

CAMP MANITO-WISH TRAIL PREP COOKBOOK

As a counselor or tripping co-leader at Camp Manito-wish you will be cooking for your campers while on trail. Summer Camp trips are 3-9 days long, or in cookbook terms, 6-24 meals long. The Trail Prep Cookbook will walk you through how to prepare the most popular trail meals.

Trail cooking is totally left up to interpretation so instructions do not need to be followed exactly, but provide a basic starting point. Making meals is a great way to have the participants take ownership of their trip as well as a great place to have fun and get creative!

Enjoy!



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Helpful Tidbits

1. When you're cooking you always need to use purified water which usually means using water that is in a water bottle. Another way to get purified water is to bring water to a rolling boil for a full three minutes.
2. A tidy kitchen makes cooking a lot easier and safer. Always know where important utensils are such as pot grips.
3. Instead of pouring hot water from a big pot into small cups for meals such as oatmeal or hot chocolate, bring an extra cup on the trip and use it to scoop water from the big pot into the cups.
4. Camp requires at least one hot meal per day as well as one fruit and one vegetable serving per day.
5. If you have a group of adventurous eaters, it can be fun to add spices directly to the meal. But more often than not you'll have picky eaters so it is usually best to let everyone spice their individual cups of food themselves.
6. Picky eaters don't have to spice their food but they do need to eat their veggies! Adding the veggies directly to the meal will make it more challenging for them to skip out.
7. Canoers and kayakers are given cans and backpackers are given dried food such as veggies and fruits to lighten their load.

Making Trail Food at Home

There are a few changes to make if you're making these recipes at home rather than on trail. You'll have actual stoves instead of camp stoves and actual ovens instead of improvised ovens using a camp stove and unique cooking techniques. The recipes are written for trail cooking but include some notes for at home cooking. Here are some rules of thumb when cooking trail food at home:

1. If you want to practice the cooking techniques, avoid using the oven and work only on a stovetop.
2. Some dried ingredients are hard to find in the grocery store, but easy substitutions can be made.
 - a. Cheese powder is hard to find sold on its own but many mac n' cheese dinners or other ready-to-make meals have cheese powder packets in them.
 - b. Milk powder ("moo pow") is only sold in large quantities and egg powder is incredibly hard to find so it is recommended that you just use regular milk and eggs when cooking at home.
3. If you have a cast iron pan, practice with it. If you do not, a simple skillet can be used instead of a fry bake, fry pan, or Dutch oven.

Breakfast

Breakfast is a great way to start the day off right, it will help to fuel your body and give you an energy boost to get you through the morning paddle.

Echa Brunch

Echa Brunch is a Camp Manito-wish classic given its name from its ingredients: Eggs, Cheese, Hash browns, and a mystery “A”.

Ingredients:

Eggs – one per person

Dried hash browns – about ½ cup per person

Cheese – Cheddar or American – about 2 oz total

Cheese powder – about ¼ cup

Butter

Salt

Pepper

Optional: Bacon or summer sausage

Instructions:

1. Butter or oil a fry bake, fry pan, or Dutch oven
2. Add dried hash browns to the pan and begin cooking the hash browns while moving them around the pan so they cook evenly.
3. Once the hash browns start to turn from yellow to brown, hydrate the hash browns. Slowly add purified water over the hash browns. Pour little by little until hash browns become soft.
4. When hash browns are hydrated, form a nest from the hash browns and crack the eggs into the center of the nest
5. Scramble the eggs in the nest until they are almost cooked then mix throughout the hashbrowns
6. Add the cheese and cheese powder.
7. Mix the eggs, hash browns, and cheese until the cheese is melted
8. Optional: Add cooked bacon or summer sausage that has been fried. If everyone wants bacon or sausage, cook it in the pan first and use the grease instead of the butter/oil to cook the hash browns. If no everyone wants bacon or sausage, cook it separately.
9. Add salt and pepper to taste

At Home Variation

Dried hash browns are a little tricky to find in a grocery store. Frozen hash browns are an easy substitute and just use the instructions on the packaging. If you would like to practice the hydration process, sliced potatoes from scalloped potato dinners are a close substitute.

Oatmeal or Toasted oats

Oatmeal is a staple on trail because it is incredibly easy to make. However, many kids are not a huge fan so toasted oats is a variation on oatmeal that participants tend to enjoy (and actually eat).



Ingredients:

Oats – Old-fashioned or Minute Oats – ½ - 1 cup per person

Brown sugar

Raisins, craisins, or other dried fruit

M&M's or the Camp equivalent Magic Pieces

Cinnamon

For toasted oats: butter or oil – 1 tbsp.

