with one another. A camping trip will break the monotony and give you an opportunity to discover new things. Even after having kids, you can still go out and have fun occasionally. Most couples nowadays have little time to spend together, and before you realize you find yourselves growing apart. Investing in a camping trip will ensure that you can keep your love life vibrant as you enjoy each other's company.

## **INFORMATION YOU NEED TO KNOW ABOUT CAMPING**

For you to have an excellent camping experience, you need to keep in mind some details. While you can identify a suitable location, you may still end up not getting the best solutions. Keeping some details in mind makes it easier and efficient for you in the end. You need to start the planning process earlier if you are to have a good time. The internet and tour guides are some of the most valuable resources that can help when you want to identify a suitable location and other necessities that you need to carry. Some of the information that you must keep in mind include:

### **a) Location**

Location, location, location. An important aspect of every camping trip. The location is important since it can enable you settle with the right solutions. Once you have identified the location, it will be easier for you to make all the necessary arrangements. There are places that you may



visit, and you do not need to carry a thing while some places need you to take several things. The reason is that a location has its needs. Some places will specialize in all camping needs while some areas will leave you on your own. In case you are traveling out of your country, you will need to have all the necessary details in place. This can include traveling documents, hosts, directions and the right budget. In addition, you must keep in mind several details like the weather pattern and the camping regulations for that country.

### **b). Duration**

Once you have identified a suitable location, you need to decide you are going to be there for how long. If you are going to be there for a day, then you may only need to carry essentials. The duration helps in determining what you need to bring and helps you come up with a proper budget.

### **c). What you need to carry**

Depending on your personal needs and the needs of the location, you may have to bring several things. Failing to carry some essentials can make your camping experience hectic. Some of the things that you need to take include:

#### **i). Tent**

A tent is one of the things that you need to keep in your list. Though tents may be provided in some camping sites, you should confirm this information before leaving for the camping trip. A tent is suitable if you plan to spend the day outside or if you intend to sleep in one. Tents need to be placed in the right manner

to prevent cold during the night. You have the option of carrying a sleeping bag if you find tents unsuitable. Importantly, you need to know if your location provides a tent, or if you need to bring your own. Tents can be bulky if you are not planning to use a personal car or if you are going camping as a group. A camping tent is shown in the figure below.



*Camping tent, Source: [www.campingtents.us](http://www.campingtents.us)*

#### **ii). Water and snacks**

Finding water in the woods can be a difficult task sometimes. Therefore, you may need to carry water to make sure your body is hydrated at all times. As you carry water, also remember to bring some snacks. Though you may have planned for meals, snacks will ensure that you eat frequently and will prevent you from overfeeding.

#### **iii). Shoes**

Covering your legs is important if you are outdoors. Preferably, carry sports shoes or hiking shoes, as they are light and can make trekking easier. The most important thing is to ensure that your feet are protected and comfortable at all times. Hiking shoes are

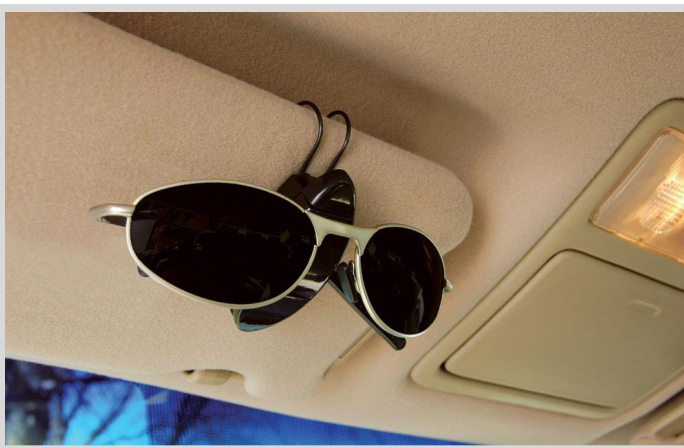
shown in the figure below.



Hiking shoes, Source: [wallpaperawesome.hvgj.org](http://wallpaperawesome.hvgj.org)

#### iv). Sunglasses

Though not very necessary, you can carry sunglasses if you are planning to go on a long nature trail. The sun can be too much at times, and taking sunglasses and sunscreen protection will keep you from sunburns. The figure below shows sample sunglasses that you can carry during your trip.



Sunglasses, Source: [www.campingworld.com](http://www.campingworld.com)

#### v). Other things that you need to carry include:

- First aid kit
- Phone
- Clothes
- Cooler
- Camera
- Radio
- Map
- Torch
- Matchsticks or a lighter for fire

Again, remember that whatever you need to carry depends on your personal needs and the needs of your camping location. While some people may only need to carry a few things, others may prefer taking several things. Always remember to give more attention to necessities as you will need them more. Also, consider your form of transport, as taking more stuff will mean a bigger car, and you may have to hire a car in such a case.

### ACTIVITIES DONE DURING CAMPING

If you are camping with a group of people, it is important to identify activities that you find comfortable as well as enjoy doing. This will ensure that everyone in the camping trip enjoys every moment. You can take time and invent certain routines while bearing in consideration the interest of every group member. Routines



will prevent boredom and will help everyone connect. Some typical activities that you can engage in during your camping trip include:

**I. Dancing**

**II. Storytelling**

**III. Fishing**

**IV. Recreation**

**V. Hunting**

## **IDEAS FOR A GOOD CAMPING TRIP**

Some tips are important in making sure that your camping experience is pure fun. These include

- a. Alerting your family members or friends about the trip, duration, and location. This is vital in case anything happens, and you need to be traced.
- b. If you are not conversant with the location, you can always bring a professional who can make your work easier
- c. Informing other group members in advance, in case you are going as a group. This will

give other members an opportunity to park early and ensure they carry all the requirements. Your group members will also have ample time to think about the various activities that they want to partake.

- d. Ensuring you are aware of the weather. You need to be updated about the weather of your location to avoid severe weather conditions. You can fall sick under torrential rains or snowing, and that can ruin your trip. In addition, it can be very difficult to communicate or make calls under extreme weather conditions like heavy rainfall.
- e. Ensure you arrange for your transport in advance. You can use a van to transport you to the camping site while you carry all your necessities.
- f. When choosing the spot, it is advisable to choose a location that is near a water body and has a nice view. This will ensure that you can easily access water whenever you need it while you will also have fun taking photos

These tips will ensure that you have all the fun you need during your camping trip.



# CHAPTER TWO:

## TIPS, TRICKS AND SECRETS TO A GREAT CAMPING EXPERIENCE

### PREPARING FOR YOUR CAMPING

Under preparation, you are going to learn how to find the right camping spot, how to gather quality and durable supplies and how to save money doing so.

As I have mentioned in the previous chapter, anyone planning to go on a camping trip should take planning with utmost importance. A plan will enable you avoid any frustrations that may come along during your adventure. As you are aware, camping is supposed to be a fun experience, and you will not be happy to discover that you have forgotten to carry matchsticks or that you did not charge your phone. Everything should be in order to ensure your trip remains memorable.

In your planning process, pay attention to the following:

#### 1. LOCATION

As I mentioned earlier, location is critical. I will continue specifying the location to ensure you give it the attention it deserves. If you are a first-

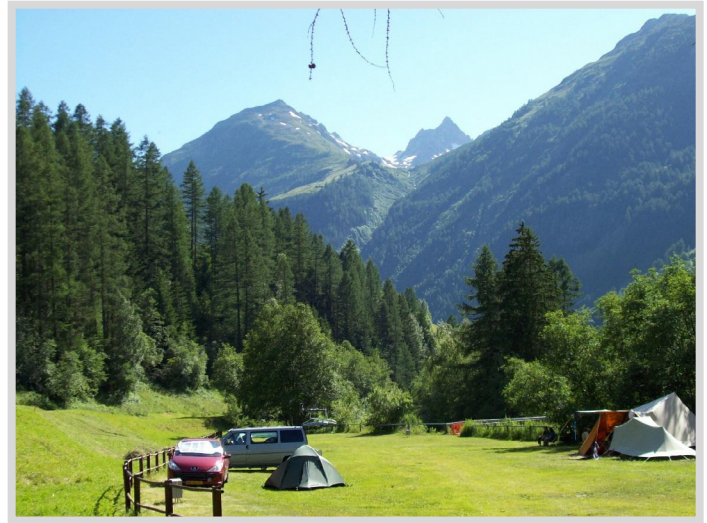
timer, then you have an enormous task of having to identify a suitable and convenient place. You can do this by making inquiries with people who are frequent campers. Keep in mind that these individuals may be having different interests, and, therefore, can give biased advice. Do your investigations by visiting the internet and talking to people around that area. Make sure you talk to the right people and visit the recommended websites, as this will be the only assurance that you are getting the correct information. As you collect information about the location, remember to keep in mind the different camping rules for each area, as this may be a disadvantage at times. For example, some places may have regulations that do not allow fishing or trekking in the mountains. Find a place that suits your interests or the interest of your group.

Also, keep in mind that a beautiful place with lots of fantastic features is always preferable, as this will give you a chance to explore new things. If you are a forest lover, choose a place that has a thick forest where you can enjoy the atmo-



sphere while you prepare your meal. Sometimes, regular campers can give vital information about camping locations because of their prior experience; therefore, you should take their advice seriously since they can recommend some of the nicest places based on previous knowledge. Even if you are a frequent camper, you may also need new ideas to make your experience thrilling. You can do this by establishing good relations with other campers to ensure you are always informed about new places and activities.

My point is that you should understand your location to the core. Have information about whatever you are going to do at that location and the options that are available. Most national or state parks have charges before you get in. Therefore, you can be able to know the amount you will spend or save on a single camping trip. The figures below show three examples of different locations where you can choose to go for your camping trip.



*Camping ground in Kippel,*

Source: [www.frostmagazine.com](http://www.frostmagazine.com)



*Camping in Haifoss waterfall,*

Source: [www.extremeiceland.is](http://www.extremeiceland.is)



*Camping, Source: [www.thenewamericanroad.com](http://www.thenewamericanroad.com)*

## **2. BUYING SUPPLIES**

Before you even think of buying anything, set up a list of all the supplies you need. Here, you are supposed to remain within your budget to ensure the trip is not costly. Get on the internet and prepare the list of everything you need. You may be surprised that you already have some supplies, and you only need to add a few things. Doing research will reap enormous benefits when it comes to buying supplies. As much as

you should take in advice from regular campers, also ensure that you do enough research and arrive at informed decisions.

As much as you may have a fixed budget, there are three things you should ensure are of high quality.

The first one is the tent. You need to purchase a reliable and durable tent from a trusted supplier. A good tent should withstand adverse weather conditions, protect you and be used in the future.

Second, you need to purchase a quality sleeping bag. Some people may prefer buying a sleeping bag to avoid buying a tent. The choice is yours. However, if you are going to be out in the woods, it is advisable to take your security very seriously. Do research and go for a sleeping bag that can keep you warm and dry. Buy something long lasting that you can use for your next camping trip.

Third, you need to invest in an excellent cooler. Research in a high-quality cooler that does not leak or have cracks. Coolers are equally important because they are used to keep your food cool. You will appreciate when you wake up in the morning and find that your food is still okay. The figure below shows an example of some supplies needed for camping.



Camping supplies, Source: [vicariouslythrough.me](http://vicariouslythrough.me)

You can save money when buying other things apart from the tent, sleeping bag, and cooler. Remember you still need to do a bit of research to identify where to purchase all the necessary tools you require. In addition, you can have a checklist prepared to ensure you only buy things you need. The figure below shows an example of a car camping checklist.

Car Camping equipment list			
Equipment list for a two day, two night, trip under easy, familiar conditions			
10 essentials (in fanny pack or day pack)			
Pocket Knife	x		
Matches in water proof container/fire starter	x		
Compass & Map	x		
First aid kit (with moleskin)	x		
Flashlight (small) with extra batteries/bulbs	x		
Whistle	x		
Water two 1 quart or 1 liter bottles	x		
Emergency food	x		
Extra clothes - based on weather and area	x		
Rain gear/shelter	x		
Clothing			
Pair of hiking boots	x		
Pair of sneakers or camp shoes	optional		
2 pair socks (wool or polypropylene)	x		
Long pants, shorts	x		
2 inner layers (t-shirts)	x		
2 outer layers (pile shirt, sweater)	x		
Shell (jacket or parka)	x		
Wool or pile gloves	x		
Hat, bandana	x		
Underwear, long underwear	x		
Shelter & Sleeping			
Tent (can be shared)	x		
Ground cloth for tent	x		
Sleeping bag (15-20 degrees F)	x		
Sleeping bag stuff sack	x		
Foam pad	x		
Cooking and Food			
Mess kit (plate, cup, fork, spoon)	x		
Trail food and/or extra snacks	x		
Liquid soap and pot scrubber		Patrol box	
Spices (salt & pepper)		Patrol box	
Food for each meal - done as a patrol		Patrol box	
2.5 gallon water bag		Patrol box	
Charcoal for dutch oven cooking		Troop provides	
Tin foil		Patrol box	
Pots		Patrol box	
Dutch oven		Troop provides	
Cooking stove, fuel		Troop provides	
Trash/Extra Bags			
2 large black bags - spare	x		
2 large freezer bags - spare	x		
2 small freezer bags - spare	x		
2 13 gallon bags for you trash plus twist ties	x		
Miscellaneous			
Sun screen, lip balm	x		
Insect repellent	x		
Towel	x		
Liquid soap, toothbrush, tooth paste, comb	x		
Scout handbook	x		

A camping gear checklist, Source: [www.livinstil.com](http://www.livinstil.com)

This book focuses on campfire cooking, and I am going to list some of the most important equipment that you will need if you are to make your cooking successful.

- Cooler
- Sharp knife
- Plates



- Spatula
- Tongs
- Measuring cups
- Measuring spoons
- A skillet with a lid (preferably 10-inch)
- Quart with a lid
- Cutting board (preferably plastic)
- Vegetable peeler (can also be used as cheese slicer)
- Bottle/can opener
- Camp stove and fuel
- Cheese grater (one that can be used as a citrus zester)
- Mugs
- Scrubber
- Forks, spoons
- Sponge
- Lantern

#### OTHER IMPORTANT SUPPLIES

- Plastic garbage bags
- Firewood
- Aluminum foil
- Wooden skewers
- Ziplock bags
- Matchboxes
- Dish soap
- Charcoal briquettes
- Corkscrew (if you are going to have wine)
- Paper towels

#### SOME THINGS THAT YOU CAN CARRY BUT ARE NOT VERY ESSENTIAL

- Kitchen shears
- Garlic press

- Grill rack (you can use it to create your barbecue)
- Insulated lunch bag
- Headlamp (can be used when you need to do something in the dark)
- Coffee-filter ( in case you are a coffee lover)

The figure below shows examples of tools that you can carry to facilitate cooking during your camping trip.



Cooking gear, Source: [www.designrulz.com](http://www.designrulz.com)

### CHOOSING A CAMP STOVE

There are several camping stoves available in the market. Most of these stoves can prepare the recipes in this book. Remember, I recommended that you go for something that is durable and high quality. When choosing a stove some factors that you should take into consideration include:

- a. How many people are going to use the stove and the types of meals you are going to prepare.

Once you determine the number of persons and the kind of meal, you will be able to settle on a stove that is of the right size. A single burner is sufficient for a maximum of two people. However, if you are cooking for a

large group or your food needs more heating, then you can go for a multi-burner stove.

b. The kind of trip that you will be taking.

Stoves come in different sizes and weight. Therefore, you need to determine your camping demands and settle on a convenient equipment. If you are only two people, you may only need a small stove that can be bag packed. However, if you are a large group, you may need those large stoves that need to be transported using a bigger car.

c. The weather condition.

In case the weather is windy, you may require a stove that has a windscreen. However, if you are going to cook in temperate weather, then you need an ordinary stove. The temperature can determine the fuel to be used. For example, some stoves only work in temperatures above 320F while others work below 00F. In addition, the choice of fuel can be affected by your location. For instance, white butane or white gas can be difficult to find while kerosene is available in most places around the world.

d. Other factors to consider when choosing your camp stove include:

- ▶ How sturdy the stove is
- ▶ How easy it is to set up the stove

- ▶ If the stove requires detailed maintenance
- ▶ How easy it is to adjust the heat
- ▶ How fast the stove lights

## BUYING AND STORING FOOD

- When purchasing poultry, seafood or fresh meat, ensure that you check the expiration dates. You should never buy any foods that have already expired. Also, make sure that the expiry date is not within the duration of your camping trip.
- Ensure that you store canned food in a clean, cool and dry place
- When storing seafood, poultry or meat in a cooler. Make sure you wrap the packages in several plastic layers to prevent any leaks.
- If you purchase any perishables, make sure they are refrigerated immediately (normally within 2 hours after purchasing). Perishables have their safe storage times. The following table indicates safe storage times for different perishables in a cooler at 400F and below. These time guidelines are best to use even if the food starts out frozen. Foods below 00F will tend to last longer since foods cannot be kept frozen in a cooler for a very long time. The United States Department of Agriculture recommends the following storage times.



FOOD	TIME
Mayonnaise	2months
Eggs (hard-boiled)	1 week
Chops, roasts, & steaks (raw)	3-5 days
Sausage (smoked)	1 week
Bacon	1 week
Hot dogs (unopened pack)	2 weeks
Hot dogs (opened pack)	1 week
Sausage (raw: made from beef, pork or poultry)	1-2 days
Cold cuts (unopened pack)	2 weeks
Cold cuts (opened pack)	1 week
Seafood and fish(raw)	1-2 days
Ground meat (raw turkey, lamb, pork, veal or beef)	1-2 days
Eggs (fresh, in shell, raw)	3 weeks
Liquid pasteurized egg substitutes (unopened)	10 days
Chicken (uncooked)	1-2 days
Liquid pasteurized egg substitutes (opened)	3 days
Homemade chicken salad, tuna salad, or chicken salad	3-5 days

- Make sure your food is kept in airtight containers in case you will be camping in a location that is prone to bears. Alternatively, you can maintain the food in the car or hang them from branches a few yards from the campsite.

- Dump any cans of food that are rusted, leaking, bulging or dented.

### 3. MEANS OF TRANSPORT

In your planning process, you have to take into account the means of transport. If you are going to use a personal car, then it is important to have it checked before you set off. It can be very frustrating to deal with a broken car before reaching your destination. You will only have a beautiful experience if you reach your destination and return without any hitches. Since you want to have a real cooking experience, always ensure that your cooler is packaged correctly before leaving.

Follow these instructions to ensure that your food is cool and safe

- Use an appliance thermometer to ensure your cooler remains at maximum 400 F. Foods that you want to freeze can be kept below 00F.
- Before placing food in your cooler, fill it with ice 30 minutes before putting food inside
- Store non perishables in one cooler while perishables in another. Do not mix perishables and non-perishables in one cooler
- Place the coolers in the coolest part of your car or on a shady spot
- Ensure that the coolers are well stocked with ice and minimize opening them unless it is very necessary
- If your camping trip is going to be long, then you can split your food into two. You can

store everything you need for the first half of the trip in one cooler. What you do not need most can be stored on another cooler for the second part of the trip. You can seal the second cooler with a duct tape and only open when the food is needed. For the first half of the trip, make sure you start with the perishables.

- You should use block ice because it lasts longer compared to ice chunks. Ensure that the ice blocks are double bagged so as to minimize leaking cases
- Frozen vegetables like peas or corn also act as ice packs and can help in keeping the cooler cold. Also, freeze seafood, poultry or meat because they can help your cooler stay cold for longer.

Remember, I have emphasized that you buy durable products so that you can use them in the future. High-quality products should last you for a long time. Such products can be used in the future. Durable and quality will enable you have fun without any inconveniences. An important thing to note is that quality does not necessarily translate to expensive. You can do enough research and identify shops that offer reasonable and affordable prices. Buy stuff that you like, from food, water bottles to hiking boots. Do not take anything for chance.

## KICK OFF YOUR CAMPING

Under this section, I expect you to learn how to set up a proper campsite, learn about fire safety, how to set up your tent and how to stay organized during your camping trip.

### *Arriving at the camp*

You already have your location, you have all your gear, you have the route and you have the car ready to go. Once you reach your destination, you will be faced with the daunting task of assembling your campsite. One of the most important things at this stage is to have confidence in whatever you are doing, whether you are a first timer or a regular camper.

