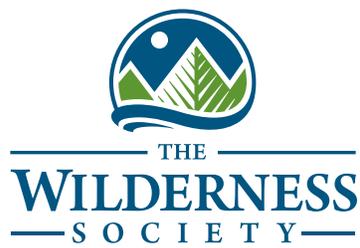

Campfire Cookbook





Campfire Etiquette & Safety:

- DO NOT build a fire if the campground or area prohibits them! Know local regulations (a permit may be required).
- DO NOT build a fire at a site in hazardous, dry conditions.
- Use existing fire ring or fire pit if possible. Otherwise, be sure you build one downwind at least fifteen feet away from tent walls, shrubs, trees or other flammable objects, and beware of low-hanging branches nearby.
- Make sure children and pets are supervised when near the fire.
- Never leave your campfire unattended.
- Bring your own wood or buy it locally, unless banned by site/area (this can transport invasive pests).
- Never cut branches from live, standing, fallen, or even dead trees for they are valuable to the wild.
- Don't burn dangerous things like aerosol cans, glass, or aluminum cans.
- If you pack it in, pack it out. Especially trash.
- Keep wood and other fuel sources away from fire.
- Consider packing a stove instead. They are lightweight, clean, reliable, efficient, require no wood, and leave no trace. (See back page for instructions on making a solar oven).

"Seven of us healthy and strong
pinching pennies from time....
just to travel a few miles
to hear the silence and rhyme
of Her mysterious heart song.
What we brewed over that open fire
was a love for the moon and stars
and all life breeding underneath.
Feasting upon the glory...
stories told of loss and beauty,
Peace was found
in a sip from the clear sound
of crickets, a slow breeze...
traveling water and dancing trees."

-Erin M. Lahan, Greenwood, Virginia



CAMPFIRE COOKBOOK

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Recipe key:



type of cooking equipment



special equipment needed



prepare in advance at home



vegetarian dish



Eggs, Potatoes, Cheese and Green Chile Breakfast

Loey Cohen Kirk, Albuquerque, New Mexico



potatoes
oil or butter
egg(s)
cheese
green chile to taste

Wrap potatoes in foil and place in the fire the night before so they are done in the morning.
Put a little oil or butter in a camping pot. Slice the potatoes and put in the bottom. On top, put an egg(s), then cheese, then green chile.
Cover with foil and cook over the fire until the eggs have yellows that are the way you like them.

Breakfast Burritos For One

Natalie Hodapp, Mankato, Minnesota



cooking spray
1 medium tortilla
1-2 eggs, depending on preference
2 bacon strips or 2 sausage links
onions (optional)
green pepper (optional)
salt and pepper (optional)

1. To make these quick, easy-to-eat breakfast burritos, start by build a bed of hot coals and setting a frying pan on top them. Spray the pan with cooking spray, and place the bacon or sausage on it.
2. While the bacon or sausage is cooking, mix a bowl of eggs and chopped onion or peppers together. When the bacon or sausage done, drain onto your paper towels and set aside.
3. Pour your egg mixture in the pan. Stir frequently, because your coals will probably be hotter than the egg's optimum cooking temperature.
4. When they are finished (it should only be 5-10 minutes), lay the cooked meat and eggs in the center of your tortilla, salt and pepper to taste, and roll it up.

Caramel French Toast

Bobby, Phillipsburg, New Jersey



1 loaf cinnamon swirl bread
(or bagels sliced into three)
1 c packed brown sugar
1 ½ sticks butter
1 c light corn syrup
4 eggs
1 tsp vanilla
½ c soy/boxed milk

1. Set one plate aside near fire to heat. Mix eggs, milk, and vanilla in a mixing bowl and mix well.
2. Soak bread in the mixture and cook in frying pan in the usual way. Keep finished french toast warm on plate near fire and cover with tin foil. Lightly butter each side of each piece for added flavor and moisture.
3. In the same fry pan, put in full stick of butter and melt. Add brown sugar and corn syrup and cook until sugar is melted.
4. Allow to cook until you have a luscious, caramel sauce. Move your frying pan around the fire to find a place where the sauce bubbles slightly but doesn't foam up or boil over. I usually accomplish this by taking the pan away from the heat regularly and keep sampling until I get the right taste and consistency.
5. Divide up the slices of french toast to serving plates and add sauce to each

A Hermit's Yeast Pancakes

Terry J. Williams, Shoreview, Minnesota



"This Hermit's Yeast Pancake batter makes a light but filling pancake. They're excellent and are reminiscent of sourdough

3 c white flour (or mix white and whole wheat)
3 c warm milk
4 T vegetable oil
3 whole eggs, beat until foamy
1 tsp salt
1 T sugar (optional)
2 packages dry yeast (quick-rise)
2 T plain yogurt (optional)

1. Add both packages of dry yeast to the warm milk. (Make sure the milk is only WARM and not hot or you'll kill the yeast. If you can hold your finger in the milk, it's OK.)
Dissolve the yeast completely, using a wire whip.
2. Add this mixture combination to the flour in a large mixing bowl. Then, add eggs and stir (don't beat).
3. Add the oil, salt, sugar and yogurt. After folding-in these ingredients, cover the mixing bowl with a damp towel and place the bowl in a warm place (If you have a gas oven with a pilot light, this is a perfect spot, otherwise, a spot in the sun works well).
4. Allow the batter mixture to rise (anywhere from 20 to 40 minutes) until it has a very light, foamy texture.
5. Heat a griddle or large frying pan until you can pour drops of water on it and they bounce. Adjust the fire (or stove temperature) to suit, but be careful to keep the fire moderate. A lower temperature works best.

Orange Muffins

Kyle Garey, Philadelphia, Pennsylvania



muffin mix
fresh berries
6 whole navel oranges

1. Take your favorite muffin mix and add in some fresh berries.
2. Cut oranges in half and remove sections, but do not poke a hole in the skin.
3. Pour muffin mix in orange half and cover with its other half. Wrap in foil and cook for 10 to 12 minutes or as directed on mix instructions.

Oatmeal Deluxe

Carol Browning, Ashland, Oregon



2 c quick oatmeal
3 c water (can add dried milk if you want)
¼ c dehydrated fresh strawberries or bananas
10 walnuts
¼ c sunflower seeds

1. Boil water over the fire or stove (add more if needed).
2. Add rest of ingredients, and enjoy after 5 minutes of slow simmering!



Grandpa's Pancakes

Terry Steele, Boise, Idaho



"I've never had any leftover pancakes that survived a day."

2 eggs
container of yogurt
2 c buttermilk
Krusteaz pancake mix
2 T oil
berries (optional)
Sprite

Stir ingredients. Thin batter with Sprite to right consistency for cooking on a griddle.

Donut Holes

Betty Lou Vandenheuvel,
Isanti, Minnesota



(makes about 20 donuts)
2 buttermilk biscuits in a can (the pop open type)
1 c shortening
1 c powdered sugar or sugar/cinnamon mix

Special equipment:
paper bag

1. On a clean working area, break apart biscuit cans and take each biscuit and break into fourths and roll each piece into a ball.
2. Melt shortening in the pan. Take each ball and fry in pan about 1 minute on each side. Try not to over crowd the pan by cooking all at once. It will be easier to brown each side.
3. Spoon ball out and drop into bag filled with sugar and shake.

Johnson Delight!

Bob Johnson, Bellingham, Washington



2 lbs. thick sliced bacon
sourdough bread
4-6 eggs
vanilla extract
cinnamon sticks (optional)
maple syrup

1. Get a really good fire going with coals. Using a cast iron skillet, fry up bacon. Keep all the bacon fat in pan.
2. Slice sourdough bread in thick slices at least 1" thick.
3. Whip together eggs, a little water, lots of real vanilla extract, and some grated cinnamon into bowl.
4. Dip bread into egg mixture getting it good and soaked and put into hot bacon grease. Cook until good and brown and crispy.
5. Pour real maple syrup all over the top. Tastes best outside in the woods!

Cowboy Coffee

Rod Botkins, Louisville, Kentucky



"While enjoying your cup of cowboy coffee, it is appropriate to say "yep" in place of "yes" or "yeah." While the used coffee grounds are technically biodegradable, please don't spoil the wilderness by dumping them in the woods. If you pack it in, pack it out. Yeehaw."

coarse ground coffee, 1 T per 8 oz. cup
(depending on how strong you like it)

Special equipment:
small, clean stick or pebble
cup suitable for a hot beverage
clean bandana (optional).

1. Put the water in the pot and bring it to a boil. It'll boil faster with a lid on it.
2. Once the water is boiling, add a tablespoon of coarse ground coffee per cup. Add less if you prefer weak coffee, more if you like it strong.
3. Let the water boil for two or three minutes, then remove the coffee pot from the heat. Notice that some of the coffee grounds are floating on the surface while others have sank to the bottom of the pot. Take the stick or pebble and drop it in the coffee pot. This will break the surface tension and permit the floating grounds to sink.
4. Once the grounds have settled in the bottom, pour the coffee in your cup. If you're really concerned about getting coffee grounds in your teeth, use a bandana to pour the coffee through. However, careful pouring can minimize the amount of grounds that end up in your cup, as can careful sipping.



