

Thompson's Bushwalking Recipes

for the discerning bushwalker



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And now the second edition

Like almost every other publication, this one has latched onto the greenhouse bandwagon. No, it does not rely on the obvious stunt of using recycled paper. Instead, it includes improved menus that result in decreased emissions—by you—of greenhouse gases. In fact, the reduction is so dramatic that you can now safely share a tent.

The other major feature is the inclusion of a new main meal, sweet and sour chicken, which raises this publication to a true 'gourmet' level.

Welcome to tasty bush cooking

These recipes are for the discerning bushwalker who is planning a long walk and who wants tasty, nourishing meals.

They have been field tested—that is to say my friends, the guinea pigs, are still alive. In fact, some of the recipes even taste good at home; of course, after a couple of days in the bush they all taste nice.

There are several notable things about these recipes:

- They do not use tinned food, and all the ingredients, except two, are dry. This keeps weight to a minimum—essential on long walks.
- They do not use that ultra-expensive, trendy, freeze-dried muck you find in bushwalking shops.
- They use readily available ingredients, found in supermarkets or health food stores.
- They are relatively easy to prepare.

Quantities

Each recipe lists the quantities (in grams) required for a reasonably sized meal for one person, on a typical walk.

The term ‘reasonably sized’ is obviously open to debate. For example, if you are a light eater and the walk is going to be easy, you may want to reduce the quantities slightly. But be careful about changing them by more than 15%, unless you have catered for long walks before.

Experimenting

Most of the recipes lend themselves to extensive modifications—in a few cases I’ve suggested variations. The main thing, apart from making it more to your taste, is to keep the total weight approximately the same.

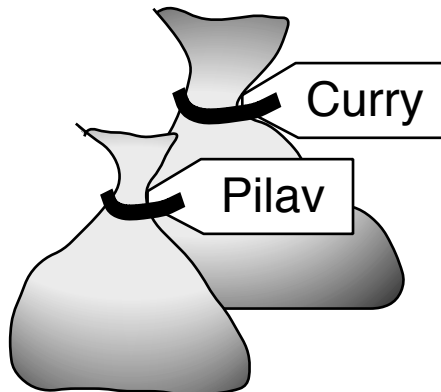
Vegetables

Some vegetables, such as onions and potato, are listed separately—these are readily available in shops. The rest are simply listed as ‘vegetables’. In practice this means peas, with the odd scrap of carrot or sweet corn. So, if you use peas for a week you will eat approximately 3,571 of them! However, if you have access to a food dehydrator you can dramatically increase the range of vegetables—and meats, such as chicken—with a corresponding improvement in taste.

Packaging

If you package all your food on a meal-by-meal basis before the walk, you can save a lot of time and confusion during the walk.

Each recipe tells you how to package the ingredients. If the ingredients are stored in more than one bag, place the separate bags in a common bag and label it accordingly—for example ‘Coconut Curry’. You can even enclose a photocopy of the cooking instructions.



Breakfasts

This is the hardest meal for which to dream up dishes. Even the freeze-dried stuff lacks the appeal of cereals, followed by bacon and eggs, followed by toast and marmalade, followed by filtered coffee.

So, while you are dreaming of the above, read the disappointing suggestions below.

Porridge

Porridge? Yuk! Afraid so. But look on the bright side, it's better than a tin of baked beans.

Porridge..... 60	Add 300 ml of water to ingredients and stir till cooked.
Milk..... 20	
Dried fruit..... 20	Variations: If, like me, you don't like porridge very much, substitute:
Sugar..... 10	
Total 110	
Packaging: Pack all of the ingredients together.	<ul style="list-style-type: none">• Couscous, my favourite• Polenta, made from sweetcorn

Muesli

Pampering to the health freaks here. You can use whatever recipe you like. The fact that you don't have to cook it can be an advantage on some walks.

Muesli..... 100	Cooking optional—but it tastes horrible (healthy) whichever way you have it.
Milk..... 20	
Total..... 120	
Packaging: Pack both ingredients together.	

Lunches and things

This includes lunch stuff, things to nibble at during the day and items, such as butter and tea, that are used at various meals.

