

Dragon Skin Lightweight Cooking

These recipes have been sourced from many sources: Campfire Circle (www.scouts.com.au), Australian Scout Magazine, various magazines, cookbooks of mine and picking the brains of several people. Not all have been tried by me but look tasty and simple to cook. Andrew Laws

Hike food hints

Carry oil in 300ml coke or similar plastic bottle.

Plastic bottles in camping stores with screw on lids or pour lids will carry liquids.

Peanut butter/ jam/ honey carries well in refill squeeze tubes from camping stores.

Plastic peanut butter or honey bottles will carry rice without spilling.

Salami or twiggly sticks- sliced can be used instead of tuna in most recipes.

Pre-measure all ingredients.

Store in zip-lock bags and all in one zip lock bag or draw string with the ingredients for whole meal; add the recipe, hand written, to the bag.

Carry food in bottles that originally contained food. (Don't use film containers/ chemicals may leach.)

A small thermos filled with hot water will make hot drink stops quicker. Re-boil the billy while drinking and hot water will always be available, makes it quicker if a person comes down with hypothermia to give a hot drink. Choose a thermos that is lightweight.

Colour code food bags eg. Blue for Breakfast, Light green for Lunch, Dark Red for Dinner, Orange for Other foods to make it easy to find each meal, especially for long trips.

Try out recipe before trip on your hike equipment. Is it enough to eat? does it need any thing added? do you like it?

Cherry tomatoes carry well in a Billy and keep well.

More recipes:

Read the food magazines in the supermarket many recipes for busy people can be used or adapted for hikes to they contain non- perishable foods and are quick to cook.

Selecting your food for a hike will be determined by the length of the hike, the type of cooking equipment, climate you are travelling in, time available to cook meals, your experience in cooking and of course your personal likes in food.

Travelling in 30 Deg + temps in Northern Australia requires different foods than in Tasmania -3 Deg or in snow. Your calorie requirements will be higher in cold climates and your water requirements will be higher in hot weather. Keep in mind that in hot weather you will not be able to take frozen meat or meals, as it will defrost to quickly as will regular cheddar cheese- use processed cheese instead. Cold weather will require higher calorie intake to keep you warm. Travelling in areas with limited fresh water will need more fresh or canned food as you carry the water anyway.

Some handy ingredients

and where to find them in your local supermarket.

Tuna in foil packs are easy to carry.

Grated Parmesan cheese

Tomato paste in foil sachets fairly lightweight.

Dried onion }

Garlic }

Mushrooms }

Tomato

Tomato paste (dried)

Surprise peas, beans, corn

TVP or Textured Vegetable Protein (it looks like dried mince) can be used instead of meat in tomato and stew mixes. It is available in boxes in the health food section and bulk in some health food stores. Soak for a short while and cook about 20min.

Beef jerky is a spicy dried meat- chop and soak and add to stew type mixes.

Ghee (butter heated and milk solids removed) will travel without going rancid and give a butter flavour

Canned Fish section

Pasta section

Pasta section

Herb section

fruit & veg section

pasta but may be in other section

canned Veg section

Light Weight Hike Foods

All may not be available now.

Food	size	serves	cost	cook time
UHT Milk	125ml	1	50c each	
UHT milk	200ml	1	6 / \$2.55	
Pasta Snack (several flavours)		1	.90c	5min
Rice n More (several flavours)		3-4	\$1.38	6min
Rices of World (several flavours)		4 1/3 or 1/2 cup	\$1.49	8min
Pasta and Sauce (several flavours)		4 1/2 cup	\$1.49	10min
Couscous plain	500g	4-5	\$1.95	add boiling water, stand
Pizza Sauce	140g	1-2	.85c	
Grated Parmesan cheese	100g		\$1.49	
Tuna (several flavours)	100g	1	1.28	
3 min Pasta (real pasta)	300g	3-4	.99	3min
9 shapes available				
Rice Cook in bag	5 bags	2	\$2.75	boil 15min
Quick Custard	1	375ml	.92	
add boiling water				
VEGETARIAN SUPPLIES				
TVP roast mince flavour	200g	4-6 (70g +)	\$2.69	soak 15min + 10-15 cook
Soy feast pasta mix (bolognaise sauce mix)	200g	4	\$2.99	10min

BREAKFAST

Milk

To make powdered milk- 2 heaped tablespoons of milk powder with (250 ml) 1 cup water

Condensed milk- add ¼ cup to ¾ cup water

Cerevite cereal

Add milk or water & powdered milk mix to required amount and bring to boil, cook for 2-3 min

Instant oats

Oat temptations

Oat sensations Oat and fruit blends of instant oats.

