

# Take-along Foods You Make at Home

Before you leave the comfort & convenience of your own kitchen, there's a lot you can do to get your trail supplies prepared. Baking, packaging, & mixing at home will make your life much easier on the evening you arrive late at your campsite pursued by darkness & hunger.

## Trail Breads

Hearty, rich & satisfying, trail breads are almost a meal by themselves. Add peanut butter, honey or jam & they are a complete lunch. Breads can be frozen until you are ready to depart. Keep the slices tightly wrapped until they are served.

### Trapper's Oat Bread

Yield: 8 - 5-oz. trail slices  
Keeps for 2 weeks in mild weather.

1 cup Unbleached White Flour  
3-1/2 cups Oatmeal  
1/2 cup Dry Milk Powder  
1/2 cup Honey  
1 cup Butter or Margarine, softened  
1 Egg, slightly beaten  
2/3 cup Raisins  
1/2 cup Chopped Dates  
1/2 cup Sliced Almonds, Pecan Chips, or Chopped Walnuts  
Shortening

Cream together the margarine & honey. Add the slightly beaten egg & blend well.

Mix the flour, oatmeal, & dry milk in a large mixing bowl & sift the mixture with your hands until the ingredients are well combined.

Add the margarine, honey, & egg mixture to the dry ingredients in the large mixing bowl. Mix well, then add the raisins, dates, & nuts. Stir well.

Using a good load of shortening on a paper towel, grease a 9x13x2-inch cake pan. Spread the batter into the pan. Bake at 300-degrees for 45 to 50 minutes. The bread will be a warm bronze color when done.

Cut the bread into 8 slices. Let the slices cool slightly, then remove them from the pan. Allow the bread to dry on a baker's rack for 15 to 20 minutes before wrapping in plastic or foil. A slice of this bread spread with honey or peanut butter is a filling lunch on the trail. A half-slice makes a good dessert after the evening meal.

### Best Guide's Bread

Yield: 16 - 4-oz. trail slices  
Keeps for 2 weeks in mild weather.

6 cups Unbleached White Flour  
1 cup Wheat Bran  
1-1/2 cups Brown Sugar  
1 cup Dry Milk Powder  
2 tsp. Salt  
2 cups Water  
1 cup Honey  
1 cup Safflower Oil  
2-1/2 cups Raisins  
1 cup Sliced Almonds, Pecan Chips, or Chopped Walnuts  
1 cup Chopped Dates

Put the flour, bran, sugar, dry milk, & salt in a large mixing bowl & sift the mixture with your fingers until the ingredients are well blended. Combine the water, honey, & oil; add this mixture to the dry ingredients. Stir well. Add the raisins, dates, & nuts to the batter, stirring well to distribute the fruit evenly.

Grease two 9x13x2-inch cake pans. Divide the batter equally between the 2 pans & bake in a 300-degree oven for 1 hour. Let the bread cool slightly, then cut into 16 slices. Air dry the bread on a baker's rack for 15 to 20 minutes before wrapping in plastic or foil.

### Bran Nut Muffins

Yield: 18 - Large 2-oz. muffins  
Keeps 10 days in mild weather.

1-1/2 cups Boiling Water  
1 cup Raisins  
1/2 cup Chopped Dates  
2/3 cup Brown Sugar

# Take-along Foods You Make at Home

2 Tbs. Safflower Oil  
1 Egg, slightly beaten  
2 cups Unbleached White Flour  
1 tsp. Salt  
1 tsp. Baking Soda  
2 tsp. Cinnamon  
1-1/2 cups Wheat Bran  
2/3 cup Chopped Walnuts

Pour the boiling water over the raisins & date pieces in a small bowl. Let the mix cool to lukewarm.

Add the brown sugar, oil, & egg to the water & fruit.

Put the flour, salt, soda, cinnamon, & bran in a large mixing bowl & sift the combination with your fingers. Combine the dry ingredients with the liquid mixture. Mix well, add the nuts & fill well-greased muffin tins with the batter. Fill each muffin cup about 3/4 full. Bake for 20-25 minutes in a 400-degree oven.

Allow the muffins to cool slightly, then remove from the pan. Wrap the muffins in foil or plastic. These muffins freeze well, but will keep fresh for 10 days without refrigeration.

## Drink Mixes

Prepackaged & re-packaged to save time & weight on the trail, they help to hide the taste of water purification tablets.