Other Ideas for Cooking with Eggs:

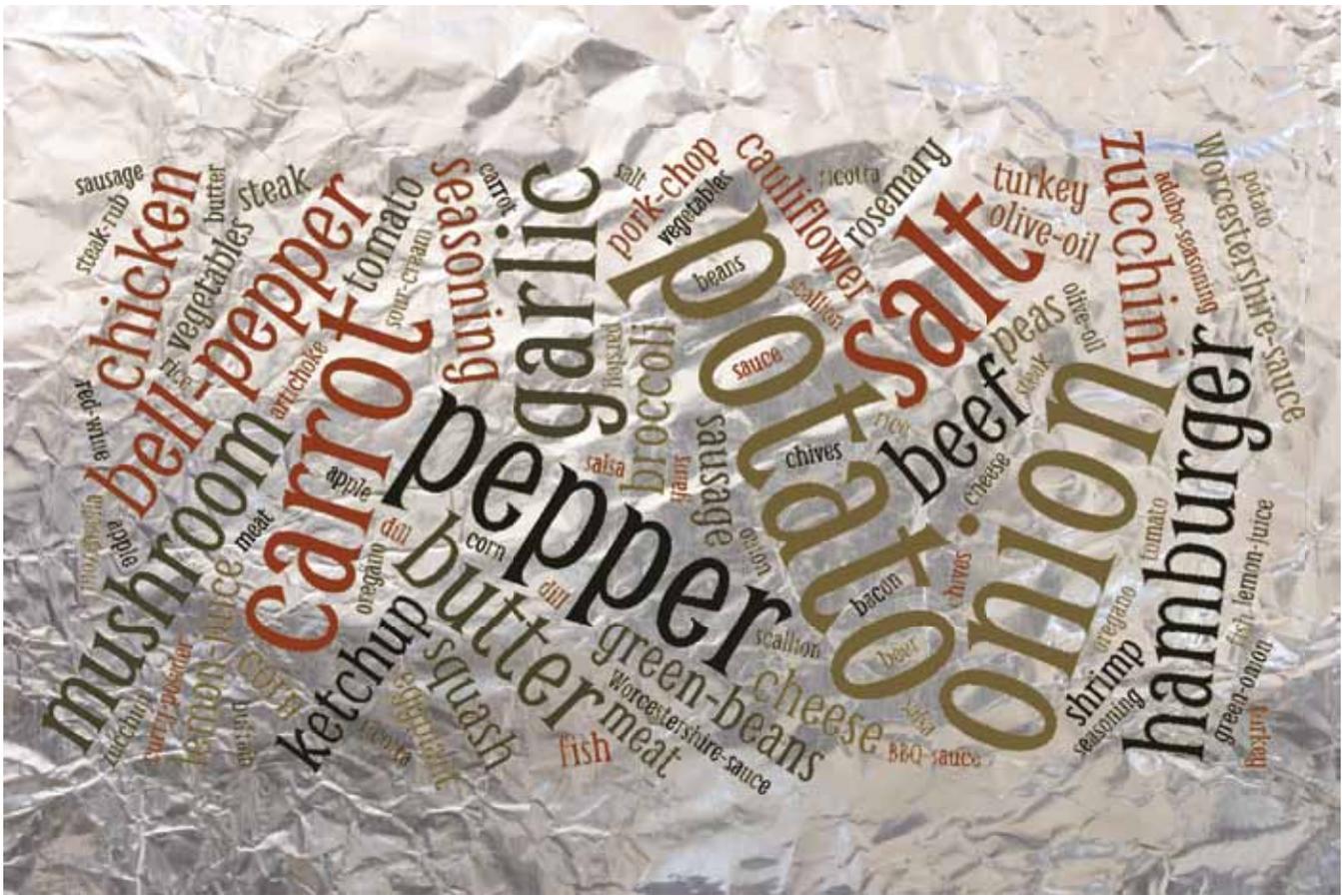
- Put eggs, vegetables, precooked meats, and/or cheese in a plastic bag or container. Chill until ready, then cook scramble in skillet. Can cut into pie wedges once cooked.
- Put bacon in the bottom of a paper lunch bag. Break two eggs on top of bacon. At the top of the bag, poke a strong green stick through the bag sides and swing gently over an open fire (not too close to the fire). Cooks rapidly. Serve on a piece of bread.
- Cut a circle out of a slice of buttered bread and toast one side to a golden brown. Flip over and crack an egg into the un-toasted hole. Finish cooking until bread is fully toasted and egg is done.



“No-Dish” Dish **Our most popular recipe submission by far!*

see image below for most popular ingredients (all are optional)

1. Open sheet of foil and place desired ingredients inside.
2. Fold foil tightly to seal and place on edge of campfire.
3. Cook to desired doneness, usually 10-15 minutes depending on how hot the fire is.
4. Open and eat!





Corn on the Cob

Bruce Anderson, Jamestown, Pennsylvania



corn, unshucked

1. Strip only the silk from the cobs. Soak the unshucked cobs in a pail of water completely submerged for 30 minutes or so.
2. Once soaked, while still retaining the leaf covering wrap the cobs completely in heavy-duty aluminum foil. Place the wrapped corncobs on the bottom of the campfire. Cover with firewood.
3. Start the campfire and utilize it for cooking other food or just to tell stories by. Every 15-20 minutes rearrange the firewood to turn the wrapped cobs onto another side, then ensure all are re-covered with the burning wood. Be sure in doing this step that no foil is torn, as it will allow moisture to escape and ashes to dirty up the corn.
4. After 30-35 minutes sample the corn to see if it is soft enough to eat. Once the corn is ready, it is very tender and flavorful due to the heat affecting the entrapped moisture.



Try This:

Rub raw corn with softened butter mixed with honey or garlic before wrapping in tin foil.

Black Bean Dip

Colin Cromwell, Marina Del Rey, California



1 can of black beans
2 roma tomatoes (diced)
fresh cilantro
salsa
1 jalapeno (diced)
1 onion (diced)
oil (optional)

1. Start by sautéing the onions in a little bit of oil, if you want to lesson the ingredients you can just use some of the juice from the can of beans, salsa, or jalapeno.
2. Once the onion starts browning, toss in the beans, jalapeno, and salsa. Stir until the beans are hot and tender and then mash them with your fork to create a sort of bean-paste.
3. Stir in tomatoes and cilantro. Serve hot with chips. You can also make this the filling of a vegetarian quesadilla.

Baked Onions

Cheryl Ziemann, Canton, Ohio



"They taste wonderful atop a grilled steak or savory hamburger."

several sweet onions
butter and/or cheese (optional)

Special equipment:
foil
glove
tongs

1. Take several sweet onions and slice a small section off of the top. Leave the outer peel intact.
2. Wrap in heavy duty foil, and place in hot coals of the campfire. Leave and let cook for about 20 min.
3. With a protective glove and long tongs, remove one onion and open to check for tenderness. Doneness will depend on the size of the onions. When a fork penetrates easily, remove from fire/coals, take out of foil, peel away outside onion papers (which may have blackened from cooking process) and serve.
4. You can season any way you want, maybe a bit of sweet butter, sprinkle with some freshly grated parmesan or Romano cheese, or just eat plain.

Roasted Dates and Figs

Daniel Mark, Talent, Oregon



12 medjool dates
12 fresh figs
12 almonds (or pecans)

1. Remove the pits from the dates.
2. Place one almond (or pecan) inside each date.
3. Place the dates and the figs on the grill on medium or low heat, turning regularly.
4. Takes about 5 minutes to prepare and 3 minutes to roast.

Grandma's Hot Apple Surprise

Carol Atkins, Lansing, Michigan



apples
raisins
nuts
cinnamon
sugar

1. Cut out core of as many apples as needed. Do not peel.
2. Fill space in center of apples with other ingredients, or leave empty.
3. Wrap each apple individually in aluminum foil or place them all in a covered cooking vessel and set them on coals at the outer edge of your campfire where they will cook gradually. Rotate occasionally for even cooking.
4. Cooks in 20-30 minutes, depending on how hot the coals are. Unwrap and enjoy this healthy alternative treat.

"When I was a kid one of my favorite campfire recipes was "Bags of Gold"- a bisquick dumpling with a chunk of cheddar cheese hidden in the middle, simmered in a pot of tomato soup. When the dumpling was cooked it was fluffy on the inside, tomato-y on the outside, with a glorious melty cheese center. "

Julie Schwartz, Chestnut Ridge, New York

Camp Potato Salad

Presly D. Hollingsworth, Starks, Louisiana



"This one won't spoil for a few days and gets better every day."

