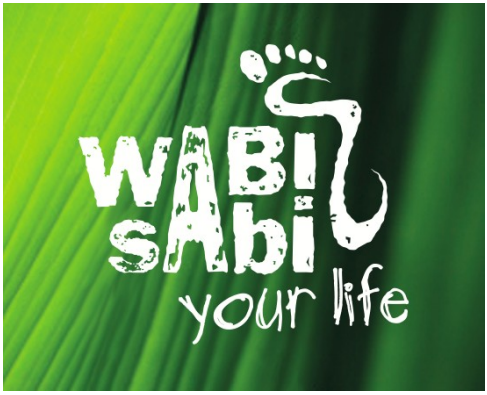
Wabi Sabi Your Life – Outdoor Recipes



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Quick Bread

2/3 cup wheat flour 2/3 cp white flour 1/3 cp powdered milk 1 ½ tsp baking powder 2 tbs margarine 1 ½ cp water OPTIONS Fruit & Nut Option: 2 tbs brown sugar ½ cp chopped fruit/nuts Italian: 1 tsp garlic powder 1 tsp crushed oregano 1 tsp dill 3 tbs parmigiano 1 tbs dried onion (rehyd) mix all ingredients		- Mix all ingredients and place in pan
Nutritional Info:	N/A	
Notes:	Makes 4 servings	
Source:	NOLS Cookbook P. 129	

Peanut Butter Bread		
Part A ½ cp peanut butter ½ cp honey 2 tbs margarine Part B 1 cp whole wheat flour 1 cp white flour ¾ cp powdered milk 2 tbs powdered egg ½ tsp salt 1 ½ tsp baking powder 1 cp dried fruit Part C 2 cp water		- mix Part A - blend Part B - add Part and Part B with Part C and mix well ½ cp chocolate chips for variation
Nutritional Info:	N/A	
Notes:	Makes 4 servings	
Source:	NOLS Cookbook P. 132	

Basic Baking Mix (aka, Bisquick)		
4 cps flour 2 ½ tbs baking powder ¼ cp powdered milk 2 tsp salt		- pre mix and place in bag
Nutritional Info:	N/A	
Notes:		
Source:	NOLS Cookbook P. 69	

Pancakes		
2 Parts Baking Mix 1 part flour		- combine with enough water to make pourable
Nutritional Info:	N/A	
Notes:	Makes 4 pancakes	
Source:	NOLS Cookbook P. 70	

Biscuits	
2 cps Basic Baking Mix 4 tbs margarine ½ cp to ¾ cp water OPTIONS Cheesy: Add ½ tsp garlic powder Add 1 tbs rehydrated onions	- cut margarine into mix - add water to form dough - knead in bowl 12 times - pinch off dough to form biscuits CHEESY OPTION: - add Cheesy ingredients - form into balls - add chees to middle of balls
Nutritional Info:	N/A
Notes:	Makes 10-12 biscuits
Source:	NOLS Cookbook P. 137

Peanut Butter Fudge		
Part A ½ lb brownie mix 4 to 5 tbs peanut butter 2 ½ tbs sugar 2 ½ tbs powdered milk Part B 2 ½ tbs vanilla water		- mix Part A - add vanilla and slowly add drops of water - continue mixing and adding water until mix resembles fudge - press into frypan and chill
Nutritional Info:	N/A	
Notes:	Makes 4 servings	
Source:	NOLS Cookbook P. 156	

Basic Omelet	
Part A 1 tbs powd egg 1 tbs powd milk 1 tbs baking mix ½ cp cold water 1 tbs dried onions 1-2 tbs margarine Part B 3 tbs potato pearls 1/3 cp cheese	- mix Part A - add cold water slowly, mixing and avoiding clumping - rehydrate onion - melt Margarine - pour in egg mixture, swirl so covers bottom of pan. Cover and cook over medium to low heat - in separate bowl mix drained onions and Part B in enough hot water to make smooth mixture - spread mixture over half omlette, fold over and cook -top with cheese
Nutritional Info:	N/A
Notes:	Makes 1 servings
Source:	NOLS Cookbook P. 79

Granola	
5 tbs margarine 3 cps uncooked oatmeal 1/3 cp brown sugar ½ tsp salt 1 cp dried fruit 1 cp nuts and seeds	- chop fruit and put in bowl. Add water and cover - melt margarine - add uncooked oatmeal and salt, stirring to coat - sprinkle brown sugar over top - add drained fruit and nuts - stir until oatmeal is fried to a colden brown OPTION - add ½ cp honey mixed with 2 tbs peanut butter
Nutritional Info:	N/A
Notes:	Makes 4 servings
Source:	NOLS Cookbook P. 68