Scroggin and nibbles such as bhuja... 80 - 120 Biscuits, sweet..... 50 Butter..... 15 Jam/spread/honey..... 20 Salami..... 40 Cheese..... 40 Bread, damper or Tararua bisc .. 100 - 120 Soup, packet of..... 15 Cordial powder..... 6 Tea..... 4 Coffee..... 8 Total..... 378 - 438	Scroggin is a mixture of nuts, bite-sized pieces of dried fruit, chocolate, glacé ginger and any other things you like. (For a long walk, keep the nuts separate from the fruit, otherwise the nuts become soggy.) The low-end weights for scroggin and bread are about right for a 'normal' walk; whereas the high-end ones are about right for a harder walk. Tip: Keep the scroggin/nibbles near the top of your pack, so that they are easy to get at when you to take a break. Recipes for spiced tea, Tararua biscuits and damper are given later.
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Spiced tea

If you're sick of 'ordinary' tea, try this wonderful aromatic blend.

Tea (such as Orange Pekoe)..... 100 Cloves..... 5 - 10 Cinnamon..... 5 Orange peel..... 15 Total..... 125	Where do you get orange peel? From oranges of course. Simply peel your orange, cut the peel into small pieces (about 2 mm wide and 5 mm long) and dry them in the sun—it takes about a day during summer. Serving suggestion: Try with a bit of fresh lemon or lime.
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Tararua biscuits

These are all-purpose biscuits that are filling, keep well and can be used as savoury or sweet biscuits. Some people even like them.

<p>The weights given below are for 16 servings (100 gm per serve).</p> <p>Oatmeal.....650 SR flour..... 400 Butter.....250 Sugar..... 250 Malt or treacle..... 60 Total 1610</p>	<p>You make this at home.</p> <p>You need a bowl for mixing, a saucepan and a tray for cooking.</p> <ol style="list-style-type: none">1. Melt the butter and rub into the flour, oatmeal and sugar. Add the malt/treacle and enough water to make into a dough.2. Roll out till it's about seven to 10 mm thick and use a glass to cut into biscuits.3. Bake at 200°C for approximately 30 minutes, until slightly tanned.
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Damper

Damper is really nice on long walks—especially when compared with stale, dry bread.

If you haven't made damper before, practise a couple of times before your long walk—your first attempts may be a bit of a flop. But when you have mastered the technique, the rewards are very tasty.

I generally make the damper in the evening and eat it the next day at lunch. This has two advantages:

- It's easier to estimate the temperature of the coals at night.
- The time taken to light a fire, produce sufficient coals and cook the damper is longer than a normal lunch break.

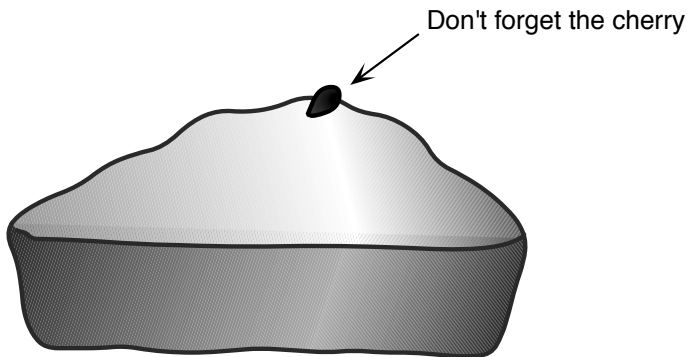
SR flour..... 100
Dried fruit..... 20
Total..... 120

Packaging: Pack both ingredients together.

You need two containers: one to mix the dough, the other for cooking (with a lid). You also need plenty of coals.

Lightly smear the bottom and sides of the cooking container with butter.

1. Place the ingredients in the mixing container and add 80 ml of water.
2. Stir vigorously until everything is evenly mixed—it should be fairly sticky and doughy.
3. Place the mess in the cooking container.
4. Scrape enough coals away from the fire to make a layer about 3cm deep on which to stand the container. Place the container on top and then place as many coals on the lid as possible.
5. Check the damper after about five minutes to ensure that it isn't burning. It should have started rising, but still be quite white. It takes between 15 min (2 person) and 40 min (4 person).



Main courses

Apart from taste, these recipes vary considerably in size and cooking requirements. Thus, after a hard day you might choose a meal that requires the minimum of preparation; whereas after an easy day you might prepare one of the more elaborate, but better tasting, dishes.

Two containers? Although many of the recipes state that you need two containers, you can get away with one. First cook the macaroni (or rice) and vegetables, drain them and place them in a plastic bag. Then cook the second part of the meal.

If you're worried about keeping the first part warm, just wrap it in a jumper—or even a sock.

Macaroni with cheese sauce

Providing you use an interesting cheese as the basis of your sauce, this can be a very tasty and filling meal.