### *Setting up camp*

There are some defining characteristics of an average campsite. The first being your car, second, tent, and, third, campfire. These three objects have to be everywhere no matter where you go.

Keep your vehicle at a reasonable distance away from the campfire. The car is always the dominant figure in any campsite though it does not have to be this way in all cases. Here, you have the option of choosing whatever you want. You can set the tent at the center of the camp if you prefer. I would suggest that you block the road with your car, mostly if you are in a campground or national park. This will ensure you gain enough cover, and you can spot whoever is approaching with much ease. Also, ensure that the vehicle is parked in a manner that is easy to unload since you are going to do plenty of unloadings. This will also make



things easier when it is time to pack up, after the camp. The figure below shows a camper setting up camp.



*Setting camp, Source: Setting up Camp*

## Campfires

Campfires should be set up with plenty of caution if you are to avoid wildfires. Remember, one simple mistake can lead to a serious fire, and your trip will be ruined. Wildfires cost countries and should be avoided by all means, especially if you are out in the woods.

In case you find a fire pit that has been used before, then you can go ahead and use that hole. It is not necessary to build a new pit where there was a previous one. However, if there are no previous fire pits then clear an area (about 3 feet in diameter), preferably, a flat ground and enclose the area with a ring of rocks. Ensure that you build a sturdy ring of rocks that can hold your fire comfortably. After you establish the ring, ensure that nothing extends into your fire pit as this may compromise the safety of your campfire. Gather dead or dried wood from the surrounding area and make sure the material

does not extend out of your fire pit.

### **Some materials that you may need to set up a fire include:**

- Wooden matches (preferably those that are waterproof)
- Some dry logs that can easily fit into your fire pit
- Newspapers or other material that is easy to ignite
- Twigs, sticks or other kindling material

### **To light up your fire.**

- ▶ Make a pile of paper scraps and twigs right in the middle of your fire pit
- ▶ Over the pile, construct a pyramid of small sticks, making sure that they balance against each other with room for air circulation
- ▶ Light a match and hold it to the paper scraps and twigs until they ignite. Spread the kindling to several places within the fire pit.
- ▶ Once the sticks have caught fire, you can begin adding wood to ensure the fire gradually increases. First, make sure the smaller woods catch fire before you add the bigger woods
- ▶ Once you have a good fire, you can add thicker logs. Lean the logs against each other to ensure you leave enough room for air circulation

Ensure that you always have a bucket of water near or a shovel that can be used to throw dirt onto the fire in case it gets out of hand. Also,

ensure that you take all the safety precautions while lighting the fire. Most importantly, ensure there is no gasoline or lighter fluids around the fire. The figure below shows an example of a campfire on the banks of Timaru River.



*Campfire on the Banks of Timaru River,*  
Source: [www.nickyandcookie.com](http://www.nickyandcookie.com)

One thing that you need to keep in mind is that you should check the regulations in the area you are visiting to ensure that fires are allowed. Reviewing the rules will help you know better concerning where the fire should be built. You may be surprised that there are some seasonal restrictions depending on the vegetation. Do not always assume and put up a fire because you were permitted on your last trip. Also, check on regulations about gathering firewood and kindling. Some recreation areas and parks do not accept gathering, meaning you will have to come ready with your wood. In most cases, you will find wood being sold by the campground host, but you need to confirm this information before you set out for your trip.

## Words of caution

Take a lot of caution when building your campfire because forest fires are becoming more common. These fires are a threat to you the camper as well as the environment. Here is a list of ideas that can help you keep safe:

- Always ensure that an adult is attending to your fire. Never leave your fire unattended
- Never build a fire within 10 feet of camp stoves, fuel canisters, tents or sleeping areas that have a flammable material.
- Before going to bed or leaving an area, always ensure your fire is fully extinguished. When extinguishing a campfire, use a long stick to stir the coals and ashes to spread them out and expose them to air. Pour water over the coals while keeping your hands or face away from the rising steam until you are sure the fire is completely extinguished
- Never place flammable items like papers, lighter fluids, shoes or towels near or on the edge of your fire pit
- Ensure that young children stay as far away as possible from the fire pit even if the fire is dead. Children should always keep a safe distance because grates, rocks, and fire-pit walls can be scorching.
- Never build a fire below low-hanging branches



## ***Living conditions***

When carrying the tent, ensure that you also pack the instructions. Every tent has its method for setup and it is important for you to understand how your tent is operated. Make sure your poles, anchors, loops, and rope are all in place. Ensure you adhere to the instruction, as this will save the time that you can allocate doing other things.

## ***Staying organized***

As you have discovered, you are now past most of the major steps in kicking off a great camping experience. Once you have settled on the location of your car, tent, and campfire, all you have to do is unload other tools that will be required during the camping period. This may include food coolers, chairs, tables and other relevant materials.

My advice is that you use a plastic container to store everything. You can use plastic containers to store cooking supplies, safety kits, clothing, and start-up equipment. When you have all your things in the right places, it will be easier to keep track of everything you need. You can also tie a rope between trees and use it to hang your shoes or other things that you do not want to see lying idle. This is a smart way of ensuring that you remain organized and save yourself from any pain or suffering. This will also keep your campsite clean and safe.

## **CAMPING ACTIVITIES FOR ALL PERSONALITIES (VEGETARIANS, DIRT BAGGERS, & GOURMETS)**

Here, I expect you to learn what you should do while camping, whether you are a vegetarian, dirt bagger or gourmet.

### **What you need to do at your camping site**

At this stage, your camp is all set up, and everything looks very much okay. The question you need to ask yourself is what you need to do next. I expect that you had already conducted enough research about the area, and you know what to expect. Probably, you discovered about a little river or nice hiking places around the location. As I mentioned earlier, doing research is crucial in ensuring you have all the information at hand. This can help you avoid unnecessary frustrations of having to decide what you need to do, once you are at your camping site.

You do not need to worry in case you had not laid out a program of activities. The reason is that camping gives you the freedom of doing whatever you want. If for example you love hiking, you can go for your hiking and still squeeze in other activities like cave exploring. Alternatively, you can go relax by the river and bond with your fellow campers. Ensure that you keep an open mind and always be willing to try new things. While you are on it, remember that you need to take into account everyone's interest, therefore, attempt to participate in other activities proposed by your group members. Here are a few things that you can do at your camping site:

## A. FISHING

You can take your fishing gear and head down to the river to catch some fish for dinner. In case there is a fellow camper who knows more about fishing, then that person can guide the other campers. You will find that fishing is fun-filled because it involves group work, and it will enable you enjoy other people's company. The figure below shows a camper who is fishing.



*Camping and fishing, Source: [www.britannica.com](http://www.britannica.com)*

## B. CARD GAMES



*Campers playing card games,  
Source: [campmosh.wordpress.com](http://campmosh.wordpress.com)*

There are plenty of card games you can play to kill boredom. With just one deck of cards, you can devise several games and have fun with other members. Card games depend entirely on strategy and wit, and you will have a good time engaging other members in a thinking spree. The image below shows campers playing card games at a camping site.

## C. STORYTELLING

This is one of the oldest forms of activities, which involves sitting around campfires and sharing stories with other campers. Storytelling gives you the chance to share some laughs and allows you to open up about your embarrassing tales. You can talk about all the crazy things you have done or seen and share some smiles. You can also tell scary stories if other members are comfortable. One thing about storytelling is that it breaks the tension and eases the way you interact with other campers, especially if they are total strangers. The image below shows a storytelling session during camping.

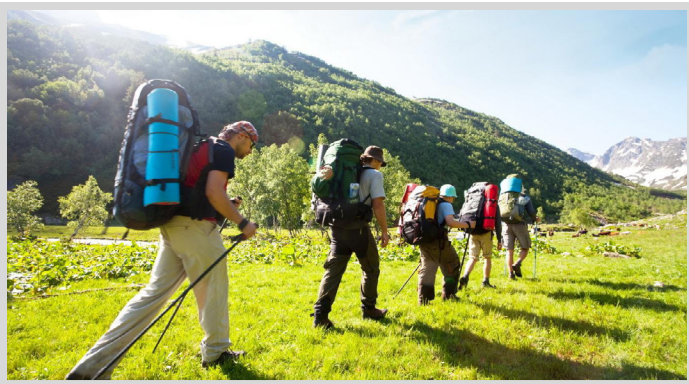


*Camping and storytelling, Source: [ink361.com](http://ink361.com)*



## D. HIKING

This is always an opportunity that is readily available. Hiking gives you a chance to explore the area and see all the breathtaking views. Most campers enjoy this activity because it also gives you the chance of interacting while you walk for long distances. The image below shows campers hiking.



Camping and hiking, Source: [discoverpak.com](http://discoverpak.com)

## E. OUTDOOR SPORTS



Campsite "Sport and Games" in South France at the Cote d'Azur, Source: [www.cotedazur-mobilhome.com](http://www.cotedazur-mobilhome.com)

Outdoor sports can be relieving and fun whether it's volleyball, rock climbing, mountain biking or mountain boarding. Sports create a bond and

strengthen relationships by bringing people together. This is your chance of knowing other campers and making new friends. The image below shows campers taking part in different outdoor sports.

Do not forget that you are supposed to have a nice cooking experience while you are out there. Therefore, you need to choose your cooking methods.

### Selecting your cooking methods

I will take you back again to researching. Before you even choose your cooking methods, you should have done enough research and arrived on the best facilities that you need to use. You need to decide whether you are going to use a fire pit, grill or whether you will want to do all your cooking using a camp stove. You can proceed to plan your menu/list once you have all the cooking facilities in place. The list will alter your choice of specific cooking facilities and staples. Below, I will give you some basic guidelines and tips for the three most common cooking methods used in most camping trips: cooking on a camp stove, cooking on a grill, and cooking in a foil.

The guidelines will include information about the special equipment or tools that you will need for the particular cooking method. The methods are listed below:

### I. COOKING ON A CAMP STOVE

Stoves can be used to do much work around the campsite, from boiling water to cooking rice. In fact, a camp stove offers one of the easiest and simplest ways of cooking when you are at a

campsite. Stoves do not require that you build any fire pit or wait for coal to burn down. A stove uses fuel, and you can light it up anytime you want, even in the middle of the night when you feel like you want to take coffee.

The types of foods you can cook on a camp stove are similar to those you can cook with your stove at home. Stoves will cook whatever you have brought. The only limitation may be the ingredients you have. Camp stoves just offer the same services as those of your gas burner back at home. One thing that you should keep in mind is to ensure that the heat is measured correctly. To determine the amount of heat that your stove gives, adjust the flame to the required level. The image below shows an example of a camping stove.



*Coleman Sportster 2 Camping Stove,*

*Source: [www.gooutdoors.co.uk](http://www.gooutdoors.co.uk)*

## MEASURING THE HEAT OF YOUR FIRE

Measuring your temperature can be one of the biggest challenges in campfire cooking. If the heat is not set right, your dish has a higher chance of be-

ing ruined no matter how good your ingredients or recipe may be. A simple technique can be used to ensure that you prevent culinary messes resulting from the use of too cold or too hot fire.

To establish the heat from your fire, place your hand above the source of fire and count the seconds. If you can count to up to 4-5 seconds, it means you have low heat. If you can count up to 3 seconds, then you have a medium fire. However, if you pull your hand away in 1-2 seconds, then your fire is very hot, and you need to make the necessary adjustments.

## II. COOKING IN A FOIL

Cooking with a foil involves wrapping the food in foil and placing it on coal. This is one of the most convenient ways of creating dishes having several ingredients and delicate flavors. The foil should be thick enough to avoid any breakage or room for leakage that can allow heat and steam to circulate. A foil serves the same purpose as a mini-oven that you use to bake your food.

The cooking method is recommended if you are cooking some delicate food that should not flake or break into pieces. For example, if you are preparing fish and you do not want it to flake apart on a grill rack. Foils are also excellent when you do not want your food to lose the sauce and juices as they cook.

You can wrap yams or potatoes in a wrapped foil and place them directly in the coal. Foils can protect your food if you wish to cook the food directly in the coals. You can cook the potatoes until you notice a puncture with a skewer. For



gourmets, I would recommend the use of foils that have a large surface, for example, 12 by 12 inches. The reason is that such a foil will provide enough room for your quantity of food, leaving enough space for steam and heat circulation inside the foil packet. The image below shows an example of cooking in a foil.



*Campout Cooking using foil, Source: [churchfun.com](http://churchfun.com)*

You should always coat your foil using butter or oil to prevent food from sticking on the foil. You can also use olive oil spray for several dishes since it keeps the food from sticking, and it contributes flavor. Some of the advantages of using a foil include:

- a. Leftovers can be easily stored since they can be kept in the cooking packets
- b. Cleaning up is much easier when you use foils
- c. Packets can be made earlier, maybe before you leave for camping. This packets can be stored in the cooler until you are ready to cook

### III. GRILL

Grilling involves placing the food under hot coals and is one of the most common methods used in camping. With grilling, you can feel the smell of the food while you watch it cook. This method offers a quicker way of preparing delicious meals without having to clean up a huge mess. The image below shows an example of cooking with the use of a grill.



*Heavy-duty Camp Grill,*

*Source: [www.sportsmansguide.com](http://www.sportsmansguide.com)*

### Charcoal briquettes or wood coals



*Charcoal briquettes, Source: [www.nytimes.com](http://www.nytimes.com)*

Charcoal briquettes are available in most shops and tend to be easier to transport compared to

wood. Most campers find charcoal briquettes more convenient because they come presoaked with lighter fluid, which makes them easier to light. The image below shows how charcoal briquettes look like.

Wood is preferred because it does not require any lighter fluid. These fluids are not suitable for the environment and cause pollution if overused. The smoke from wood adds a subtle flavor to the food. One right thing with wood is that any type is usable as long as it is dry. For grilling, hardwoods would be preferable because they can retain heat for a longer time compared to other woods. One of the biggest disadvantages with wood usage is that it takes a longer time before it provides a reasonable flame that can be used for cooking. This can be very frustrating if you need to prepare a quick meal. The photo below shows an example of wood coal from a campfire.



Wood coal, Source: [en.wikipedia.org](http://en.wikipedia.org)

## **MATERIALS REQUIRED TO SET UP A GRILL**

- **A metal grate or grill**

The campsite may be having their grill,

but it is preferable to carry yours because of hygiene. Grills are not hard to come by because you can find them in most shops that sell kitchenware. You can even bring your oven rack and balance it between the stones in your fire pit. That is a grill for you

- **Tongs**

Mostly needed when you need to spin your food to ensure it gets heated evenly.

- **Long-handled spatula**

Can be used for several purposes like adding flavor, salt or other ingredients to your food. It can also be used to spin your food to make sure heat is distributed evenly.

- **Firewood and kindling, or charcoal and lighter fluid**

This is how you are going to produce your fire. In fact, these are the most valuable materials because they will be your source of fire. If you are using wood, make sure it is dry enough.

- **A freestanding barbecue or fire pit**

Some campsites offer a freestanding barbecue while others require that you carry your own. A freestanding barbecue can be bulky, and it is advisable that you use the one provided. For the fire pit, you can use the one at the camping site, or you can make your own as described earlier in this chapter.

## Preparing charcoal briquettes

### » USING FAST-LIGHTING OR ‘LIGHT-IN-BULB’ BRIQUETTES

These briquettes come presoaked with lighter fluid. You only need to place them in your fire pit or freestanding barbecue and light them with a match. For the case of ‘light-in-bag’ briquettes, you place the entire unopened bag and light it. The briquettes have to burn for 30-40 minutes before you start grilling. Once they are glowing, it means your fire is ready, and you can spread the coal to ensure the heat is spread evenly.

### » USING A CHIMNEY STARTER

Using a ‘chimney starter’ is the most environmentally friendly way of using charcoal briquettes. A ‘chimney starter’ is a cylindrical device that is used to light briquettes without the use of lighter fluid. A ‘chimney starter’ needs to be placed in the fire pit/grate. Stuff pieces of paper at the bottom section of the chimney while you fill the top part with briquettes. Ignite the stuffed papers while you blow the opening at the bottom to ensure the briquettes ignite faster. Once the coals have caught fire, it can take a period of around 15-30 minutes before they can be used to grill your food. Once your briquettes start glowing, it means you have enough heat, tip the starter and pour the coals into the fire pit or grate. Again, spread the coals to ensure your heat is evenly distributed.

### » USING BRIQUETTES WITH LIGHTER FLUID

Place your briquettes inside a fire pit or grate and wet them with the lighter fluid leaving them to soak for around 3-4 minutes. Light the briquettes and let them burn for around 30-40 minutes before you start grilling. Spread them to ensure your heat is evenly distributed.

For all the three different methods, one way of identifying whether your briquettes are ready or not is through observation. When you notice the briquettes glowing red and covered in white ash, it means they are ready, and you can start your grilling.

## Preparing wood

When using wood, one thing is to ensure that your fire is not very large. An overly large fire poses greater risks because it can easily be blown by wind and spread to dry vegetation. Large fires also take a much longer time before they are burnt down into usable coals. For this reason, ensure that your fire remains small and manageable at all times. For wood, you will tell when your heat is ready, and that is when you notice a bed of red glowing coals. As usual, spread your fire to ensure it is evenly distributed while grilling.

### OTHER COOKING METHODS THAT CAN BE USED INCLUDE

- a. Cooking with a stick
- b. Skewers and Kebabs
- c. Pie Iron
- d. Skillet
- e. Dutch oven
- f. On a grate



## Establishing distinct ‘cooking zones.’

After you notice that your coals are ready to be used for grilling, it is possible to create ‘cooking zones’. This can be done by changing the depth of the coals in specific areas under the grill. Remember that the closer your coal is to the grill, the more heat you will be getting. Varying the depth of coals can enable you to create different temperature zones and can make it easier when you want to cook foods that need varying heat levels.

Remember I had mentioned that you should always measure your heat because no matter your recipe or ingredient, your meal could still be ruined if you do not use the required heat. I would recommend that you divide the grilling area into three sections. For low heat in the first section, ensure the coals are around 12 inches from the grill. For medium heat in the second section, pile the coals 8-10 inches from the grill. Lastly, for the high heat in the first third section, ensure that you place the coals 4-6 inches from the grill. These sections will help you when you want to change the heating for a particular food. You will be able to regulate the heat and ensure that different foods go hand in hand with their corresponding temperatures.

You can do several things while you are out camping. Bring movies or board games and have fun with other people. For your cooking, you must first establish the cooking method that you are going to use and how it is related to the food you are going to cook. You have the freedom to do whatever you love because this is your time,

and you have no restrictions.

When it comes to other activities, it is important to let your mind wander. Pretend as if the world has ended and you are the only survivors. Go crazy and have fun.

## A GUIDE TO MEALS DURING YOUR CAMPING

For this section, I expect you to learn what to eat in the forest, some breakfast ideas, some lunch necessities, dinner possibilities and the importance of dessert.

### FOOD BASICS



Not only a foodie would pay attention to cooking, but anyone who wants to put something in his or her stomach, because, after all, you will get hungry. This topic is crucial and forms the foundation of this book. As most people believe, you should not expect much when you go to the wilderness and have to cook outdoors. In my

opinion, the key to an excellent meal depends on the main ingredients because these components determine the outcome of your food.

I expect that by now you should be having some idea of what you are going to cook because you are now camping. In case you brought your food, that is okay, but it gets monotonous, and you need to test yourself by cooking something delicious. For example, you can wake up very early and make bread or pancakes for your other counterparts. How thrilling can it be to wake people up and serve them hot tea and pancakes while you are out there in the forest.

I have listed some food basics below

### 1. BREAKFAST

For your breakfast, it would be very exciting to throw in some eggs. This gives you a chance of creating several kinds of meals. If you are going to make omelets, bring vegetables and cheese, which you can use to make sandwiches. In most cases, breakfast does not need a lot, maybe just a hot griddle. If you are not the kind of person who takes breakfast, then you can carry some granola bars or some oatmeal.

### 2. LUNCH

For your lunch, just prepare something more basic or easier than your dinner. You can carry some pre cooked hamburger with taco seasoning; you can also bring some cheese with mixed veg-



etables for a quesadilla, or some tortillas. Lunch should be kept simple and cook something that is easy to prepare. I am sure you will not have the energy to make a big meal. Probably, think along the lines of sandwiches and finger food.