5 lbs potatoes, small reds make a pretty salad
 1 small bunch celery
 1-2 red onions, depending on size.
 1 pkg kielbasa or hot link sausage
 fresh chopped parsley
 vinegar
 1 c olive oil
 salt to taste
 coarse ground black pepper or crushed red pepper
 oregano

1. Cut potatoes into bite sized chunks & cook in salted water. Slice onions, celery, parsley, and kielbasa and set aside.
2. When potatoes are done, drain and place in non-aluminum container. Add sliced ingredients and seasonings. Pour in vinegar until ingredients are 1/3 covered, then add a cup of olive oil and water until all is covered.
3. Refrigerate until ready to go. Keep on ice when camping.

Tater Tot Casserole

John McNeeley, Fountain Valley, California



1 bag tater tots
 1 diced onion
 1 small can sliced mushrooms
 1 stick (4 oz) of butter, cut up
 1 can diced chilies (optional)

1. Mix all ingredients. Make a boat out of tin foil. Add all ingredients and seal up tight.
2. Place it on the fire for 30 min. Mash it all up and serve hot.

Fried Potatoes

Mary Kendall, Port Orchard, Washington



chopped or sliced raw potatoes, about 2 per person
 sliced raw onion, about 1 medium per person.
 cheese of your choice (for melting on top)
 cooking oil
 pepper (optional)

1. Heat enough oil in frying pan to cover bottom generously.
2. Add potatoes and onions, and fry until browned and cooked well, turning often to prevent burning.
3. Cover with cheese, put lid on pan, and wait



Also try this:

- Before leaving home, chop potatoes into large chunks and place in a gallon-size plastic bag.
- Butter a potato and place in tin can covered with foil. Cook next to hot coals about 30-45 minutes without removing foil.



Ginger Bread and Applesauce

Heidi Hunt, Topeka, Kansas



box of gingerbread mix
24 oz. jar of applesauce

1. Start a hardwood campfire. You need coals for this recipe. So give yourself time for the fire to burn to hot coals. You also can use charcoal briquettes for this cooking method.
2. Pour the apple sauce into a greased cast iron Dutch oven. Mix the gingerbread batter per instructions and pour over the apple sauce.
3. Put the lidded Dutch oven onto a bed of coals and put a shovel full of hot coals on the lid. Do NOT place the Dutch oven INTO a large bed of coals, but only on a single layer of hot coals. If using charcoal, set the Dutch oven on a bed of hot charcoal (about a dozen briquettes) and put about the same number on the lid.
4. Check for doneness after 20 minutes. You don't want to burn the apple sauce, but you want the ginger bread to be cooked through. Use a toothpick to test. Serve hot!

Blue Corn Tortillas

Ronald Lemley, Sonoma, California



"We made blue corn tortillas and walked into Truchas Peak area of the Sangre de Cristo mountains south of Taos, New Mexico. My buddy also roasted several fresh Big Jim variety green chilis in the fire. We peeled those and ate them with blue corn tortillas and cheese."

2 c blue corn flour
1 T olive oil
1 ½ c warm water
pinch coarse salt

1. Mix blue corn flour with olive oil and warm water with a pinch of salt.
2. Roll the tortilla flour into round dough balls about the size of a tennis ball, and press them flat between clear produce bags.
3. Fry them over the fire in an iron skillet.

Special equipment:
clear produce bags



More Ideas for Bread and Grain Sides:

- Canned biscuits wrapped around stick and baked over fire.
- Canned biscuits cooked on top of stew in dutch oven just before it's done.
- English muffins do not dry out as quickly as bread so they are still good to eat after a few days.
- For cornbread, combine dry ingredients in advance in plastic bag. Mix in wet ingredients, nuts and vegetables at campsite just before cooking. Put the wet cornbread mixture in an oiled pan covered with foil and set in or above the fire.

Basic Bannock Bread

Thomas Atkinson, Cranford, New Jersey



1 c flour (white or a mixture of white and whole wheat)
 1 tsp baking powder
 ¼ tsp salt
 ¼ c dry milk powder
 1 T shortening

1. Make the mix at home ahead of time. Sift all dry ingredients, and then gradually cut shortening in with a pastry cutter or two knives until you have a granular, corn meal-like mixture. Package in a zip-lock bag for easy transport. You can make large batches at once and make enough bannock mix for a trip in short order. Make sure to sift the dry ingredients well, so you don't get leavening problems.
2. The key to baking is a consistent heat. While flames don't indicate a bad cooking fire, red glowing fires from hardwood work best. Start with a small cast iron frying pan and oil it well.
3. Pour some water into the zip-lock bag and mix it around. Because the water and baking powder form carbon dioxide to make the bread light, the faster you go from mixing to skillet, the lighter your bannock will be (there will always be lumps though). How much water you add depends on the humidity and personal taste. You don't want it any thinner than a muffin consistency. You can distribute the dough with a poke of a finger or a stick or a spoon if needed, but it should turn out in a fairly consistent lump. Remember, it's always easier to add water than take it out.
4. Squeeze the mix out of the bag and onto the warmed pan (not scalding hot — if the oil is smoking, it's way too hot). The pan can be warmed over the fire if you have a grate, or leaned against a few logs near the heat source. It shouldn't hiss or sizzle like a pancake batter, that means things are too hot. Cool it off and be patient. The bread will start to rise slowly.
5. Your bannock will start to look loaf-like. At this point you'll want to flip it: a little shake of the pan and flick of the wrist can turn it over, but a spatula is fair game too. At this point, just keep turning it. You'll know when it's done.
6. If you have a lid, you can try to cook your bannock dutch oven-style and put coals onto your skillet lid. Otherwise, you can turn it over to cook the top (carefully!) or else when the bottom is done, prop the pan up against a log with the top facing the fire.

“We used the same basic recipe - in smaller amounts - to make Rose Petal Jam! This was a special treat when we spent the summer camping out in the wilds of northern British Columbia. Find a wild raspberry patch. Pick a basket full- 2 or 3 quarts. Rinse. Put in saucepan. Add approximately 1 cup sugar & 1 cup water. Bring to boil. Smush berries. Stir until it starts to thicken. Serve. Great on breakfast pancakes. ”





Hungarian Gulyas

Ava Molnar Heinrichsdorff, Colorado Springs, Colorado



“‘Gulyas’ means ‘herder’ my mother said, and the original Gulyas stew was indeed a campfire meal that a man could prepare easily when out with the livestock. Some say this is even tastier the second day.”

(serves four)

1 ½ - 2 lbs. meat cut into stew, or 1 cut-up chicken, or 4 ample pieces of boneless fish
 4 T “sweet” (mild) Hungarian paprika.
 dash of hot Hungarian paprika (taste and add as you like)
 3 or 4 big tomatoes (or 1 big can)
 2 big green bell peppers
 2 onions, yellow preferred
 salt and pepper to taste
 fat or oil to sear the meat or fish
 2 cups of sour cream, if available

1. Sear the meat, chicken or fish in a frying pan.
2. Cut up the peppers, tomatoes and onions: cut a few of them very fine to flavor the broth well and the rest of them coarsely, recognizably. Put the vegetables in a stew pot.
3. If you are using beef, pork or chicken, add the seared meat to the pot and then add water to cover the solids by about an inch.
4. Add salt, pepper and “sweet” paprika - enough paprika so that the broth becomes a russet color. (If you are using fish, add water to cover the vegetables, add the spices, and simmer until the veggies are almost tender before you add the fish.)
5. Simmer until the meat almost falls from the bones or the fish is just cooked through; add water as necessary, keeping it a thick soup-stew. Taste and adjust seasonings.
6. If you have sour cream, add 1 cup shortly before serving and stir well. Serve in soup bowls over hot boiled potatoes or noodles. With the rest of the sour cream, garnish each person’s bowl. Pass the hot paprika so people can make their portions as sharply spicy as they like.

Campfire Chili

Cindy Rupp, Wapwallopen, Pennsylvania



1 lb. ground beef
 1 large can kidney beans
 1 can diced tomatoes
 1 can pureed tomatoes
 onions & green peppers if desired
 1 envelope chili seasoning mix
 1 box Jiffy corn muffin mix

1. When fire logs are glowing red, arrange them in a ring around an empty space the size of your pot.
2. Place a cast iron cooking pot in the space & add the ground beef, onions, & peppers. Cook & stir until ground beef is browned through.
3. Add tomatoes, tomato puree, & seasoning mix. Place lid on cooking pot & allow to heat through.
4. While it is heating, prepare muffin mix according to the package directions.
5. When chili is hot, spread the prepared muffin mix over the top of the chili.
6. Place lid back on the pot. Place red coals atop the lid and cook until the corn bread topping is done. How long this will take depends on how hot your coals are. It could be as little as 15-20 minutes; or could be longer.
7. Remove pot from fire & serve.