Macaroni..... 80	<p>You need two containers: one to cook the macaroni and vegetables, the other to make the sauce.</p> <ol style="list-style-type: none">1. Bring the vegetables to the boil and then add the macaroni.2. Mix the milk with about 150 ml of water.3. Cut the cheese into small pieces.4. Melt about a dessert spoon of butter and then add the flour. Stir to a smooth paste. Slowly add the milk, making sure there are no lumps.5. Heat the liquid until it thickens into a sauce.6. Add the cheese to the sauce.
Vegetables..... 40	
Cheese..... 50	
Milk..... 30	
Flour..... 10	
Spices (e.g. pepper, paprika)	
Butter	
Total..... 210	
Packaging: Pack in five bags:	
<ol style="list-style-type: none">1. Macaroni2. Vegetables3. Milk and spices4. Cheese5. Flour	

Potato and egg stew

Easy to prepare, and acceptably bland—it's the spices that make it interesting.

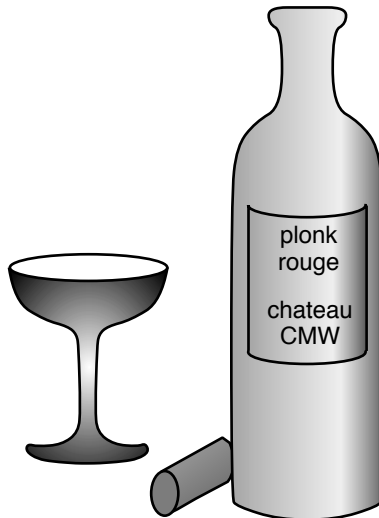
Egg powder is fairly hard to come by—try the bushwalking shops.

Potato.....50	You need two containers: one to cook the vegetables, the other to cook the egg. <ol style="list-style-type: none">1. Bring the vegetables to the boil.2. Mix the egg /milk with 150 ml of water and add some butter. Apparently it tastes better if you let the liquid stand for 30 minutes.3. Stir continuously while gently heating the egg mixture—if you don't, the mixture will stick.4. When the vegetables are cooked, add the potato powder.
Vegetables.....40	
Egg powder.....25	
Milk..... 15	
Spices (e.g. pepper, oregano)	
Butter	
Total..... 130	
Packaging: Pack in three bags: <ol style="list-style-type: none">1. Potato2. Vegetables3. Egg, milk and spices	

Coconut curry

A very tasty dish, acceptable to the most discerning palate.

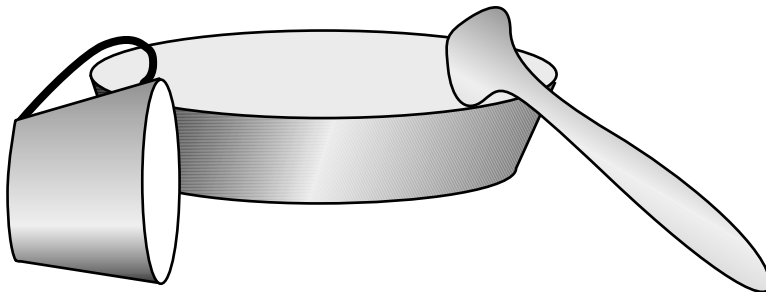
Rice..... 80	<p>You need two containers: one to cook the vegetables and rice, the other to make the curry.</p> <ol style="list-style-type: none">1. Bring the vegetables to the boil and then add the rice.2. Mix the coconut milk with 200 ml of water.3. Melt some butter in the second container and lightly sauté the onions, cashews and raisins.4. Add the curry powder and stir for about one minute.5. Add the coconut milk. Simmer for about 15 minutes. <p>Serving suggestion: Serve with <i>Cooper's Sparkling Ale</i> (or cheap champagne—à la Robyn).</p>
Vegetables.....30	
Onions.....5	
Cashews..... 30	
Raisins.....20	
Coconut milk15	
Curry powder..... 5	
Butter	
Total..... 185	
Packaging: Pack in five bags:	
1. Rice	
2. Vegetables	
3. Onions, cashews and raisins	
4. Coconut milk	
5. Curry powder	



Bean stew

Tastes better than it sounds.

