

**Charles Wright  
Academy  
Outdoor  
Education**



**Recipe Book &  
Meal Planning**



## Using Your Recipe Book

Congratulations! You are holding the CWA (Outdoor) Recipe Book in your hands; this book is going to help ensure that you are well-fed and enjoying your wilderness cooking experience. Keep in mind that cooking and eating are a major part of each day and should be an activity that excites and involves everyone.

This recipe book is to be used as a guideline for cooking in the outdoors. Though several recipes contain specific detail (which you should follow), there is plenty of room to use your imagination and creativity, to make your meals as delicious as possible. Use spices and get creative, make sure you buy fresh produce (considering weight and inedible peels and rinds), if possible, and USE it! It is amazing how much flavor freshness adds to any meal.

As part of the cook crew, your job is not finished when the stove is turned off. You should be proud of your meals and excited to present them to the rest of your group. Set up the "table" in a way that makes it easy for everyone to get their food, and also a way that makes the food look appealing. Most importantly, make sure you are enjoying the food you are eating and that you are eating enough!

Happy Cooking & Eating,

The Outdoor Ed Foodies

## TRIP STAPLES

Plan ahead and assess your need for the following “staples” when planning your meals. For example, it is not necessary for three people to purchase and carry oil if multiple meals will need it.

Check the recipe or the back of the box for ingredients in advance, and be sure to take the necessary staples into the field with you.

### **Dry Spices**

Salt

Pepper

Cayenne/chili powder

Italian seasoning

Garlic powder

Cinnamon

### **Oils and Sauces**

Vegetable Oil

Hot Sauce

### **Other**

Brown sugar

Parmesan cheese

Powdered milk

## BACKCOUNTRY BREAKFAST SUGGESTIONS

### DRINKS (One per day)

Hot Cocoa  
Hot Apple Cider  
Tea

### BAGELS & CREAM CHEESE

#### Shopping List:

Bagels (1½ per meal)(precut to avoid cuts in the field)  
Cream cheese (2 oz. per meal)

#### Directions:

Carefully cut bagels in half (or pre cut before departure). Spread on the cream cheese and eat away!

### GRANOLA

#### Shopping List:

1 cup granola  
powdered milk

#### Directions:

- Add ¼ cup powdered milk to 1-cup (cold) water per individual bowl.
- Add cereal and enjoy!
- Powdered milk ratio is always 1:4 (milk to water).

## BACKCOUNTRY BREAKFAST SUGGESTIONS

### CEREAL

#### Shopping List:

cereal  
powdered milk (1:4 ratio milk to water)

#### Directions:

- Grab a bowl and spoon! Eat and enjoy!

### OATMEAL

#### Shopping List:

Instant Oatmeal packet  
Raisins  
Apples or Other Fruit  
Brown sugar

#### Directions:

- Add boiling water to oatmeal mix until desired consistency is reached. Garnish with fruits if available

### OTHER INSTANT HOT MEALS

Instant Cream of Wheat  
Instant Grits

### BREAKFAST SNACKS/ ADD-ONS

Breakfast Bars  
Granola Bars  
Fresh (or dried) Fruit

## GROUP BREAKFASTS

(These meals can be made in the backcountry if you are ambitious, and might be fun to coordinate as a group if you are in boats or if you have a long/layover day!)

### PANCAKES

#### Shopping List:

3 ½ lbs. pancake mix  
Squeeze margarine & Syrup

#### Directions:

- Place dry pancake mix into a pot or mix it in the Ziplock!
- Add water, add water slowly so you do not make it too watery, you should use about 1½ quarts, and you can always add more if you need.
- Stir until you reach a smooth consistency without lumps.
- Pre-heat fry pan.
- Add a squirt of margarine to fry pan.
- Pour 2-3 pancake-size portions in fry pan.
- When bubbles appear on pancake surface, it is time to flip!

### FRENCH TOAST

#### Shopping List:

Eggs (1/2 per person)(or powdered eggs)  
Bread (2 slices/person)  
Squeeze Margarine & Syrup  
Powdered Milk (1/4 cup)  
Cinnamon

#### Directions:

- In a pot, beat the eggs and milk and a bit of cinnamon if desired.
- Pre-heat fry pan (medium).
- Dip both sides of the bread into the mix.
- Add a squirt of margarine to fry pan.
- Place the bread on a fry pan and cook away!