Around lunchtime, you will be most likely feeling thirsty for something else other than water. You can carry clear water containers with teabags to make sun-made iced tea. Bring lemon together with some sugar cubes and you will enjoy. You can also bring lemonade.

### 3. DINNER

Now, this is where you need to spend all your energy. Dinner will find you tired, after spending the whole day participating in various activities. Therefore, you need to cook something solid that will make you full. There are beautiful recipes for vegetarians, dirt baggers, and gourmets. Remember you are not restricted; you can exercise your culinary prowess to the fullest. For a basic dinner, you can have fajitas, steak, hot dogs, pizza logs, hobo bundles or anything that does

not require a lot of work. If you are a fish lover and you had caught your fish during the day, this is the time to prepare it. Be adventurous and brave to try out something new.

Skillets or grilled vegetables can be good in the woods at night. If you are in a hurry, avoid a stew or a chili because it is going to take much of your time. Just let your creative juices flow. You have the choice of making a delicious chicken salad, pizza or hamburgers. Having a great meal in the woods is very exciting, and I think the only limitation will be your creativity. If you packed your cooler with some fresh ingredients, then you are most likely going to have a good time. However, if you carried ready-made food in boxes, then you are not going to enjoy much. Your mission is to have an exciting cooking experience, so make sure you put spices closer to your heart. I would recommend that you ensure you have at least one night where your food is cooked directly over the fire, instead of carrying ready-made food. With time, you will learn that cooking at the camping site is much easier and fun than you thought. You will discover that cooking at the campsite is just like cooking home.

#### **4. DESSERT**

You can try Dutch Oven cobbler if you own a Dutch Oven. You can also include s'mores for at least one night. You are free to make personal cakes if you like; you can also make hobo pop-

corn or caramelized apples. The possibilities are big and are limited to what you carry in your cooler. You are not restricted as usual; you can still make whatever you like and enjoy it with your friends.

One thing about meals is that you have to be creative. Bringing the right ingredients is a sure way of preparing nice meals. Do enough research to ensure you have all the right things in place before you set out to the forest. A good meal will always make your trip memorable, and you will always feel like you want to come back. I have not indulged much into meals because I am going to talk about it in the next chapters. I will get the specific recipes that cover vegetarians, dirt baggers, and gourmets, later in this book.

### **TIME TO LEAVE THE CAMP**

In this section, I expect you to learn how to strike camp, the value of clearing out camp garbage and a little bit about fire safety.

### **BRINGING YOUR CAMPING TO AN END**

After experiencing the outdoors, it is now time to pack your bags and leave. You have told stories, played outdoor sports, hiked, gone fishing and maybe even kissed your lover by the river. Now the real world beckons, you are going back to reality, and you feel as if civilization is pulling you away from all this fun. You have to admit that a camping trip must end.



## CLEANING

Cleaning up is crucial once your vacation is over. One of the areas you need to pay more attention to is the campfire. Dump soil on the fire to ensure it is completely 'suffocated'. Though you may use water, ensure the fire is completely extinguished. It is advisable to put out the fire and hang around for some time just to make sure the fire is out completely.

Secondly, you need to take care of your garbage. Make sure you collect all the litter around and toss it in the nearest dumpster. Cleaning is recommended because it makes things easier for the next group that may need to use that campsite. It can be so annoying to find garbage in the wilderness, and you do not want to be that person that lives litter everywhere. Keep in mind; you may need to return at a future date. How would you feel finding garbage everywhere? It is all about being your brother's keeper at this point. The image below shows a camping site that has come to an end and needs cleaning.



*Mess after a camping session, Reading Festival 2013,*

Source: [www.dailymail.co.uk](http://www.dailymail.co.uk)

## DISPOSING FOOD

It is recommended that you do not throw food around. The reason is that you may attract wild animals and endanger the lives of the next campers who may need to use the same spot. You can give any remnants to the campsite hosts or simply just carry home any remainders. It is rude to leave food remains littered everywhere.

## STRIKING YOUR TENT

I mentioned earlier that you should follow your instruction manual when setting up your tent. Here is another scenario where you will need to recheck the manual one more time. Following the guide will save you more time and will ensure that you do not damage the tent in case you want to return in future. Some people prefer to start with the tent while others prefer that the tent comes last. The choice is all yours to make. After pulling down the tent, make sure you fold it nicely so that you do not have problems during your next visit.

After you have disposed of all the food carefully and packed your tent, drive a few meters and pack your car. Go back to your location on foot to have one last look. This will help you confirm that you have not left anything behind. In most cases, campers are prone to forgetting small items like cell phones and flashlights. Just one last check can help you recover several items that you were going to leave behind. Now you are ready, you can leave.



## **CHAPTER THREE:** **RECIPES FOR VEGETARIANS** **AND DIRT BAGGERS**

**F**or this chapter and the next chapter, I am going to indulge into some of the best recipes that you can prepare when you go out camping. Cooking should be one of the main reasons why you should go camping, but that can only come true if you have the right ingredients and the correct method of preparing your meal.

### **THE PLEASURES OF CAMPFIRE COOKING**

I am sure anyone would love the idea of cooking outside in the wild. The good thing about being outdoors is that you can enjoy a beautiful sun or a gorgeous starry night as you take your meal. Cooking over a fire brings together friends and family to enjoy one food in a more relaxing atmosphere.

Your food supplies will determine the extent to which you can take your cooking, that is why you need to ensure that you have all the necessary supplies before leaving the house. Campfire cooking is something that most people enjoy because you interact on a different level as opposed to your routine at home. You only need

to be a little creative and have the necessary tools for you to create a memorable outdoor experience for your friends and family.

I had talked about wood in the previous chapter, but maybe I can just weigh in a little to remind you of your source of heat. Wood plays a vital role because it is the most used source of fuel during camping. I would recommend that you use split logs because they are easy to ignite, and they produce the best heat. Hardwoods such as apple, maple, oak or walnut are also good because they burn slowly and produce excellent coals for cooking.

### **SOMETHING ABOUT THE GRATE**

I am also going to touch a bit about your grate, assuming you decide to use it as your cooking method. For a grate, importance should be attached to the amount of heat. First, you determine the amount of heat that you need for your food then decide on how close you want the grate to be closer to the source of heat. If you have a grill, you can use it like a fire pit. Ensure

that you remember to regulate the amount of heat as this can quickly ruin your food.

### **SOME POINTS TO REMEMBER**

- You do not need to burn your food
- The glowing embers produce the best source of heat because they act like a little oven
- Larger foods should be kept away from the fire so that they can cook slowly and evenly
- Keep a long stick by the coals so that you remember to spread the fire
- Spreading the fire ensures heat is evenly distributed around your food

I will highlight other cooking methods in this chapter, but whichever method you choose, there is no exciting experience like cooking your food in the woods over a well-built fire.

### **WITH A STICK \***

Cooking over the fire on a stick is one of the oldest methods of cooking at the camping site. Nowadays, it is just fun because any food cooked over a fire tastes delicious. When you are looking for your cooking stick, find something flexible but strong enough to support the weight of your food. It is good to find something that is long enough to ensure you are safe from the heat emanating from your fire.

Cooking with a stick is quite simple because you can easily find a stick outdoors. Ensure you wash the stick with water and soap to remove any dirt

before you start your cooking. One right thing is to use a knife to peel off the bark at one end and to make it sharp enough to be able to pierce into your food (hot dog or s'more). Spray the stick with a cooking spray or rub using vegetable oil before spearing your food. If you want to get your meal out quickly, then the stick method can be very helpful.

### **PROS OF USING A STICK**

- It is simple
- There are not tools required
- It is easy to regulate your cooking as you can quickly change the position of your food
- Cooking sticks can be thrown into the fire after your meal. You do not have to worry about dishes

### **CONS OF USING A STICK**

- Only some specific foods can be prepared this way
- You may have plenty of wasted food due to burning and dropping
- It is not environmentally friendly as you have to destroy trees looking for sticks
- Having pointed sticks can be dangerous, especially if you have children around
- The image below shows cooking with a stick over a campfire.





*Cooking with a stick over a campfire,*

Source: [www.gocampingaustraliablog.com](http://www.gocampingaustraliablog.com)

## ***BREAKFAST***

### **BREAKFAST BOBS**

#### **Ingredients**

- Two potatoes
- Two oranges
- Fruit preserves, such as pineapple or orange, warmed
- One green bell pepper (seeded)
- One (7-ounce) package. Brown-and-serve sausage links
- One (8-ounce) can pineapple chunks, drained

#### **Directions**

- ▶ Unpeel the oranges and cut into six wedges. Also, cut the bell peppers and potatoes into 1-inch chunks. On a stick, alternately place an orange wedge, pineapple chunk, pepper, potato, and a sausage link.
- ▶ Cook over the fire for 10-12 minutes until the vegetables are tender, and the sausage is hot. Ensure that you brush the food with preserves and turn occasionally. Serve with the remainder of preserves.

### **BREAKFAST IN A BAG**

#### **Ingredients**

- One or two eggs
- One cup frozen hash browns (thawed)
- One to two strips bacon

#### **Directions**

- ▶ At the bottom of a brown paper bag (lunch-size), lay bacon strips. Add eggs and hash browns. Leaving some space above the food, fold over the top of the bag. With your stick pierce through the folded part of the bag.
- ▶ Ensure that your bag hangs over the fire and cooks for 8-10 minutes until your eggs are well cooked, making sure that the bag does not catch fire. Unfold the bag and eat directly. The image below shows cooking breakfast in a bag.



*Cooking breakfast in a bag, Source: [wjbq.com](http://wjbq.com)*

### **BREAKFAST ON A STICK**

#### **Ingredients**

- One cup of biscuit baking mix
- Warm maple syrup
- Half teaspoon of vanilla extract

- One egg
- A third cup of milk
- One tablespoon of sugar
- One (14-ounce) package of precooked smoked sausage ring

### **Directions**

Stir the sugar, egg, milk, baking mix and vanilla in a large bowl until they are well blended. Cut the sausage into equal pieces (depending on your group). Pierce your stick through the pieces of sausages you have cut. Immerse the sausage in batter until it is thoroughly coated. Put your food over the fire until you notice a golden brown color and make sure your sausage is well heated. The image below shows biscuits on a stick.



*Biscuits on a stick over campfire,*  
Source: [www.lifewith4boys.com](http://www.lifewith4boys.com)

### **SAUSAGE TOAST ON A STICK**

#### **Ingredients**

- One package of brown-and-serve sausage links (10ct)
- One package of refrigerated bread sticks (12ct)

### **Directions**

Pierce your stick into the whole length of the sausage link, leaving around 1 inch of the pointy end exposed. Wrap the breadstick around the sausage link making sure you seal the ends of the breadstick. You can do this by pinching them around the stick at the ends of the sausage. Cook over your fire while making sure you turn your stick occasionally until the sausage is hot, and the breadstick is toasty brown.

### **BACON ON A STICK**

Pierce your stick into one end of a strip of bacon and push the bacon up to around 6 inches. Poke one end of the stick through the end of the bacon to wrap bacon around a stick and cook until crisp.

### **EGG ON A STICK**

- ▶ Make a small hole at every end of an egg using your sharpened stick. Carefully, pierce the stick into the hole on the wide end making sure the stick comes out through the hole in the narrow end. Just leave 1 inches of stick peeping through the small end.
- ▶ Hold the stick to fire with the small end of the egg exposed to heat until the contents of the egg leak and solidify on the end. Ensure you cook until there are no materials leaking from the egg in either hole. A soft-cooked egg should take around 6-7 minutes though you can cook for more time if you want a hard-cooked egg.
- ▶ To check if your egg is ready, tug the top side of the egg while holding the stick and egg,

over a plate. If you find it hard to remove the egg from the rod, it means it has been hard-cooked, but if it comes out gently, then it has been soft-cooked.

### **DONUT SNAKES**

#### **Ingredients**

- Sugar and cinnamon mixture
- A quarter cup of melted butter
- One tube of eight to ten refrigerated biscuits

#### **Directions**

Shape the biscuits to make one long strip and wrap the biscuits around your clean stick. Hold the biscuits over your fire until they turn brown. Put your biscuits on a plate and rub them with the melted butter. Sprinkle cinnamon and sugar mixture on your biscuits.

### **HONEYED FRUIT**

#### **Ingredients**

- Half-cup honey
- Assorted fruit such as apricots, peaches or pineapple. Make sure these fruits are canned, fresh or dried.
- One teaspoon of lemon juice

#### **Directions**

Stir the lemon juice and honey in a small bowl. Cut your fruit into equal pieces placing them on the end of your stick. In case you are using dried fruit like apricots, ensure they are well soaked in water. Brush the honey mixture on your fruit. Cook above your fire until it is heated enough. If you like, you can serve your meal with the remaining honey.

## **MAIN DISHES**

### **SIMPLE BURGERS**

#### **Ingredients**

- One pound of ground beef
- Salt and pepper for tasting

#### **Directions**

Shape your ground beef into oblong patties or equal small rounds (depending on your group). Insert every piece of your meat into your stick squeezing patty tightly around the stick. Cook over your fire until the patties turn brown on the outside and are soft. Do not forget to sprinkle salt and pepper.

### **MEATBALL SUBS**

#### **Ingredients**

- A half cup of dry breadcrumbs
- Four eggs
- Half a cup of milk
- Three-quarter cup of grated Romano cheese
- Four to seven hot dog buns or sub buns
- One cup of spaghetti sauce
- One teaspoon of onion salt
- One clove garlic that is minced
- A quarter cup of finely chopped fresh basil
- A pound of ground beef
- A quarter cup of finely chopped fresh parsley

#### **Directions**

- ▶ Mix the breadcrumbs, onion salt, ground beef, parsley, garlic, basil, milk, Romano cheese and eggs in a large bowl until they are well combined. If the mixture is too wet, add more



breadcrumbs or add extra eggs if the mixture is too dry. Roll the mixture into one-half balls placing them on the end of your stick.

- Cook the meatballs over the fire until they are ready. Sprinkle about one tablespoon of spaghetti sauce on every meatball and hold them over the fire until the sauce is hot.

### **APPLE-GLAZED PORK**

#### **Ingredients**

- One cup of apple jelly
- Two tablespoons of butter
- A quarter cup of lemon juice (divided)
- One pound of boneless pork loin
- Salt for tasting
- One teaspoon of ground cinnamon

#### **Directions**

Cut your pork loin into one-inch cubes and sprinkle them with salt and two tablespoons of lemon juice. Place your pork on the stick and melt with butter and jelly. Stir in cinnamon and the remainder of the lemon juice. Add (brush) glaze over pork. Cook over your fire for 10-12 minutes, turning and occasionally basting until it is ready to serve.

### **BEEF ROLL-UPS**

#### **Ingredients**

- Kitchen string
- Minced garlic for tasting
- Toothpicks
- Four to seven mini dill pickles
- A quarter cup of finely chopped onion (divided)

- Salt and pepper for tasting
- Yellow or Spicy brown mustard for tasting
- A quarter cup of finely chopped fully cooked bacon (divided)
- Half pound of flatiron steak

#### **Directions**

Cut your beef up to around a quarter inch thickness. Ensure the meat is cut into strips that are almost the same size as the pickle and you can wrap around the pickle. Spread every piece using mustard then sprinkle about one teaspoon of onion and bacon while seasoning with pepper, salt, and garlic. Place a pickle near the end of each piece and roll your beef around pickle (use toothpicks to secure both ends). Using a kitchen string, tie the beef strip and pickle together (remove toothpick). Pierce your stick through each roll up and cook over your fire for about five minutes until the meat is ready. Before serving, remove the stick and cut the strings. Remember you have an option of trying other beef like top round or sirloin tips.

### **YOUR DAYS CATCH**

If you went by the river and you were lucky to catch fish, then here is a recipe.

#### **Ingredients**

- Salt and pepper for tasting
- One fresh trout (2-3 pounds). The head should be intact.

#### **Directions**

Clean and gut the fish nicely and remember to season with salt and pepper. Push your stick

through the fish lengthwise and place it at an angle near your fire. Cook for around 15-20 minutes while regularly repositioning until the fish can flake easily.

## ***SIDES***

### **WHEAT DOUGH**

#### **Ingredients**

- A quarter cup of wheat germ
- One tablespoon of baking powder
- One and a half cup of white flour
- One cup of whole-wheat flour
- A quarter cup of bran
- One tablespoon baking powder
- Half teaspoon salt
- A third cup of solid vegetable shortening

#### **Directions**

- ▶ Stir together wheat germ, dry milk, salt, baking powder, white flour, and bran in a large bowl. Add shortening then blend thoroughly until the mixture is fine and resembles crumbs. Carefully, add water at a time until the dough is stiff and holds together.
- ▶ Remove sizeable tablespoonfuls of dough from your bowl. Knead it and wrap around the end of your stick. Cook, your mixture for 12-18 minutes, ensuring you rotate the food to distribute the heat evenly. Heat until your food turns golden brown (well baked). You can also prepare **quick stick bread** using this method. You only need to mix a quarter of a cup of water with one cup biscuit baking mix until you have a soft dough.

### **STICK 'TATERS**

#### **Ingredients**

- Salt, garlic salt and pepper for tasting
- Two cups of plain yogurt
- Twelve new or baby potatoes (1.5 inches)

#### **Directions**

Combine yogurt, potatoes, garlic salt and pepper while stirring to ensure it coats well. Marinate for 20-30 minutes. Pierce your stick at the center of your potatoes and cook above coal for around 10 minutes until ready.

## ***DESSERTS***

### **COCONUT CREAM PIE**

#### **Ingredients**

- One bag sweetened flaked coconut (14 ounces)
- One can sweetened condensed milk (14 ounces)
- One-pound Italian bread

#### **Directions**

Slice your bread into sizeable pieces. Put coconut and condensed milk into a different bowl then dip both slices of bread into the condensed milk and coconut. Pierce your bread with stick and cook over coal until it turns light brown. Pay attention as the coconut is supposed to get dark.

### **MARSHMALLOW PUFFS**

#### **Ingredients**

- One tube or large refrigerated biscuits, like Grands
- Eight regular marshmallows

## **Directions**

Separate your biscuits and flatten every biscuit while placing the marshmallow in the center. Fold your biscuits around the marshmallow while pressing to seal the marshmallow inside. Insert your stick through the marshmallow and biscuit. Cook until the mixture is golden brown.

## **SKEWERS AND KEBABS \***

A skewer is a short stick/metal that is used in holding pieces of food while grilling or roasting. Skewers give someone the opportunity of customizing a meal. This cooking method is recommended over a bare or grill grate covered in foil. In case you do not have a grate, then the recipes below can be cooked using the stick method described above. The figure below shows an example of a fork skewer.



Fork skewer, Source: [www.wildwoodovens.com](http://www.wildwoodovens.com)

## **MAIN DISHES**

### **MAKING A KEBAB**

When making a kebab, you have an option of using several ingredients. Ensure your food is cut into equal pieces and the density of the food is almost the same. You also have the option of filling each skewer separately and cooking separately before you mix. You can mix using the ingredients shown below or add your ingredients. It all depends on your taste.

### **Directions**

Cut ingredients into equal pieces and marinate together. Place the mixture into a zippered plastic bag turning the bag occasionally. Place your ingredients on a skewer and ensure the food is not crowded. Put the skewer on a foil and cook until ready, with the use of tongs.

### **Ingredients**

#### **VEGETABLES**

- Chile peppers
- Asparagus
- Bell peppers
- Zucchini
- Pickles
- Corn on the cob
- Tomatoes
- Onions
- Eggplant
- Mushrooms



## SIMPLE MARINADES

- Red wine
- Italian dressing (bottled)
- Soy sauce
- Beef or chicken
- Steak sauce
- Teriyaki sauce

## FRUITS

- Plums
- Apples
- Pineapple
- Cherries
- Pears
- Orange chunks
- Melon, cantaloupe, honeydew

## MEAT

- Scallops
- Beefsteak
- Pork steak
- Pork chop
- Lambchop
- Fully cooked ham
- Chicken thigh

## STUFFED MEATBALLS

### Ingredients

- Dash of pepper
- Three to four-ounce blue cheese
- Two teaspoons of salt

- One tablespoon of finely chopped fresh chives
- Small mushrooms (about 15-25 in number and three-quarter inch diameter)
- Two pounds of ground beef

### Directions

Chop the mushrooms and set the caps aside after removing stems. Thoroughly mix ground beef, salt and pepper, mushroom stems, and chives, and then divide them into patties. Stuff blue cheese on the cap of each mushroom and set the stuffed mushroom on a patty. Using the meat mixture, cover the mushrooms entirely making sure the edges seal. Place the meatballs on your skewer and cook for 20-25 minutes on a greased aluminum foil placed on a bed of embers. You should turn the balls often to ensure the heat is evenly spread.

