

Breakfast

1st place, Backcountry Green Chile Scrambled Eggs by Amy Jordan

Serves 2

Dehydrated eggs are reconstituted with hot water and then scrambled with green chile for a classic New Mexican breakfast from anywhere. We enjoyed them while cooking in rustic huts along the 40-mile Eklutna glacier traverse in Alaska. Add crushed tortilla chips before scrambling to make them into chilaquiles! Leftover dehydrated eggs are excellent in ramen soup for extra protein as well.

Ingredients:

- 8 eggs, dehydrated (see below)
- 4 roasted green chiles, skins removed, dehydrated (see below)
- Salt and pepper to taste
- 1 Tbsp butter or oil for frying
- Cheddar cheese (optional)

Directions:

Prepare your dehydrator with fruit leather trays on 3 racks (depending on size of dehydrator).

Eggs: crack the eggs in a bowl and whisk together vigorously until fully mixed. Dehydrate at 140 F until completely dry. This may take anywhere from 12-20 hours.



Blend in a food processor until powdery:



Green chile: slice de-seeded, de-skinned roasted green chiles lengthwise and place in dehydrator at 140 F along with eggs. Dehydrate until dry and crispy (around 10 hours). Chop or crumble into small pieces.

Backcountry scrambled eggs:

Rehydrate the powdered eggs and chopped dried green chile in 1½ cups boiling water, stirring vigorously. Add salt and pepper. Let it sit for 10 minutes.

Heat nonstick camping pan over low heat with butter or oil. When butter sizzles, whisk rehydrated eggs one more time and quickly add to pan. Stir frequently with spatula or wooden spoon until eggs reach desired level of doneness. You may need to hold pan slightly above the stove flame while cooking in order to avoid burning the eggs, depending on how low a flame your camping stove can go.



Top with cheddar cheese and enjoy!

2nd place, Camping Mexican Latte by Kari Converse

Please note that a lot of this recipe is to taste - increase or decrease ingredients per your own taste!

Ingredients:

- ¼ cup Mexican chocolate
 - 1 cup dark hot chocolate powder
 - 2 tbsp powdered sugar
 - 2 tsp cinnamon
 - 1½ tsp cayenne
- 2 cups dry milk
- 4-6 packets powdered coffee

Directions:

1. Mix ingredients
2. Add to hot water (approx. 2 tbsp per cup - per your own taste!)
3. Drink



3rd place, Polenta & Eggs by Jeff De Bellis

Serves 2

Ingredients

- 1 cup polenta
- 4 cups water
- 2 teaspoons salt
- ½ cup green chile or roasted red peppers, chopped
- 1 teaspoon dried basil
- 2 tablespoons olive oil
- 2 eggs
- 2 tablespoons grated Parmesan cheese

Directions

In a one-quart pot, bring polenta, water, and salt to a boil. Reduce to a simmer, stirring frequently, until thickened – about five minutes. Remove from heat and mix in peppers, basil, and half the oil. Heat the other half of the oil in a small skillet over medium heat. Fry eggs, then slide them on top of the polenta. Top with grated cheese. Mangia!



Entrees

1st place, Campfire Potatoes by Kevin Cook

We found this recipe years ago while car camping and it has been our go-to recipe for potatoes ever since. The recipe is set up for cooking over a campfire, but with a few modifications, you can cook it over a backpacking stove. It's simple, fast, requires very little prep and almost zero clean-up. It cooks well whether you're cooking over a designated fire pit with grate or a campfire pit. And aside from the potatoes, it's lightweight. You can have each person carry their own potatoes, thereby distributing the weight. Lastly, if you add in a couple extra potatoes, you'll have some delicious leftovers ready to be added to some eggs and tortillas for breakfast burritos, yum! This recipe is for ~ 4 persons, so adjust it up or down for your party size.

Ingredients

- 3-4 med - Large Russet Potatoes. Wash the skins of these at home so they're ready to cut up in camp, no peeling needed (besides everyone knows the skins are the most nutritious part, right? Waste not, want not).
- 1-4 oz can Mushrooms (get pop top type to eliminate carrying a can opener) or fresh ones.
- 2-3 oz Olive Oil in leakproof container
- 2-3 individual Salt & Pepper packets
- 3-4 pieces (12" x 24") of foil, folded.
- 1 large zip-lock bag, which will double as a trash bag afterwards.
- Couple of paper plates to use as a cutting board.
- Gloves to handle the hot foil packet (you're out hiking, you are prepared for sudden foul weather, right).

Directions

Place the oil, spices, and foil inside the zip-lock bag. You'll want to keep the foil flat, so place it in your back pack where it won't get torn or wadded up.

- Cut up the potatoes into bite sized pieces ~ 1" chunks. Again, you're out hiking; you do have a knife, right?).
- Lay out 1 foil sheet flat and place the potatoes in a mound running lengthwise in the foil leaving a 2-3" space around the edges of the foil.
- Pour the olive oil over the mound and sprinkle with the salt and pepper.
- Open mushrooms and drain off liquid, pour the mushrooms over the entire mound of potatoes.
- Fold over the sides and two ends making sure all of the potatoes are covered.
- Take another piece of foil and wrap another layer over the packet. Do this again with the 3rd and 4th foil sheets if necessary to create a sturdy packet.
- Place the packet on the fire pit grate or next to the coals of the fire and cook for ~ 30 to 40 minutes turning ~ every 10 minutes. Your cooking time will vary depending on how many potatoes are in your packet and your altitude.