# BACKCOUNTRY LUNCH OPTIONS

## Planning your Backcountry Lunch

### Suggested Lunch Spreads/Fillers:

Peanut Butter  
Jelly  
Hummus  
Tuna

Cheese  
Salami  
Cream Cheese

### Suggested Vehicles for Spreads:

Bagels  
Pitas

Sturdy Cracker  
Tortillas

### Suggested Snacks:

Beef Jerky  
Cut up Veggies  
Trail mix  
Chex mix  
Pringles  
Yogurt covered pretzels  
Pretzels  
Granola bars  
Animal crackers

Oranges (heavy!)  
Apples (heavy!)  
Dried Apples  
Dried apricots  
Graham Crackers  
Jelly beans  
Gummy Bears  
Fig Newtons

### Suggested Drinks:

Gatorade Mix  
Emergen-C  
Crystal Light or other powder drink mix

## LUNCH IDEAS

We all know that sandwiches get boring after having them for several days in a row. Here are some ideas of how to vary your sandwiches and also some other lunch items.

**Bread Variety** – Make sandwiches with pita or bagels\*\*, or wraps with flavored tortillas.

**Pizza Bagels** – No one ever said that pizza has to be hot – try a bagel with tomato sauce, cheese and pepperoni or some cut veggies. Of course if you have time, you can always heat these up too.

**Dippables** - Create a spread of different dips (hummus, peanut butter, ranch dip, salsa, guacamole, Nutella, etc). Cut apples, carrots, celery, cucumber and any other veggies you like. Use crackers (like Wheat Thins) or pitas and dip away. Use graham crackers or apples to dip in Nutella for dessert.

\*\*Think about things you can do ahead of time, like pre-cutting your bagels to make it easier to get those spreads on when you are eating on your lap!



## LUNCH RATIONING GUIDE

**Rationing: Count the number of backcountry lunches For every day bring the following:**

### PER TRIP

**2 pieces of fruit per person (optional)  
(consider dried fruit to minimize weight backpacking)**

### PER BACKCOUNTRY LUNCH DAY

**1 snack bag per person per backcountry lunch day  
1½ bagels or 1½ pitas per person per backcountry lunch day**

### Example:

**For a 4-day backpacking section with 3 backcountry lunches, you might bring:**

4-5 bags of snacks  
1 pouch of tuna  
¼ lb. cheese  
¼ lb. salami  
1-2 Jiffy (P-nut butter) to-go packets  
4-5 pitas  
2 apples

## **BACKCOUNTRY DINNERS**

\*Please note that this year serving sizes will vary, please check the serving size at the bottom of the recipe and adjust accordingly for your group size.

### **BASIC PASTA RECIPE**

#### **Shopping List:**

3 lbs. pasta noodles (Penne is much easier than regular spaghetti noodles to stir and keep from sticking together).

¼ lb. parmesan cheese

4 tsp. salt

4 tsp. pepper

#### **Directions:**

- Bring two pots of water to boil.
- Once boiling, add pasta noodles to each pot. Add a bit of oil to the water and stir to avoid sticking.
- NOTE: When cooking pasta, watch it carefully, as it can go from chewy to mushy quickly. Drain it immediately, to STOP it from getting MUSHY.

**SERVES 12-15**

## BACKCOUNTRY DINNERS

### SPAGHETTI

#### **Food Provided:**

4 ½ lbs. Spaghetti

3 Packets Dried Spaghetti sauce

1-2 cans tomato paste as needed--see directions on sauce packet

3-4 veggies (optional)

3 garlic cloves

¼ lb. parmesan cheese

2 tsp. vegetable oil

salt & pepper

Italian seasoning

#### **Pasta Directions:**

- In one or two pots, boil water and add pasta.
- Stir immediately and then every few minutes after to avoid sticking to the bottom of the pot.
- Cover and cook approximately 10-12 minutes.
- Make sure it doesn't boil over!
- Drain as soon as it is done – slightly hard and not mushy.
- Add sauce and sprinkle with parmesan.