Beans..... 40	Note: The beans need special preparation. The best way is to partially cook them the night before you need them and let them soak overnight. The next morning, drain and carry them in the bag in which they were originally packed.
Vegetables..... 40	
Tomato powder..... 10	You need two containers: one to cook the vegetables and macaroni, the other to make the stew.
Macaroni..... 80	
Spices (e.g. pepper, bouquet garni, chilli)	<ol style="list-style-type: none">1. Bring the vegetables to the boil and then add the macaroni.2. Place the other ingredients to the second container and add 250 ml of water. Bring to boil and simmer for about 20 minutes.
Butter	
Total..... 170	
Packaging: Pack in four bags:	
<ol style="list-style-type: none">1. Macaroni2. Vegetables3. Beans4. Tomato and spices	



TVP stew

Easy to prepare, and acceptably bland—again, it’s the spices that make the difference.

TVP is one of those wonders of modern science. Looking at the stuff, it’s hard to imagine that it’s food. It comes in several sizes, shapes (with a worrying similarity to dog food) and flavours (all synthetic). However, it is convenient for bushwalking because it stores well and is easy to prepare.

By the way, TVP is an acronym for *textured vegetable protein*.

Potato.....	50	<p>You only need one container.</p> <ol style="list-style-type: none"> 1. Place the TVP and other ingredients in the container with 350 ml of water. 2. Bring to the boil and simmer for about 15 minutes. The exact time depends on the size of the chunks of TVP—it doesn’t need cooking, but it’s only edible if it’s soft! 3. Add the potato and some butter. <p>Variation: Use salami instead of TVP.</p>
TVP.....	40	
Vegetables.....	40	
Onions.....	5	
Stock.....	5	
Spices (e.g. pepper, bouquet garni)		
Butter		
Total.....	140	
<p>Packaging: Pack in two bags:</p> <ol style="list-style-type: none"> 1. Potato 2. TVP, vegetables, onions, stock and spices 		

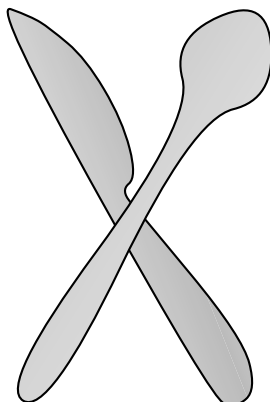
Pilav version 1

Why have I included two versions of pilav? Because they're very nice, that's why.

<p>Rice..... 80 Vegetables.....30 Onions..... 5 TVP.....20 Apricots.....10 Currants..... 10 Pine nuts..... 10 Stock..... 5 Garam masala (one teaspoon) Butter Total..... 170</p> <p>Packaging: Pack in five bags:</p> <ol style="list-style-type: none"> 1. Rice 2. Vegetables 3. Onions, TVP, apricots, pine nuts and currants 4. Garam masala 5. Stock 	<p>You need two containers: one to cook the vegetables and rice, the other to make the sauce.</p> <ol style="list-style-type: none"> 1. Bring the vegetables to the boil and then add the rice. 2. Melt some butter in the second container and lightly sauté the onions, TVP, etc. 3. Add the garam masala and stir for about one minute. 4. Add 250 ml of water and the stock. Simmer for about 20 minutes. <p>Note: A recipe for garam masala is given later.</p> <p>A good brand of vegetable stock, without salt or preservatives, is <i>Vegit</i>—available in health food shops.</p>
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Pilav version 2

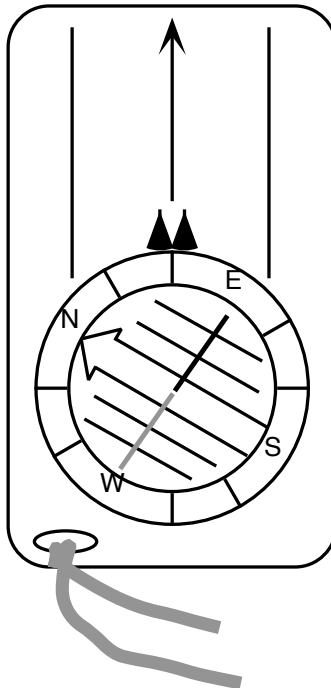
Couscous.....	80	<p>You need two containers: one to cook the vegetables and couscous, the other to make the sauce.</p> <ol style="list-style-type: none"> 1. Add the vegetables to 350 ml of water, bring to the boil and simmer until cooked. Add the couscous, bring back to the boil and let stand. 2. Melt some butter in the second container and lightly sauté the onions, almonds, pine nuts, etc. 3. Add the garam masala and stir for about one minute. 4. Add 250 ml of water and the stock. Simmer for about 20 minutes. <p>Note: A recipe for garam masala is given later.</p> <p>A good brand of vegetable stock, without salt or preservatives, is <i>Vegit</i>—available in health food shops.</p> <p>Variation: Try bulgar (also known as burghul) instead of couscous.</p>
Vegetables.....	30	
Onions.....	5	
Almonds.....	20	
Pine nuts.....	10	
Currants.....	10	
Apricots.....	10	
Stock.....	5	
Garam masala (one teaspoon)		
Butter		
Total.....	170	
<p>Packaging: Pack in five bags:</p> <ol style="list-style-type: none"> 1. Couscous 2. Vegetables 3. Onions, almonds, pine nuts, currants and apricots 4. Garam Masala 5. Stock 		