## PIZZA ON A SKEWER

### Ingredients

- One onion
- Two cups of cherry tomatoes
- One package of brown-and-serve sausage links (7 ounces)
- Two cups of small fresh button mushrooms
- Several slices of pepperoni
- One green bell pepper that is seeded
- Two cups of small fresh button mushrooms
- A tube of refrigerated pizza crust (about 10-30 ounces)
- One and a quarter pizza sauce that is warmed

## **Directions**

Cut bell pepper, onion and sausage into one-inch chunks. Thread sausage, mushrooms, onion, pepperoni, and tomatoes alternately on your metal or wooden skewer. Cut the dough crosswise into one-inch strips. Pierce your skewer on one end of the dough strip and wrap the remaining piece around meat and vegetables. Do this while you pinch the dough around skewer at the other end. Do this with the remaining strips until they are all over. Place the food on a foil and grate for around 10-20 minutes, turning it occasionally until dough turns golden brown. After removing from heat, sprinkle with mozzarella cheese and serve with pizza sauce.

## **SMOKY CHILE PEPPER SHRIMP**

### **Ingredients**

- Salt and pepper for tasting
- Five tablespoons of olive oil
- Ten large green chile peppers that are seeded
- Twenty raw jumbo shrimp (they can be deveined, peeled, but tails should be left intact)

### **Directions**

Cut the peppers in half and tuck a shrimp in every pepper half. Place the shrimp and the pepper on your skewer and set the skewer in a long shallow dish. Sprinkle salt and pepper over shrimp while drizzling olive oil and wait for a while. Remove your marinade from the skewers for reserving. Cook stuffed chiles for 3-5 minutes until shrimp is opaque, basting with the reserved marinade. Discard any remaining marinade before you serve.

## **TROPICAL SEAFOOD SKEWERS**

### **Ingredients**

- One cup of honeydew melon balls
- A third cup of pineapple juice
- A quarter cup of lemon juice
- A quarter cup of orange juice
- One tablespoon of soy sauce
- Two tablespoons of soy sauce
- Two tablespoons of olive oil
- Two tablespoons of brown sugar
- Two teaspoons of orange zest
- Half teaspoon of ground cinnamon
- A quarter teaspoon of cayenne pepper (but this is optional)
- One ripe avocado either seeded or peeled
- One cup of pineapple chunks
- One pound of large raw shrimp
- Half pound of large sea scallops

### **Directions**

Combine the soy sauce, orange zest, cayenne pepper (optional), cinnamon, oil, brown sugar, and the juices in one zippered plastic bag. Cut the avocado into sizeable chunks and add the avocado shrimp, pineapple, melon and scallops into the bag, leaving the bag to rest for around four hours. Cook the food for 5-10 minutes until shrimp changes color to pink. Ensure that you frequently baste with the mixture. You should also be cautious not to overcook.

## HOT STRIP KEBABS

### Ingredients

- Cherry tomatoes
- Two teaspoons of sugar
- Two pounds of round steak
- One medium onion
- A quarter cup of vegetable oil
- A quarter teaspoon of hot sauce
- One clove garlic
- Two teaspoons of dry mustard

### Directions

- ▶ Cut your steak into sizeable strips. Combine salt, sugar, oil, lemon juice, dry mustard and hot sauce in a zippered plastic bag and squeeze to blend. Add your finely chopped onion, steak slices and garlic and turn the bag to coat steak. Marinate for 4-6 hours making sure you turn the bag severally. Reserve marinade.
- ▶ Thread beef strips on your skewers alternately with tomatoes. Cook for 3-4 minutes, frequently basting with reserved marinade.

## SWEAT STEAK BITES

### Ingredients

- Half teaspoon of seasoned salt
- One teaspoon of minced garlic
- One-third cup of dark corn syrup
- A quarter cup of soy sauce
- Half teaspoon of Greek seasoning
- Two pounds of beef stew meat

### Directions

Season stew meat using Greek. Combine corn syrup, seasoned salt, garlic and soy sauce in a zippered plastic bag. Add beef to the bag to ensure it is well coated. Place your beef cubes on the skewers and cook until meat is ready.

## SINGAPORE CHICKEN

### Ingredients

- One red onion
- One teaspoon of ground ginger
- One pound of boneless chicken breasts
- Salt and pepper for tasting
- One teaspoon of ground cumin
- One and a half teaspoon of brown sugar
- One tablespoon of ground turmeric
- One tablespoon of peanut oil
- Half cup of soy sauce
- Zest of one lemon
- Two cloves of garlic (minced)

### Directions

- ▶ Chop your onion nicely and place it in a large zippered plastic bag. Add lemon zest, oil, garlic, soy sauce, cumin, pepper, salt, turmeric, brown sugar, and ginger. Ensure the mixture is well marinated and set aside about a quarter cup of marinade. Add your chicken to the remaining mixture and make sure it is well coated. Store your marinade overnight.
- ▶ Remove chicken from bag. Bisect diagonally into equal strips, and place them on your



skewer. Cook for 5-8 minutes basting with the remainder of the marinade and ensuring your turn occasionally.

## ***SIDES***

### **VEGETABLE SKEWERS**

#### ***Ingredients***

- Two packages of large mushrooms (6 ounces)
- One red or green bell pepper, (cut into one-inch pieces)
- One zucchini (cut into half-inch pieces)
- Two tablespoons of red wine vinegar
- Two tablespoons of olive oil
- One yellow squash (cut into half-inch pieces)

#### ***Directions***

Place the grilling grate over your fire. Place yellow squash, zucchini pieces, mushrooms, and bell pepper pieces in a heavy-duty zip lock bag. Pour red wine and olive oil in the bag and seal, letting your vegetables marinate for 15 minutes. Slide the vegetables on your skewers. Place the vegetable kebabs on the hot grate and grill for 5-10 minutes, making sure your brush occasionally with the remaining olive oil. Heat until the vegetables are tender (lightly brown).

### **TOASTY CHEESE CUBES**

#### ***Ingredients***

- Fresh oregano
- Olive oil
- Halloumi cheese

#### ***Directions***

Cut your cheese into one or two-inch cubes.

Place these cubes onto your skewers and set the skewers in a long shallow dish. Add oil and sprinkle oregano over all the slices. Cook your cheese on the grate until the cheese starts drooping. Do not wait until it begins to melt.

### ***FOIL PACKETS HOBOTYLE \****

Foils can be used to wrap your food, which you then toss in the coals. The wrapping can create an airtight package before the food is directly placed on a bed of hot coals or embers. With well-sealed edges, you can flip the pack to ensure the heat is evenly distributed, and steam can develop the food. To prevent overcooking, it is advisable to rotate the food occasionally to ensure it does not only cook on one spot.

The layer of foil is also important since a thin layer is mostly prone to punctures and can allow dirt or ashes from your fire. To ensure you avoid this, wrap your food in one layer of foil and add another layer. During your serving, you can remove the outer layer while the inner layer can be comfortably for serving.

When using foil, always cut a foil that is twice the circumference of the food to be wrapped. Ensure the food is at the center of the foil and bring the two opposite sides together above your food. Fold or roll severally to make narrow creases and pinch the edges to seal well. One advantage with foils is that they can be placed on coal immediately, or you can store them in your cooker while you wait for your fire. One important thing with foils is that even after folding, you should always

allow space for heat and steam to circulate. The image below shows an example of a hobo packet.



*Cajun hobo packets,*

Source: [www.abeautifulmess.com](http://www.abeautifulmess.com)

## **BREAKFAST**

### **GRANOLA STUFFED APPLES**

#### **Ingredients**

- Two teaspoons of butter
- Ground cinnamon for tasting
- Two teaspoons of brown sugar
- Six tablespoons of granola cereal
- Two large apples

#### **Directions**

Wash and core your apples. Mix cinnamon, brown sugar and granola in a small bowl. Stuff the granola mixture into each apple and top with white butter. Wrap your apples in different sheets of foil and ensure they are well sealed. Set the packs on medium-hot coals and cook for around 20 minutes or until ready. Let the food cool for around 5-10 minutes before serving.

### **SUN'S UP HILLBILLY TRASH**

#### **Ingredients**

- Half-chopped onion
- Two tablespoons of butter, divided
- Seasoned salt for tasting, divided
- Half pack of diced cooked ham (12 ounces)
- One cup of shredded cheddar cheese
- Salt and pepper for tasting
- Four eggs, lightly beaten

#### **Directions**

Line a bowl with foil. Combine onion, cheese, eggs, hash browns and ham in a large zippered plastic bag and squeeze to mix well. Pour the tomato mixture into the foil-lined bowl. Top with the remainder of the butter while sprinkling salt and pepper as desired. Remove your pouch from the bowl and cook using medium hot coals. Cook for around an hour or until eggs and potatoes are ready. During cooking, open the pouch carefully and stir severally before resealing. Once ready, open your pouch and serve.

### **POTATOES AND EGGS**

#### **Ingredients**

- One egg per person
- One baking potato per person
- Butter
- Salt and pepper for tasting

#### **Directions**

Scrub potato with butter and wrap tightly in foil. Place the foil in hot coal for 45-60 minutes or until it is ready. Slice potato partway and slightly

open it. Put some butter inside the potato and break an egg into the potato before rewrapping the foil. Put the food on your fire and heat until the egg is ready. Do not forget to season with salt and pepper.

### ORANGE –OATMEAL MUFFINS

#### Ingredients

- Two tablespoons of softened butter
- One package of oatmeal muffin mix (7 ounces)
- Large oranges (the number can vary)
- Egg and milk as you want

#### Directions

Cut off the top quarter of each orange. Proceed to remove pulp and make a hollow. As directed on the package, prepare muffin batter with milk and egg. Butter the inside of the cut orange shells and cover with orange lids. Wrap the orange in a foil and heat for 20-30 minutes or until it is ready. Once ready, remove the foil and eat with a spoon.

### DONUT SURPRISE

#### Ingredients

- Three tablespoons of ground cinnamon
- Half cup of sugar
- Cake donuts, cut in half like a bagel (the number can vary)
- Fruit pieces of choice (pineapple, berries, peaches or apples)

#### Directions

Cut donut in half and arrange the pieces of your preferred fruit. Stir cinnamon and sugar together

to sprinkle over fruit. Join the two pieces of the donut and wrap tightly in foil. Place in coal or embers for 5-10 minutes until ready.

## MAIN DISHES

### JUNGLE JAMBALAYA

#### Ingredients

- Red potatoes (five)
- One green bell pepper
- One chopped onion
- One-package kielbasa sausages (14 ounces)
- One can tiny shrimp (4 ounces, but optional)
- Three-quarter cup of quick cooking rice
- Two teaspoons of Cajun seasoning
- A quarter cup of olive oil
- One can of diced tomatoes (14.5 ounces)
- Boneless chicken breast halves (two)

#### Directions

- ▶ Arrange onions, bell pepper, shrimp, chicken, potatoes, and sausage in layers at the center of your foil. Mix rice, Cajun seasoning and tomatoes in a bowl. Spread tomato mixture over the food on the foil. Pour some oil and toss some ingredients.
- ▶ Seal the foil as required and set on medium-hot coals to cook for 50-60 minutes or until chicken and vegetables are ready. Ensure to turn the foil regularly to distribute heat evenly.



## HAM AND SWEET POTATOES

### Ingredients

- A quarter cup of brown sugar (divided)
- A half cup of butter, divided
- One can of pineapple chunks
- One can of sweet potatoes (15 ounces)
- One package of fully cooked diced ham (8 ounces)

### Directions

On the center of every foil, place a quarter of each of the ham, pineapple, and sweet potatoes. On top of each serving, put two tablespoons of butter and one tablespoon of brown sugar. If you like, you can pour some reserved sweet potato juice on the top. Wrap foil around food and cook for 20 minutes making sure you turn the food appropriately.

## CHILIDOGS

### Ingredients

- Eight hot dogs
- Ketchup and mustard (optional)
- One cup of crushed corn chips
- One can chili with/without beans (15 ounces)
- Eight hot dog buns (buttered)

### Directions

Cut a slit in each hot dog and place the hot dog on a bun. Open slit in every hot dog and add some chili mixture (stir together chili and corn chips). Wrap every bun in your foil and place in hot coal for 10 minutes or until ready.

## SIDES

### HERBED SNOW PEAS

### Ingredients

- Two cups of snow peas
- Salt for tasting (optional)
- Ten fresh mint leaves
- Two tablespoons of butter

### Directions

Place your grate on medium coals. Wash the snow pea pods and dry them. Arrange pods at the center of your foil and place mint leaves over pods. Spread butter pieces on top. Wrap the foil around your food making sure the food is well sealed. Place the packaged food on the grate to cook for 15-20 minutes, making sure you occasionally turn until ready.

### CHEESY COBS

### Ingredients

- Five ears fresh corn
- Half a cup of mayonnaise
- One cup of shredded Parmesan cheese
- Chili powder for tasting
- Salt and pepper for tasting

### Directions

Prepare your corn by removing husks and washing. Place a grate over the fire. On each ear of corn, brush a layer of mayonnaise. Add cheese to the ears while turning to ensure all sides are coated. Top with chili powder, pepper, and salt. Using aluminum foil, wrap every ear making sure the foil is well sealed. Set your foil on the grate and cook for 10-20 minutes, occasionally turning until it is ready.

## DESSERTS

### ORANGE SLICE DELIGHTS

#### Ingredients

- Vanilla ice cream (optional)
- Brown sugar
- One whole orange per person

#### Directions

Peel your orange and cut into sizeable slices. Place two slices of orange side by side at the center of your foil and sprinkle with brown sugar. Repeat this procedure with the rest of the remaining slices making sure your foil is well wrapped around the fruit. Set your foil on fire for around 20 minutes or until the oranges become hot and juicy. Make sure you turn severally. Serve with ice cream.

### BANANA BOATS

#### Ingredients

- One-package miniature marshmallows (10.5 ounces)
- Six large bananas
- Two chocolate chips

#### Directions

Cut your bananas lengthwise and remove some portion of banana flesh. Replace the removed tissue with chocolate chips and marshmallows. Wrap each banana in your foil and place the wrapped bananas in the coals to cook for 5 minutes. Ensure the chocolate is melted before using tongs to remove the bananas from fire. Once ready, you can eat your bananas right from the peel using a spoon.

## PIE IRON \*

A pie iron is made up of aluminum or iron pans joined by a hinge. Pie iron is suitable for making a sandwich or using bread in making other delicious treats over the fire. Pie irons are made from cast irons and provide an easy way of making pies, breakfast dishes, and sandwiches. Always make sure you properly grease both sides of the pie iron with nonstick cooking spray. The figure below shows an example of pie iron.



Pie iron, Source: [campingcapers.wordpress.com](http://campingcapers.wordpress.com)

## BREAKFAST

### TOASTED BACON AND EGG SANDWICH

#### Ingredients

- Butter
- One slice cheese
- One strip bacon
- Two slices of bread
- One egg

#### Directions

Butter one slice of bread. Cut bacon strips crosswise and lay the pieces on the side of the

iron. Using the slices of bread, cover the bacon with the buttered side facing down. Pour the beaten egg on bread and add cheese before adding the other slice of bread with the buttered side facing up. Spray your iron with cooking spray and place your food. Ensure you trim off any excess bread around. Hold the iron over hot coal for 4-6 minutes or until the bread is toasted. Do not forget to turn occasionally

### **HASH BROWN PIE**

#### **Ingredients**

- Pepper for tasting
- One teaspoon of garlic salt
- One cup of frozen hash browns (thawed)
- Half cup of chopped onions

#### **Directions**

Combine garlic salt, chopped onions and thawed hash browns in a medium bowl while seasoning with pepper. Place the hash browns mixture on one side of the pie iron and hold the iron over the fire for 8-10 minutes. Once ready, remove iron from the fire and open carefully.

### **FIRED-UP FRITTATA**

#### **Ingredients**

- Chopped tomato (optional)
- One egg
- Milk
- Sour cream (optional)
- Frozen hash browns (thawed)
- Purchased broccoli slaw
- Pepper, salt and Italian seasoning for tasting

- Shredded cheddar cheese
- One strip bacon

#### **Directions**

Beat egg with one tablespoon milk in a small bowl. Cut bacon strips into equal pieces and lay every piece on one side of the iron. With a single layer of hash browns, cover bacon. Add one tablespoon of broccoli slaw and pour the beaten egg on top. Close the iron and hold over hot coal for 7-8 minutes until the egg is cooked. Remove from iron and sprinkle with seasonings and cheese. Garnish with sour cream and tomato for the extra taste.

### **FRENCH TOASTIES**

#### **Ingredients**

- Maple syrup for tasting
- Two slices of bread
- A quarter cup of milk
- One egg

#### **Directions**

Mix egg and milk thoroughly. Dip one slice of bread in egg mixture and place it on the iron (egg side down) drizzling maple syrup. Dip the other slice and place it egg side up. Close iron and hold over embers for 4-6 minutes or until the bread is toasted.

### **BREAKFAST EGG AND SAUSAGE MUFFINS**

#### **Ingredients**

- Salt and pepper for tasting
- Half cup shredded cheese
- Eight to ten eggs
- One pound sausage patties



- English muffins (eight to ten split into half)

### Directions

After greasing your pie iron, place half of one English muffin on one side of the cake. Add one sausage patty and the precooked scrambled eggs together with one tablespoon of shredded cheese. Sprinkle with pepper and salt to taste and top with the other half of the muffin then close your pie iron. Hold the pie iron over the fire for 5-7 minutes making sure you turn occasionally. When ready, remove metal from the fire and open carefully.

## **BELGIAN PIE**

### Ingredients

- One tube refrigerated crescent rolls (4 ct)
- Two tablespoons cream cheese (softened and divided)
- Two tablespoons of applesauce, divided

### Directions

Place equally cut pieces of the crescent roll on one side of the pie iron. Spread with one tablespoon cream cheese and one tablespoon applesauce on the dough. Top with another and repeat this for the other pieces. Place your iron over the fire for 3-4 minutes or until ready.

## **MAIN DISHES**

### **REUBEN PIE**

### Ingredients

- One slice Swiss cheese
- Butter
- Two slices rye bread
- Two thin slices of corned beef

- Sauerkraut (drained)

### Directions

Butter a piece of the bread slice and place it on your pie iron. Add one tablespoon sauerkraut, Swiss cheese and layer corned beef on that bread. Place the other slice on top and place in your pie iron. Heat for around 4-6 minutes until bread is toasted, making sure you turn often.

## **TACO TENTS**

### Ingredients

- Two cups of shredded cheese (any kind is okay)
- Two tubes of eight refrigerated crescent rolls
- One pound of prepared taco meat
- Salsa, lettuce/sour cream (optional), tomatoes

### Directions

Place each square (equal pieces) of unrolled crescent rolls into your pie iron. Add some of the shredded cheese and prepared taco meat on the square and top with another crescent roll square. Place in iron and heat for 3 minutes until crescent squares turn golden brown. If you want, garnish tomatoes, salsa, and lettuce/sour cream. Repeat this with the other ingredients.

## **MEAT AND CHEESE MELTS**

### Ingredients

- Two slices of Swiss or American cheese
- Four slices of deli style ham, turkey or roast beef
- Four slices of white bread

### Directions

Make a sandwich by placing a single cheese

slice on a slice of bread. Top with turkey or roast beef and two slices of ham. Top with the other slice and place in your pie iron. Close iron and hold over the flame for 3 minutes. Repeat with remaining ingredients.

## **GRILLED ROAST BEEF**

### **Ingredients**

- Salsa or Picante sauce (but this is optional)
- Ten slices of deli style roast beef
- Five slices Swiss cheese
- Ten slices rye bread
- One-tablespoon Dijon mustard
- Two tablespoon mayonnaise
- One can chopped green chilies (4 ounces), drained

### **Directions**

Combine chopped green chilies, Dijon mustard and mayonnaise in a small bowl. Make a sandwich by placing a slice of Swiss cheese on the spread side of your slice of bread. Add two slices of beef and top with the other slice of bread. Place sandwich in pie iron and hold over flames for 3 minutes. If you want, serve with Picante sauce or salad. Repeat this with the remaining ingredients.