#### **Sauce Directions:**

- Mix red sauce with tomato paste as directed on package.
- Chop up the garlic and a few other veggies into small pieces.
- In a separate pot, cook the veggies and garlic in a small amount of oil, and then add to finished sauce.

**SERVES: 12-15**

## BACKCOUNTRY DINNERS

### GADO-GADO SPAGHETTI

#### Shopping List:

2.5 lbs. spaghetti or ramen noodles	3 tsp. hot sauce
½ C. oil	2 C. Water, or more as needed.
1/3 C. Sunflower seeds	½ C. Vinegar
1/4 C. Dried onion, rehydrated	½ C. Soy Sauce
¼ C. Brown Sugar	½ C. P-nut Butter
3 cloves garlic	green onions (opt.)
3 tsp. pepper	

#### Directions:

- Bring two pots of water to boil.
- Once boiling, add half pasta noodles to each pot. Add a bit of oil to the water and stir to avoid sticking.
- Drain pasta immediately when done.
- In a fry pan, heat oil and add sunflowers seeds and rehydrated onions.
- Cook and stir over medium heat for 2 minutes.
- Add brown sugar, garlic, water and spices if desired.
- Add the vinegar & soy sauce.
- Add p-nut butter and stir. Do NOT burn! To eat this hot, head the sauce thoroughly and pour over hot spaghetti.
- This recipe is best cold, and it loses some of its saltiness as it sits. Mix sauce and spaghetti, cool quickly, and serve chilled. If available sliced green or wild onions as a garnish to the flavor.

**SERVES: 12-15**

## **BACKCOUNTRY DINNERS**

### **MAC N' CHEESE**

#### **Shopping List:**

5-6 boxes of Mac N' Cheese (need to check amounts)  
1 stick butter

#### **Directions:**

- Boil 8 cups water.
- Put in pasta.
- Stir.
- Boil for 10-12 minutes.
- Drain all water except for an inch at the bottom.
- Stir in sauce mix & butter.

**SERVES: As Needed**

## BACKCOUNTRY DINNERS

### ALFREDO PASTA

#### Shopping List:

4½ lbs. pasta

Alfredo sauce mix

Parmesan

Pepper

#### (optional items)

mushrooms

canned chicken

frozen or canned peas

#### Directions:

- Boil 8 cups water.
- Stir in pasta.
- Boil for 10-12 minutes.
- Drain all water except for an inch at the bottom.
- Stir in sauce.
- Add optional items if so desired.

**SERVES: 12-15**

## BACKCOUNTRY DINNERS

### PASTA ALFREDO WITH SALMON, CORN & BASIL

#### Shopping List:

1 dried Alfredo sauce mix	1 lb. Pasta
1/3 C. Powdered Milk	1 ½ C. Water
2 tsp. Butter buds	3 oz. Package Freeze-dried corn
¼ C. Grated Parmesan Cheese	2 T. Dried Basil
¼ tsp. Black Pepper	7 oz. Package smoked salmon, crumbled

#### Directions:

##### \*\* (At Home):

- Combine Alfredo sauce mix, dry milk, butter buds, parmesan cheese and black pepper in a zipper-lock plastic bag.

##### In Camp:

- Cook pasta 1 minute less than the recommended time.
- Add dried corn and set aside, covered but undrained.
- In a separate pot, add the water to the dried sauce mix, simmer 5 minutes, stirring frequently.
- Drain pasta and corn mixture.
- Add sauce and toss well.
- Add basil and salmon. Toss gently.

**SERVES: 3 or 4**

## BACKCOUNTRY DINNERS

### PESTO PASTA

#### Shopping List:

4½ lbs. pasta

Pesto sauce mix

parmesan

pepper

olive oil (16 oz.)

pine nuts or walnuts

(optional)

#### Pasta Directions:

- Boil 8 cups water.
- Put in pasta.
- Stir.
- Boil for 10-12 minutes.

#### Pesto Sauce Directions:

- Over low heat, mix the pesto sauce according to directions on package.
- Mix the pasta and the pesto sauce together.
- Add parmesan cheese, ground pepper.
- Chop and add pine nuts or walnuts (optional).