- NOTE: The packets need to be somewhat sturdy so they don't rip open while you're handling them. If the packets are too flimsy, use fewer potatoes per packet. You'll have to experiment with this till you feel confident they'll not tear apart.

For a different spin on these (and if you have a cooler), try adding in 1 lb. of your favorite sausage (mine's Maple flavored). You don't need to pre-cook it, just add it in when you prepare it. However, when you open it up the sausage will still be somewhat pinkish in color as it doesn't brown inside the foil. Also cut back on the oil a little or it will be too greasy.

Enjoy!



2nd place, Tuna Mac n' Cheese by Jordan Ganley

Ingredients:

- 1 box of mac & cheese (Kraft and Annie's both work well, and include a flavor packet!)
- 1 can of tuna (white chicken also works)
- Dash of sriracha (optional, for heat-loving hikers!)

Directions

1. On a camp stove, bring 5-6 cups of water to a boil
 - a. If you have an insulated bag, macaroni can be boiled for two minutes, then removed and kept insulated for 10-15 minutes as it keeps cooking. Recommended to conserve fuel!
 - b. If not, macaroni can be boiled for as long as the box instructions call for (typically 6-8 minutes)
2. Drain water from finished pasta
3. Open canned meat and drain
4. Add both meat and flavor/cheese packet to cooked macaroni, just before eating. If using sriracha, add now!
5. Stir everything together and enjoy!



3rd place, Ramen Bomb by Savannah Gold

Ingredients

- Prepackaged Ramen
 - Note: the best kind we have found is Indomie. Comes with a sauce pack that has so many incredible flavors!
- 10 tablespoons of instant, powdered mashed potatoes
 - My favorite brand is Idahoan! They have several flavors, but I normally let the ramen flavor packs do the flavoring for me. J
- OPTIONAL: 2.5 ounce pack of protein (SPAM and tuna are common options)
- OPTIONAL: Add a tablespoon of peanut butter for a thai-twist! Works best with hot method, since the peanut butter will disperse. Thanks to Idahoan for this idea)

Other Needs

- Freezer gallon size zip-lock bag
- 3-4 cups of water (more water = creamier texture!)
- IF you are planning on using hot water, whatever cooking materials you need will also be required!

Hot Water Method (Our favorite)

1. Prepack the freezer gallon bag with the unpackaged ramen, potatoes and meat. This reduces trail waste. If your flavor packs are liquid, leave these intact and add when hot water is added.
2. Heat water
3. Add most of the hot water to the bag (enough to cover all ingredients). Gently shake to mix. Then, leave for 5 minutes so the ingredients cook. Check for dry spots, adding more water if needed. Add liquid flavor packs during this step.
4. Enjoy!

Cold Water Method

1. Add all unpackaged ingredients to the freezer gallon bag (including liquid flavor packs if you have them). Pack the bag, consuming whenever the noodles have saturated enough in the water. Yum!



Trail Snacks

1st place, Ben's Fruit & Nut Trail Bars by Benjamin Luchini

Ingredients, 48 bars:

- 2 cups apricots, dried
- 3/8" dice 2 cups cranberries, dried, or Craisins (Ocean Spray)
- 2 cups pecans, medium pieces
- 2 cups almonds
- 1 cup puffed wheat cereal
- 1 1/2 cups granola, basic variety
- 1 1/4 cups flour
- 1 Teaspoon cinnamon, more or less to taste
- 2 Teaspoons cardamom, more or less to taste 1 Teaspoon nutmeg, more or less to taste
- 1/2 teaspoon allspice, more or less to taste
- 1/2 teaspoon salt
- 1 1/2 Teaspoons baking powder
- 2 Teaspoons vanilla extract
- 12 ounces orange juice, frozen concentrate, thawed
- 1 cup (honey), *see Note
- OPTIONAL 2 large egg

Directions:

Preheat oven to 350 F. Grease a 12x17x1" baking pan or better yet use the pan with a "SILPAT" liner.

For these Trail Bars I use dried apricots and cranberries; as well as pecan almonds. Feel free to substitute other dried fruits and nuts such as raisins, prunes, etc. and walnuts, cashews, etc. You may also wish to add some shredded coconut (not more than 1/2 cup).

Soften the fruit and nuts in a 1/2 cup simmering water for 15 min, then drain well. Add some liquor, brandy or other hooch as a part of the simmering water, if you like. Place drained fruitnut mixture into a separate LARGE BOWL #1. DO NOT STEW THE FRUIT! Let stand 30 min to cool and for excess moisture to absorb.

Combine all the dry ingredients stirring well in a separate bowl #2.