High Energy Soba Shiitake Stew

John R Farina, Stamford, Connecticut



(serves two to four)
 1-2 onions, cut into eighths
 2-4 medium sized carrots (or parsnips if you like) cut into half-inch or so slices
 1 package of jinenjo soba (wild mountain yam noodles)
 1 oz. dried shiitake mushrooms
 1 T of Dr. Bronner's protein powder (if you can get it)
 dash of sea salt

1. Place cut onions and carrots into the water and bring to boil. Reduce heat and cook until onions and carrots are almost tender.
2. Add in protein powder and salt. Stir. Add in soba Cook another few minutes depending on altitude until soba is tender but not limp; turn off burner
3. Float shiitake mushrooms on top. Stir lightly. When shiitake is fully moistened, stir thoroughly into the stew.
4. Let sit until soba is ready (al dente, or softer if you like) stir again and serve. This stew is great for breakfast before demanding hikes or climbs, and also perfect before retiring in sub freezing temperatures (with or without roaring campfire).

Lentil Black Bean Stew

LaDiva Dietitian,
Allentown, Pennsylvania



1 med onion, chopped
1 med carrot, chopped
1 med potato, cubed
5 c water
1 c dry lentil flakes
1 c black bean soup Flakes
2 T hot sauce

1. Put the onion and potato into the pot and let heat up with the water. Boil for 2 minutes.
2. Add carrot. Boil for 2 minutes.
3. Stir in flakes. Take off heat, put a lid on and let steam for 5 minutes. Stir with spoon and add more water if necessary.
4. Add hot sauce and serve.

Carrot Cashew Soup

Kim and Steve Bondi,
Mazama, Washington



(makes enough for two hungry hiking souls)
¼ c dehydrated onion
¼ c dehydrated shredded carrot
¾ c dehydrated apple
¼ c instant rice
¼ c tomato powder
¼ c raisins
¼ c chopped cashews
dash curry powder
dash garlic powder or dried garlic flakes
¾ tsp salt

1. Combine ingredients at home.
2. At campsite, put 1/2 cup soup mix in insulated mug, add 1 cup boiling water and stir.
3. Cover and let stand for 10 minutes.

Tomato Apple Soup

L. Freeman, Sarasota, Florida



This was the best campfire food I ever tasted, and was an accidental creation. I was 13 years old, and we were on a 3 day camping trip organized by our campfire girl camp, Camp Wyandot in Ohio. We thought we were making tomato soup but opened the wrong packages. We three girls on cooking duty tried to hide our mistake, but turned out to be the best tomato soup we ever made!

(serves eight)
3 packages dehydrated tomato soup
2 packages of dehydrated applesauce

Blend with water according to directions on soup packages and heat.

Quick and Easy Chicken Stew

Kimberly Felong, Roosevelt, New Jersey



1 lb boneless skinless chicken breasts, cubed
2 cans cream of chicken soup
1-2 c baby carrots
1 can small potatoes
1 can vegetables (peas, green beans or mixed)
1 onion chopped
oil
salt/pepper to taste

1. Grease a dutch oven with oil and cook chicken until white on all sides.
2. Add remaining ingredients, cover, and cook over coals until chicken is cooked through and carrots are tender, about 20-30 min.



Campfire Pizza

Lindsay Wolter, Anchorage, Alaska



pita bread
 pizza sauce
 pepperoni, mushroom, spinach, garlic, onion, and/or any other ingredients you like
 any cheese you like
 basil, oregano, thyme, any spices you like

1. Open pita up and place sauce on both sides. Place other ingredients and spices between the slices.
2. Close the pita back up, surround with tin foil, and cook over coals for about 10 minutes.
3. Flip the pizza after several minutes to make sure both sides get cooked.

Pumpkin Hot Pot

Angi Atkins Dodge, Alexandria, Virginia



pumpkin (paler skinned ones tend to taste the best!)
 bag of breadcrumbs
 2 tsp. salt
 stick of butter
 1 c each of dried cranberries, raisins, and chopped walnuts
 1 c chopped apples or pears
 1 c orange juice

1. Cut the top off of a pumpkin and scrape the stringy insides out with the seeds.
2. Throw in rest of ingredients. Return top, wrap outside of pumpkin with aluminum foil, and pop it directly in the fire.
3. Stir occasionally and remove from fire when inside of pumpkin gets soft enough to scoop out. Serve in bowls

Wild Mushroom Risotto

Ellen O'Connor, Riverside, Rhode Island



"For experienced mushroomers (or those who wish to carry light weights like semi-dry shitake) this is a delicious and campfire-friendly recipe."

mushrooms-sauteed or fresh
butter
chopped onion
handful of fresh or dried herbs
1 c arborio rice
bottle of white wine
handful grated parmesan cheese

1. Heat skillet and a separate covered pot of simmering water.
2. Throw a lump of butter, onion and herbs into skillet.
3. When the butter is melted, spoon a cup of Arborio rice into it and stir it around. When the rice looks a little more translucent, throw in about 3/4 cup or so of white wine. Toss that around, stirring occasionally, until the rice has absorbed the wine.
4. Then, moving the pan to where it's more simmering steadily than boiling heavily, use your drinking cup to ladle about a cup's worth of the simmering water into it. Stir that occasionally till the rice absorbs that. Repeat that one or two times more, stirring now and again to prevent sticking, till rice is almost cooked.
5. Along with your last ladle of hot water, throw in the mushrooms, another nub of butter and a handful of grated parmesan cheese. When that's absorbed, you're done. Accompany with remaining wine.

Camping ChileQuillas

Kelly Burch, Oakhurst, California



1 lb bag of corn tortillas
2 diced tomatoes
1 chopped onion
2 diced peppers
2 c grated cheese
16 oz enchilada sauce (hot to mild)

optional toppings:

lemon juice
chopped cilantro
sour cream
cottage cheese
fresh chopped green or red onions

optional sides:

can of pinto or refried beans,
small can of black olives,
clove of garlic,
can of corn or hominy

1. Dump the chips into a large covered camp oven or pot which can be placed on a fire or grill.
2. Put the solid ingredients on next in any order and gently combine them with a spoon. Pour enchilada sauce over the contents of the pot. Stir gently.
3. Heat for about 40 minutes. The blend is done when the cheese is melted and you can smell enchiladas. Add toppings. This dish is quite simple in its ingredients but can be modified based on tastes by just adding more ingredients.



Pasta Bolognese

Liz Mullaney, Austin, Texas



"To make this easy and highly satisfying trail dinner comfort food, you'll need to create your own "tomato paste leather" in advance. Don't worry, it's fun."

for prep at home:
can of tomato paste

on the trail:
pasta
seasonings

1. Before the trip, pop open a can of tomato paste, spread it in thick smears onto a foil or parchment paper lined cookie sheet, and dehydrate in a warm oven (150 degrees or so) until it's the consistency of a fruit strip. Remove, cool, peel off.
2. On the trail, boil your water and add the pasta. Remove the pasta when done, reserving some of the water to rehydrate the tomato leather.
3. Combine tomato leather and pasta, and add a little salt, pepper and/or herbs if desired. Scarf down while enjoying the view!

Chinese Cream Sauce

John Burkhart, Morgantown, West Virginia



"Double the recipe if you like cooking lunch for the next day."

(serves 4)
1 soft package of cream cheese
1 small can or tube)of tomato paste
soy sauce to taste
resh, dried, or powdered garlic
onions- cooked or dried pieces
1 pkg of thin spaghetti or bow-tie noodles

1. Boil water and cook pasta.
2. Meanwhile, add all other ingredients together in a small saucepan. Add enough water so that ingredients become a medium-thick sauce.
3. Stir and then heat over stove or campfire. Keep stirring until ingredients are fully combined.
4. Serve over cooked pasta.

Algonquin Mac and Cheese

Robin, Ojo Feliz, New Mexico



Rotelle (enough for 2-3 people)
2-3 T butter or margarine
3-4 crushed cloves of garlic
3-4 T spicy brown mustard
1 c provolone cheese, grated
salt and pepper
milk (optional)
italian bread crumbs (optional)

1. Melt butter and mix in garlic and mustard.
2. Cook pasta, and drain when al dente.
3. Return to pan and add mustard mix, cheese, salt and pepper.
4. At this point, dish can be heated briefly to melt cheese. Or if you have an oven, place pasta in casserole dish, and pour in enough milk just until it begins to appear at edge of dish. Top with Italian bread crumbs and bake for about half an hour at 350 degrees until bread crumbs brown up.

Special equipment:
casserole dish (optional)



Fresh Caught Trout

Ben Frazer, Knoxville, Tennessee

freshly caught trout
olive oil
2 lemons, cut in thin slices
fresh dill
ice cubes

1. Clean six freshly caught trout.
2. Spread out a large piece of aluminum foil and coat lightly in olive oil.
3. Lay fish out in a row on foil and coat top lightly with oil, lemon slices, and fresh dill sprigs.
4. Place one ice cube on each fish next to fish. Cover with another equally large sheet of aluminum foil. Seal tightly, do not vent.
5. Place on rack over coals. Cook 8 minutes per side and remove. The ice will melt steaming the fish in the foil. Fish will be moist and flaky. Serve with Roasted corn and Potato salad.