**SERVES: 12-15**



## BACKCOUNTRY DINNERS

### PRESTO PARSLEY PASTA

#### Shopping List:

12 oz. package Angel Hair Pasta  
6 cloves Garlic  
2 tsp. Parsley Flakes  
½ C. Extra Virgin Olive Oil  
1/3 C. Grated Parmesan Cheese

#### Directions:

##### \*\***(At Home):**

- Pack the pasta in a hard sided container or dry water bottle

##### **In Camp:**

- Mince the garlic and parsley.
- Cook the pasta as directed.
- Drain it immediately and toss with olive oil, garlic, parsley & black pepper. (If you can't stomach raw garlic, sauté the garlic in olive oil for 2 minutes after the pasta is done.)
- Serve immediately, sprinkled generously with Parmesan Cheese

**SERVES: 3**

## BACKCOUNTRY DINNERS

### "LASAGNA"

#### Shopping List:

3½ lbs. pasta noodles	1.5 lbs. mozz. cheese
¼ lb. parmesan cheese	1 onion for sauce
4 tsp. salt	4 garlic
4 tsp. pepper	1 green pepper
12 oz. dried red pasta sauce	Italian Seasoning
(Knorr makes a dried sauce—	Vegetable/Olive Oil
1-2 cans of tomato paste as	Veggies (optional)
directed on sauce packet)	

#### Directions:

- Bring two pots of water to boil.
- Once boiling, add half pasta noodles to each pot. Add a bit of oil to the water and stir to avoid sticking.
- Cook pasta 10-12 minutes, or until done.
- While water is heating and pasta is cooking, grate mozzarella cheese, and prepare tomato sauce (see next page).
- When pasta is done, drain excess water.
- In each fry pan, layer in this order: sauce, pasta, parmesan, and mozzarella.
- Repeat layers ending with the cheese mixture.
- Stir on low heat until contents are hot and the cheese melts.
- Sprinkle with remaining parmesan and serve.

#### Sauce Directions:

- Chop up onion, garlic and a few other veggies into small pieces.
- Put into pot with small amount of oil and cook. Remove veggies from pot and set aside.
- In same pot, mix red pasta sauce with tomato paste as directed on package.
- Season sauce with Italian seasoning, salt & pepper to your liking (keeping in mind that the sauce is already seasoned)
- Add the cooked veggies to the finished sauce.

**SERVES: 12-15**

## BACKCOUNTRY DINNERS

### SWEET N' SOUR RICE

#### Shopping List:

1 C. Rice  
1 tsp. Salt  
½ C. Raisins  
½ C. Other dried fruit, chopped  
Green and Red peppers  
2 Tbs. Dried onion  
½ C. Nuts  
1-2 Tbs. Curry powder  
¼ tsp. Black pepper  
2 Tbs. Margarine

#### Sauce:

Water  
4 Tbs. Vinegar  
3 Tbs. Soy Sauce  
3-5 Tbs. brwn sugar

#### Directions:

- Put water, rice, salt, raisins, peppers dried fruit & dried onion into a pan.
- Cook, covered, until rice is done. Drain if necessary.
- Add nuts, spices, and fry in margarine 5-10 minutes.
- For Sauce mix water, vinegar, soy sauce and brown sugar together. (Start with half the amounts and taste. Add more if needed) Stir thoroughly into rice.
- Simmer a few minutes with the cover on. Serve.

**SERVES: 3-4**

## BACKCOUNTRY DINNERS

### BURRITOS

#### **Food Provided:**

Dried Rice & beans mix- use serving size on box and buy appropriate amount.

tortillas (2 per person)

cheese (2 oz. per person)

hot sauce

¼ cup margarine

3-4 veggies (peppers, onions)

canned chicken (optional)

#### **Directions:**

- Make rice & beans according to package directions
- Simmer for 10 minutes uncovered.
- Stir constantly.
- Remove from heat and let stand for 10 minutes.
- Serve with tortilla and hot sauce!
- Grate cheese.
- Cut vegetables into cubes.
- Heat up chicken. (optional)
- Set up a buffet w/ tortillas, veggies, cheese, rice & beans.
- Serve with hot sauce.