In single serve sachets; add water and bring to boil, simmer 1 min.

Cereals/ muesli

Cereal in mini packets with 125ml long life milk or water & powdered milk.

Or favorite cereal in ziplock bag (use the bag as a bowl).

Muesli bars and Breakfast bars

Various bought bars (can be expensive).

Biscuits

Vita-wheat or similar biscuits spread with peanut paste, honey etc (do not pre-make as the biscuits go soggy).

Toasted Muesli

Make before camp and carry individual serves in zip lock bags.

Serve with long life or powdered milk & water.

Makes 4-6 serves.

2 cups rolled oats

2 tab skim milk

¼ cup coconut

2 tab chopped nuts

¼ cup wheat germ

2 teas sesame or sunflower seeds

2 teas butter

1 tab honey

½ cup sultanas

¼ cup currants

½ cup processed bran

Mix together 1st six ingredients

Melt butter & honey pour over dry ingredients

Mix though. Spread over baking tray and bake at 180* for 15 min. moving mix every 5 min to brown evenly, until it becomes crunchy.

Stir through fruit and bran. Store in airtight container.

Serve with fresh fruit/ yoghurt/ milk.

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Drinks

Vitafresh

drink powder

Mix ¼ pack with 250ml water to make a Vitamin C rich drink.

Tea/ coffee

Tea is better than coffee as it refreshes you much better than coffee.

Milo

3 teas milo 2 tab powdered milk with water to a thin paste add hot water to fill cup.

Herbal teas

require no milk , sugar or honey can be added to sweeten.

Water is fine

LUNCH

Sandwiches/ rolls

Any that will keep/ add frozen fruit drink to keep cool for the first day

Wraps keep better than sandwiches.

Pocket bread

Muffins

Home made savoury muffins- corn or cheese and tomato etc.

English Muffins

are great (with vegemite and cheese) and some carrot sticks (juicy), English Muffins last longer than bread.

Biscuits

Ryvita or vita-wheat don't crush as easy as other types (do not pre-make as the biscuits go soggy).

Serve with

Salami or twiggy sticks,

Cheese - try those single serve slices or Kraft processed cheese, (blue box, doesn't need refrigeration)

Processed cheddar cheese keeps well

Celery and Carrot sticks.

Pickled vegetables- carry in small amount of own liquid.

Sundried tomatoes or capsicum in oil

Peanut butter, Vegemite, Honey

Fruit

Fresh, Apple, Orange, Mandarin

Dried fruit try, Dates, Figs, Apricots, Mango, Pawpaw, Sultanas etc

Fruit in jelly packs

Puréed or chopped snack packs

SNACKS

Dried fruit, Dates, Figs, Apricots, Mango, Pawpaw, Sultanas etc

Nuts

Scroggin: mix your choice of sultanas, chocolate, smarties or sugar coated lollies, raisins, flaked coconut, coated almonds, nuts.

Muesli bars- choc top- yoghurt top

Chocolate (be careful of melting)

Fresh fruit

Nutra-grain cereal or similar

Lollies

Cup of soup and snack shapes in cold weather.

DINNER

Pre Dinner (it's just more civilised)

Cup a Soup

Single serve Cup a Soup and boiling water- serve with a savory biscuit

Chips and dip

Single serve chips or corn chips with a small amount of dip or salsa -look for long life packs

Onion dip

Single serve French onion soup mix with 1-2 tab water and ¼ cup powdered milk & 1-2 teas vinegar

Stand for 15min to thicken.

Pate

Tin of pate and biscuits (look in canned meat spread section of supermarket)

Nuts

A hand full of mixed nuts per person

Savoury biscuits

Single serve pack of savoury biscuits (Shapes!)

Drinks

Cordial

Powered tang or others

Milo

Miso Soup -single packs available in health food section of supermarket

Water.