## **SIDES**

### **EASY TOTS**

### **Ingredients**

- Shredded cheddar cheese

- Garlic salt, salt and pepper for tasting
- Onion
- Frozen tater tots (thawed)

### **Directions**

Arrange a layer of tater tots on your iron, after chopping onion, and add one teaspoon of onion. Season with pepper, salt, and garlic salt. Close the iron and ember for 4-5 minutes turning to ensure every side is heated. Open iron and sprinkle with cheese then seal and cook for around a minute or more, without turning. Make sure the cheese side is facing up.

## **VEGGIE MEDLEY**

### **Ingredients**

- Tomato
- Zucchini
- Italian dressing
- Green or red bell pepper

### **Directions**

Slice tomato, bell pepper, and zucchini thinly. Layer these vegetables to fill one side of your iron and pour one tablespoon dressing. Close iron and hold over the fire for 3-4 minutes until your veggies are well cooked. For a vegetarian, this meal can help you use up your veggies.

## **DESSERTS**

### **LEMON CHIFFON PIE**

### **Ingredients**

- Lemon pie filling

- Bread
- Butter
- Mini marshmallows

### **Directions**

Butter one side of your slice of bread and put the slice on the pie iron (buttered side facing down). Add a quarter cup pie filling on your bread and add several mini marshmallows on top. Place the other slice of bread (buttered side facing up). Close your iron and hold over ember for 4-6 minutes or until your bread is ready.

### **SWEET PEACH POCKET**

### **Ingredients**

- Powdered sugar
- One marshmallow
- One peach half (pitted)
- One tablespoon butter (softened)
- Two slices of white bread

### **Directions**

Spread butter evenly over each slice of bread and place one slice (buttered side out) into the one hand of your pie iron. Add peach half over the slice and place marshmallow inside your pitted peach. Add the other slice of bread (buttered side out). Close iron and hold over the fire for 2-3 minutes while turning on each side to make sure the heat is evenly spread. You can dust with powdered sugar to make it more delicious.

## **SKILLET** \*

One of the easiest ways of making meals over fire is using a skillet. You only need to place the skillet on the fire, and your food is contained within the skillet. Skillets are mostly good for meals involving ground meat and other meals that you want brown. Skillets are also helpful if you want to keep your food warm for some time. Always grease your skillet with nonstick cooking spray. The image below shows an example of a skillet.



*Skillet, Source: [blog.eurekatent.com](http://blog.eurekatent.com)*

## **BREAKFAST**

### **APPLE-RAISIN PANCAKES**

### **Ingredients**

- Maple syrup or powdered sugar
- A quarter cup raisins
- One-tablespoon vegetable oil
- One egg
- A package of apple cinnamon muffin mix (7 ounces)



## Directions

Combine egg with a third cup of water, and muffin mix in a medium bowl. Stir in raisins and oil. Place your skillet over the fire until it is heated. Spread batter on hot skillet and fire pancakes until they are ready. Serve with powdered sugar or syrup.

## **CORN FRITTERS**

### Ingredients

- A quarter teaspoon of pepper
- Two eggs, beaten
- Half cup of milk
- Two teaspoons of dried minced onion
- One teaspoon of celery seed
- A quarter teaspoon of salt
- A quarter cup of biscuit baking mix
- One can whole kernel corn (15 ounces)
- Maple syrup or honey
- Vegetable oil for frying

### Directions

Mix onion, pepper, celery seed, milk, eggs and salt (optional) in a medium bowl. Stir in corn and baking mix until it is well blended. Place your skillet on fire. Heat three tablespoons of oil until you have batter and drop batter into hot oil. Drop your fritters into the fire for 6-8 minutes until they brown. Make sure you flip them occasionally so they get heat on all sides. Serve warm with honey or syrup.

## **SWEET CEREAL SLICES**

### Ingredients

- Four cups of special K cereal (Special K is a lightly toasted breakfast cereal)
- One cup of light corn syrup
- One cup of sugar
- One jar creamy peanut butter (12 ounces)

### Directions

Place skillet over the fire and add syrup and sugar. Boil the mixture and mix with peanut butter. Remove skillet from the fire and pour the mixture into a separate bowl with cereal. Stir thoroughly to ensure your cereal is well coated. Using your hands, roll the dough into logs and cut into sizeable slices.

## **BREAKFAST BISCUITS**

### Ingredients

- One cup of flour
- Butter
- One teaspoon of maple flavoring (optional)
- Three tablespoons of real bacon bits
- One tablespoon of butter or shortening
- One and a half tablespoon of sugar
- Half teaspoon of salt
- Two teaspoons of baking powder

### Directions

Stir baking powder, sugar, salt and flour in a zippered plastic bag and store before leaving home. Separately, wrap bacon bits and butter then add to bag containing dry ingredients. To prepare the biscuits, pour your ingredients into

a bowl and use your fingertips to mix butter into flour. Add bacon bits and stir half a cup of water and maple flavoring, preferably, until you have a soft dough. Shape the dough into sizeable biscuits and place in a skillet. Set skillet over fire and cook until biscuits turn golden brown. Make sure you flip the biscuits over and cook until they are browned. Serve with butter.

## **FLAPJACKS**

### **Ingredients**

- Two cups of flour
- Half teaspoon of baking soda
- One teaspoon of baking powder
- Two cups of buttermilk
- Two eggs
- A quarter cup of melted butter
- One teaspoon of salt
- Two teaspoons of sugar
- Maple syrup
- Nuts, chocolate chips, fruit, optional

### **Directions**

- ▶ Stir together baking the powder, sugar, salt, baking soda and flour before leaving home. Store the mixture in a plastic bag.
- ▶ Whisk together buttermilk, eggs, and butter. Add pancake mix (dry) from the plastic bag and mix until almost smooth. Place skillet on fire until it is scorching and pour batter on the skillet to make small pancakes. Sprinkle with nuts, chocolate chips or fruit if desired. Heat until pancakes are ready and ensure you flip occasionally. Serve with syrup.

## **BREAKFAST BURRITOS**

### **Ingredients**

- One cup of shredded cheddar cheese
- One tablespoon of olive oil
- Four to six eggs, beaten
- One cup of sliced fresh mushrooms
- Four flour warmed tortillas (4 inches)
- Salsa and sour cream, optional
- Two cups of cubed leftover potatoes
- One red or green bell pepper

### **Directions**

Place a skillet over the fire and add bell pepper while stirring for two minutes. Add mushrooms and heat until ready. Add some potatoes and heat until they start crisping while adding oil when necessary. Add eggs and scramble into vegetables until eggs are ready. Remove your skillet from the fire and scoop a portion of the mixture using a spoon. Drop the mixture into each tortilla. Top with salsa, cheese, and sour cream as desired.

## **EGG CRACKLE**

### **Ingredients**

- Salt and pepper for tasting
- Twelve eggs
- One pound of bacon
- A quarter cup of milk
- One individual size bag cheese crackers

### **Directions**

Place your skillet over the fire and cook bacon to the desired level. Ensure you drain grease from your skillet. Combine milk and eggs in a medium

bowl while adding salt and pepper to taste. Pour the egg mixture to your skillet and mix with pieces of bacon. Cook until eggs are ready. Crush cheese crackers into smaller parts and pour over eggs.

### **EARLY BIRD NESTS**

#### **Ingredients**

- Bacon bits
- One tablespoon of vegetable oil
- Two eggs
- Salt and pepper for tasting
- Two slices of white bread

#### **Directions**

Place vegetable oil in your skillet and place skillet over a flame. Remove the center of each bread slice and set in the skillet. Heat bread centers until they turn light brown, making sure you turn them when appropriate. Remove from skillet and reserve. Place the remainder of the bread (having a hole in the middle) in skillet and toast until it turns light brown on one side. Turn when appropriate and crack an egg in the midst of each hole. Cook until eggs are ready. Add bacon bits while seasoning with salt and pepper to taste. Serve with toasted bread centers.

## **MAIN DISHES**

### **BEANS AND TEXAS TOAST**

#### **Ingredients**

- One pound ground beef
- Garlic salt
- Butter
- Four slices Texas toast
- One can of pork and beans (15 ounces)

#### **Directions**

Place ground beef in skillet and put over the fire. Cook until the ground beef is ready (browned). Add pork and beans while ensuring you mix well. Cook until the mixture is well heated. While cooking spread butter on each slice of bread and toast on a different source of heat. Once your toast is ready, sprinkle with garlic salt. Add the mixture of ground beef into bowls and eat with your toast.

### **FIRESIDE FONDUE**

#### **Ingredients**

- Half cup white wine or beer
- One can cream of mushroom or broccoli (10.75 ounces)
- A quarter teaspoon paprika
- Two-tablespoon flour
- Two cups of shredded Swiss cheese

#### **Directions**

Place your grilling grate over the fire. Place flour, cream of mushroom soup, paprika, shredded Swiss cheese, and beer in a skillet. Put the skillet over the fire. Heat fondue while occasionally stirring until the cheese is melted, and mixture is well heated. Serve fondue with crusty bread, crackers or fresh veggies.

## **SIDES**

### **WHITE BEAN BAKE**

#### **Ingredients**

- One tomato
- Sour cream (optional)
- One can butter beans (15 ounces)



- One can garbanzo beans (15 ounces)
- One can navy beans (15 ounces)
- A quarter teaspoon of pepper
- A half teaspoon of salt
- Two tablespoons of ketchup
- One and a half teaspoon dried crushed sage
- One-tablespoon brown sugar
- Two and a half tablespoon lemon juice
- A quarter cup maple syrup
- One cup of chopped onion
- One and a half tablespoon butter

### Directions

Use a large skillet to accommodate the amount of food. Place your skillet on a grate with medium-hot coal to melt the butter. Add onion then cook while stirring, until tender and lightly browned. Stir in brown sugar, syrup, lemon juice, pepper, salt, sage, and ketchup. Rinse and drain garbanzo, butter beans and navy. Add your beans to the pot while stirring until coated in sauce. Cover your food with foil and cook over medium coal. Ensure you occasionally stir for about 10-15 minutes or until food is ready. Serve your beans and top with tomato or sour cream if you like.

## **RANCH-STYLE VEGGIES**

### Ingredients

- Two medium zucchini (thinly sliced)
- Two medium yellow squash (thinly sliced)
- Two medium carrots (peeled and thinly sliced)

- One tablespoon of vegetable oil
- One envelope/sachet ranch dressing mix

### Directions

Place your grilling grate over the fire. Place ranch dressing mix and vegetable oil on your skillet and put the skillet over the fire. Ensure you mix well while adding sliced carrots. Cook the carrots for about 4-5 minutes until ready (tender). Add zucchini and squash then cook for an extra 4-5 minutes until the vegetables are ready.

## **DESSERTS**

### **BANANA BROWNIES**

### Ingredients

- Powdered sugar
- One banana (sliced)
- A quarter teaspoon salt
- Half teaspoon baking soda
- One teaspoon ground cinnamon
- A quarter cup of unsweetened cocoa powder
- A third cup of nonfat dry milk
- Two-thirds cup sugar
- Two-thirds cup flour
- One-cup semi-sweet chocolate chips
- One teaspoon vanilla extract
- A third cup buttermilk
- Two egg whites, lightly beaten

### Directions

Mix egg whites, vanilla, and buttermilk in a bowl

then set aside. Mix sugar, dry milk, flour, chips, cocoa powder, salt, baking soda, cinnamon and chocolate chips in another bowl. Add egg mixture and stir to mix well. Spread batter in your skillet and place banana slices on top.

Cover your skillet with foil and place on a grate over medium-low coals to cook for 25-30 minutes or until ready. Cool for around 30 minutes and cut into sizeable pieces. Before serving, sprinkle with powdered sugar to make more delicious.

### **GRILLED BERRY CRUMBLE**

#### **Ingredients**

- A quarter teaspoon ground nutmeg
- Half cup quick-cooking oats
- Two tablespoons plus a quarter cup flour (divided)
- Three-quarter cup of brown sugar (divided)
- A quarter cup of sugar
- Five cups of assorted fresh or frozen berries.
- A quarter cup of butter
- A quarter teaspoon of ground cinnamon

#### **Directions**

Place your skillet over medium-hot coals. Add a quarter cup of brown sugar, berries, two tablespoons flour and sugar. Cook and stir until bubbly and thickened. Combine remaining half-cup brown sugar, nutmeg, cinnamon, a quarter cup flour and oats in a bowl. Add butter until crumbly.

### **DUTCH OVEN** \*

Dutch ovens are believed to be very diverse cooking equipment. You have an option of baking, frying and boiling. The Dutch oven has support legs that enable it to stand on hot coals. In addition, a Dutch oven has a rim around the lid to ensure hot coals stay in place on top of the oven. Therefore, heat can come from both sides (below and above). A Dutch oven can be a great cooking tool in any campfire though it is normally heavy to carry. The figure below shows an example of a Dutch oven.



*Dutch oven, Source: [LifeAsAHuman.com](http://LifeAsAHuman.com)*

### **BREAKFAST**

#### **FRUIT-FILLED BREAKFAST BREAD**

#### **Ingredients**

- One and a quarter cup of water
- Two teaspoons of vanilla (optional)
- One cup of vegetable oil
- Four cups of shredded carrots
- Eggbeaters dry scrambled egg mix (half package)

- One cup of sugar
- One cup of chopped almonds
- One cup of shredded coconut
- Half cup of chopped dried apples
- One cup of golden raisins
- Four teaspoons of cinnamon
- Four cups Bisquick baking mix

### **Directions**

Combine golden raisins, baking mix, cinnamon, shredded coconut, chopped almonds, dry scrambled egg mix, sugar, and chopped dried apples in a large bowl. Add water, vanilla, vegetable oil, and shredded carrots to dry mixture and mix until it forms a batter. Oil your Dutch oven and pour batter into your oven. Place the lid of your Dutch oven and set 15-20 briquettes on top. Bake your bread for 25-35 minutes while checking every few minutes until ready.

## **BREAKFAST PIZZA**

### **Ingredients**

- Three tablespoons grated Parmesan cheese
- One-teaspoon pepper
- Half teaspoon salt
- Three-tablespoon milk
- Three eggs (beaten)
- One cup of shredded cheddar cheese
- One green onion (sliced)
- One cup of frozen hash browns (thawed)
- Three tablespoons of diced green bell peppers
- Three tablespoons of diced red bell peppers

- One package refrigerated crescent rolls (8 ounces)
- One pound of sausage

### **Directions**

Place sausage in your Dutch oven and set the oven on fire. Cook your sausage for around 5-10 minutes until the sausage is evenly browned. Drain pot of grease and transfer your sausage to a different plate. You can chop sausage links into pieces if you are using links. Line the bottom of Dutch oven with crescent rolls after unrolling them. Sprinkle sliced green onions, hash browns, diced bell peppers, sausage and shredded cheddar cheese on top of your crescent rolls. Combine pepper, salt, milk and eggs in a medium bowl. Pour the mixture evenly on top of the ingredients in your Dutch oven. Add grated Parmesan cheese on top of egg mixture. Place the lid on your oven and set 8-10 briquettes on top of the lid. Bake, your breakfast pizza for 20-30 minutes or until the egg, is ready.

## **SOUPS AND STEWS**

### **FIVE-CAN SOUP**

### **Ingredients**

- One can diced tomatoes (14.5 ounces)
- One can minestrone (10.5 ounces)
- One can black beans, rinsed and drained (15 ounces)
- One can with corn (15 ounces)
- One can with mixed vegetables (8.5 ounces)

### **Directions**

Open all the cans and place diced tomatoes in juice.



Mix vegetables in juice, drained black beans, drained corn and minestrone in the oven. Put your oven on top of the heat and let the soup heat for about 20 minutes making sure your stir occasionally.

### **HOBO STEW**

#### **Ingredients**

- One large can of water
- One can baked beans (28 ounces)
- One large chopped onion
- One pound ground beef

#### **Directions**

Set your Dutch oven over the fire and place ground beef in it. Cook the meat for around 5 minutes until it evenly changes to brown. Add the chopped onions and baked beans while draining a pot of grease. Pour water into the empty baked beans and add to pot. Heat until stew is ready (evenly heated).

### **FIESTA CHICKEN SOUP**

#### **Ingredients**

- One box Velveeta light cheese (8 ounces)
- One can white chunk chicken, drained (10 ounces)
- Two chicken bouillon cubes
- One can ranch style beans (14-16 ounces)
- One can chicken broth (32 ounces)
- Two cans whole kernel corn, undrained (14.5 ounces)
- One can diced tomatoes with green chilies (10 ounces)

#### **Directions**

Set your Dutch oven over your heat. Open all cans and place chicken broth, ranch style beans, corn in juice, chicken bouillon cubes,

diced tomatoes with green chilies, and drained white chunk chicken in the Dutch oven. Place your oven over heat and cook mixture while occasionally stirring until ready. Cut Velveeta cheese into cubes. Add cheese cubes to soup and stir until your cheese is melted.

### **BIG POND SOUP**

#### **Ingredients**

- Salt and pepper for tasting
- One-teaspoon onion powder
- Half-teaspoon garlic powder
- One medium head cabbage, chopped
- One can tomato juice (46 ounces)
- One can asparagus (10 ounces)
- One can mixed vegetables (15 ounces)
- One can sliced potatoes (15 ounces)
- One can peas (15 ounces)
- One can green beans (15 ounces)
- One can whole kernel corn (15.75 ounces)
- One can carrots, drained (15 ounces)
- One-pound lean ground beef

#### **Directions**

Place ground the beef in your oven and set the oven over the fire to cook the meat until it is ready. Drain pot leaving only ground beef. Open all cans and drain liquid from the carrots. Add corn in juice, carrots, peas in juice, green beans in juice, mixed vegetables in juice, sliced potatoes in juice, asparagus in juice, chopped cabbage and tomato juice to the Dutch oven. Season with onion and garlic powder and cook until the cabbage is tender. Add pepper and salt to taste.

## STARRY NIGHT CHILI

### Ingredients

- Salt and pepper for tasting
- One can of beer (12 ounces)
- Three tablespoons of chili powder
- One can stewed tomatoes (14.5 ounces)
- Three cans kidney-drained beans (15 ounces)
- Three cans pork and beans (15 ounces)
- Ten cloves garlic (minced)
- Three onions (chopped)
- Three pounds ground beef

### Directions

Set your Dutch oven over fire and place ground beef in the oven. Cook the meat for about 5 minutes until it is well cooked (evenly brown). For an additional 5-10 minutes, add minced garlic, sauté and chopped onions. Add stewed tomatoes in juice, drained kidney beans, pork and beans, beer and chili powder. Reduce the heat to low. Cover pot and let it boil at low temperature for 60 minutes making sure you stir occasionally. Season with pepper and salt to taste.

## MAIN DISHES

### PASTA DOGS

### Ingredients

- One jar pasta sauce (28 ounces)
- One package of hot dogs
- Two packages of spaghetti pasta (6 ounces)

### Directions

Fill your Dutch oven with water and place the oven over the fire. Add spaghetti to your pot and make sure it boils. Once you notice your spaghetti is tender, drain Dutch oven while leaving

cooked spaghetti in the pot. Add hot dog pieces and pasta sauce. Ensure you mix well and cover to ensure the hot dogs heat well.

### ONE-POT LASAGNA

### Ingredients

- Two pounds lasagna noodles
- Six eggs
- Five pounds ground beef
- Three pounds spicy ground sausage
- Two containers cottage cheese
- One jar pasta sauce
- Three packages shredded mozzarella cheese

### Directions

Place your Dutch oven over flames and fill with water. Add lasagna noodles after your water has boiled. Cook until your noodles are ready and add them to a plate. Drain pot and place spicy ground sausage and ground beef in the oven. Cook the sausage and ground beef for 5-10 minutes until evenly browned.