Planked fish

Marc Elliot, Mountain View, California



"My father, brother, and I used to go into the wilderness area of Canada where there are thousands of lakes. Traveling by canoe, you don't carry a lot of heavy goods or fresh meat, but fish are plentiful and easy to catch. Our mainstay evening meal was planked pike."

fish
sage (optional)

Special equipment:
wood plank

1. Start a good camp fire. Split a piece of wood so that you have a relatively flat surface.
2. Clean and halve a fish.
3. Peg the fish halves to the plank's flat side, rib-side to the plank. You might want to place a little wild sage between the fish and the plank.
4. Prop the plank at an angle to the fire, fish side to the fire. It takes about 10 minutes to cook the fish.

Ginger Snapper

Sandy Lethem, Albuquerque, New Mexico

2 red snapper fillets (or other fish)
 1-2 tomatoes
 1 large onion or a bunch of scallions
 1 green pepper
 coarse black pepper and sea salt, to taste
 garlic powder or smashed whole garlic
 fresh ginger root

1. Arrange washed snapper on a sheet of heavy foil.
2. Cut onions, tomatoes, and green pepper into slices. Put vegetables, including garlic, over snapper.
3. Thinly slice the ginger root, tuck into fish. Cover tightly with foil.
4. Cook over camp fire, or grill, about 20 minutes until fish is white and flakey.

Camp Fired Seafood

Doni LaBonte, Jacksonville, Florida



“What a great way to end a day near the water!”

fresh catch of the day
 1 c rice, cooked in pot over campfire
 wild or diced onion to taste
 additional veggies to taste
 canola, sesame or vegetable oil
 soy sauce

1. Mix cooked rice and all veggies in frying pan with a small amount of oil over medium area of fire.
2. Saute until veggies are al dente, adding a small amount of soy sauce to taste.
3. Place fillets of freshly caught fish in palm fronds, washed and cleaned, wrap snugly and tie with frond tie. Place on edge of fire for about four to five minutes, then rotate, until fish is done.
4. Serve over rice and vegetables, salt and pepper to taste.

Special equipment:
 palm fronds

Easy Fish Tacos

Juliet Laney, Austin, Texas

fish fillets (i.e. tilapia)
 squash, zucchini, onions, etc.
 1 can enchilada sauce
 shredded cheese
 tortillas
 olive oil
 salt/pepper to taste

1. Chop vegetables into equal sized pieces, and season fillets.
2. Prepare individual foil steaming packets for each fillet by rubbing with olive oil, placing one fillet per packet, then layering desired veggies over fillet. Tightly seal/fold edges to trap steam.
3. Cook over fire for approx. 15 minutes or until veggies are tender. Assemble tacos with cheese and enchilada sauce.

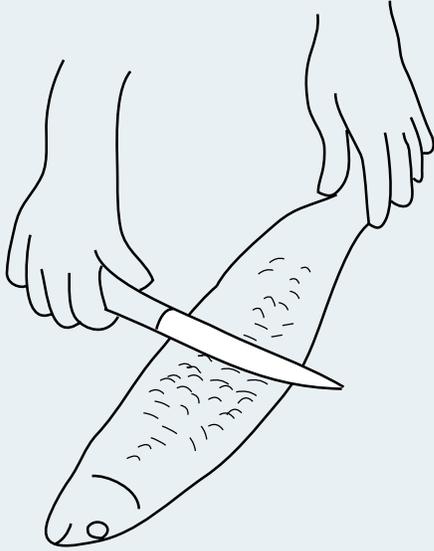


Some other Fish Cooking Ideas:

- Wrap in heavy duty aluminum foil & place on hot coals for 20 minutes. When golden, turn and cook other side for less time
- Stuff with cous cous, rice, or tabouli.
- Roll in egg and flour, potato chips, or cornmeal.
- Spiral-wrap a few slices of bacon around fish & push onto skewer/stick.

Preparing a Fish:

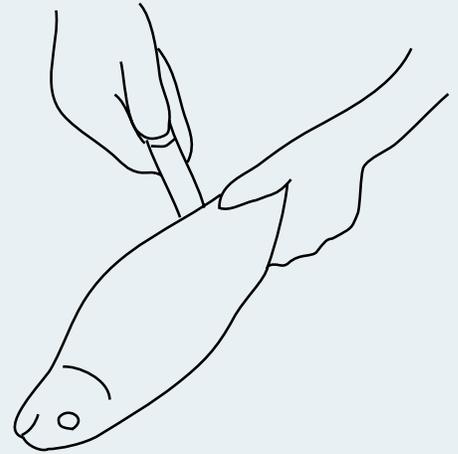
1. Kill fish by hitting it just behind the head with a blunt object & wash thoroughly with water



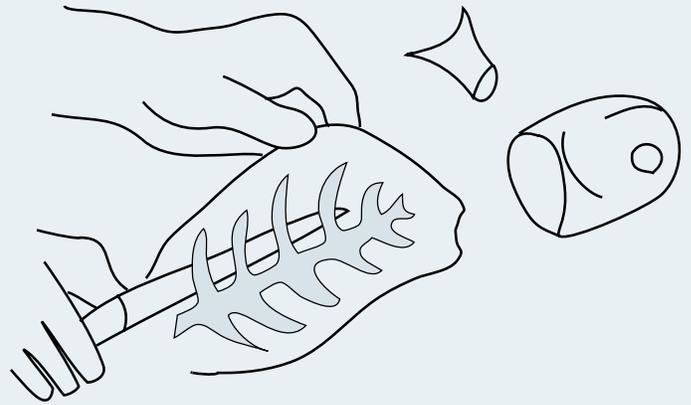
2. Use a good sharp knife to remove side fins. Run back of knife at an angle repeatedly from tail to head to scrape scales off.



4. Scoop out internal organs & rinse thoroughly. Gutting should be done for any fish longer than 4" as soon as possible after catching.



3. Hold tail and slice fish 1/4" deep along belly up to gills.



5. Remove tail and head just below gills. Open fish outwards and press both sides of ribs away from flesh with knife before lifting skeleton away.



Chicken and Dumplings

Steve Gibbs, Dogtown, Florida



“In the cool weather, stew with dumplings is just the thing for a campfire; it is the quintessential hobo meal in the US. I like doing this because of the flexibility of the concept. One can make it from ingredients from a backpack. I offer here a simple, bare bones, recipe suitable for cooler camping; it minimizes utensils and ingredients yet still provides a hearty, flavorful, warming meal.”

1 young chicken, whole
 2 large onions, diced
 4 ribs celery diced
 2-3 tsp salt
 2 tsp baking powder (omit for noodle texture)
 1 egg (optional)
 1 ½ - 2 c all-purpose flour
 milk, if you have it
 3 T oil, bacon grease, or chicken fat
 ground black pepper
 few pods of cayenne or hot sauce
 ginger, soy, and /or coconut milk (optional)

1. Heat Dutch oven. Add 1 T of fat, onions and celery. Stir over heat. Remove from heat before they get brown.
2. Remove onions and celery to a plate for later use.
3. Fill Dutch oven half way with water. Add a few pods of cayenne pepper if so desired. Add 2 tsp of salt and chicken. Bring to a simmer, cover, and let simmer over heat for 35-45 minutes. Remove from heat. Let cool a bit.
4. Remove chicken from water, leaving water behind in Dutch oven. Place chicken on plate and let cool. When cool enough to handle separate meat from skin and bones.
5. In the meantime, prepare dumplings by mixing 1 ½ cups of flour, 2 tsp baking powder, 1 tsp salt, 1-2 T of fat/oil, egg, and 1/2 cup of milk or water in a bowl (in that order). If you don't have an egg, don't fret; there are many varieties of dumplings.
6. Return onions, celery, and chicken to the hot water in the Dutch oven. Place over heat. Bring to a simmer. When simmering, spoon in dumpling mixture about 1 tbsp at a time (or smaller). Generously season mixture with ground black pepper. Cover and simmer for 15 minutes.

Couscous Curry Chicken

Dan J. McGuire, Kirkland, Washington



"I am a big believer in freezer bag cooking, especially when solo hiking."

carried in a one quart freezer/storage bag:
 ½ c of whole wheat couscous
 ½ pouch of cubed chicken breast or salmon
 1/8 c of dried vegetables
 1 cube of chicken boullion
 1/8 c of raisins or dried cranberries
 ½-1 tsp of curry powder or other spice

for later:
 shredded coconut or cashews (optional)

1. Pour one cup boiling water over ingredients in bag and stir thoroughly.
2. Force out most of the air, close the bag and place it into a fabric that will retain the heat.
3. Let set 5-10 minutes and then add a small amount of shredded coconut and cashews or your favorite nut.



Other Poultry Ideas:

1. Wrap cabbage around chicken and then wrap in foil. Cook on edge of campfire for about 30 minutes.
2. Cut into 2 inch pieces, add one packet dry onion soup mix and about 1/4 cup water in cast iron skillet.
3. Brown salt and peppered chicken breasts in a skillet. When they are about half cooked (about 10 minutes) add a can of mandarin oranges and let the chicken finish cooking in the juice. When the juice is reduced and the chicken is ready to serve, add condensed milk to thicken the sauce.
4. Make marinade with fresh picked blackberries, barbeque sauce, a splash of whiskey, black pepper and honey.