Lentils

Chunky Chilli

Serves 2

1 cup red lentils

¼ cup tomato paste powder or 4 tablespoons tomato paste (reduce water)

1 tablespoon onion flakes

1 teas cumin

1 teas oregano

½ teas salt

¼ teas dried garlic

2 tablespoons cornflour mixed with water to a smooth paste

Combine all ingredients except cornflour.

Bring 4 cups of water to boil. Add mixture and return to the boil before covering and simmering for 15min. stir regularly, thicken with cornflour.

Serve over sliced cheese in a bowl.

Eat with slabs of bread or flat bread.

Pasta or Noodle

Tuna Mornay

Serves 1

½ cup pasta

Packet white sauce mix

Foil pouch tuna

Dried onion, garlic, beans or peas & corn mix

Dried mushrooms

3-4 sundried tomatoes

Grated cheese

Boil ½ cup pasta, drain

Soak 1 teaspoon dried onion, ¼ teas dried garlic, ¼ cup surprise beans/ peas & corn, 10 pieces dried mushrooms, 3-4 sundried tomatoes, chopped, in warm water.

Make up packaged white sauce as directed.

Add one foil pouch of tuna (plain or flavoured) and vegetables Mix.

Reheat white sauce, tuna & soaked vegetables.

Serve sprinkled with cheese.

(Variation boil an egg (with pasta) and add chopped egg to mix.)

Pasta and cheese

Block cheese travels well - is great chopped up and mixed through drained pasta –

Maybe add a little dried parsley too.

Pasta and Tuna with Vegetables

Serves 1-1 pot

Boil ½ cup pasta (put in bowl) with water – (don't drain)

Soak 1 teas dried onion, ½ teas dried garlic, ¼ cup surprise peas & corn, 10 pieces dried mushroom in bowl with pasta & hot water (10-15 minutes) longer the better.

Add 1 teas mixed dried herbs, 1 foil pack tuna, 1 tablespoon dried tomato paste. Reheat until corn, peas & mushrooms are soft

Sprinkle with grated Parmesan cheese.

Pasta & Sauce.

1 packet of continental pasta & sauce any flavour

Add some dried peas and chopped twiggle sticks (salami) or bacon bits.

Pasta mix and match

Pasta, boiled and drained

Sauce, packet soup mixed with milk (half recommended amount, instead of water) and

Cornflour to thicken.

Spag Bolognese.

Use one of those maggi mixes, use dried mince if you can get it otherwise cook some fresh mince and freeze, add dried onion flakes and dried mushrooms, some sundried tomatoes and some tomato paste, serve over quick cooking noodles.

Pasta With Tomato sauce and various toppings

Serves 2

1 med onion finely chopped (or 1 teaspoon dried & soaked)

1 tab oil

1 clove garlic (or ¼ teas dried)

1 teas sugar

2 tab tomato paste (or dried)

1/2 cup water

4 soaked dried tomatoes- diced

1 cup pasta

Grated cheese to serve

Gently fry raw onion in oil if using, add water and dried onion pieces with all other ingredients. Bring to boil and gently simmer for 5-10 min until soft.

Cook and drain pasta, place in bowl and add sauce.

Place topping over and add grated cheese to serve.

TOPPINGS

Bacon bonanza

1 rasher bacon chopped or chopped bacon

½ clove garlic

1 tab chopped parsley or basil.

Fry bacon until crisp, add garlic and herbs remove from heat immediately. Scatter over tomato pasta.

Spicy Sausage

½ tab oil

½ green capsicum, cut into strips

6 thin slices spicy sausage/ salami

1 tab strips of olives black or green

Heat oil, fry capsicum for 5 mins cover and cook 3-5 mins more or until soft.

Add Sausage and olives and warm through in covered pan.

Scatter over pasta mix.

Neil's Noodle Special

Serves 1

1 packet Maggi 2 minute noodles (discard flavour sachet)

½ cup sliced salami

½ cup grated or chopped cheddar or processed cheese

2-3 sliced sundried tomatoes soaked

1 teaspoon mixed herbs

Cook noodles in water- drain and leave in billy

Add other ingredients and gently reheat if required until cheeses just starts to melt.

Rice

Fried Rice

Serves 1

Boil ¼ cup white or quick cook brown rice until tender (drain and set aside to cool)

Soak 1 teas dried onion, ¼ tes dried garlic in a little water.