### CAMPSKETTI

### Ingredients

- One package spaghetti pasta
- An eighth garlic powder
- One teaspoon dried oregano
- Half teaspoon dried basil
- A quarter teaspoon pepper
- One and three-quarter cup of water
- One can tomato paste (6 ounces)
- One can chicken broth (14 ounces)

- One can mushrooms, drained, optional (4 ounces)
- One medium chopped onion
- Half-pound lean ground beef

### **Directions**

Place your Dutch oven over the fire. Place chopped onions and ground beef in the Dutch oven and set the oven over the fire. Cook onions and ground beef for around 5 minutes until they are well cooked. Drain pot and add chicken broth, mushrooms, pepper, water, basil, garlic powder, Oregano, and tomato paste. Boil the mixture and add broken spaghetti. Cook while frequently stirring until your spaghetti is tender. That should be around 20 minutes.

## **DESSERTS**

### **FRUIT AND RICE PUDDING**

#### **Ingredients**

- Pinch of cinnamon
- Pinch of brown sugar
- Pinch of ground ginger
- Pinch of nutmeg
- One can sweetened condensed milk (8 ounces)
- Half cup of evaporated milk
- One and a half cup of dried assorted fruit
- Three-quarter cup of instant brown rice

#### **Directions**

Add two and a half cups of water to Dutch oven

and boil the water. Add dried fruit and instant brown rice to the oven. Cook until the rice is soft, and fruit is tender (around 8-10 minutes). Add cinnamon, brown sugar, ground ginger, nutmeg, sweet condensed milk, and evaporated milk. Mix well and stir until ready.

### **THE CAMPER'S COBLER**

#### **Ingredients**

- Half cup of margarine or butter
- One cup brown sugar
- One package white cake mix (18 ounces)
- Half cup of instant tapioca
- One can crushed pineapple in juice (20 ounces)
- One can fruit cocktail in syrup (30 ounces)
- One can sliced peaches in syrup (29 ounces)

#### **Directions**

Open all the cans and add fruit cocktail in syrup, instant tapioca, crushed pineapple in juice, and sliced peaches in syrup to Dutch oven. Do this after lining aluminum foil on the oven. Set your Dutch oven over the fire and sprinkle brown sugar on top of cake mix and white cake mix on top of fruit and tapioca. Pour pieces of butter on top of brown sugar. Place lid on your Dutch oven and place 14-16 briquettes on top of your cover. Bake cobbler for 45-60 minutes. The food is ready when the cake mix absorbs juices and is no longer dry.



## ON A GRATE \*

Grates are great to use for campfire cooking. Grates are simple to use, and you only have to set them on empty bricks, cans or any steady objects. If you want, you can cover your grate with foil to prevent loss of vittles into the flames. Always make sure you have thoroughly cleaned your grate with soap and water before you start cooking your food. The figure below shows an example of a grate.



*Texsport Large Campfire Cooking Grill,*

Source: [www.3mutts.com](http://www.3mutts.com)

## MAIN DISHES

### STUFFED FRANKFURTERS

Place your grilling grate over your fire. Using a knife, slice your frankfurter lengthwise and stuff the frankfurters with your prepared stuffings. Wrap one bacon slice around every frankfurter while holding the filling inside. You can secure both ends with the use of toothpicks. Place your frankfurters over grill and cook until the bacon and frankfurters are ready. Before serving, remove the toothpicks.

### CHEESE-STUFFED BRATS

#### Ingredients

- Ketchup, mustard/relish, optional
- Five fully cooked bratwurst
- Five slices of bacon
- A quarter cup of shredded Monterey Jack cheese
- Two green onions, thinly sliced
- Five hot dog buns or French style rolls

#### Directions

Place your grilling grate over your source of the fire. Slice your bratwurst lengthwise and stuff the bratwurst with green onion slices and the shredded Monterey jack cheese. Holding the cheese inside, wrap a slice of bacon around each bratwurst. Place your bratwurst on the grill making sure the cheese side is up and cook until both the bacon and bratwurst are ready. That should be around 5-10 minutes. Remove toothpicks from your bratwurst and place the bratwurst on a hot dog bun. If you want, garnish with mustard, ketchup or relish.

### CARNE ASADA

#### Ingredients

- Two tablespoons of fresh lime juice
- Salsa
- Four flour tortillas (6 inches)
- One cup shredded Colby and Monterey jack cheese
- Four beef rib eye steaks (3/4 inch thick)

#### Directions

Place your grilling grate over your source of fire.

Onto one side of every steak, sprinkle half of lime juice and rub into surface. Ensure that you turn your steaks occasionally with the remaining lime juice. Wrap your tortillas in aluminum foil. Place steaks on grate and grill for 12-15 minutes occasionally turning until steaks are ready. When your cooking is almost ready, place the aluminum wrapped tortillas on the edge of the grate. Add a quarter cup of shredded cheese on your steak and grill for extra 1-2 minutes. Remove the steaks from grill and add salsa to each steak. Serve your steak with tortillas.

### **HONEY GARLIC PORK CHOPS**

#### **Ingredients**

- A quarter cup of lemon juice
- A quarter cup of honey
- Two tablespoons of soy sauce
- One tablespoon of dry sherry
- Two cloves garlic (minced)
- Four boneless lean pork chops (4 ounces)

#### **Directions**

Combine dry sherry, lemon juice, soy sauce, minced garlic and honey in a heavy-duty zip lock bag. Place your pork chops in bag and seal. Let your pork chops marinate in an ice-filled cooler overnight or for 4 hours. Place grilling grate over fire and place pork chops after removing them from the bag. Grill your pork chops for 12-15 minutes making sure you occasionally turn until your pork chops are ready.

### **SOUTHWEST CHICKEN**

#### **Ingredients**

- One-pound skinless, boneless, chicken breasts or thighs
- Half teaspoon salt
- One teaspoon dried oregano
- One teaspoon ground cumin
- One-teaspoon chili powder
- Two tablespoons of olive oil
- One clove garlic

#### **Directions**

Place your grilling grate over the fire. Combine pressed garlic, ground cumin, salt, dried oregano, olive oil, and chili powder in a small bowl. Brush this mixture over the chicken (both sides) thighs or breasts. Place your chicken on your hot grate and cook for 8-10 minutes making sure you turn when necessary.

### **FIRESIDE PIZZA**

#### **Ingredients**

- One tube prepared pizza crust (13 or 14 ounces)
- Pizza toppings such as mushrooms, tomatoes, pepperoni slices, green peppers
- One package of shredded cheese (8 ounces)
- One can pizza sauce (14.5 ounces)

#### **Directions**

Cover your grate using aluminum foil. Place your grate over your fire. Place your prepared pizza crust on the aluminum foil and place on grill. Top crust with pizza toppings of choice, shredded cheese and pizza sauce. Cook your pizza until your cheese is melted.

## **BIG RANCH BURGERS**

### **Ingredients**

- Two teaspoons of prepared horseradish
- Three tablespoons of A.1 steak sauce
- One tablespoon of margarine or butter
- A third cup of sliced red bell pepper strips
- A third cup of sliced green bell pepper strips
- One cup of sliced onions
- Four hamburger buns (split)
- One pound ground beef

### **Directions**

Place your grilling grate over the fire. Place your skillet on top of the hot grate and cook red bell pepper, green bell pepper strips, and sliced onions in butter. Make sure you cook until your vegetables become tender. Stir in horseradish and steak sauce. Shape your beef into sizeable burgers and place the burgers on your hot grate. Heat the burgers over the grill for 8-10 minutes occasionally turning until the food is well cooked. Remove the burgers from the grate and place them on buns. Add a quarter cup of cooked onions and peppers to each burger.

## **SIDES**

### **TOASTED PESTO ROUNDS**

### **Ingredients**

- Three tablespoons of mayonnaise
- A quarter cup of fresh chopped basil or dill
- A quarter cup of grated parmesan cheese
- One clove garlic (minced)
- One loaf French bread, you should cut it into a quarter inch thick slices

- Four teaspoons of chopped tomato
- One green onion (sliced)
- Pepper for tasting

### **Directions**

Place grilling grate on your fire. Combine grated parmesan cheese, chopped basil, mayonnaise and minced garlic in a small bowl. Ensure that you mix well. Place French slices of bread on your hot grate for around 1-2 minutes until the slices are lightly toasted. Turn your slices occasionally while spreading an equal amount of the mayonnaise mixture on one side of every slice of bread. Add sliced green onions and chopped tomato on each slice of bread. Grill for an extra minute until your bread is lightly browned. Season with pepper for tasting.

## **POTATO WEDGES**

### **Ingredients**

- Two to three large potatoes (wash and scrub)
- Salt and pepper for tasting
- Half teaspoon of dried oregano
- Half teaspoon dried thyme
- One tablespoon of olive oil

### **Directions**

Cover your grate using aluminum foil. Place your grilling grate over the fire. Cut your potatoes into sizeable wedges. Brush the sliced potatoes with olive oil and pour dried thyme and dried oregano. Place your potato wedges on top of your aluminum foil on the grill. Sprinkle with pepper and salt to taste. Cook your wedges to desired tenderness while making sure you turn occasionally.

## **BRING ALONGS**

Bring alongs are things that you carry as compliments to your meals. They include mostly snacks and drinks.

## ***SNACKS AND DRINKS***

### **SWISS MOCHA MIX**

#### ***Ingredients***

- One and a quarter teaspoon of cocoa powder
- Three tablespoons of sugar
- Three tablespoons of instant coffee granules
- Six tablespoons of powdered milk

#### ***Directions***

Combine instant coffee granules, powdered milk, cocoa powder and sugar in a medium bowl. Place gently until everything is incorporated. Pack your mixture in a zip lock bag. At your campsite, mix one and a half hot water with two tablespoons of coffee.

### **CAFÉ BAVARIAN MINT MIX**

#### ***Ingredients***

- Two hard mint candies (crushed)
- A third cup of sugar
- A quarter cup of instant coffee granules
- A quarter cup of powdered creamer
- Two tablespoons of cocoa powder

#### ***Directions***

Combine sugar, cocoa powder, instant coffee granules, powdered creamer, sugar and crushed mint candies. Ensure your mixture is evenly incorporated and pack the mixture in a zip lock bag. At your campsite, mix one or one and a half cups of hot water with two tablespoons of coffee mixture.

### **ROCKY TRAIL HIKING MIX**

#### ***Ingredients***

- Half teaspoon of salt (optional)
- Half cup M&M's
- Half cup dried mixed fruit
- Half-cup pumpkin seeds (shelled)
- Half-cup sunflower seeds (shelled)
- Half cup raisins or currants
- Three cups of frosted mini wheat squares

#### ***Directions***

Combine M&M'S, salt, dried mixed fruit, pumpkin squares, sunflower seeds, raisins, and frosted mini wheat squares. Make sure they are well incorporated before packing the mixture in a ziplock bag.

If you are a vegetarian or dirt bagger, choose any of these recipes and enjoy campfire cooking. Also, note that a Gourmet can still prepare these recipes, but only much better or using a slightly different formula.





## CHAPTER FOUR: GOURMET RECIPES

Unlike vegetarians and dirt baggers, gourmets tend to be choosier and prefer classy food. Even though the Gourmets would still prepare the same recipes as vegetarians and dirt baggers, they would prefer to add more ingredients or cook the food differently to give it the sweetest taste. This chapter looks at some of the best recipes for a camping gourmet.

A gourmet always pays attention to the ingredients, and, therefore, focuses on flavor. Spices, herbs, and sharp flavors can substantially transform the dish. Cheese such as Grated Parmesan or Crumbled feta can do wonders for a simple salad.

One recipe that a gourmet should prepare at home is the Multi Purpose Baking Mix. This baking mix is the basis of biscuits, scones, dumplings, and pancakes. Though you can make this recipe at the campsite, it is impractical to carry a big bag of flour together with several other ingredients. In addition, baking tends to be different than cooking because precise measuring is recommended; therefore, you had better prepare the recipe at home.

### MULTI-PURPOSE BAKING MIX

#### Ingredients

- One teaspoon of baking soda
- Two teaspoons of baking powder
- Two cups of all-purpose flour
- One teaspoon of sugar
- One teaspoon of salt

Ensure you mix all these ingredients until they are well combined.

I mentioned earlier that you need to have a plan, and that plan should map out your entire meal plan. You need to create a menu for each breakfast, lunch and supper. This way it will be easier and faster for you to write your shopping list.

In your plan, consider how the foods will last in your cooler. Plan to cook the most perishable meals first and finish with the long lasting meals. Also, make your cooking simpler by using the same ingredients for more than one meal,

instead of having to carry so many ingredients. Remember, the quality of your food is going to depend highly on the quality of your ingredients. Always go for the freshest produce you can find, and be very cautious of prepared foods.

## **SALAD DRESSINGS, SAUCES, MARINADES, AND MORE**

Sometimes a sauce or condiment is all you need to change the taste of your awful food. A well-seasoned dressing, sauce or spread, can completely change the taste of your food. Below are recipes for salad dressings, spice rubs, spreads, dips, sauces, and marinades. They complement one or more dishes in this book, and most can be used in other ways to add variety if you are a real gourmet.

### **DRESSINGS**

#### **BASIC VINAIGRETTE DRESSING**

This classic vinaigrette can be completely transformed by the vinegar you choose. You can go for balsamic vinegar, champagne vinegar, sherry vinegar, white wine vinegar, or herb flavored vinegar

##### Ingredients

- Half teaspoon of sugar
- Half teaspoon salt
- Half-teaspoon pepper
- Half-cup olive oil
- A quarter cup vinegar of your choice
- One-teaspoon Dijon mustard

Mix sugar, pepper, salt, vinegar, and mustard in a small jar or bowl. This should make about

three-quarter of a cup. The figure below shows an example of a homemade vinaigrette.



*Vinaigrette, Source: [chefejamie.com](http://chefejamie.com)*

#### **HONEY-LEMON VINAIGRETTE**

This dressing is good on anything from a salad of mixed greens to a complicated blend of cheese, fruit, and vegetables.

##### Ingredients

- A third cup olive oil
- One tablespoon honey
- Half-teaspoon pepper
- Half teaspoon salt
- Juice of two lemons

Mix all these ingredients in a small jar or bowl to get about two-thirds of a cup.

#### **CITRUS SALAD DRESSING**

This dressing can go well with sliced tomatoes and mixed greens

##### Ingredients

- One teaspoon sugar

- Half teaspoon salt
- Juice and zest of one lemon
- Juice and zest of one lime
- A quarter cup olive oil
- One teaspoon ground cumin

Mix the cumin, sugar, salt, zest and citrus juice in a small jar or bowl until the sugar and salt dissolves. Whisk the mixture in olive oil to make about three-quarter of a cup.

## MARINADES

Marinades can be used as flavor to tenderize vegetables, fish, poultry and meat before cooking. They contain ingredients that tenderizes and flavors your food. Marinating times differ for different foods and marinades can be made a few days before leaving for camping. Here are some marinades for you. Remember each of these marinades can be done earlier and stored for up to a week in the refrigerator.

### HONEY-SOY MARINADE

This marinade makes chicken wings special. It also adds flavor to pork, shrimp, and salmon.

#### Ingredients

- Six green onions (thinly sliced)
- Three-quarter cup soy sauce
- Two tablespoons sesame oil
- Three cloves garlic (minced)
- Two tablespoons peeled and chopped fresh ginger
- A third of a cup containing honey or packed brown sugar

- A half-cup rice vinegar

Mix all these ingredients until they are well combined. The figure below shows an example of Honey-soy marinade.



*Honey Soy Marinade, Source: [keepingbee.org](http://keepingbee.org)*

### GREEK MARINADE

This herb-and-lemon marinade is recommended for fish, lamb or chicken

#### Ingredients

- Two teaspoons salt
- Half a cup of olive oil
- Two tablespoons of honey
- A quarter cup of chopped fresh oregano
- Juice and zest of two lemons
- Three cloves garlic (minced)
- One and a half teaspoons pepper

Mix all these ingredients until they are well combined. The figure below shows a Greek-style marinade.





Greek-style marinade, Source: [taste.com.au](http://taste.com.au)

## MAPLE-GINGER MARINADE

This marinade is good with pork, chicken, salmon or duck.

### Ingredients

- One tablespoon orange zest
- One tablespoon peeled and minced fresh ginger
- One tablespoon olive oil
- A quarter cup of maple syrup
- A half cup of soy sauce

Mix all these ingredients until they are well combined

## SPICE RUBS

They are also referred to as ‘dry marinades’. They can be prepared earlier and stored in a ziplock bag.

## BASIC BARBECUE SPICE RUB

Good for chicken but can also be used on any poultry or meat

### Ingredients

- One-tablespoon paprika

- Two tablespoons packed brown sugar
- One-teaspoon pepper
- One tablespoon salt
- Half to one teaspoon cayenne
- One and a half teaspoons ground cumin
- One tablespoon dried sage

Mix all these ingredients until they are well combined.

## CAJUN SPICE RUB

This is a great compliment to chicken, fish, pork or shrimp.

### Ingredients

- Two teaspoons paprika
- Two teaspoons ground cumin
- Two teaspoons pepper
- Two teaspoons dried oregano
- Four cloves garlic (minced)
- Two teaspoons salt
- Half to one teaspoon cayenne

Mix all these ingredients until they are well combined. The figure below shows smoked Cajun spice rub.



Smoked Cajun Spice Rub, Source: [sweetissassy.com](http://sweetissassy.com)



## MOROCCAN SPICE RUB

It is best to use with chicken. You can also rub it on flank steak

### Ingredients

- One teaspoon salt
- One teaspoon ground cumin
- One-teaspoon dry mustard
- One teaspoon crushed fennel seeds (using an unopened can, grind the seeds in a zip lock bag)
- One-teaspoon pepper
- Two cloves garlic (minced)
- A quarter teaspoon of ground nutmeg
- Quarter to half-teaspoon cayenne

Mix these ingredients until they are well combined

## **BALSAMIC SYRUP**

This syrup is an excellent complement with grilled vegetables

### Ingredients

- One teaspoon of salt
- Half a cup of balsamic vinegar
- Half a cup of water
- A quarter cup of packed brown sugar

### Directions

In a small saucepan, cook the brown sugar until melted. Add vinegar, salt, and water. As the liquid heats, sugar will melt and dissolve. Boil and continue to cook while occasionally stirring for 15-20 minutes. The figure below shows a home-made balsamic vinegar syrup.



*Homemade balsamic vinegar syrup,*

Source: [terrisalminen.com](http://terrisalminen.com)

## **COCONUT CURRY SAUCE**

This sauce is delicious on grilled meat

### Ingredients

- Juice of one lime
- Two tablespoons packed brown sugar
- A quarter cup of peanut butter
- A quarter to half teaspoon of cayenne
- One teaspoon of ground coriander
- One tablespoon of curry powder
- Half teaspoon of salt
- One can of unsweetened light coconut milk (14 ounces)

### Directions

Mix these ingredients in a saucepan until they are well mixed. Place over medium to high heat until the mixture boils. Lower your heat and simmer while stirring occasionally. Do this for around 10 minutes or until the sauce thickens.

## EASY TOMATO SAUCE

Tomato sauce is very convenient for a variety of foods.

### Ingredients

- A quarter cup of red wine (optional)
- One cup of tomato puree
- One can of diced tomatoes (14 ounces)
- Half teaspoon of crushed red pepper flakes (optional)
- Half teaspoon of sugar
- Half teaspoon of pepper
- Half teaspoon of salt
- Two teaspoons of dried oregano
- Two cloves of garlic (minced)
- One medium onion (diced)
- Two tablespoons of olive oil

### Directions



*Easy Italian-American Red Sauce,*

Source: [www.serious-eats.com](http://www.serious-eats.com)

Use a medium heat to heat the olive oil. Add garlic and onion to cook while stirring for around 4 minutes. Cook until your onion is soft and translucent. Add the pepper, salt, sugar,

oregano and red pepper (optional). Cook for around 30 seconds before adding tomatoes and their juice, wine (optional) and the tomato puree. Simmer for 20-30 minutes until the sauce reduces by about one third. The figure below shows an easy Italian-American red sauce.

## OLIVE RELISH

This condiment can be used as a spread for crostini or crackers.

### Ingredients

- A quarter to half teaspoon crushed red pepper flakes (optional)
- One tablespoon of chopped fresh thyme or one teaspoon crumbled dried thyme
- Juice and zest of one orange
- One large clove garlic (minced)
- One tablespoon of olive oil
- Three tablespoons drained bottled capers (finely chopped)
- One and a half cups chopped pitted Kalamata olives

### Directions

Mix all these ingredients until they are well combined.

## COMPOUND BUTTERS

These butters have been softened and combined with other ingredients like spices and herbs.