Muesli		
3 cps oatmeal ¼ cp sunflower seeds ¼ cp nuts, chopped 1 cp dried fruit 1 ½ cps powd milk 2 tsp cinnamon ½ tsp salt		- mix all ingredients in plastic bag - add water to desired consistency
Nutritional Info:	N/A	
Notes:	Makes 6 cps	
Source:	NOLS Cookbook P. 69	

Oat Scones	
Part A ½ cp margarine 2 cps oatmeal Part B 1 ½ tsp baking powder pinch salt ¼ cp honey or brown sugar ½ tsp vanilla water 2 cps white flour	- melt margarine in pot, stir in oatmeal - add part B, mix well - add water and flour alternately until mix is neither too stick nor too dry to hold - form 4 inch patties, ¾ inch thick - bake or fry OPTION: - boil dried fruit in water, until mushy - add sugar to taste and some flour to soak up water - add to patties and cook
Nutritional Info:	N/A
Notes:	Makes 6-8 servings
Source:	NOLS Cookbook P. 140

Yeast Cinnamon Rolls		
Part A 1 basic bread dough recipe Part B 4 tbs margarine ½ to 1 cp brown sugar 1 tbs cinnamon OPTIONS: ½ cp nuts (optional) ½ cp raisins (optional)		- mix Part A and roll out into large rectangle ½ inch thick - mix Part B until creamy, spread on dough - sprinkle with nuts and raisins - roll up jelly-roll style - taper ends to seal shut - cut roll into 1 inch slices and place in pan
Nutritional Info:	N/A	
Notes:	Makes 4 servings	
Source:	NOLS Cookbook P. 144	

Basic Bread (Yeast)

1 level tbs yeast 1 ½ cps luke warm water 2 tbs sugar 2 tsp salt 2 tbs margarine 3 to 3 ½ cps flour (1/3 whole wheat, 2/3 white is good)	- dissolve yeast in lukewarm water with sugar and salt - cover and let sit for 5 minutes in warm spot until it froths. (try putting in insulated mug and capping it) - add half the flour and beat vigorously 2 to 3 minutes to develop gluten. Wet batter will smooth and get stringy - flour hands and knead bread on a floured fry pan or baking sheet - knead with the heels of hand for 8 minutes, folding when dough becomes sticky - dough will be silky and springy when done IF MAKING BREAD - shape into a loaf and place in a well oiled pot or fry pan. Press dough out to touch the edges and grease the top of the loaf with oil or margarine - cover and set in a warm place to rise for about an hour or until doubled in size -bake for 30-50 minutes
Nutritional Info:	N/A
Notes:	Makes 4 servings
Source:	NOLS Cookbook P. 134

Fruit and Nut Curry

Part A 2 green peppers 2 red peppers 2/3 cp cashews 2/3 cp dried onion ½ cp raisins Part B 2 tbs curry powder ½ tsp pepper ½ tsp salt Part C 6 cp quick rice		- add 6 cups water to Part A and bring to a boil, simmer for 10-15 minutes - add Part B, stir, cover and set aside - mix 6 cps water with part C, bring to a boil, cover, simmer for 3 minutes - serve curry on rice -
Nutritional Info:	N/A	
Notes:	Makes 6 servings	
Source:	CH	

Lentil Soup		
Part A 1 cp lentils ½ tsp salt Part B ½ cp dried onion ½ cp dried carrot 1 clove garlic ½ cp tomatoes Part C ¼ tsp basil ¼ tsp pepper		- add Part A to 6 cups water, bring to a boil - add Part B, and simmer until lentils are almost soft - add Part C and 1 ½ tsp vinegar, serve when lentils are soft
Nutritional Info:	N/A	
Notes:	Makes 6 servings	
Source:	CH	

Stove Top Drop Cookies		
Part A 2 cp sugar ¼ cp milk powder 6 tbs cocoa Part B ½ cp butter Part C 3 cp rolled oats 1 cp cocunut		- mix Part A and B together - boil for 2 ½ to 3 minutes - mix in part C and drop onto wax paper, let cool
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Yam Brownies

Part A 1 cp brown sugar 1 cp sugar 4 powdered eggs Part B 1 ½ cp flour 1 tsp baking powder ½ tsp salt Part C 1 cp butter 4 eggs Part D 2 cp grated yam 2 tsp vanilla	- cream parts A and C together plus water for powdered eggs - Stir in Part B - Fold in Part D - Bake
Nutritional Info:	N/A
Notes:	
Source:	CH