Boil surprise ¼ cup peas or beans 10 pieces dried mushroom ¾ cup sundried tomato sliced, until tender.

Fry 1 lightly beaten egg and slice into strips when cooked

Heat 2 teas oil and reheat rice, drained vegetables and egg.

Sprinkle 1 teas mixed herbs and 1-tablespoon soy sauce on top and mix in.

Sun rice's Express rice snack

Serves 1

3-minute plain rice. [Sun rice's Express rice snack, it comes in a small pack like two minute noodles and has enough plain rice for one and a flavour satchel (discard)]. Instant rice, great with any meal

Read instruction on pack to rehydrate.

Add- some dried mushrooms and onions and a small can of corn and mushroom soup over rice.

Beef in Black bean sauce

Beef in Black bean sauce, sliced beef cooked and frozen, fresh capsicum and onion (you can use dried) and a Maggi or continental sachet of Beef in Black bean sauce mix, serve over some quick cooking rice for best taste use XXXXX Black Bean Paste, available from Coles

Tuna & Rice meal

Half a cup of rice, a stock cube and half a cup of dried peas.

Add two cups of water and boil for ten to fifteen minutes, stirring constantly.

Add a sachet of flavoured tuna.

(Works faster if you cook and dehydrate the rice before you go.)

Mushroom Rissotto (From Trangia instruction booklet).

Uses quick cooking rice.

½ stock cube

Dried Mushrooms

Dried parsley

Leek Sliced

A little oil

Salt and pepper

Cook rice in water with stock cube, fry soaked mushrooms and leeks until brown, mix with rice season with parsley and black pepper.

Couscous

Couscous Primavera

Serves- 4

1/2 tablespoon olive oil

1 garlic clove Crushed or (¼ teaspoon dried)

1 chopped onion (1 teas dried)

2 cups sliced mushrooms (½ cup dried)

1 large carrot, grated

1/4 teaspoon salt

1/2 teaspoon black pepper

3/4 teaspoons dried oregano -- crushed

1 cup diced plum tomatoes(¼ cup dried tomato sliced)

3 cups fat free or lowfat milk (2 ½ cups water & ½ cup powered milk)

1 cup dry couscous

1 cup grated parmesan cheese

1/4 cup fresh basil leaves -- chopped, optional

Soak all dried ingredients

In a saucepan, combine the olive oil and garlic and cook over medium heat until the garlic starts to sizzle. Add the onion, mushrooms, carrots, salt, pepper and oregano and continue to cook, stirring frequently, until the onion is soft and translucent. Add the tomatoes and milk and bring to a boil. Stir in the couscous. Remove from the heat and cover tightly. Allow to stand for 5 minutes.

Uncover and stir in the Parmesan cheese. Serve immediately. Top each serving with a tablespoon of chopped basil, if desired.

Couscous with Sundried Tomatoes

Serving 3

1/3cup sun-dried tomatoes (dried, not oil packed) sliced thinly
1/4 cup onion flakes
1/3 teaspoon garlic powder or dried
1 ½ cups water
1 stock cube
1 ¼ cups couscous

Combine tomatoes, onion flakes, garlic powder, and water & stock cube Bring to a boil over high heat. Stir in couscous; reduce temperature to low, cover, and simmer 5 to 8 minutes, until all liquid is absorbed.

Shiro Wot

Serves 2

Pour 1 cup boiling water over 1 cup Couscous in bowl, cover and leave.

Fry diced onion in [margarine and water] or oil , add 1 table tomato paste, thyme, mixed spice, paprika and lastly 1 cup peanut butter or (ground nuts) salt & pepper to taste.

Serve over couscous.

Burrito's or Bread

Chilli Bean Burritos

Serves 2

Soak 1 teas dried onion & ¼ teas died garlic in a little water.

Heat small tin red kidney beans or baked beans add 1 tablespoon dried tomato paste, ½ teas chilli powder or (to taste), a few sliced cherry tomatoes or sundried tomatoes and soaked garlic & onion.

Serve in a long life burrito bread or pita bread (reheat in a dry frypan) with cheese slices and roll up like a kebab.

Potato

Deb Potato meal

Try DEB (dehydrated mashed potato) reconstituted as per instructions with tuna which you can get in a sachet now.