**SERVES: As Needed**

## **BACKCOUNTRY DINNERS**

### **SOUTHWEST RICE AND BEANS**

#### **Shopping List:**

Dried Rice & beans mix (see serving size and buy appropriate amount)

Margarine

Hot sauce

Tortillas (2/person)

#### **Directions:**

- Make rice & beans according to package directions
- Simmer for 10 minutes uncovered.
- Stir constantly.
- Remove from heat and let stand for 10 minutes.
- Serve with tortilla and hot sauce!

**SERVES:** as needed

## BACKCOUNTRY DINNERS

### BLACK BEAN CHILI WITH TOFU

#### Shopping List:

1 Tb. Cumin	14 Oz. Package Raw Tofu
½ Tsp. Chili Powder	¾ Tb. Onion Flakes*
1 C. black bean flakes*	1 Tsp. garlic powder
2 Tb. Mixed vegetable flakes*	3 Tb. Soy Sauce
3 C. Boiling Water	4 Tb. Tomato Base
1 Tb. Vegetable Oil	1 Pinch Salt

\*Available at Natural Food Stores

#### Directions:

##### \*\*At Home:

- Combine cumin and chili powder in a ziplock bag.
- In another ziplock bag, combine the black bean and vegetable flakes.

##### In Camp:

- In a large pot rehydrate the bean and vegetable flakes in the boiling water.
- In a separate pan, heat the oil and brown the tofu, then add the dry spices, onion, garlic, soy sauce and tomato paste.
- When the beans and vegetables are fully rehydrated (no need to drain), add the tofu to them.
- Add salt to taste.
- Heat, mix well.
- Good served with rice (use Minute Rice or Boil in a Bag Rice)

**Serves: 4**

## BACKCOUNTRY DINNERS

### THAI PEANUT NOODLE

#### Shopping List:

2 Lbs. Rice Noodles	3-4 T Rice Wine Vinegar
2 Cups Peanut Butter	4 Broccoli Florets
¼ Cup Brown Sugar	3 Carrots
½ Cup Oil	1 Onion
3-4 tsp. Cayenne	¼ C Soy Sauce
4 tsp. Garlic Powder	

#### Directions:

- Boil 9 cups of water in a large pot, once boiling add the rice noodles. Cook for about 5 minutes – or until soft (DO NOT OVERCOOK!) Drain noodles and keep in pot.
- At the same time, in another pot, boil 3 cups of water in a pot, once boiling add peanut butter, brown sugar, soy sauce, vinegar, and spices. Stir this mixture, over low heat, until it is a thin saucy like consistency.
- Also at the same time, sauté the broccoli, onion and carrots in a frying pan with the oil, you can also add some additional soy sauce to give it extra flavor.
- Once all 3 of these items are done cooking, add the sauce and vegetables to the pot with the noodles.
- Stir, serve and enjoy!

**SERVES 13-15**

## BACKCOUNTRY DINNERS

### GRILLED CHEESE AND SOUP

#### Shopping List:

Dried Soup mix  
salt  
pepper

3 slices bread each  
3 slices cheese each  
squeeze margarine

#### Grilled Cheese Directions:

- Spread margarine on 2 pieces of bread
- Place cheese between bread slices (Buttered side out)
- Place on hot frying pan and cover
- Turn sandwich over until cheese is melted.
- Use both frying pans and make 2 sandwiches in each

#### Soup Directions:

- Follow directions on dried soup mix package.

**SERVES:** as needed



## BACKCOUNTRY DINNERS

### RAMEN & QUESADILLAS

#### Shopping List:

12 Ramen Packets  
soy sauce  
hot sauce  
2.5 lbs. cheese

tortillas (2 per person)  
veggies (peppers,  
mushrooms, etc.)

