

## Recipes from Felicia

### Turmeric Chai Latte

Yield 1 servings.

¼ cup milk powder

1 tsp turmeric chai latte powder

2 – 3 tsp sugar (optional)

1 cup of water

At camp, bring a cup of water to a boil. Meanwhile pour the turmeric chai latte powder mixture into the mug. Add a couple table spoon of boiling water into the mug and stir the mixture until you have a smooth paste. Add the remaining water.

### Bourbon Bread Pudding

Yield 2 servings.

4 large slice sandwich bread (about 1 cup)

4 tbs butter melted

¼ cup raisins

A big pinch of nutmeg

½ tsp cinnamon

¼ tsp salt

2 tbs sugar

1 tsp vanilla powder

½ cup powdered milk powder (preferably whole milk)

2 tbs powdered eggs

bourbon

1 cup water

At home cube bread in 1-inch chucks, toss melted butter, raisins, salt and sugar. Place the bread mixture in a ziplock bag. Combine milk powder, vanilla powder and powder egg in another ziplock bag.

At camp, in a pot add the water to the milk powder mixture. Mix until well blended. Add the bread mixture to the liquid mixture. Cook the mixture on a medium heat stove until the pudding mixture is springy. Add the bourbon.

### Basic Crepes

Yield 4 servings

1 cup all-purpose flour

2 eggs (OvaEasy)

1/2 cup dry milk

2 tablespoons butter (powder butter)

1/4 teaspoon salt

1 tsp vanilla powder

1 cup water

For filling use powder sugar and a squeeze of lemon or fresh berries if you find around where you are camping.

At home place the ingredients except the water in a ziplock bag. In another ziplock put some powder sugar for the filling.

At camp, warm 1 cup of water. In a large bowl, gradually add in water, stirring to combine and beat until smooth. Heat a lightly oiled griddle or non-stick frying pan over medium high heat. Pour or scoop the batter onto the griddle, tilt the pan with a circular motion so that the batter coats the surface evenly. Add water if the mixture is too thick. Cook the crepe until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Sprinkle some powder sugar and squeeze some lemon.

## Ratatouille

Yield 2 servings

1 tbs dried minced onion

½ tsp dehydrated garlic

3 cups Chinese eggplant, slice into ¼ inch pieces dried

1 zucchini, slice into ¼ inch pieces dried

1 red bell pepper, chopped dried

2 pieces sun dried tomato (about 1 fresh tomato)

1/4 teaspoon dried oregano, crumbled

1/4 teaspoon dried thyme, crumbled

1/8 teaspoon ground coriander

1/4 teaspoon fennel seeds

3/4 teaspoon salt

6 tbs dried basil

5 tablespoons olive oil

At home dried the Chinese eggplant, zucchini and red bell pepper in a food drier. Place the dried ingredients and spices in a ziplock bag. Bring a small container of olive oil.

At camp, one to two hours before the meal cover the dried vegetables and spices with water and allow them to soak -- add water as needed to keep the vegetables covered, they will not become over-hydrated using this method. Cook the mixture until completely re-hydrated and add the olive oil.

You can eat the ratatouille with some bread, couscous or orzo pasta.

*Question? Email [feliciawibowo@hotmail.com](mailto:feliciawibowo@hotmail.com)*

## Dehydrated Food Recipes for the Camp from Sally Anderson

### **Cuban Pork/Bean/Sweet Potato Dish (sample)**

Lean pulled pork strips (2 to 4 oz per serving prior to dehydration)  
Black Beans (1/2 c. per serving prior to dehydration)  
Sweet Potato or Yam (about ½ potato per serving)  
Black and Red Rice (1/4 cup per serving cooked per package directions)  
Sorghum Grain (1/4 cup per serving cooked per package directions)  
Pineapple (1 T per serving prior to dehydration)  
Red Pepper (1T chopped per serving prior to dehydration)  
Green Onions (1/2 T chopped per serving prior to dehydration)  
Bar-b-que Sauce (1 T prior to dehydration)  
Orange Juice Concentrate (1/2 T prior to dehydration)  
Cilantro (1 T chopped per serving prior to dehydration)  
Coconut milk powder (1 T per serving)  
Spices to taste: salt, garlic, chili pepper flakes

Bake pork until done. Remove all fat. Shred into small strips and dehydrate. Blot away any fat with paper towels.

Dehydrate canned black beans. Any legumes should be cooked prior to dehydration.

Cook grains according to package directions. Dehydrate after cooking.

Bake sweet potato until soft, dice, dehydrate. Dehydrate pineapple, red pepper, green onions, cilantro, orange juice concentrate and sauce.

Morning of meal: In thermos or container, add boiling water to cover pork, beans, rice and sorghum and allow to rehydrate while you paddle.

At camp prior to meal: Mix into the meat/bean mixture the sweet potatoes, pineapple, red pepper, green onions, cilantro, sauce, and orange juice. Add more hot water if necessary. Allow to set in thermos for 15 to 20 minutes longer for other ingredients to rehydrate. If the food has cooled in the thermos and you want the meal to be hotter, you can heat in pan after rehydration. Add coconut milk powder and spices at the end. Add water if needed for desired consistency. Enjoy with tortilla or flat bread.

### **Marinera Pasta Dish**

Trader Joes Marinera Sauce with Basil (1/2 cup per serving prior to dehydration)  
Trader Joes Eggplant Garlic Spread with Sweet Red Peppers (1 T per serving prior to dehydration)  
Various Vegetables: Zucchini, Carrots, Onions, Mushrooms, Kale,  
Ground beef or sausage (3 to 4 oz per serving prior to dehydration)  
TVP (Bob's Red Mill Textured Vegetable Protein) (1T)  
Capellini Pasta (2 to 3 oz per serving)  
Parmesan cheese

Dehydrate sauces and meat separately. Pre-cook all vegetables prior to dehydration by sautéing. They can be combined or dried separately, depending on if you want to use them for other dishes.