## Other Beverages

Fruit flavored, pre-sweetened drink powders offer the hiker refreshment on the trail or after the day's trek.

Strawberry, orange, lemon, & chocolate drinks are available in boxes of individual packets on your grocer's shelves. Remove the envelopes from the boxes they are sold in & put them in re-sealable plastic bags. A strip of masking tape with directions for mixing written in indelible marker will help you in on-the-trail preparation.

Powdered dry milk can be stored in sturdy plastic re-sealable bags. A 1/3 cup measuring cup can be packed in the milk bag. To mix 1 cup of milk, add 1/3 cup of milk powder to a 7 or 8 oz. cup of purified water.

## Seasonings, Shortenings, & Condiments

Salt, pepper, mayonnaise, mustard, & relish are available at wholesale food stores in individual serving sizes. Check with your local grocer if you do not have such a store in your area.

Pack all your seasonings & condiments in 1 large, freezer-weight zippered plastic bag, & mark it with a colorful sticker or piece of colored tape for easy identification. In addition to the items listed above, include at least a 1/4 lb. of shortening in a plastic bag. The most convenient variety for backpackers is packaged as four 1/4 lb. sticks to a box. This vegetable shortening requires no refrigeration.

Many campers, hiking in the high country, like to include margarine in their "pantry." Probably the easiest form of butter substitute spread is the variety packaged in a squeeze bottle.

Seasoning salt can be found on your grocer's shelf. A dash of this flavorful substance will work wonders on packaged soup mixes & 1-dish meals. Simply pour the seasoning salt into a freezer weight zippered plastic bag. 2 oz. will be enough to carry for a 4-5 day trip.

2 items which will add spice & flavor to your trail meals, & weigh only a few oz. are 1) a plastic bag of herbs and spice mix & 2) a few packets of butter buds. The latter item can be found at your grocery. The "buds" are natural butter-flavor granules packaged in 1/2 oz. packets & sold in boxes of eight packets per box. This product can be sprinkled dry over the noodle, rice, & potato recipes in this book. The granules also can be sprinkled over scrambled eggs or added to soups & gravies.

The spice mixture can be blended at home using spices & herbs from your spice cabinet or purchased ready-mixed from your grocer. In either case, you will want to pack the mixture in a sandwich-size resealable plastic bag.

## Herb Mix

1 tsp. Oregano  
1 tsp. Basil  
1 tsp. Sesame Seeds  
1/2 tsp. Crushed Thyme  
1/2 tsp. Crushed Rosemary  
Dash of Garlic Powder

## Take-along Foods You Make at Home

Combine all the ingredients in a sandwich size plastic bag. Seal the bag & shake to mingle the herbs. Use sparingly in instant soups & main dish meals.

### Other Items to Add Flavor to Your Trail Meal

Peanut butter, a perennial favorite of backpackers, can be packaged in freezer-weight resealable plastic bags.

Jelly can be put in lightweight plastic squeeze containers. Allow about 1 cup per person for a 5-day jaunt. Honey can be found at the grocery already packaged in squeeze bottles of 6 or 12 oz.

### Crackers & Crispbreads

Wasa Hearty Rye Crispbread & Sesame Crispbread are good crackers for the camper. They are thick rectangles of fiber that take very well to peanut butter, canned cheese, deviled ham or chicken. They weigh very little & will go well with a bowl of soup or a plate of scrambled eggs.

### Pasta & Rice to add to Packaged Meals

An 8 oz. package of 1/2-inch (medium) width noodles & a 7 oz. box of instant rice will enable you to increase the quantities of the 1-dish recipes. By adding 1 cup of noodles or 1/2 cup of instant rice to packaged or freeze-dried dinners, you will increase the serving sizes.

### Simple Desserts

A variety of flavors of instant puddings are available & can be mixed on the trail with a minimum of effort. Remove the envelopes from the boxes & put them in plastic bags. Write the directions for mixing on a strip of masking tape & stick it on the bag. Combine the mix with dry milk powder & clean water on the trail.

Cheesecake mixes can be divided & will provide dessert for 2 meals. A piece of the Best Guide's Bread can be crumbled for the crust. As there are recipes for pie-pan breads (like Blueberry Bread or Skillet Breads), an aluminum pie pan or 2 are handy additions to the trail kitchen & add very little weight. Use 1 of the pie pans for your cheesecake.