Optional:

Peanut butter

Nuts such as almonds or pecans

Honey

All spice

Milk Powder (“Moo pow”)

Instructions for Oatmeal:

1. Boil water or, if at home, milk
2. Add water to the bowl of oats
3. Add favorite ingredients

Instructions for Toasted oats:

1. Add butter or oil and oats to a skillet, fry bake, fry pan, or Dutch oven and cook over medium heat until toasted (about 5 minutes)
2. Add brown sugar, dried fruit, cinnamon, honey, nuts, and other desired ingredients
3. Stir until the ingredients are mixed well and remove from heat

Granola

Granola is the easiest meal to prepare because it requires no actual preparation. Just add milk to granola! Preparing warm beverages such as hot chocolate, coffee, or tea with the granola can make cold mornings more enjoyable. Granola is one of the pricier food options camp offers so granola mornings are limited, but toasted oats (which is essentially granola) is a great substitute.

Ingredients:

Granola – about 1 cup per person

Milk or Milk powder (moo pow)

Hot chocolate, coffee, or tea

Pancakes

Ingredients:

Pancake Mix – about ½ cup per person

Butter or oil – 1-2 tbsp.

Syrup

Optional ingredients (these options often help keep bellies full for longer, well maybe not the cake mix):

Banana chips (dried or re-hydrated banana chips)

Oats

M&M's or magic pieces

Peanut butter

Spice Cake mix

Instructions:

1. Combine pancake mix with purified water until batter is slightly lumpy and slightly thicker than cake mix.
Pro tip: On trail you'll have a limited supply of pancake mix so it is often good to leave a little bit of the mix in the bag so that if you get overzealous with adding the water, you can correct the mistake by adding the rest of the pancake mix.
2. Optional:
 1. If choosing to add oats or cake mix to the pancakes, add it directly to the batter
 2. For M&M's or banana chips, either add directly to the batter or add to the one side of the pancakes when cooking. To rehydrate banana chips, or make them softer for the pancakes, have the chips soak in water prior to adding them.
 3. Spread peanut butter on top of the pancakes or add directly to the batter
3. Add butter or oil to a skillet, fry bake, fry pan, or Dutch oven
4. Pour batter and make some pancakes!

Tips:

1. When cooking pancakes be aware of how hot your pan is getting. The first few pancakes will take longer to cook as the pan is just heating up. As you get down to the last pancakes the pan will be very hot so be careful not to burn the pancakes and be extra careful when putting butter in the pan.
2. Be careful when pouring batter into a hot pan with hot butter.
3. Look for bubbles on the edge of the pancake - this can be helpful to know when to flip the pancake

Cinnamon Rolls or Monkey Bread

Both options are huge crowd pleasers, but are the most time consuming breakfasts so they're often reserved for duff days (rest days). This recipe makes a pan of cinnamon rolls or monkey bread.

Ingredients:

Yeast or bannock dough (see Lunch recipes)

Butter – 2-3 tbsp

Brown sugar – about 1/3 cup

Cinnamon – about 1/2 tsp

Frosting:

Powdered sugar

Milk or milk powder (moo pow)

Optional:

Nutmeg or Allspice

Raisins

Craisins

M&M's or magic pieces

Nuts

Oats



Instructions for Cinnamon Rolls:

1. Make yeast bread or bannock dough. If making yeast bread dough, allow time for the dough to rise.
2. Flatten dough into one large rectangle about 1/4 in thick
3. Combine butter, brown sugar, and cinnamon together
4. Spread the sugar mixture evenly over the dough
5. Optional: add raisins, craisins, magic pieces, nuts, oats, or other desired ingredients
6. Roll the rectangle into a cylinder with the sugar mixture on the inside
7. Cut the cylinder into 2-inch sections or an appropriate size to fit the height of the pan
8. Coat the fry bake, fry pan, or Dutch oven with butter
9. Bake with a twiggy fire or the around the world method (see Lunch recipes)
10. While cinnamon rolls are baking, combine powdered sugar and milk for the frosting
11. Spread frosting over the cinnamon rolls while they are warm and enjoy!

At Home Variation

Use an 8x8 square pan or a circular cake pan and bake cinnamon rolls in a 350° oven for 30 minutes or until golden brown.

Instructions for Monkey Break:

1. Make yeast bread or bannock dough. If making yeast bread dough, allow time to rise
2. Break the dough into small 1/2 inch balls
3. Roll the dough balls in butter
4. Combine brown sugar and cinnamon together
5. Roll the dough balls in the sugar mixture, coating well
6. Heavily coat the fry bake, fry pan, or Dutch oven with butter
7. Bake the monkey bread in a 350° oven for 30 minutes or until golden brown.

8. While cinnamon rolls are baking, combine powdered sugar and milk for the frosting
9. Spread frosting over the monkey bread while it is warm and enjoy!