Garam masala

Garam masala is like a mild curry, based mainly on ‘sweet’ spices such as cinnamon, cardamom and nutmeg. If you can’t find any in the shops, try this recipe.

<p>5 cardamom pods 2 pieces of cinnamon, each about 8cm long. 1/2 teaspoon cloves 2 tablespoons cumin 1 teaspoon black cumin 1/2 nutmeg 1 chilli pod (or to your taste)</p>	<ol style="list-style-type: none">1. Coarsely grind the spices.2. Gently roast in a pan until their fragrant smell fills the kitchen (if it fills the house, you’ve roasted them too much).3. Let them cool and store in a jar—you may like to grind them to a fine powder before you store them.
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Sweet and sour chicken

A very tasty dish.

Try to use pineapple that is free from added sugar. As for the dried chicken, try your local chinatown or dry your own using a dehydrator.

Rice..... 80	<p>You need two containers: one to cook the rice, the other for the remaining ingredients.</p> <ol style="list-style-type: none"> 1. Soak the chicken in 300 ml of water for about one hour. 2. Bring water to the boil and add the rice. 3. Add the other dry ingredients and the soy sauce to the chicken. Bring to the boil—add more water as required. Simmer for about 20 minutes. <p>To make lemon peel, simply peel your lemon, cut the peel into thin strips (about 2mm wide) and dry them in the sun—it takes about a day during summer.</p>
Chicken..... 40	
Pineapple..... 10	
Vegetables..... 30	
Blanched almonds..... 10	
Ginger..... 2	
Lemon peel..... 1	
Soy sauce..... 10 ml	
Total..... 183	
<p>Packaging: Pack the dry ingredients in three plastic bags:</p> <ol style="list-style-type: none"> 1. Rice 2. Vegetables, pineapple, ginger almonds, and lemon peel 3. Chicken <p>Place the soy sauce in a small plastic bottle.</p>	

Desserts

This is where you get a chance to top up your blood-sugar level.

Almond cream pudding

A very nice Middle Eastern dish. Don't leave out the rosewater—it may seem like a hassle, but it dramatically enhances the flavour.

Ground rice..... 15	You only need one container. 1. Add the dry ingredients to 250 ml of water and bring to the boil, stirring continuously. 2. Stir in the rosewater and let stand for a few minutes.
Ground almonds.....45	
Milk..... 20	
Sugar..... 15	
Rosewater..... 10 ml	
Total..... 105	
Packaging: Pack the dry ingredients in one bag, and place the rosewater in a small plastic bottle.	If, like some of my friends, you really hate porridge, you can have this for breakfast.

Trish's delight

Named after one of the club's gourmets, who supplied the recipe. Its other name is *Panforte di Sienna*, but that doesn't convey the sheer joy of eating the stuff.

<p>Note: The weights given below are for eight servings (90 gm per serve).</p> <p>Almonds..... 100 Hazelnuts.....75 Glacé mixed peel..... 50 Glacé ginger..... 50 Glacé cherries.....50 SR flour..... 100 Honey.....180 Sugar..... 80 Cocoa.....25 Cinnamon..... 5 Allspice..... 5 Total..... 720</p>	<p>You make this at home, cut it into convenient sized pieces and wrap them individually.</p> <p>You need a bowl for mixing, a saucepan and a tray for cooking.</p> <ol style="list-style-type: none">1. Grease and flour the tray. Put everything, except the sugar and honey, in the bowl.2. Gently heat and stir the honey and sugar in the saucepan until it turns to liquid, which forms soft balls when dripped into water.3. Pour the liquid over the dry ingredients and quickly mix together—it becomes a very stiff, sticky mess.4. Roll out into a sheet about 1.5cm thick. Probably the best way to do this is to roll it between two sheets of greaseproof paper. Cut into 5cm squares.5. Bake at 160°C for 30 minutes. <p>Serving suggestion: Serve with Benedictine (but be careful not to spill it).</p>
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Dates and custard