### ORANGE-HONEY BUTTER

This butter is good on skillet scones

### Ingredients

- A quarter teaspoon salt

- Half cup of unsalted butter (softened)
- Two tablespoons of honey
- Zest of one orange

Mix all these ingredients until they are well combined.

## **GARLIC HERB BUTTER**

Use to top baked potatoes or grilled steak, chicken, fish or mushrooms.

### Ingredients

- Half a cup of unsalted butter (softened)
- One tablespoon of red wine (optional)
- One tablespoon of chopped fresh rosemary
- Four cloves garlic (minced)
- One teaspoon of crushed red pepper flakes
- One teaspoon of pepper
- One and a half teaspoons salt

Mix all these ingredients until they are well combined

## **AIOLI**

From traditional knowledge, aioli is a freshly made mayonnaise that is garlicky. The figure below shows Tarragon Aioli, which is a French-style garlic mayonnaise, flavored using aromatic tarragon.



*Tarragon Aioli, Source: [www.cbc.ca](http://www.cbc.ca)*

## **NEOCLASSIC GARLIC AIOLI**

You can try it as a spread for sandwiches and burgers or as a dipping sauce for grilled prawns.

### Ingredients

- Half teaspoon salt
- Three-quarter cup mayonnaise
- Three cloves garlic (minced)

Mix these ingredients until they are well combined.

Ensure you cover and chill until ready to use.

## **LEMON AIOLI**

Use to top grilled veggies or fish

### Ingredients

- Half teaspoon of salt
- Juice and zest of one lemon
- Three-quarter cup mayonnaise

Mix these ingredients until they are well combined. Cover and chill until ready to use.

## **OLIVE AIOLI**

- Serve with grilled whitefish
- One tablespoon minced fresh thyme or one teaspoon crumbled dried thyme
- A third cup of pitted and finely chopped cured black olives
- One clove garlic (minced)
- A quarter cup mayonnaise

Mix all these ingredients in a small bowl until they are well combined. Cover and chill your mixture until ready to use.

## BREAKFAST

### REAL HOMEMADE PANCAKES

#### Ingredients

- Maple syrup for serving
- Butter for cooking and serving
- Two eggs, lightly beaten, or half-cup liquid egg substitute
- Two cups of milk (or as needed)
- A quarter cup of sugar
- Two cups multi purpose baking mix

#### Directions

Mix the milk, sugar, baking mix, and eggs in a bowl until they are well combined. Melt a little butter in a skillet to coat the pan. Add about a quarter cup of batter at a time into your pan. Cook each pancake for around 4 minutes until bubbles form and begin bursting. Turn each pancake and continue cooking for extra 4 minutes until they change to brown. Serve with maple

### SOME VARIATIONS

- ▶ **Peanut butter pancakes:** add extra quarter cup of milk and three-quarter cup smooth butter to your batter
- ▶ **Gingerbread pancakes:** add two teaspoons of ground ginger and a teaspoon of ground cinnamon to your batter
- ▶ **Banana Pancakes:** Add two chopped bananas into the batter
- ▶ **Blueberry pancakes:** add one tablespoon of fresh blueberries just after adding the mixture to the skillet

## BANANAS FOSTER FRENCH TOAST

#### Ingredients

- Eight thick slices of bread
- One teaspoon of vanilla extract (optional)
- One cup whole milk
- Four eggs
- Two tablespoons dark rum
- Three medium bananas, peeled and diced
- A quarter cup packed brown sugar
- A quarter butter (divided)

#### Directions

Use medium heat to melt two tablespoons of butter in a saucepan. Add brown sugar to cook while stirring until your sugar dissolves. Add bananas and cook for 1-2 minutes until the pieces are well heated. Add your rum, and then increase heat to a boil and cook while stirring for a minute or more. Remove and reserve.

Whisk together milk, eggs and vanilla (optional) in a medium pot or bowl. Submerge your slices of bread into the egg mixture and let the bread soak for about 1-2 minutes. Using medium heat, heat a tablespoon of butter. Add your soaked bread, 2-3 slices at a time to your skillet and cook for around 3 minutes until golden brown. Turn and cook for extra 3 minutes until golden brown. Repeat this procedure with the remaining bread, ensuring you add butter to your pan as needed. Serve with banana mixture.



## SKILLET SCONES

### Ingredients

- One egg, lightly beaten or quarter cup liquid egg substitute
- Half cup butter (melted and cooled)
- Three-quarter cup buttermilk
- Three tablespoons of sugar
- Two cups of multi purpose baking mix

### Directions

Mix all the ingredients in a bowl until you form a soft and sticky dough. Cut out a sizeable chunk and roll it between the palms, and then flatten it to form a wide patty. Heat your skillet over medium-low heat and add the dough patties when the pan is hot enough. Cook covered ensuring you turn the scones over after around 4 minutes or when they brown at the bottoms. Replace your lid and continue cooking for around 4 minutes until the other bottom is brown and your scones are well cooked. Serve hot. The figure below shows caramelized onion skillet scones.



*Caramelized Onion Skillet Scones,*  
Source: [www.viaviands.com](http://www.viaviands.com)

## VARIATIONS

- ▶ **Maple scones:** instead of brown sugar use sugar. Stir about a third cup of maple syrup into the buttermilk before adding it to your mixture. Prepare as above
- ▶ **Citrus Scones:** Add a tablespoon of orange zest or lemon to the batter before cooking
- ▶ **Dried fruit scones:** Add half a cup raisins, currants, dried cranberries or any other dried fruit to the batter before cooking.

## MEDITERRANEAN BREAKFAST WRAP

### Ingredients

- A quarter cup pitted, chopped olives
- Four tortillas
- Four ounces goat cheese (around half a cup)
- One to two tablespoons of butter or olive oil
- One-tablespoon milk (optional)
- Half-teaspoon pepper
- Half teaspoon of salt
- One teaspoon crumbled dried oregano
- Six eggs or one and a half cups liquid egg substitute
- A quarter cup drained, chopped sun-dried tomatoes (oil-packed)

In a bowl, beat the eggs with pepper, salt, milk (optional) and oregano. Using medium heat, heat the butter or oil in a skillet and add eggs to the skillet while reducing the heat. Cook your eggs making sure you occasionally stir for 3-5 minutes until well cooked.

Divide the goat cheese into sizeable parts while the egg is cooking. Spread one part down each tortilla. Add the sun-dried tomatoes and olives

dividing evenly among the tortillas. On top of the tomato, olives and cheese, add cooked eggs, dividing equally among your tortillas. Roll the tortillas into neat packages by folding the ends then turning to form cylinders.

Wipe your skillet and add more oil or butter and place over medium heat. Once the pan is hot, add your cylindrical tortillas and cook for around 2 minutes until the downside is brown. Turn and continue cooking for extra 3 minutes until the other side is brown.

## SCRAMBLE

### Ingredients

- Four ounces ready-made polenta (cut into half-inch dice)
- Two links smoked chicken sausage, halved lengthwise and sliced
- Half-medium onion (diced)
- One tablespoon of olive oil
- Half teaspoon crushed red pepper flakes (optional)
- A quarter teaspoon pepper
- Half teaspoon salt
- Four ounces shredded Monterey Jack cheese (about half a cup)
- A quarter cup of milk
- Six eggs or one and a half cups liquid substitute

### Directions

Beat eggs in a bowl and add cheese, pepper, red pepper (optional), milk, and salt. Mix well and set aside. Heat some oil in your skillet and add onion to cook while stirring for around 2 minutes. Reduce the heat and add sausage. Continue cooking for around 5 minutes or more until your onion is translucent. Add polenta and cook while stirring for two more minutes until it is well heated. Evenly spread the polenta mixture in your pan and reduce the heat to medium-low, and then pour your egg mixture evenly over the top. Cover and cook your meal for around 12-15 minutes making sure you stir once or twice during your cooking. The figure below shows an example of scrambled eggs.



*Scrambled eggs, Source: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

## **SANDWICHES, SALADS & SUCH**

### **CURRIED CHICKEN SALAD SANDWICHES**

#### Ingredients

- Four large lettuce leaves, shredded or torn in half
- Eight slices of whole wheat bread or pita rounds
- A third of a cup of slivered almonds or roasted (unsalted pistachios)
- A third cup of raisins
- Two tablespoons of curry powder
- Half teaspoon of salt
- One teaspoon of Dijon mustard
- A third cup of mayonnaise
- Three-quarter pound shredded or diced cooked chicken

#### Directions

Mix the chicken, curry powder, mustard, mayonnaise, salt, nuts and raisins in a bowl and ensure they are well combined. Evenly divide the chicken mixture among pita or bread to make sandwiches while topping with lettuce. Serve or wrap tightly in plastic wrap to store in a cooler.

### **TUNA AND OLIVE SALAD SANDWICHES**

#### Ingredients

- Eight slices whole wheat bread
- Two ribs celery (chopped)
- A third cup coarsely pitted, chopped Kalamata or other brine-cured olives
- Half cup drained and chopped roasted red peppers from a jar

- One-teaspoon Dijon mustard
- Juice of half lemon
- A quarter cup of mayonnaise
- Two cans of solid white tuna (drained)
- One medium tomato (thinly sliced)
- Four lettuce leaves
- Four pita rounds (8 inches)

#### Directions

Mix the tuna, mustard, olives, celery, lemon juice, mayonnaise, and peppers in a bowl until they are well combined. Make four sandwiches with your pita or bread, tomato slices, lettuce and tuna mixture.

### **PROSCIUTTO, GOAT CHEESE, AND FIG SANDWICHES**

#### Ingredients

- A quarter cup chopped fresh mint (optional)
- Four thin slices Italian prosciutto or ham
- Four ripe but firm black mission figs (stemmed and sliced)
- Eight ounces goat cheese
- Eight slices hearty Italian or sourdough bread

#### Directions

Place your bread over the fire for 2-3 minutes if desired until golden brown. Lay four slices of bread on your work surface and spread each with cheese. Add fig slices and one slice prosciutto on top of your bread. Sprinkle with chopped mint (optional) and top with the remaining slices of bread. Serve immediately or wrap tightly in a plastic bag and store in your cooler.

## SAN FRANCISCO GRILLED CHEESE SANDWICHES

### Ingredients

- Eight slices San Francisco sourdough bread
- Olive oil spray or nonstick cooking spray (when using grill) or two tablespoons butter or olive oil (when using camp stove)
- Half-teaspoon pepper
- Half teaspoon salt
- A third cup of finely chopped pitted cured olives
- A third cup of drained and finely chopped sun-dried tomatoes (oil-packed)
- Two-thirds cup of finely chopped drained canned artichoke hearts.
- Eight ounces of Monterey Jack cheese (thinly sliced)

### **GRILL METHOD:**

Spray olive oil on each slice of bread. Place the slices of bread on a surface ensuring the oiled side is facing down and smear one-quarter of the artichoke mixture on each bread. Add one-quarter of the cheese on top of each bread. Place the remaining slices on top with their oiled side facing up.

Place your sandwiches on the grill and put the grill over high heat. Cook for 3-4 minutes until the downside turns golden brown, and your cheese begins melting. Turn the sandwiches over and cook for another 3-4 minutes until the other side also turns golden brown. Continue cooking for one more minute until your cheese has melted completely. Slice every sandwich in half and serve immediately or wrap in tight foil and store in cooler.

### **CAMP-STOVE METHOD:**

Lay your slices of bread on a surface and top each with one-quarter of the artichoke mixture followed by one-quarter of the cheese. Place the remaining four slices on top.

Place a skillet over medium-high heat on the camp stove and melt the butter or heat the olive oil. Add sandwiches on single layers (you have to cook them one by one) and cook for 2-3 minutes until the bottoms turn golden brown and your cheese begins melting. Turn the sandwiches and heat for another 2-3 minutes until the other side turns golden brown. Continue cooking the sandwiches until your cheese has completely melted. You can serve immediately or wrap tightly in foil and store in your cooler.

## LENTIL SALAD WITH GOAT CHEESE AND BASIL

### Ingredients

- Eight ounces goat cheese (crumbled)
- A quarter cup julienned fresh basil
- Four green onions (thinly sliced)
- One-cup cherry tomatoes (halved)
- One head lettuce (such as Bibb, butter or romaine) torn into pieces
- Basic vinaigrette (preferably the one made with red wine vinegar)
- Half teaspoon ground pepper
- One-teaspoon kosher salt
- One clove garlic (minced)
- Two cups lentils (rinsed)



### Directions

Place your lentils in a saucepan and cover with cold water. Add the pepper, salt and garlic while boiling under medium-high heat using a camp stove. Remove your heat and transfer the mixture to a salad bowl, adding vinaigrette on top. Let your food cool for 20 minutes or more making sure you stir occasionally to ensure the lentils are well cooled.

After your lentils have cooled, add green onions, basil, tomatoes and lettuce then combine. Add cheese before serving.

## **QUINOA AND CHICKPEA SALAD**

### Ingredients

- Citrus salad dressing
- Four ounces feta cheese, crumbled in about half a cup
- Two tablespoons minced fresh basil
- Half small red onion (finely diced)
- One medium red bell pepper (seeded and diced)
- One medium cucumber (peeled, diced and seeded)
- Half cup pitted, chopped Kalamata olives
- One can chickpeas, drained and rinsed (15 ounces)
- Half teaspoon salt
- Two cups of water
- One cup of quinoa
- One tablespoon of olive oil
- Four large flour, spinach tortillas or sun-dried tomato

### Directions

Place a saucepan over medium-high heat on a camp stove and heat your olive oil. Add quinoa to cook while stirring for around a minute. Add salt and water and continue boiling. Reduce heat, and then cover and simmer for around 20 minutes until the liquid has been absorbed. Remove from source of heat, fluff the food with a spoon and let it cool for 15 minutes or more.

Combine the cucumber, olives, onion, bell pepper, basil and chickpeas in a large bowl to ensure they mix well. Add quinoa and cheese to this mixture and stir to mix well. Add the dressing and mix until they are well combined. When serving, add the quinoa mixture into the tortillas and roll up like a burrito.

## **SNACKS AND APPETIZERS**

### **SIMPLE, PERFECT GUACAMOLE**

#### Ingredients

- Two medium Hass avocados, pitted, peeled and chopped
- Half teaspoon salt
- Juice of half lime
- Two to three tablespoons spicy tomato salsa (bought from store) or homemade salsa

#### Directions

Smash the avocados using a fork in a medium bowl then mix in lime juice, salt, and salsa. Taste for seasoning and serve. The figure below shows simple, creamy, Perfect Guacamole.



*Simple, Creamy, Perfect Guacamole,*

Source: [www.slowcarbdietexperiments.com](http://www.slowcarbdietexperiments.com)

## SALSAS

### CHOPPED TOMATO SALSA

#### Ingredients

- One cup of chopped fresh cilantro
- Four medium tomatoes (chopped)
- Four red or green jalapeno chiles (seeded and chopped finely)
- Juice of two limes
- Half teaspoon salt
- One small red onion (chopped)

#### Directions



*Homemade Red Tomato Salsa,*

Source: [healthyvegrecipes.com](http://healthyvegrecipes.com)

Place your onion in a bowl and add salt while squeezing lime juice on top, and then set aside for 15-20 minutes. Insert the tomatoes, chiles and cilantro to the onion mixture then stir. Serve immediately. The figure below shows homemade tomato salsa.

### VARIATION

Tomato and corn salsa: Add a cup of fresh corn kernels along with the cilantro, tomatoes, and chiles.

### TROPICAL FRUIT SALSA

#### Ingredients

- Half teaspoon of salt
- One and a half cups chopped pineapple (canned, unsweetened is okay), papaya, mango or a combination
- Two to four green and red jalapeno chiles (seeded and chopped)
- Juice of one lime

Mix all these ingredients until they are well combined then serve.

### SMOKED SALMON CROSTINI

#### Ingredients

- Three green onions, thinly sliced or two tablespoons chopped chives
- Three ounces of thinly sliced smoked salmon
- One to two tablespoons prepared wasabi paste
- Olive oil spray or nonstick cooking spray
- Half baguette, cut into half-inch thick slices

Spray your bread slices on both sides using olive oil. Grill the bread over medium-high heat until

they turn brown on both sides. Spread every slice with wasabi and add a slice of salmon, and then sprinkle chive or green onion. Serve immediately.

## PEAR AND PROSCIUTTO BRUSCHETTA WITH BALSAMIC SYRUP

### Ingredients

- Pepper
- Balsamic syrup
- Eight paper-thin slices of prosciutto
- Two large, ripe pears, cored and sliced about 0.125 inches thick
- Four ounces Gorgonzola cheese or goat cheese (about half a cup, but this is optional)
- Olive oil spray or nonstick cooking spray

### Directions

Spray your bread on both sides using cooking spray or olive oil. Place on a grill, turning 2-3 minutes per side until both sides change color to golden brown. Add a little cheese (optional) on each bread piece, a slice of prosciutto and slices of pear. Add balsamic syrup and add pepper on top before serving.

## SAVORY CHEESE S'MORES

### Ingredients

- Sixteen bocconcini or any firm cheese cut into 16 cubes (one inch)
- Sixteen fresh basil leaves (this is optional)
- A quarter cup of sun-dried tomato pesto or

olive tapenade (bought from store)

- Thirty-two crackers, preferably whole wheat

### Directions

Set out two crackers and spread one with around one teaspoon of olive tapenade or pesto, for each s'more. If you are using basil, you can add it on top. Using a skewer or long stick, spear through the cheese cube or ball. In case you are using mozzarella, wrap your cheese in a paper towel and ensure you squeeze thoroughly to remove any extra water. Hold the speared cheese over an open fire and cook for about 2 minutes, turning the skewer to melt and ensuring the cheese turns brown on all sides. Using the dry knife, fork or cracker scrape the cheese onto the cracker with the basil leaf and spread. Add a second cracker on top to make a sandwich and eat immediately.

## BACON-WRAPPED GRILLED FIGS

### Ingredients

- Six slices bacon, cut in half
- Twelve small fresh, ripe figs

### Directions

Wrap every fig with a slice of bacon and thread a stick of skewer through three of the wrapped figs (leave some space between the figs). Thread another stick of skewer through the figs ensuring it is parallel to the first skewer/stick. Repeat with other figs and cook on the grill over high heat making sure you frequently turn for about 6-8 minutes until your bacon is ready. Serve hot to enjoy.

## ROASTED GARLIC

### Ingredients

- One large head garlic
- One tablespoon of olive oil

### Directions

Slice your garlic on the top and place it heads on a foil then drizzle with olive oil. Wrap in the foil and place on hot coals. Cook for around 30 minutes until your cloves are soft. Use tongs to remove from fire and unwrap the garlic to serve.

## PARMESAN BAKED APPLES

### Ingredients

- Four ounces good-quality Parmesan cheese (thinly sliced)
- Two large apples, peeled, cored, quartered, and cut into a quarter-inch thick slices
- Olive oil spray or nonstick cooking spray

### Directions

Sprinkle your aluminum foil with nonstick cooking spray or olive oil. Place one-eighth of your apple slices on every square foil in a single layer and add one-eighth of cheese. Repeat with other apple slices and cheese for every packet. Wrap your foil and cook on the grill for 10-12 minutes until the apple slices become soft. Place your apples on plates and add the syrupy juice on top to serve.

## VARIATION

Add one ounce of thinly sliced dry salami on top of your apple slice and cheese in each packet.

## INDONESIAN PEANUT DRIP

### Ingredients

- Two tablespoons bottled ketchup or chili sauce
- Juice of one lemon
- One to two teaspoons crushed red pepper flakes
- A quarter cup packed brown sugar
- A quarter cup soy sauce
- One cup peanut butter (preferably crunchy)
- Half a cup of water

### Directions

Mix all these ingredients in a saucepan or bowl until they are well combined. Serve immediately, you can also cover and cool for up to a period of a week.