Stick-To-Your-Ribs Coconut Curry

Andrew Augustine Jay, Seattle, Washington



1 lb whole wheat Soba noodles
 100 grams (two pkgs) powdered coconut cream
 100 grams chicken or other protein
 2 T panang curry paste
 3 cloves garlic
 ½ small onion or dried onion
 2-4 oz oil (peanut or canola preferred)

optional:
 diced green pepper
 mushrooms (re-constituted if dried)
 sliced carrots
 other veggies

1. Heat oil in a two-liter or larger pot over camp stove. Add garlic, curry paste, dried or fresh onion and stir till all onions are coated. Add any optional veggies and stir till coated. Saute for 2-3 mins.
2. Add 5 cups of water and bring to boil. Add noodles, chicken and coconut powder.
3. Once noodles are soft take off heat and serve.

Chicken Squares

Rhonda Tregay, Charlotte, North Carolina



2 slices bread per person
 (or canned crescent rolls)
 cooked ham or chicken, cubed
 onion & chives cream cheese
 butter
 salt (optional)

1. Take one slice of bread and put into cast iron pan. If using crescent rolls, use your finger to push 2 triangles together to make a square.
2. Heat chicken in separate pan with a bit of butter and salt. Add in cream cheese and mix well. Spoon the chicken & cream cheese mixture into center of bread/squares. If using rolls, bring the corners up and twist together to make a little package.
3. Add a top slice of bread, put lid on pan, and heat in campfire until done.

Steamed Cornish Game Hens

Kathy Rapp, Willard, Missouri

frozen Cornish hen(s)
 salt and/or herbs
 large onion
 butter (optional)

1. Wrap Cornish hen(s) in clothing to keep cold. They will thaw slowly if you hike in the fall. Depending on how well packed, from 1-3 days.
2. Start fire. These will cook in the coals.
3. Take plastic off of hen and sprinkle liberally with season salt both outside and inside. Be sure to check for giblets on the inside. Good for grilling.
4. Wrap with foil and poke a few holes in the foil. Take second sheet of foil and sprinkle about 1 T of water in it and wrap hen again and fold the edges together and seal well. Cook for about an hour in coals.
5. If you like, you can cut the top off of a large onion and remove dried skin. Cut almost to core/root into about 10 slashes. Place large pat of butter on top and wrap with foil. Again, cook in coals for about an hour. Careful, both will be very hot when unwrapped.



Sweet Kielbassa Mix

Sue Batson, Avalon, Pennsylvania



"One of my favorites, this is a one-pan meal that is spicy and sweet, and does not require much refrigeration for the ingredients. In fact, if you're careful about your sausage choice, you could even go without a cooler completely."

(serves about 4)

1 sweet onion

1 pound Kielbassa or sausage

4 potatoes

2 apples

1. Slice the sausage into coins and toss them into a large skillet or saucepan, moving them around as they heat. This will coat the pan with a layer of oil, and keep everything else from sticking.
2. Chop the onion and add it to the pan. Allow the onion to cook until it is transparent, stirring frequently.
3. Quarter the potatoes. I leave the skins on, but peel them if you like. (Pile the skins inside your fire ring but outside the fire. You can burn them when they are dry.) Slice the quartered potatoes into thick slices, about the same thickness as the sausage coins.
4. When the onions are transparent, add the potato slices to the pan and stir them to coat them with oil. Add enough water to cover the potatoes and put a lid on the pan.
5. Quarter, core, and slice the apples. When the potatoes are almost done, add the apples, stir, and uncover the pan.
6. Allow the water to boil away. (Catch and condense the steam if you are in need of water!) Stir gently to avoid breaking up the potatoes and apple. Serve.

Potato, Zucchini and Sausage Scramble

Maggie, San Lorenzo, California



3 potatoes cubed
3 zucchini cubed
1 onion chopped
1 lb of Italian sausage (skinless)
pita bread or tortillas
salsa and cheese (optional)

1. Brown sausage and drain off all but 1 T of grease.
2. Add onion and season with salt and pepper. Add potatoes and zucchini and stir fry till warm and tender.
3. Add salsa and cheese to your liking. Serve in Pita bread or tortillas.

Dutch Oven Maple Glazed Beer Basted Pork Ribs

Curtis Carter, Jonesboro, Illinois



8-10 lbs lean boneless pork ribs
16 oz jar mild Giardiniera
1 bottle Guinness Stout
17th street "Magic Dust" spice rub
½ c maple syrup
18 oz. favorite BBQ sauce
1 large red onion
1 large green and red pepper
1/4 c olive oil

1. Start fire to create a coal base to spread above and below dutch oven. While coals are heating up rub ribs with "Magic Dust" and let sit.
2. Once coals are ready, spread them out and place dutch oven on top. Heat olive oil until it starts to smoke.
3. Carefully add pork ribs and lightly brown all sides. Do not over cook.
4. Once all ribs are lightly browned remove from heat and add green and red peppers along with the jar of giardiniera. Now add 6 oz of Guinness Stout and cover with lid.
5. Place above the lid of the dutch oven. Be sure to distribute coal as evenly as possible. Check after about 15 minutes. Add more Guinness if needed. Adjust coals as needed.
6. Let simmer for 30 minutes. Now add BBQ/Maple sauce. Cover oven but leave enough room for steam escape. Add coals if needed.
7. Lightly steam until sauce glazes the magic into the ribs, about 20 minutes! Remove from heat and sit back and enjoy the view.

Slow-Roasted Shoyu Pork

J.Matt, San Francisco, California



“This recipe is one that is best prepared at home and cooked on the first night of a trip or on any night of a car-camping surf trip with refrigeration or ice to keep it cold. This is especially good with fresh young boar if you can get it.”

(serves 5-6)

1-2 lb pork loin
 1 large garlic clove
 1 heaping T fresh grated ginger
 3-4 small dried Thai red peppers minced (to taste)
 3 green onions, chopped
 1 tsp black sesame seeds
 pinch Alaea salt
 ½ c shoyu (preferably Aloha brand)
 ¼ c mirin
 1/8 c white wine (cheap for sure)
 3-4 T sesame oil (fresher the better)

Special equipment:

bamboo skewer
 large zip-lock bag
 stout stick sharpened to a point

1. Ahead of time: Combine all wet ingredients in a measuring cup then whisk in the dry ingredients. Poke pork loin with skewer all over and drop it into the zip-lock bag. Pour in well mixed contents of measuring cup. Shake well and store for at least 6 hours, preferably over night.
2. At your campsite, build a strong hardwood fire (oak, pecan, the harder the better) and allow to burn down to glowing hot. Rake some of the hottest coals to the side of your fire pit and add fresh wood to main fire. By this time you will have already found a stout dry stick that is not likely to burn through, cleaned it of bark, whittled a point and built a rock support to anchor the stick's base.
3. Skewer the pork loin along its length and install over cooking coals about 6" from edge of loin to coals. This distance depends on the strength of your cooking fire. Be sure to keep it hot with coals from the main fire.
4. Depending on your fire this can take 45- 90 minutes. Throughout the cooking time it needs to be rotated to ensure even cooking. It is great served with greens (collard, kale or chard) and rice (calrose rice with furikake).

Ham & Green Beans

Maggie, Altoona, Pennsylvania



1 ham hock
 2 lbs fresh green beans (cleaned and snapped)
 1 large onion (chopped)
 1 large can vegetable broth or water
 2 cloves of garlic (chopped)
 salt and pepper to taste

1. Put ham hock in broth/water and bring to boil while you are cleaning the green beans.
2. Place green beans in broth and slow down boiling by pushing pan aside coals or turn down burner.
3. Add onion, garlic and seasonings.

“When camping, there’s nothing like the savory smell of bacon to get me out of a warm sleeping bag and into the cold fresh morning air. Using half of a large empty coffee can, simply set the can over your campfire and lay the raw bacon over the top. The bacon fat simply drains down into your fire, and the bacon is flat (though arched).”

Thomas, Carlsbad, California

One Venison Ham

Rita Bumgarner Kenion, Charlotte, North Carolina



ham

marinate overnight:
olive oil
red wine
mustard
spices, salt, and pepper

Special equipment:
cheesecloth
wet clay
hammer

1. Begin preparations early in the morning. Wrap ham in cheesecloth. Then cover completely in good quality, wet clay, about 1/4 of an inch thick. Be sure all of the ham is coated evenly.
2. Build fire in an area where it can be safely placed. A pit can be used. Build generous fire, including some hardwood. When the fire has red hot coals, completely cover the ham, bank the fire with soil removed from the pit, or ashes from a previous day.
3. Leave the ham in the coals all day. When the baking is complete, the clay will sound like a ceramic surface when tapped. Strike the clay with a hard object, a hammer is good. The blow should break the clay all the way around the ham.
4. Remove cheese cloth. Serve.