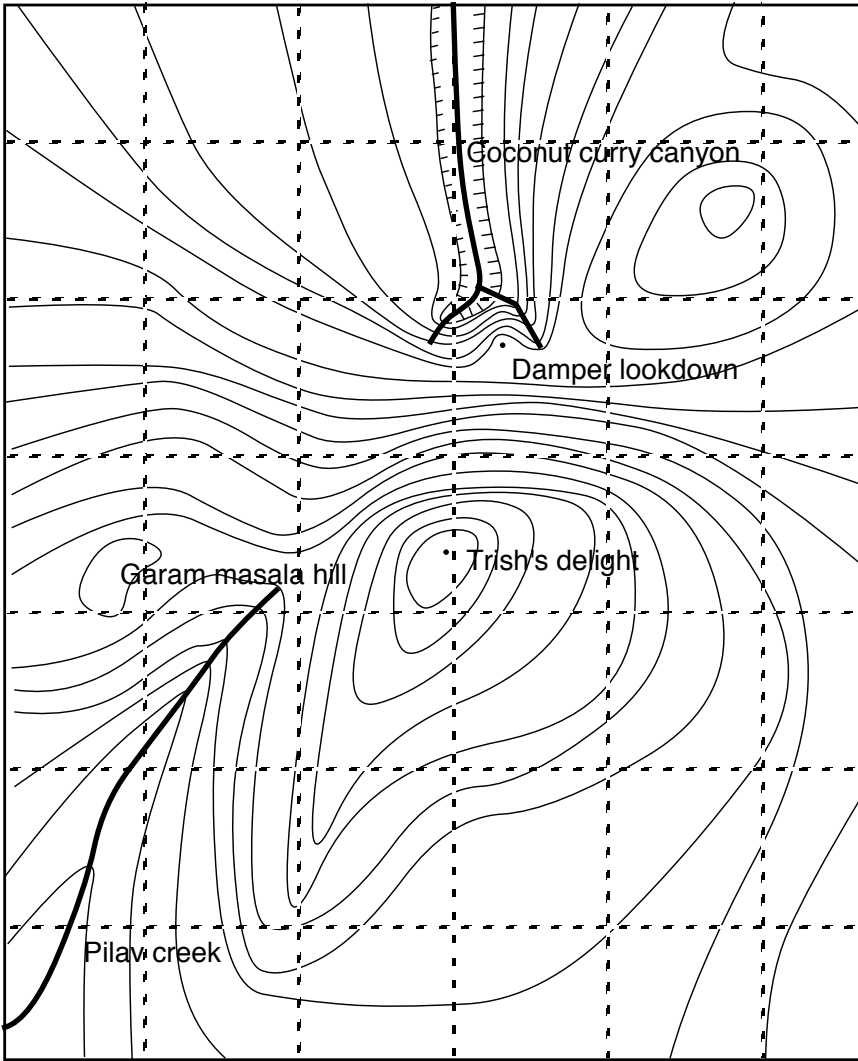
Another dessert with a touch of the Middle East. Try to get good quality dates, such as 'Caldate'.

Dates.....60	You need two containers: one to heat the milk, the other to mix the custard.
Milk..... 30	
Sugar..... 10	<ol style="list-style-type: none">1. Add the milk, sugar and cardamom to 250 ml of water and bring to the boil.2. Add the custard powder to a small amount of water (about 20 ml).3. When the milk is boiling, slowly pour in the custard while stirring continuously—with luck the stuff should become thick and creamy.4. Add the dates and let stand for a minute.
Custard.....5	
Cardamom	
Total..... 105	
Packaging: Pack in three bags:	
1. Dates	
2. Milk, sugar and cardamom	
3. Custard	

Alan's delight

Where would the club's culinary reputation be without this recipe? It is rumoured that Alan ate no other dessert while on a gruelling three-week journey to the Alaskan Arctic.

Dried apples.....50 Cake mix.....70 Total.....120	You need two containers: one to cook the dessert, the other to mix up the cake mix.
Packaging: Pack in two bags.	<ol style="list-style-type: none">1. Add the apples to 300 ml of water, bring to the boil and simmer for about 20 minutes.2. Mix the cake mix with 150 ml of water.3. Pour the cake mix on top of the apple. Ensure that there is plenty of liquid in the apples—it should look quite slushy.4. Cook gently and carefully for 15 minutes (there is a risk of burning the apples if you do not pay attention to this instruction).
	Variation: Use apricots or peaches instead of apples.



Good eating wherever you are!