#### Ramen Directions:

- Use two pots. Boil 2 quarts of water in each pot.
- Add noodles
- Cook for 3 minutes
- Flavor individually
- Use soy sauce for vegetarians

#### Quesadillas Directions:

- Pour 1 tsp. veggie oil in a frying pan and heat.
- Lay 1 tortilla in the frying pan.
- As it browns, load it up with cheese, veggies, or pepperoni (optional) and lay a 2nd tortilla over toppings.
- Cover pan to help melt the cheese.
- When the bottom tortilla is golden brown, carefully flip over and brown other side.
- Cut and serve.
- It is possible to cook 2 folded tortillas next to each other.

Serves: 12

## BACKCOUNTRY DINNERS

### HAM A LA RAMEN

#### Shopping List:

1-2 packages Ramen  
½ Cup Dried Peas  
Parmesan Cheese

1 5 oz. Can of ham  
Red Pepper flakes to taste

#### Directions:

- Cook the Ramen noodles (without the flavoring packet) along with the dried peas.
- When the noodles are cooked, drain.
- Top with ham and red pepper and parmesan cheese to taste
- Mix, eat and enjoy!

**SERVES 2**

## BACKCOUNTRY DINNERS

### BANANA PECAN TOFU CURRY

#### Shopping List:

- 2 Tb. chopped banana chips
- 2 Tb. chopped pecans
- 2 Tb. raisins
- 2 Tb. unsweetened coconut flakes
- 2 Tsp. instant milk powder
- 3/4 C. boiling water
- 1 Tb. vegetable oil
- 14 Oz. package raw tofu, crumbled
- Minute Rice or Boil in a Bag Rice for 10-12 people.
- 1/2 Tsp. turmeric
- 1/2 Tsp. coriander
- 1/4 Tsp. cumin
- 1/4 Tsp. nutmeg
- 1/4 Tsp. cinnamon
- 1/4 Tsp. cardamom
- 1 Dash cayenne pepper
- 1/4 Tsp. powdered ginger
- 1/4 Tsp. garlic powder
- 1/2 Tb. honey
- 1 Pinch salt

#### Directions:

##### \*\* (At Home):

- Combine banana chips, pecans, raisins, coconut flakes, and milk powder in a ziplock bag.
- In another bag, combine turmeric, coriander, cumin, nutmeg, cinnamon, cardamom, and cayenne pepper.

##### In Camp:

- Cook Rice according to directions.
- Soak the banana chip mixture in the boiling water. Do not drain.
- In a separate pan, heat the oil and brown the tofu, then add the dry spice mixture, ginger, and garlic.
- Cook for a few more minutes, then add the banana chip mixture and honey. Mix well and cook until the curry is hot.
- Add salt to taste, and serve over rice.

**SERVES: 2 or 3**

## BACKCOUNTRY DINNERS

### CURRIED RICE & TUNA

#### Shopping List:

2 cups instant rice

½ tsp. salt

½ C. Raisins

1 6 oz. can tuna in water

4 C. Water

2 tsp. margarine

2 tsp. curry powder

1 hard boiled egg

#### Grilled Cheese Directions:

- Cook the rice according to directions, using the water, salt, and margarine from the ingredients list.
- While the rice is cooking, peel the hardboiled egg and finely chop.
- Drain most of the water from the tuna (away from camp).
- When the rice is cooked, leave over low heat and toss the raisins, curry, chopped eggs, and tuna with a small amount of tuna water.
- Mix thoroughly and heat briefly.
- Remove from heat and serve.
- A couple of Tablespoons of chopped almonds makes a good addition to this recipe.

**SERVES 4**

## BACKCOUNTRY DESSERTS

### BROWNIE SCRAMBLE

#### Shopping List:

8 cups brownie mix  
nuts/M&M's (if desired)  
vegetable oil

#### Directions:

- In pots, Ziplocs or nalgenes, mix the brownie mix with enough cold water to make the mix the consistency of thick mud. Don't make it too watery!!
- Lightly coat two fry pans with oil.
- Add half the mixture to each fry pan, or you may choose to make only half the mix, and use one pan.
- Place the fry pans on stoves with low heat.
- Nuts and M&M's can be sprinkled on the top if desired.
- Scramble just as you would eggs, for approximately 15-20 minutes. Test every 5-10 minutes.