Pot Roast

Suzy Forwood, Auburn, California



pork or beef roast
carrots
onions
other veggies optional
salt, pepper, spices

1. Take a pork or beef roast and place it into a heavy pot with a heavy lid. Add carrots, onions, and whatever other veggies you like. Add some salt and pepper and perhaps other spices too. Now, add water to cover about half of the roast.
2. Tightly close the lid and bury the pot in the hot coals of your campfire. I do this using the hot ashes from the previous night's fire. Make sure to weigh down the lid with some heavy rocks. That'll keep the critters out.
3. Now, enjoy your day. Within 4+ hours, your meal is complete!

Hot Rock Chicken

Paul Brugger, Carson City, Nevada



1 whole chicken
salt & pepper
spices to taste (thyme, sage, etc.)

Special equipment:
dish towel
dried pine needles or leaves
burlap sack or old pillow case
smooth, clean rock (about 4" across)

1. Early in the day, get a nice fire going and put the rock in the fire where it will get very hot.
2. Prepare the chicken with salt, pepper, and various other spices to taste.
3. CAREFULLY remove the rock from the fire, and place it into the cavity of the chicken.
4. Wrap the chicken securely in the dish towel and then the pine needles or leaves, so that there is a layer of at least 2 or 3 inches of insulating material surrounding the chicken. The resultant package should be as big as a basketball, preferably bigger.
5. Put the chicken in the bag and hang it from the branch of a tree. Leave it for several hours. It will cook from the inside out.
6. Remove from wrappings and serve. The meat should literally fall off the bones.



Dutch Oven Short Ribs

Carol Ann Berkeley, Boxford, Massachusetts



(serves 4 to 6)
 3 lbs. beef short ribs
 4 carrots, pared and halved
 1 ½ tsp good salt
 4 potatoes, pared and halved
 ½ pepper
 flour for gravy
 2 onions, sliced
 1/2 tsp. dry mustard
 2 tsp lemon juice
 2 bay leaves
 1 ½ c water
 ¼ c brown sugar

1. Preheat dutch oven over coals, and brown short ribs in their own fat. Pour off drippings and season with salt and pepper.
2. Add onions, dry mustard, lemon juice, bay leaves and water. Place lid on oven and cover lid with hot coals. Cook for about two hours.
3. Remove lid, add brown sugar, carrots and potatoes. I also added a patti pan squash sliced up.
4. Cover and cook one more hour until vegetables are tender.
5. Discard bay leaf and remove ribs and vegetables to a platter. Thicken cooking liquid with flour and pour gravy over meat. Serve hot.

Corned Beef and Eggs

Laura McGowan, Lothian, Maryland

canned corned beef hash
 1-2 eggs
 parmesan cheese
 salt & pepper

1. Use the corned beef hash can to make "holder" (two layers because it will be set on hot coals).
2. Line the holders with corned beef hash. Break 1-2 eggs into holders with corned beef hash. Sprinkle with parmesan, salt & pepper.
3. Cover holder with foil and place on hot coals for 5-10 minutes. Open and serve.

Shepherds Pie *from the chilly Laurel Mountains of Pennsylvania*

Carrie, Cambridge, OH



1 lb ground beef
1 small diced onion
2 cloves minced garlic
4 potatoes cubed
1 can green beans
1 can corn
1 can diced tomatoes
cheese (optional)

1. In a big cast iron skillet, brown ground beef, and add all vegetables. Use the liquid in the canned veggies to help steam the potatoes.
2. Cover and simmer until the potatoes are done. Top with cheese if you want.

Campfire Steak

Matt Hammel, Denver, Colorado

ribeye steak
oil
spices

1. Marinate the steak in some water, oil and favorite spices.
2. Find a flat rock and set it in the fire when it's big with lots of flame.
3. Wait 10-15 min for the rock to heat up and the fire to settle down a bit then put your steaks in the flat rock and cook to desired doneness.

Surf and Turf on a Stick

Kevin Johnson, Saratoga Springs, New

1 ½ lb lobster (precooked and steamed)
½ lb steak tenderloin (raw)
red pepper (raw)
campfire stick

Simply roast over the fire as you would a marshmallow and enjoy the freshest juiciest surf and turf ever!

Tasty Shish Kabobs

Julie Torkelson, Chicago, IL

marinade: (enough for two gallon-sized plastic bags)

1 c extra-virgin olive oil

$\frac{3}{4}$ c soy sauce

$\frac{1}{2}$ c lemon juice

$\frac{1}{4}$ c worcestershire sauce

$\frac{1}{4}$ c prepared dijon mustard

1 $\frac{1}{2}$ tsp of freshly ground pepper

2 cloves of garlic, minced

1 tsp meat tenderizer (optional)

cherry tomatoes

one green, one yellow, and one orange pepper, cut into bite sizes

red onion, cut into eighths

mushrooms

chicken breast and/or top sirloin steak (optional)

1. Simply whisk the ingredients to create the marinade. I marinated the meat and veggies in separate plastic bags. The meat can marinate for 24 - 48 hours and veggies for only 4 to 6 hours, so they won't get soggy.
2. Create your kabobs and place over the campfire. You'll want to keep them out of the flame, and make sure the fire is hot. The meat can take longer to cook (especially the chicken), so you may want to put on a separate kabob.
3. Allow at least 20 minutes to cook on campfire depending on fire temperature.



"Clean a shovel and use it for a grill to cook burgers on a bonfire. Just that simple. It's the best hamburger ever."

J.Hester, Morgan Hill, California

Bacon Wrapped Beef

John D. Berry, Benicia, California



"I use this as a first night meal when backpacking, so after that night, the weight is no longer in my pack and it gives an energy boost. The marinade is the trick."

meat marinade to prepare before trip:

(for at least 6)

½ c olive oil

4 peeled garlic cloves, thinly sliced

2 peeled shallots, thinly sliced

¼ c balsamic vinegar

2 c prune juice

1 c apple juice

½ c soy sauce

1 T fresh rosemary, thyme or both

1 tsp ground black pepper

6 oz piece of lean beef per person

3 pieces of bacon per piece of beef

1. Blend marinate ingredients until finely ground. Place meat in container and cover with marinade for up to 24 hrs.
2. When ready to cook, remove & discard marinade, and grill to your satisfaction.
3. Take off fire and let rest for few minutes (keep in mind it will still cook while resting). Wrap beef with bacon (use wooden toothpicks).
4. Grill until done. Can serve with rice or bread and/or your choice of wild or domestic greens.

Special equipment:

wooden toothpicks

One-skillet Ground Beef and Dumplings

Linda Carraway, Tampa, Florida



(serves about 5)

1 lb. lean ground beef

1 large onion, peeled and chopped

3 fresh minced garlic cloves

2 T olive oil

1 28-oz. can diced tomatoes

1 15 oz. can cut green beans

½ tsp salt, pepper to taste

1 ½ tsp dried crushed Greek oregano

1 box Bisquick with ingredients to make the biscuits

1. Saute beef, onion, and garlic in olive oil in cast iron skillet until meat is no longer pink. Drain off fat and juices. Add tomatoes, green beans, salt, and oregano. Cook until simmering. Add pepper to taste.
2. Mix biscuits per Bisquick recipe and drop by heaping teaspoonfuls on top of simmering skillet mixture. Cover with lid and continue to cook for 7-8 minutes until dumplings are done.



Buffalo Throw

John Guyton, Mayhew, Mississippi

“We used this at environmental education weekends in the Land Between the Lakes in west Kentucky and it makes a great cooking demonstration. The eyes of spectators who see large steaks tossed onto the coals is quite exciting!”

buffalo steaks
salad dressing
butter

1. Soak buffalo steak overnight in salad dressing.
2. Toss steak directly onto a bed of red hot coals. After 3 or 4 minutes on one side, flip using a fork securely attached to a long stick. After the second side is cooked, fork and hold the buffalo steak while a second cook assists by rapping the stick to dislodge any clinkers.
3. Now, dunk the steak in a bucket of butter, rake a potato out of the coals, grab a cold one, lean against a tree and dine.

Venison Sirloin Tip

Jim Russell, Rice, Minnesota



venison select cuts
3 vadalia onions (sliced)
garlic
salt and pepper (to taste)
½ c flour
3 pkgs favorite brown gravy mix
green peppers
other vegetables optional

1. Take venison select cuts and remove all silver skin. Wash thoroughly. Sear over fire for about 2 minutes per side. Cut into cubes. Remove pan from fire.
2. Add onions, garlic, salt and pepper. Caramelize onions and then remove from pan.
3. Take flour and gravy mix, and add to one cup of water in large pan.
4. While stirring over hot fire, add venison, green peppers and any other vegetable you want. Stir frequently until all gravy and flour is absorbed into the gravy.