Mix And Match Meals

Mix and Match main meal.

The other way to go is a mix and match method.

1. You need a base (rice, noodles, pasta, etc),
2. A sauce (tomato paste, cup o soup, gravy, etc.), Or pasta and sauce mix for 1 & 2
3. Vegetables (dried peas, carrots, corn, onions, etc.) and
4. Protein/fat (tuna, chopped salami, chilli oil, etc.)
5. Optional- flavour- add curry, chilli, mustard, herbs, garlic to vary flavours

Mix in a zip lock bag before trip.

Add to billy with (1-3 cups) water and heat. Stir to stop sticking.

(Too much water is better than not enough. You need the fluid anyway.)

Mix and Match

To make a complete meal take one ingredient from each column mix in zip loc bag and you'll have a good meal ready to cook. Bases marked * they don't need a sauce.

Base (choice 1)	Sauce (choice2)	Vegie (choice 3)	Protein (Choice 4)
½ Cup rice	Hearty beef Cup-a –soup	Dried peas	Chopped twiggie sticks or Salami
100gms pasta (spiral, spaghetti, tube etc)	Cream of chicken Mushroom/ celery soup Cup a soup	dried carrots & peas dried peas & corn	pre fried bacon strips
Pasta & Sauce* 2 minute noodles	Tomato Cup a coup Curry powder	dried onion fried mushrooms & capsicum	100gms lentils precooked beef strips
Rices of the world*	Stock cube Beef, chicken or bacon	Fresh chopped cauliflower or broccoli	Dried or tinned Tuna

Frozen/ fresh/ dried mixes

Mix frozen, fresh and dried food for a semi light meal.

They easily last to a second night in cool conditions.

Dried Mushroom Strips in Soy Sauce

5-6 dried mushrooms (med size) soak in 1 Cup warm water up to 1hr

1 tab sugar

2 tablespoon soy sauce

Reserve soak water, remove stems from mushrooms (discard stems) and cook in soaking water 3-4 min, skim of scum.

Add sugar cover and cook for 3 min.

Add soy sauce and cook covered for 5 min longer.

Uncover and continue cooking until liquid is almost evaporated. Cool and shred into fine strips.

Serve with steamed rice or pasta.

DESSERT

Fruit

Dried fruit

Soak ¼ cup dried fruit mix in 2-3 tablespoons boiling water then mix in 1 tablespoon powdered milk.
(Tropical mix for breakfast topping works well)

Try with powdered coconut milk.

Tub of “canned” fruit & juice with custard or powdered milk mixed in

Apple Crumble

Soak a handful (1/4-1/2 Cup of DICED dried apples) in water (1 Cup) on arrival at camp
Stew soaked dried apples while dinner is being eaten.

To serve sprinkle with toasted muesli and serve with custard.

Custard

Instant/ Quick Custard

Look for instant custard just mix with powdered milk & boiling water.

Egg Custard mix

Mix with milk and simmer until thickened (like thin cream)

Will thicken on standing or set firm over longer time.

Cottees instant pudding mix (or other brands)

Vanilla or Chocolate.

Mix 2 tablespoons of mix with 3 tablespoons milk powder and 2/3 cup water allow to sit.

Use juice from tinned/ soft pack fruit (you carried it you may as well eat it.)

Powered milk

A thick mix of powdered milk and water will make a Custard replacement.

Cake

Look for individually wrapped cake portions to eat with custard.

Jelly

In cool weather make up a jelly using less water and allow to set.

TimTam Slammer

Serves 1

Milo & TimTam

Make hot milo: mix 3 teas milo & 2 tab powdered milk with water to a thin paste add hot water to fill cup.

Nibble of 2 opposing corners of TimTam and then use as a straw to drink milo.

Baked apples

Core an apple at home and stuff with sultanas and sugar: white or brown wrap in foil

Cook in the coals while eating main meal.

Toasted Marshmallows

1 skewer or stick and toast away over open fire or candle.

Make some' mores: toast and sandwich between choc-coated biscuits (choc wheaten).

Other desserts

Check out the dessert/ cake/ breakfast / special diet and fruit aisles of your local supermarket to see what is available. Most foods that are on the shelf require little refrigeration in their original package and will carry on hikes.