## BACKCOUNTRY DESSERTS

### NO BAKE CHEESECAKE WITH GRAHAM CRACKER CRUST

#### Shopping List:

Cheesecake mix (2 cups)  
Powdered milk (1 cup dry)  
Graham crackers (8 whole)  
margarine

#### Directions:

- Empty bag of cheesecake into large bowl.
- Make milk – 4 cups water to 1-cup dry milk. Mix well.
- Add cold milk to cheesecake and slowly beat mix with fork until all lumps are gone.
- Crush graham crackers into a bowl.
- Slowly add margarine to crushed graham crackers to reach a crust consistency.
- Spread graham cracker crust mix evenly into the bottom of a frying pan.
- Pour cheesecake mix into frying pan with graham cracker crust.
- Cover frying pan and place in a “cool” area for 30 minutes.

## BACKCOUNTRY DESSERTS

### PUDDING

#### Shopping List:

pudding mix (1½ cups)  
 powdered milk (1½ cups)  
 marshmallows  
 chocolate chips

#### Directions:

- Put pudding mix and powdered milk in a pot.
- Add 1 quart of cold water.
- Stir vigorously for 5 minutes until it thickens.
- Let sit for another 5 minutes until it thickens more.
- Be careful not to make too much – its filling!

### APPLE DUMPLINGS

#### Shopping List:

2 C. Bisquick	Brown Sugar
2/3 C. milk	Cinnamon
4 Apples	Walnuts

#### Directions:

- Mix Bisquick with milk
- Drop in sliced apples w/ brown sugar, Cinnamon & walnuts.
- Cook uncovered 10 minutes, cover and cook 10 more minutes.

## MORE DESSERT IDEAS

**Strawberry Shortcake** – angel food cake, sliced strawberries, whipped cream or cool whip.

**S'mores (if you can have a fire)** – graham crackers, chocolate and marshmallows - you know how to make these!

**Banana Boats (if you can have a fire)** – slice banana (with peel still on it) down the middle, stuff with mini marshmallows and chocolate, squeeze back together, wrap in tin foil and place it in the fire for a few minutes. Take out of the fire and eat with a spoon – careful it will be hot!

**Fruit Salad** – cut up fruit and serve with whipped cream, cool whip or ice cream.

**Apple Crisp** – cook brown sugar with oatmeal, to cover it and then add sliced apples (cook until apples are soft).

**Apple Boat (if you can have a fire)** – core an apple, surround with tin foil and fill with brown sugar, cinnamon, and raisins. Put in fire and rotate occasionally, remove and enjoy (it will taste like sweet hot apple sauce)



## Cooking Measurements and Equivalencies:

1/2 Tablespoon	=	1 1/2 Teaspoons
1 Tablespoon	=	3 Teaspoons
2 Tablespoons	=	1 fluid ounce
4 Tablespoons	=	1/4 Cup
8 Tablespoons	=	4 fluid ounces
12 Tablespoons	=	2/3 Cup
16 Tablespoons	=	1 Cup or 8 fluid ounces
48 Teaspoons	=	1 Cup or 8 fluid ounces
1/8 Cup	=	2 Tablespoons
1/4 Cup	=	4 Tablespoons or 2 fluid ounces
1/3 Cup	=	5 Tablespoons + 1 Teaspoon
1/2 Cup	=	8 Tablespoons
1 Cup	=	16 Tablespoons or 8 fluid ounces
1 Cup	=	1/2 pint
2 Cups	=	1 Pint
2 Pints	=	1 Quart
4 Quarts (liquid)	=	1 Gallon

### Metric Conversions

1 Gram	=	.035 Ounce
30 Grams	=	1 Ounce
55 Grams	=	2 Ounces
225 Grams	=	8 Ounces
455 Grams	=	16 Ounces or 1 Pound
500 Grams	=	1.1 Pounds
1 Kilogram	=	2.2 Pounds
1 Milliliter	=	1/5 Teaspoon
5 Milliliters	=	1 Teaspoon
15 Milliliters	=	1 Tablespoon
120 Milliliters	=	1/2 Cup
240 Milliliters	=	1 Cup
.95 Liter	=	1 Quart
1 Liter	=	1.06 Quart
3.8 Liters	=	4 Quarts or 1 Gallon