Lime Mint Tuna Steaks

Gordon White, Seattle, Washington

"I like to add the frozen fish to the marinade and put in the cooler when I leave the house for a camping trip. By that evening the fish is ready to cook on the fire."

juice of 2 medium limes
4-6 cloves of garlic chopped
1 c chopped fresh mint leaves
¾ c white wine
¾ c tamari
1 1/4 c olive oil
2 tuna or Mahi Mahi steaks

1. Add all ingredients and marinate for a few hours or overnight.
2. Place the fish on a bowl-shaped piece of aluminum foil (doubled over) and cook 10+ minutes, turning regularly until the fish is cooked to your liking.

"Season and marinate lamb chops in olive oil, garlic, pepper, and herbes de provence. Pack it in a zip lock bag. The secret is to find a black or yellow birch tree. Take some small green branches and weave them around the chops. Cook in an open fire. The birch will add a flavor similar to mint sauce. Gourmet meal in the woods!"

David Holbrook, Boston, Massachusetts



Banana boat

Catherine Grant, Kennesaw, Georgia



1 ripe banana per person
mini marshmallows
chocolate chips
peanut butter (optional)

1. Pull back section of banana peel one-inch wide, but do not break it off from banana (a knife can help get best shape sliver)
2. Using spoon, scoop out some banana pulp. Fill with marshmallows, chocolate chips, and peanut butter if desired
3. Lay pulled back peel over banana. Roll/wrap banana in foil and place over or near campfire heat.
4. Sing silly songs or tell spooky stories (about 10 minutes). Remove from fire, unwrap, and use spoon to scoop yummy dollops of gooey sweetness.

"Take dumpling dough (from Bisquick or scratch) and hide chocolate in the middle. Simmer in a pot of hot cocoa. When the dumpling is puffed up and cooked, the chocolate in the middle will be melted, and the outside of the dumpling will be steeped in cocoa. You can drink the cocoa, too!"

Julie Schwartz, Chestnut Ridge, New York

Backcountry Cake

Brian F., Philadelphia, Pennsylvania



"My friend, Canteen Boy, came up with this recipe to celebrate his birthday while we were hiking the Long Trail in Vermont. This recipe takes patience and a bit of fuel if you are using a stove, but the result is great!"

1 c Bisquick
1/3 c hot cocoa mix
1/3 c sugar
1/2 c water
honey (optional)

1. Thoroughly mix all solids, then slowly mix in water. Add the batter to a nonstick or greased pan (we used a little olive oil).
2. Cook over a fire or stove, but be very careful to control the temperature. To prevent the bottom from burning, you can change the height of the pan or put the pan on top of a pot of boiling water. If you have a 1/2 inch thick amount of batter in your pan, it should take about 15 min to thoroughly cook.
3. If you want, repeat to create multiple layers and stack them together with honey.

Orange Surprise

Ellyn L. Owen, Baldwin, Kansas



whole oranges
gingerbread cake mix
ingredients for making mix
apples
raisins
carrots
celery
vanilla yogurt
tiny marshmallows
mayonnaise

1. Cut oranges in half and scoop out the insides (save peels).
2. Put the pulp into a large bowl. Cut up the apples into slices, dice the carrots and cut the celery into small bite sized pieces. Add the raisins and the marshmallows. Mix the mayo and the yogurt into a dressing to use on the salad.
3. In a separate bowl, add the cake mix and the other ingredients. Fill the scooped out orange shell 3/4 full of cake mix.
4. Set the orange shells & cake mix on even coals from your burned down fire or charcoal. You can cover loosely with a sheet of foil. Bake until done (toothpick test). You now have a healthy salad and orange flavored cake for dessert.

Campfire Cobbler

Brock Ainsworth, Shawnee, Kansas



(serves about 6)
2 large cans of peaches, apples or cherries
crumb cake mix
1 egg
splash of milk

1. In a Dutch oven, pour two big cans of fruit into the pot.
2. Mix up a box of crumb cake mix with an egg and a little milk.
3. Pour batter on top of fruit and slice up a stick of butter and place slices on top of mix.
4. Place cover on pot and cook with a couple shovels of hot campfire coals on top of lid for about 30-40 min till cake is fluffy and crumb topping is done.
5. Remove coals and enjoy. It's best if you let it cool. Scalding fruit burns your friend's mouths!

Sweet Treats

Diane Gallagher, Waterloo, Iowa



refrigerated biscuits
melted butter
cinnamon
sugar, honey or jam

1. Take your favorite kind of refrigerator biscuits and flatten them slightly.
2. Wind them around a stick (whatever you use for your hot dogs or marshmallows) and roast until golden brown and done inside.
3. Roll in melted butter or margarine (butter spray might work) then roll or shake in a mixture of cinnamon and sugar.
4. Butter with brown sugar or powdered sugar is also good, or you can use honey or jam/jelly.

Peanut Butter Cookies

Sharron Gale West, International Falls, Minnesota



"Prepare a nice kettle of your favorite tea or coffee to serve with this campfire treat."

1 c peanut butter
1 c plain flour
1 c brown sugar
¼ c mayonnaise
¼ c honey

1. Blend ingredients together until they reach a smooth consistency.
2. Prepare fire using some slow cooking oak wood with some dry kindling till its burned down to red-lava looking coals. Spread the coals evenly to fill the pit from side to side matching the size of the cooking pan you'll be using. A cast iron or heavy steel pan works great and keep in-mind the thinner the pan the hotter the temperature for baking. (You want to insure a small homemade oven technique for baking, not sizzling or scorching). Set your rack over the coals allowing about a five inch difference from the coals to the rack.
3. Flour your hands and spoon out about 1 tablespoon of dough in your palm and roll it into a half-dollar-coin sized shape, about half an inch thick. Then place it in the pan and press the top with a fork till some of the dough squeezes through the prongs. Fill the pan up nicely with small separations between cookies.
4. Cover pan with a sheet of aluminum foil, but do not seal the foil to the pan. (This will allow the cooking process to hold the heat but not set-up a steam bath). Season your pan very lightly, because the peanut butter has its own oil.
5. Place the pan on the heated rack over the fire and allow at least 15 minutes for the cookies to bake with the forked tops boosting a light or dark golden-brown tint, according to your taste.



Apple S'mores

Nicole Patton, Midland, Michigan



"They say necessity is the mother of invention. I invented apple s'mores when I was ten years old because we had run out of graham crackers, and happened to be situated near to an abandoned apple orchard. Nothing fancy, but it became a camping staple for my family, and always easy for the kids."

apples
chocolate bar divided into squares
large marshmallows

1. Leave your apples whole, core them out with a melon baller, but leave the bottom solid.
2. Drop two squares of Hershey's into the hole, and seal it off with a large marshmallow.
3. Wrap in foil and cook in the coals like you would a baked potato.

Make Your Own S'more **Select your favorites from all our submissions!*



- graham crackers (original, cinnamon, honey, or chocolate)
- cinnamon raisin bread
- chocolate chip cookies
- granola

+

- chocolate: white, dark, or specialty like chili, ginger or nuts
- butterscotch chips
- peanut butter cup
- candy bar: toffee, cookies and cream, Caramello

+

- marshmallow bunnies
- gingerbread marshmallows
- marshmallow cooked and then dipped in shredded coconut
- cherry pie filling

(+)

- applewood bacon
- banana slices
- fresh strawberry
- sliced & cooked pear
- peanut butter
- dried pineapple rings

How to Start, Maintain and Extinguish your Campfire

1. Remove grass, twigs, leaves and firewood from ten foot diameter around area. Dig a pit in the dirt, about a foot deep, and circle it with rocks.
2. Fill the pit with small pieces of dry, dead, downed wood. Keep a bucket of water and shovel nearby.
3. Gather three types of wood: tinder (small twigs, dry leaves), kindling (sticks smaller than 1" around), and fuel (larger pieces of wood no thicker than an adult's wrist).
4. Pile tinder loosely in the center of the fire ring/pit, and add kindling ovetop in a tent shape.
5. Ignite the tinder with a match or lighter (wait until the match is cold before discarding it in the fire). Add more tinder as the fire grows. Blow lightly at the base of the fire.
6. Add kindling and firewood to keep the fire going but only if necessary. Keep the fire small and under control.
7. When you're ready to retire, allow the wood to burn completely to ash, and pour lots of water on the fire until hissing sound stops, drowning all embers. Stir the campfire ashes and embers with a shovel and make sure everything is wet and they are cold to the touch.

Info from: smokeybear.com, Boy Scouts of America: Leave No Trace, and Recreational Equipment Incorporated.



Make a Solar Oven

1. Draw a square on top of a pizza box lid one to two inches from edge. Cut along the three sides opposite of to make a flap. Fold flap up and tape foil to inner side, shiny side out.
2. Open the box and tape foil to the inside of the box. Place a piece of black construction paper in the center of the bottom.
3. With the box still open, throughly tape a double layer of clear plastic wrap over the opening in lid, pulling tightly to seal completely.
4. Place cooker in sunny spot with food on black paper and lid closed. Prop up the lid flap with a stick so sunlight can enter.

Special thanks to all of our members who contributed their campfire recipes!

To learn INSIDER TIPS ON CAMPING or join our WildAlert community, visit www.wilderness.org.

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