Richards Moose Pond Breaky

Part A 6 cp flour ¼ cp baking powder 1 c powdered egg 1 tsp salt 1 tsp pepper 1tsp red pepper Part B 1 c milk powder Part C 1 c dried mushrooms 1 c dried peppers ½ c dried onion Part D cheddar cheese	- re-hydrate Part C - add 3 c cold water to Part B - add Part B to Part A - add drained Part C - bake in outback oven - top with grated cheese
Nutritional Info:	N/A
Notes:	
Source:	CH

Hudson Bay Company Plum Pudding

Part A
1 c flour

Part B
¼ c brown sugar
2 tbs sugar
1 tbs powdered egg
1 ½ tbs powdered milk
1 tsp baking powder
4 dried appricots (chpd)
¾ c raisins
nutmeg
ciinnamon

Part C
½ c butter

Part D
¼ c water
1 tsp lemon juice

Rum Sauce
½ c boiling water
¾ c brown sugar
½ c rum

Cut Part C into Part A
- mix in part B
- stir in Part D to create a cake batter
- wet cotton bag in hot water, wring dry, shake a bit of flour into bag
- pour batter into bag, tie up top tight leaving plenty of room for expansion
- put in pot of boiling water (covers bag with out bag touching bottom)
- boil for 45 to 60 minutes

Rum Sauce
- combine ingredients and simmer for 10 minutes, stir in rum

Nutritional Info:	N/A
Notes:	Need cotton bag
Source:	CH

Pizza

Part A 3 packages pizza sauce Part B ½ c dried onions ½ c dried zucchini ½ c dried tomatoes ½ c dried mushrooms 1/3 c dried red peppers 1/3 c dried green peppers Part C (master baking mix) 6 c flour ½ c wheat germ 3 ¾ tbs baking powder 1/3 c milk powder 1/3 c sugar Part D Cheese	- soak part A in boiling water - soak part B in boiling water - mix part C with water until a dough consistency. Roll out into pizza crust - mix part A until it is a thick sauce, spread on crust - once Part B is rehydrated drain extra water - use part B and D to make pizza. Cook in back country oven
Nutritional Info:	N/A
Notes:	Makes 1 pizza
Source:	CH

CH Master Baking Mix (Bisquick like)		
Part A 6 c flour ½ c wheat germ 3 ¾ tbs baking powder 1/3 c milk powder 1/3 c sugar		- Mix Part A with water until a dough consistency.
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Cream Scones		
Part A ¼ c butter milk powder 5 tbs sugar 1 tbs powdered egg Part B 3 ½ c white flour 2 ½ tsp cream of tartar 1 ¼ tsp baking soda Part C ½ c oil		- add 1 c water to part A and mix well - slowly add part B to A and mix only as much as needed to blend - gradually add part C to A & B mixture -shape into ¼ to ½ inch thick wedges - cook on medium low heat either on a frying pan or in an outback oven - 5 to 7 minutes per side
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Potato Leek Soup		
Part A 1 c potato powder ¾ c powdered milk ¾ tsp salt Part B ½ c dried leeks ¼ c dried celery ¼ dried carrots ¼ c dried broccoly 1 tbs vegetable stock powder Part C ½ tsp thyme ½ tsp marjoram ½ tsp basil		- add part A to 3 c water, set aside - add part B to 3 c water and bring to a boil - simmer until veggies are soft - add A mixture to B mixture and bring to a boil - add part C and serve -
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Spicy Omelet		
Part A ½ c dried onion 4 to 6 sundried tomatoes, chopped ½ c dried cauliflower ¼ c dried corn ¼ c dried peas Part B 9 powdered eggs 9 tbs powdered milk Part C 1 tsp cumin 2 clove garlic crushed 2 tsp chili powder 2 tsp coriander Part D ½ c grated cheese		- soak part A in boiling water until soft - mix part B with 1 ¼ c water and cook on frying pan until it begins to thicken - drain part A and add to part B - add part C and scramble until cooked - add part D at the end, serve once cheese is melted
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Seasoned Lentils

Part A
1/2 tsp Mustard seed
1/2 tsp Cumin seed
1 tsp red pepper flakes
1/4 tsp Asafoetida
2 tsp Curry powder (or 6 to 8 curry leaves)
2 Cloves garlic (crushed)
2 tbs. Unsweetened shredded coconut

Part a
4 tbs. Vegetable oil

Part B
1c Red lentils
2 tsp Sambhar masala
1/2 tsp Turmeric

Part C
3/4c Dried zucchini
1/2c Dried cauliflower
1/2c Dried mushrooms
4 to 6 Sundried tomato halves (chopped)
1/8c Dried bell peppers