Combine the vanilla extract, orange juice, frozen concentrate - thawed, (honey *see Note OPTIONAL) and eggs stirring well in a separate bowl #3.

Add the dry ingredients (bowl #2) to the fruit-nut mixture (in bowl #1) and mix well until evenly incorporated.

Add the contents of bowl #3, all-at-once, into the floured fruit-nut mixture, mixing until everything is evenly incorporated. Do not overwork your dough.

Once the dough is the proper consistency and everything is equally distributed, spread the dough onto the baking pan, fill to the rim. Even out the dough. Do not heap the dough in the pan. If, you have any excess dough then use a second pan, keeping the dough at one end and at the same height as in the first pan (it will not spread).

Bake until done for 30 - 40 minutes (more or less depending on your oven and altitude, test).

Cool, then remove from pan. Cut with an electric knife or serrated bread knife into 48 bars.

If and only if the bars are too moist, rebake separated bars for 30 - 60 minutes at 215 F. When dried to your preference, wrap individually and store in refrigerator.

* NOTE: OPTIONAL add one cup of honey to the orange juice - egg mixture. the resulting bars are sweeter and more moist. Increasing baking time 5 min. Honey adds 7 calories to each bar.



2nd place, Into the Wild Sweet & Salty Trail Mix by Mary Shivers

Ingredients:

- 2 tablespoons unsalted butter
- 2 tablespoons honey
- ¼ cup raisins
- 1 cup quick-cooking rolled oats
- ¼ cup roasted and salted pistachio kernels
- ¼ cup roasted & salted sunflower kernels
- ¼ teaspoon ground cinnamon
- 1 cup mini marshmallows
- ¼ cup mini semi-sweet chocolate chips

Directions

Heat a 10-inch cast iron skillet on a wire rack about 3 inches above the low flames of a campfire, or alternately over a camp stove over medium heat. Add butter, honey, and raisins. Cook for 2-3 minutes, stirring constantly until raisins soften. Stir in oats, pistachio kernels and sunflower kernels. Sprinkle with cinnamon. Cook for 2 minutes more just until oats begin to brown, stirring often. Remove from heat and cool for 15 minutes or until mixture is warm. Stir in marshmallows just until some of the mixture sticks slightly to marshmallows. Cool for 5 minutes more then stir in chocolate chips. Spread on wax paper to cool completely. Serve in cups or individual bags as desired. Serves 6.



Desserts

1st place, Happy Camper Berry Pineapple Skillet Cake by Mary Shivers

Ingredients:

- 1 (20 oz.) can pineapple slices, drained (juice reserved)
- 4 tablespoons unsalted butter, divided use
- ½ cup brown sugar, divided use
- 4 tablespoons reserved pineapple juice, divided use
- 10 fresh raspberries (blackberries or small strawberries may be substituted)
- 1 (15.25 oz.) box white cake mix
- 1 (20 oz.) can crushed pineapple in juice (do not drain)

Directions

(This recipe makes two 10-inch skillet cakes. Each one serves 5 people, so cut the recipe in half accordingly if you only want one cake. Also, this recipe may be cooked over a camp stove over low-medium heat.) Build a campfire, allowing the fire to burn down until flames are low. Place a wire rack or grill grate about 3 inches above flames. Place 2 tablespoons butter and ¼ cup brown sugar in a 10-inch cast iron skillet and place on wire rack. Cook for 2-3 minutes until butter is melted and mixture is smooth, stirring often. Stir in 2 tablespoons reserved pineapple juice. Arrange five pineapple slices evenly in a circle on mixture. Place a raspberry in center of each slice. In a large resealable plastic bag, combine cake mix and crushed pineapple in juice until cake mix is evenly combined. Spoon half of mixture over pineapple slices, spreading to evenly cover. Cook uncovered for 25 minutes then place a lid on skillet and cook for 25-30 minutes more or until cake is done in center. Remove from campfire. Uncover and cool for 15 minutes. Cut into five wedges, ensuring that each wedge has a pineapple slice. Use a spatula to invert wedges onto serving plates. Wipe out skillet and repeat all steps for second cake. Serves 10.



2nd place, Bombay Apples by Doc

Ingredients

- 3 oz dried apples
- 1 Tbs wheat germ or ground flax seed
- 1 oz raisins
- 1 oz toasted almonds
- 1/8 tsp salt
- 1/8 tsp ground ginger
- 1/8 tsp curry powder
- 1/8 tsp dried mustard
- 1 Tbs maple syrup
- 1 Tbs butter

Directions

Place 3 oz dried apples in zip bag. In a second zip bag, put 1 tablespoon wheat germ or ground flax seed, 1 oz. raisins, 1 oz. toasted almonds. In plastic bottle, put 1/8 t salt, 1/8 t ground ginger, 1/8 t curry powder, 1/8 t dried mustard, 1 tablespoon maple syrup or coconut nectar, 1 tablespoon melted & cooled butter. Shortly before you are ready for dessert, soak apples in enough warm water to cover, 15 minutes. Add the bottled ingredients to the apples, and simmer another 15 minutes. Stir in wheat germ, raisins and almonds. Let rest a few minutes before eating.