At camp:

To rehydrate, put meat, sauces, and larger vegetables into a thermos with boiling water to set for 15 to 20 minutes. Cook pasta in a separate pan until al dente. When pasta is almost cooked, drain some (but not all) of the water, keeping in a separate cup to possibly add back to mixture. Add sauce/meat/vegetable mixture from thermos to pasta. Dried Kale should be added at this time (it does not take long to rehydrate and often becomes powdery with storage). Add TVP. Stir together ingredients. Add some of the water back if needed to the desired consistency. Add parmesan prior to serving.

### **Chicken Vegetable Noodle Soup**

Chicken

TVP (Bob's Red Mill Textured Vegetable Protein)

Various vegetables: Carrots, mushrooms, snow peas, onions, kale, broccoli

Ramen or Soba noodles

Soup mix

If desired: Coconut milk powder, Chilis, Sesame seeds

Dehydrate cooked canned chicken breast separately. Pre-cook vegetables by sautéing together and dry.

At camp:

Bring water to boil and add chicken and vegetables. Cook until tender and add soup mix and noodles. Add coconut milk powder, chilis and/or sesame seeds.

### **Yogurt (Samples provided)**

1 cup Brown Cow Organic Plain yogurt

8 to 10 large fresh raspberries, smashed up a bit

1 Package of Stevia sweetener

Pure Vanilla Extract to taste

Spread evenly on sheet to dry. Dehydrate at 135 degrees until not sticky.

At Camp:

Can be eaten like a fruit leather or broken into oatmeal. You could try rehydrating with water (I have not tried).

### **Potato Breakfast**

Grated potatoes (1/2 c per serving dried)

Dehydrated onions, mushrooms, kale

Ghee or Olive oil to cook

Cheese

Sesame seeds

Rehydrate potatoes, onions and mushrooms in a thermos with boiling water for 10 to 15 minutes. Drain off excess water. Mix in kale. Heat Ghee or oil in pan. Add vegetables. Sauté until tender and beginning to brown. Add sesame seeds and grated or sliced cheese.

Enjoy.

### **Grain with Yogurt Breakfast (sample)**

Black and Red Rice (1/2 c per serving cooked, prior to dehydration)

Sorghum Grain (1/2 c cooked, prior to dehydration)

Yogurt with Raspberries (1 c per serving prior to dehydration. See recipe above.)

Coconut milk powder (1T per serving)

Cook grains per package instructions prior to dehydration. See the recipe above for dehydration of yogurt mixture.

Night before: In thermos, cover rice, sorghum and yogurt with hot water to rehydrate. In morning. Drain excess or add more hot water to desired consistency. If you need to heat, do so in pan over stove. Add coconut milk powder last. Also, if desire additional energy, you may add coconut oil (about ½ t per serving).

**Question? Email [garywsallya@yahoo.com](mailto:garywsallya@yahoo.com)**

# Diane Gelotte's Recipes

## Split Pea Soup with Vegetables

Serves 4

9 cups water

1 lb. dried split green peas

4 Tablespoons olive oil

4 cloves garlic, minced

1 1/2 C diced Carrots

1 1/2 C peeled and diced sweet potatoes

1C chopped onions

1 C chopped celery

1 tsp ground marjoram

2 tsp dried basil

1 tsp ground cumin

3 cubes vegetable bouillon

Salt and Pepper to taste

2 cups additional water added on trail per each serving

Preparation at Home:

1. Pour 9 cups water into a large pot, add peas, then bring to boil.
2. Lower heat and simmer the peas for 1 hour, then skim off foam.
3. While peas simmer, warm oil in frying pan over medium heat and sauté the garlic, carrots, sweet potatoes, onion, and celery.
4. Add marjoram, basil, cumin, crumbles bouillon cubes, and optional salt to pan, then continue to cook for 2 more minutes.
5. Add carrot mixture to the peas in the pot.
6. Simmer pea soup for an additional hour. Once soup is thick and vegetables tender, remove from heat and allow to cool.
7. Transfer soup to a blender or food processor and blend until smooth.
8. Transfer about 1 1/2 cups soup to each of 4 lined drying trays. Dehydrate.
9. Once thoroughly dried, pulse contents from each tray individually in food processor until it becomes a fine powder.
10. Pack contents from each tray into a zip lock bag for individual servings.

## Black and Pinto Beans with Salsa on Tortilla

1 can Refried Black Beans

1 can Refried Pinto Beans Or cook your own

2 medium carrots cooked (or any other kind of veggie you would like to include)

1 cup Salsa (your favorite kind) Salt to taste

Salt to taste

1. Cook carrots until soft enough and blend in blender
2. Mix refried beans together
3. Add in carrots and Salsa
4. Adjust consistency with more or less salsa
5. Add salt as desired
6. Put saran wrap on 1/2 of drying tray and spread bean mixture until it is about 1/2 inch thick on the tray
7. Make sure you still have good circulation of air in your dehydrating unit after adding the saran

8. Also dry your favorite Pico de gallo or salsa

Rehydrating:

Add water to dried bean mixture to desired consistency

Bean mix is fully cooked so eat cold or warm

Add water to salsa mixture to desired consistency

Allow at least 20 minutes for full rehydration

Assemble: Dollop onto tortilla and EAT!

**Question? Email [dianeg@gelotte.com](mailto:dianeg@gelotte.com)**