Part c
4 tbs. Tamarind juice

Part D (optional)
4 tbs. Vegetable oil
2 Cloves of garlic sliced
1 tsp Coriander (or fresh leaves)

- Put part C in boiling water to soak and set aside
- Heat vegetable oil (part a) in a frying pan.
- Add part A and stir fry lightly until coconut begins to brown.
- Add part B, stir fry for 2 to 3 minutes then add 2 cups of water.
- Bring mixture to a boil, cover and simmer for 25 to 30 minutes (until lentils are soft).
- Drain part C and add to lentils, add tamarind juice (part c), cook until warm throughout.
- Heat vegetable oil in a small frying pan.
- Fry garlic slices until golden.
- Stir in coriander then poor over lentils, mix and serve.

Nutritional Info:	N/A

Notes:	Makes xx servings
Source:	CH

Cinnamon Roles - CH

Part A 2 c Flour 2 tbs. Sugar 4 tsp Baking powder 1 tsp Salt 1/3 c Milk powder Part B 1 c Brown sugar 1 tbs. Cinnamon 1 c Raisins Part C 1/4 c Butter 1/3 c Butter	- Mix Part A with 1/4 cup butter (from Part C) and 3/4 cup water. - Mix Part B with 1/3 cup butter (from Part C). - Role out Part A and spread Part B, then roll up and cook on buttered pan in back country oven.
Nutritional Info:	N/A
Notes:	
Source:	CH

Chocolate Chip Cookies

Part A 1 c Brown sugar 1 Powdered egg 1 c Flour 1 c Rolled oats 1/2 tsp Baking soda 1/4 tsp Salt 1 c Chocolate chips Part B 1/2 c Marg		- Mix Part A with Part B, add 2 1/2 tbs. of water and mix. - Drop on to greased backcountry oven pan. - Cook until browned but still soft.
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Cheese/Fruit Biscuits

Part A 3 c Flour 2 tbs. Baking powder 3 tbs. Sugar 1 tsp Salt 1/3 c Milk powder Part B 1/2 c Oil 1 c Water Part C 1 1/2 c Cheese or 1 c Craisins		- Mix Part A with Part B until blended but don't over mix. - Add part C. - Shape into small cakes, cook in back country oven.
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Peanut Butter Fudge		
¼ c softened margarine ¼ c peanut butter 1 c powdered sugar ½ c crushed graham crackers		- stir together part A
Nutritional Info:	Total Calories: 1405 43:52:5 157g Carbohydrate 84g Fat 18g Protein	
Notes:		
Source:	CH	

Fry Bread		
Part A 1 c Flour 1 ½ tbs Baking Powder 1/8 tbs Powdered Milk Part B sugar cinnamon		- stir together part A w/3 tbs of oil and enough water to make dough soft - fry in greased heated skillet on moderate flame - dip in sugar/cinnamon
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Grasshopper Pie		
Part A 2 Packages of pistachio pudding 1 1/3 c Milk powder 4 tsp Mint tea flakes Part B 24 Fudge cookies		- Add 3 1/2 cups of water to Part A, mix for 2 minutes, chill for 3. - Crumble half the cookies into bowls (or pie plate). - Add pudding and then top with remaining cookies.
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Chapatti's		
Part A 1 1/2 c Whole wheat flout 1 1/2 c Cornmeal 1 tsp Salt		- Mix with 1 1/2 cups of water. - Roll into very thin patties and fry on frying pan with butter, flip once.
Nutritional Info:	N/A	
Notes:		
Source:	CH	

Stewed Fruit with Dumplings		
Part A 3 c Dried fruit 1 1/2 tbs. Cinnamon Brown sugar Part B 3 c Flour 1/2 c Wheat germ 3 3/4 tbs. Baking powder 3 tsp Salt 1/3 c Powdered milk 1/3 c Sugar		- Add 6 cups of water to Part A and simmer while preparing dumplings. (soak fruit overnight if possible) - Gradually add water to part B, mixing until it is thick and gooey (not runny). - When fruit is rehydrated drop teaspoon sized dumplings into simmering fruit. - Cover and cook 5 to 10 minutes
Nutritional Info:	N/A	
Notes:		
Source:	CH	

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Tips and Techniques

1. Links to vendors
    1. Powdered Milk
    2. Powdered Egg
2. Discussion on baking
    1. Twiggy Fires
    2. Outback Oven
3. Great Accessories
    1. Pot Holders
    2. Micro Planars
    3. Fold up measuring cups
    4. Plastic baking sheet
    5. One good knife!!