## ENTREES

## BURGERS

### Ingredients

- Ketchup
- Lettuce
- Mustard (honey, Dijon, Whole Grain)
- Thinly sliced onion
- Thinly sliced avocado
- Thinly sliced tomato
- Yogurt Mint sauce
- Spicy peanut sauce
- Chopped tomato salsa, fire-roasted salsa or salsa bought from the store
- Simply perfect Guacamole
- Aioli



- Any cheese (Swiss, blue, feta, goat, cheddar)
- Cilantro
- Basic Barbecue Spice rub or barbecue sauce bought from the store
- Chili sauce
- Mayonnaise
- Relish

## CHIPOTLE TURKEY BURGERS

### Ingredients

- Half-teaspoon pepper
- Four ounces sharp cheddar cheese (grated or thinly sliced)
- Four hamburger buns (toasted)
- One teaspoon salt
- One teaspoon ground cumin
- Two seeded, minced canned chipotle chiles in adobo, with two tablespoons of sauce
- Two green onions (thinly sliced)
- One egg (lightly beaten)
- One and a quarter pounds lean ground turkey

### Directions

Mix the ground turkey, egg, sauce, green onion, pepper, salt, cumin, chipotles and sauce in a bowl to ensure they are well combined. Shape this mixture into sizeable patties. Over medium-high heat, grill the burgers for around 5 minutes until they are brown on the bottom. Turn the burgers and add a quarter of the cheese on every burger as you continue cooking for around 5 minutes. Cook until the burgers are well cooked, and the cheese is melted. Serve your burgers on toasted buns with your favorite garnishes.

## SOUTHEAST ASIAN TURKEY BURGERS

### Ingredients

- Four hamburger buns (toasted)
- One teaspoon of salt
- One jalapeno chile (seeded and minced)
- Two teaspoons of sugar
- Juice of two limes
- A third cup of packed chopped fresh mint
- A third cup of packed chopped fresh basil
- A third cup of packed chopped fresh cilantro
- Two cloves garlic (minced)
- One egg (lightly beaten)
- One and a quarter pounds lean ground turkey

### Directions

Mix the ground turkey, mint, cilantro, egg, garlic, sugar, lime juice, chile and salt in a bowl until they are well combined. Form sizeable patties from the mixture. Using medium-high heat, grill the burgers for 6-8 minutes until every side turns brown. Serve your burgers on toasted buns with favorite garnishes.

## SAN FRANCISCO CIOPPINO

### Ingredients

- One and a half dry red wine
- One teaspoon of pepper
- One and a half teaspoons of salt
- Half to one teaspoon of crushed red pepper flakes
- Two teaspoons of dried oregano
- One medium onion (diced)
- Four cloves garlic (minced)

- Two tablespoons olive oil
- Two and a half pounds fish (chopped into 2-inch pieces) and shellfish

### **Directions**

Using a camp stove, heat the oil over medium-high heat. Add onion and garlic while cooking and stir until the onion becomes soft and translucent. Add wine and cook for around 10 minutes until the food is reduced by half. Add broth and tomato puree then cover and simmer for around 30 minutes. Before serving, boil the broth a bit. Add shellfish and fish then simmer for around 7 minutes until the shells open and your seafood is well cooked

## **LEMON GARLIC SHRIMP**

### **Ingredients**

- Three tablespoons of butter (cut into pieces)
- Two pounds shrimp (thawed and peeled)
- Half teaspoon of pepper
- Half teaspoon of salt
- A quarter cup of minced flat-leaf parsley
- Three cloves of garlic (minced)
- Half a cup of white wine
- Juice and zest of one lemon
- Olive oil spray or nonstick cooking spray

### **Directions**

Spray your aluminum foil using the cooking spray or olive oil. Mix the lemon juice, parsley, pepper, salt, garlic, wine and zest in a bowl and ensure they are well combined. Mix with the shrimp. Place one-quarter of your shrimp at the center of your foil then fold the sides and add butter pieces

and a tablespoon of the marinade on top of the shrimp. Fold the foil to form a tight packet, leaving only space for heat and steam to circulate. Grill the packets for 15-20 minutes over high heat until the shrimp is well cooked. To ensure everyone has an excellent sauce for dipping, serve immediately.

## **WHITE BEANS WITH LEMON AND MINT**

### **Ingredients**

- Two ounces Parmesan cheese grated (optional)
- Half teaspoon of pepper
- Half cup packed chopped fresh mint
- Two tablespoons of olive oil
- Juice and finely grated zest of one lemon
- One teaspoon salt, plus more for tasting
- Four cups of water
- Two cans of white beans (14 ounces). The beans can be great northern, navy or cannellini, drained and rinsed.

### **Directions**

Place the beans with salt and water to boil. Lower the heat and simmer for around 10 minutes. Drain the beans while stirring in the mint, pepper, zest, lemon juice, and olive oil. Make sure the mix is well combined and taste if needed. Serve warm and add grated Parmesan cheese on top if you like.

## **THAI-STYLE VEGGIE CURRY**

### **Ingredients**

- A quarter cup of smooth peanut butter
- Two cups broccoli florets (cut into small pieces)
- Two cups cauliflower florets (cut into small pieces)

- Two cups diced butternut squash, pumpkin or acorn squash
- Two medium potatoes (peeled and diced)
- One can unsweetened coconut milk (15 ounces)
- Two cups vegetable broth or water
- One-tablespoon fish or soy sauce
- A quarter cup packed dark brown sugar
- A quarter cup Thai red curry paste
- One medium shallot or one small onion (diced)
- One tablespoon of vegetable oil
- One bunch fresh basil leaves, cut into ribbons, for garnish
- Cooked rice (for serving)

### Directions

Use a large saucepan to heat your oil. Add onion or shallot and cook while stirring for about 4 minutes until it is soft. Add curry paste and continue cooking while stirring for an extra minute or more. Add the fish sauce or soy, brown sugar, water or broth, and coconut milk while stirring to combine. Let the food boil and add potatoes then squash. Reduce your heat and simmer for around 10 minutes. Add cauliflower and continue simmering for another three more minutes. Add broccoli and continue cooking for another five minutes until your vegetables are tender. Stir your food in peanut butter and continue cooking until they are well mixed. Serve with rice garnished with basil.

## **COOKED VEGETABLES, GRAINS, AND OTHER SIDES**

### **GARLIC-AND-HERB MUSHROOMS**

#### Ingredients

- Garlic-Herb Butter
- One and a half pounds button or cremini mushrooms (quartered)
- Olive oil spray or nonstick cooking spray

#### Directions

Spray your cooking spray or olive oil on a foil. Place one-quarter of your mushrooms on the foil. Add one-quarter of the butter mixture on top of each mushroom and ensure it is well distributed. Wrap the mushrooms tightly with the foil leaving room for steam and heat to circulate. Grill your food for 25-30 minutes over the heat.

### **GINGER-STEAMED SNOW PEAS**

#### Ingredients

- Half cup chicken broth or water
- One-pound snow peas (trimmed)
- Salt for tasting
- Two teaspoons peeled and minced fresh ginger

#### Directions

Ensure you divide your snow peas evenly on your foil. Add ginger on top of the peas making sure it is well distributed. Add salt and fold the sides of each packet then pour one-quarter of the water or chicken broth. Fold the sides of your foil leaving only room for steam circulation. Grill the

foils over heat for 8-10 minutes until the peas are ready (crisp-tender) and serve immediately.

## GRILLED ASPARAGUS

### Ingredients

- Salt and pepper
- Olive oil spray or nonstick cooking spray
- One and a half pounds asparagus spears (trimmed)

### Directions

Lay your asparagus next to each other. Piece through them using a stick or skewer. Ensure one is near the bottom and the other near top to make some form of asparagus raft. Spray with cooking spray or olive oil and repeat this with the remaining. Grill for around 15 minutes while making sure you occasionally turn until tender. Sprinkle your food with salt and pepper before serving.

## GRILLED ZUCCHINI

### Ingredients

- Salt and pepper
- Olive oil spray or nonstick cooking spray
- Four medium zucchini

### Directions

Cut your zucchini into half lengthwise. Spray with cooking spray or olive oil and season using salt and pepper. Grill for 10-15 minutes over medium-high heat depending on your zucchini size. Ensure you turn your zucchini occasionally during the grilling. Once it becomes tender and

begins browning, your Zucchini is ready. Serve.

## CREAMY POLENTA

### Ingredients

- Half cup of grated Parmesan cheese
- Two tablespoons of butter
- Half teaspoon of salt
- One tube prepared polenta (18ounce)
- One cup of milk

### Directions

Use a large saucepan to heat the milk (do not boil). Add polenta and cook while stirring once the milk is hot. This should take around 5 minutes. Stir in the cheese, butter, and salt. Serve.

## COCONUT COUSCOUS

### Ingredients

- One teaspoon of salt
- One cup of uncooked couscous
- One can light coconut milk (14 ounces)

### Directions

Boil the coconut milk in a saucepan. Remove the heat and stir in salt and couscous. Cover and let for 5 minutes before fluffing with a spoon. Serve.

## CHEESY BISCUITS

### Ingredients

- Olive oil spray, butter, or nonstick cooking spray for greasing
- Eight ounces of grated cheese (around one cup)
- One egg (lightly beaten)



- Half cup melted butter (cooled)
- Three-quarter cup of buttermilk
- Two cups multi purpose baking mix

### Directions

Set your unmelted butter and cooking spray aside and mix all the other ingredients in a bowl until you have a soft, sticky dough. Cut out a sizeable chunk from the dough and roll into a ball then flatten into a patty. Repeat that with the remaining dough. Grease a skillet with cooking spray or olive oil then heat over medium-low heat. Once your pan is ready (hot), place your patties in the pan making sure they are in good contact with the pan. Cook for 4-5 minutes until both bottoms turn brown. Turn over and cook for another 4 minutes until they are well cooked. For this case, you may need to split open one to test if it is ready. Once ready, serve hot.

## POTATO AND FENNEL PACKETS

### Ingredients

- Six ounces goat cheese or feta cheese (optional)
- Olive oil spray or nonstick cooking spray
- One-teaspoon pepper
- One teaspoon salt
- Three tablespoons Dijon mustard
- One large clove garlic (minced)
- Quarter to half-cup olive oil
- One and a half medium fennel bulbs (thinly sliced)
- Three-quarter pound potatoes (thinly sliced)
- One large red onion (thinly sliced)

### Directions

Mix the fennel, potato and onion in a bowl until they are well combined. Stir in the garlic, pepper, salt, mustard and olive oil then mix until your vegetables are well coated. Spray your foils with cooking spray or olive oil. Divide your vegetable mixture equally among your foils and fold leaving room for heat and steam. Cook on a grill for 30-35 minutes until your vegetables are ready. Open the foil packet and add cheese over each before serving.

## OLIVE OIL ROASTED POTATOES

### Ingredients

- One-teaspoon pepper
- One teaspoon salt
- One tablespoon chopped fresh rosemary or thyme
- A quarter cup of olive oil
- One pound of small red new potatoes, halved or quartered if large
- Four medium shallots (peeled and thinly sliced)

### Directions

Mix the potatoes and shallots in a bowl and ensure they are well combined. Mix with salt, pepper, olive oil and rosemary/thyme and make sure your vegetables are well coated. Divide your vegetable mixture evenly among your foils and fold leaving room for heat and steam. Cook over the grill for 30-35 minutes until your vegetables are ready. Serve hot.

## FOIL-BAKED YAMS WITH SPICY CHILI BUTTER

### Ingredients

- Spicy chili butter
- Three cups peeled and diced yams
- Olive oil spray or nonstick cooking spray

### Directions

Place one-quarter of yams at the center of your foil (after spraying with cooking spray or olive oil). Add one-quarter of the chili butter on top of your yams and ensure it is evenly distributed. Seal the packets and heat for 30-35 minutes until your yams are soft. Serve immediately.

## DESSERTS

### BAKED CHOCOLATE BANANAS

#### Ingredients

- One tablespoon shredded sweetened coconut (optional)
- One-tablespoon semisweet chocolate chips
- One banana

#### Directions

Make a lengthwise incision of the banana (with the peel in place and leaving the underside of the peel untouched). Pull the banana sides apart and add chocolate chips inside. Wrap the banana with aluminum foil and bake for 10-15 minutes using high heat. Heat until your banana is hot and soft. Also, make sure that your chocolate has melted. Remove the foil and add coconut over your food if you like.

## VARIATIONS

Baked Bananas with Cinnamon: instead of chocolate chips and coconut, use brown sugar and cinnamon to bake as directed above

### MAGIC LAYER PIE

#### Ingredients

- One can sweetened condensed milk (14 ounces)
- One cup shredded, sweetened coconut
- One cup chopped pecans
- One-cup semisweet chocolate chips
- One and a half cups graham cracker crumbs
- A quarter cup of butter

#### Directions

Use a skillet to melt the butter. Lower the heat and add these ingredients in layers, starting with graham cracker crumbs, followed by chocolate chips, pecans, and last coconut. Ensure you spread out each element to form uniform layers. Add the sweetened condensed milk on top then cover tightly using a foil or lid to cook for 25-30 minutes over low heat. Cook until you notice thickening of the sweetened condensed milk. Remove from the heat and allow to cool before cutting into wedges or squares for serving.

### MAPLE-CARAMEL BAKED APPLES

#### Ingredients

- Two apples (type does not matter) cored, peeled and quartered
- A quarter cup of butter
- A quarter cup of maple syrup
- A quarter cup of packed brown sugar

### Directions

Mix the brown sugar, butter, maple syrup in a saucepan over medium heat. Heat while stirring until your butter melts and the sauce thickens slightly. This should take 2-3 minutes. You should be extra careful not to burn your sauce. Place two apple quarters on each foil then fold up the sides and add sauce over them. Wrap the foil and position over the grill to cook for around 15 minutes or until the apple is tender. Serve using bowls with sauce from the packet added on the top.

## **RUM-BAKED PEACHES**

### Ingredients

- Four peaches, peeled, halved and pitted
- Two tablespoons dark rum
- A quarter cup butter (cut into small pieces)
- A half cup of packed brown sugar

### Directions

Mix the butter and brown sugar until the butter is in small clumps. Add rum and mix until they are well combined. Place one peach half in your foil and add one-quarter of the sugar mixture on top. Top with the other peach half. Repeat this procedure with the rest of the peaches. Wrap foil around your peaches and place your packets over the grill to cook for 15-20 minutes or until the peaches are soft. Serve hot.

## **S'MORADILLAS**

### Ingredients

- Cinnamon for tasting
- Half-cup mini marshmallows

- Half cup semisweet mini chocolate chips
- Four small flour tortillas

### Direction

Heat two tortillas on a grill (use high heat). Add half of the chocolate chips and half the marshmallows into the tortillas then sprinkle some cinnamon. Place the other two tortillas above. Cook for 3-4 minutes until the bottom of your tortilla turns light brown and crisp. Carefully turn the tortillas and cook for another 3-4 minutes until the other side is brown and crisp. Cut into quarters and serve.

## **MEXICAN HOT CHOCOLATE**

### Ingredients

- Pinch salt
- Half cup of sugar
- One teaspoon of ground cinnamon
- A quarter cup of unsweetened cocoa powder
- Marshmallows, for garnish (optional)
- Four cups of milk
- A third cup of water

### Directions

Mix the sugar, salt, cinnamon and cocoa in a saucepan until they are well combined. Use medium heat to stir in water and boil. Cook for around 2 minutes then reduce the heat before adding milk. Continue cooking (no boiling) while stirring for another two minutes or more until your mixture is well heated. Serve hot, garnished with marshmallows if you like.

## EQUIVALENCES

UNITED STATES	METRIC
One foot	30.5 cm
One inch	2.5 cm
One ounce	28 g
One quart (2 pints)	960 ml
One cup	240ml
One tablespoon (3 teaspoons)	15 ml
One teaspoon	5ml

Below are some general guidelines for cooking meat, poultry, seafood, fruit and vegetables on the grill. Time can vary depending on the density and thickness of your meat as well as the differences in the grills used, the amount of heat, the grill rack, and the weather. These times are based on an average of these factors; therefore, you should be able to adjust your times accordingly.

Take note that after cooking large cuts of meat allow them to rest by covering loosely with foil for not less than 5 minutes before cutting. This gives the meat time for reabsorbing its juices. Also, remember that during this time, the meat will continue cooking a bit. Therefore, you should remove the meat from your source of fire just before it is done (according to you).

## BEEF

Steaks (1 inch thick)	Okay: 6-7 minutes per side Medium: 5-6 mins per side Rare: 3-4 minutes per side
Beef skewers	5-10 mins w/ regular turning
Larger cuts (like tri-tip)	15-120 minutes per pound with regular turning
Burgers (1.5 inches thick)	Okay: 6-7 minutes per side Medium: 5-6 mins per side Rare: 3-4 minutes per side

## PORK

Pork Skewers	10-12 minutes with regular turning
Pork loin roast	Around 20 minutes per pound with regular turning
Loin chop (one inch thick)	8-10 minutes per side
Boneless chops (three- quarter inch thick)	7-8 minutes per side

## POULTRY

Chicken skewers	10 min w/ regular turning
Chicken breasts (bone in)	12-15 minutes per side
Chicken wings, thighs, drumsticks (bone in)	7-8 minutes per side
Chicken thighs (boneless)	4-5 minutes per side
Duck breast (skin- less, boneless)	8-10 minutes per side
Chicken breasts	7-8 minutes



## LAMB

Lamb skewers	10-15 minutes per side
Loin chops (bone in, 3 inches thick)	Okay: 10-12 mins per side Med: 8-10 mins per side Rare: 6-8 minutes per side
Loin chops (one inch thick, bone in)	Okay: 7-8 minutes per side Medium: 5-6 mins per side Rare: 3-4 minutes per side

## FRUIT

Peaches or apricots, halved, wrapped in foil	10-15 minutes
Bananas, cooked in peel, wrapped in foil	10-15 minutes
Apples, sliced, cooked in foil	10-15 minutes

## FISH AND SHELLFISH

As a rule, always allow 7-8 minutes per inch thickness

Dams, mussels, oysters, wrapped in foil	8-10 minutes
Dams, oysters, mussels	5 minutes
Scallops, squid, prawns	15-20 minutes
Sea scallops	2-3 minutes per side
Large prawns	3-4 minutes per side
Whole large fish (more than 3 pounds)	15 minutes per side
Whole small fish (like trout)	5-6 minutes per side
Filets (0.5 inches thick)	2-3 minutes
Filets (0.5 thick), wrapped in foil	8-10 minutes
Filets (one inch thick), wrapped in foil	15-20 minutes
Fish steaks (one inch thick)	3-5 minutes

## VEGETABLES

Tomatoes, halved, wrapped in foil	10-15 minutes
Potatoes, sliced, wrapped in foil	30-35 minutes
Potatoes, whole, wrapped in foil	45-50 minutes
Peppers	5 minutes per side
Onions, whole, wrapped in foil	25-30 minutes
Onions, on skewers	5 minutes per side
Mushrooms, wrapped in foil	15-20 minutes
Mushrooms, on skewers	5 minutes per side
Eggplant	5-6 minutes per side
Corn, whole cob, cooked in husk or foil	10-15 minutes



## PREPARING FOOD SAFELY

To prepare your food safely, you need to consider the following:

- Keep raw poultry, seafood and meat away from other foods
- Always wash your hands thoroughly with anti-bacterial soap before and after handling any food
- Always thaw frozen seafood, poultry or meat before cooking to ensure it evenly cooks
- Frozen foods need to be thawed in a cooler at 400F or below. Make sure the poultry, meat or seafood (being thawed) is well wrapped to avoid soaking your other foods with the juices
- Place your food in a leak-proof plastic bag and immerse the bag in cold water to thaw your food quickly. Ensure you change the water after every 30 minutes until your food is completely thawed, then cook immediately
- Do not use the same utensils or dishes for both cooked and raw seafood, poultry or meat
- Always keep marinating your meat in a cooler ( temperature should be 400 or below)
- Use hot soapy water to wash your hands, work surfaces and board after cutting raw meat

Enjoy your campfire cooking.

### References

**Donovan, Robin (2013-04-30). *Campfire Cuisine: Gourmet Recipes for the Great Outdoors*. Quirk Books. Kindle Edition.**

**Couch Peg (2012-05-01). *Easy Campfire Cooking: 200+ Family Fun Recipes for Cooking Over Coals and In the Flames with a Dutch Oven, Foil Packets, and More!* Fox Chapel Publishing. Kindle Edition.**

**Hamilton, Monica (2015-03-19). *Camping 101: Your Guide to Secrets, Tips, and Tricks to a Great Outdoor Adventure (Beginner's Guide to Camping Hacks)*. Kindle Edition.**

**Crawford, Cindy (2014-08-13). *Camping Gear: Learn How to Camp Out*. Kindle Edition.**