At Home Variation

Use an 8x8 square pan or a circular cake pan and bake cinnamon rolls in a 350° oven for 30 minutes or until golden brown.

Lunch or TL (Trail Lunch)

All trail lunches, or TL's, consist of the same thing: a type of bread, peanut butter (or a nut free substitute), jelly, cheese, and sausage. There are five main "breads": tortillas, pitas, sandwich bread, homemade yeast bread, and homemade bannock. Tortillas, pitas, and sandwich bread are popular options because they require no preparation. But there is nothing better than PB&J on a homemade slice of bread or bannock.

Yeast Bread

Ingredients for one loaf of bread:

White Flour – 1 1/4 cup

Wheat Flour – 1 1/4 cup

Note: the amount of flour can vary but it is good to keep a 1:1 ratio of wheat to white flour

Yeast packet

Optional spices to mix it up:

Garlic powder

Italian seasoning or pizza spice

Brown sugar and cinnamon for a sweet bread

Instructions:

1. Bring water to a boil. Then take about a cup of that water and let it cool down until it is comfortable to hold your finger in the water. Think of it as shower or bath temperature.
2. Add about 2 spoonful's of sugar to the cup of warm water and stir until it has completely dissolved
3. Add one packet of yeast to the sugar water and cover. Check on the cup every once in a while to make sure that the yeast is growing. When it is ready the cup will look like it is covered in foam! The bubbles make the volume double in size.
4. While waiting for the yeast to activate, begin to construct the dough. Pour activated yeast and water into the flour, and begin to mix and knead using your (clean) hands. Add water as needed to create a dough consistency that is not too sticky and not too dry.
5. When your dough has reached the desired consistency, knead it gently and then cover it and place it somewhere warm and dry to allow it to rise. A trick is to put the dough in a bag and hold it next to your body by putting it under a jacket.
6. Allow the dough to rise to double its original size. It's a good idea to plan ahead if you're going to be making yeasty bread, so that you can start as soon as you reach camp and have it ready to bake before dinner or before it gets too dark. You also can make dough in the

morning, carry it while you paddle, and allow it to rise all day. Or if you're making cinnamon rolls, make it at night and allow it to rise all night.

7. Grease the fry bake or Dutch oven including the lid
8. Place the dough into the pan and spread it out evenly
9. Using the campfire or the stove and a top twiggy fire on top, or the around the world method of baking (explained on next page), bake your yeasty bread. Twiggy fire and around the world method are described below.
10. To avoid burning the bread, watch out for steam beginning to escape from beneath the lid, or notice when you can begin to smell the bread. Those signs often mean your bread is baked and you run the risk of burning it if you continue much longer. That being said, burning the bottom of the bread is not uncommon, as it is hard to cook the bread through the middle without doing so. If it burns, eat around it or dig in. Burned things can taste good too!

Around the World Baking

A cooking technique to avoid burning bread and other treats.

1. Begin by finding one or two flat rocks that are about stove height. Place them next to your stove so that you can rest your Dutch oven or fry bake with about a quarter of the pan on the stove, and the other $\frac{3}{4}$ resting on the rocks.
2. Start your stove and place the Dutch oven or fry bake on top of the stove and rock.
3. The key to this method is ROTATE! Allow the part of the pan that rests on the stove to sit there for about a minute.
4. Then, after a minute has passed, rotate the pan so that the next quarter can rest on the stove. Do so for all four quarters, over and over again until your bread has cooked all the way through.

Twiggy Fire

One more baking technique!

1. Start a large fire in your fire pit.
2. Grease your Dutch oven or fry bake, put the dough in the pan, and place it into the fire. Pro tip: add soap to the outside of your pan before putting it in the fire and the soot from the fire will be way easier to clean off.
3. Now with small twigs build a miniature fire on the lid of the Dutch oven or fry bake. This will aid in cooking the top of the bread through to the bottom rather than just the bottom of the bread through towards top.
4. Maintain both fires until the bottom of the bread has fully baked. This happens much quicker than the top part of the bread. Once the bottom has cooked, move the oven off of the fire, with the top twiggy fire still intact.
5. Continue to feed your top twiggy fire until the bread has cooked all the way through!

6. Another way to do this is to take coals from the bottom fire and place them on top of the lid of the Dutch oven or fry bake, rather than making a separate fire. Make sure that the coals stay hot.
7. You also can allow the bottom fire to die and use the coals to slowly cook the bottom of the bread while the top twiggy fire rages on!

Bannock

Bannock is similar to a flat bread that doesn't require yeast. It is easy to make during a long lunch break or the night or morning before the next TL (trail lunch).

Ingredients:

Option 1:

- Wheat flour – ¼ cup per person
- White flour – ¼ cup per person
- Bisquick – ½ cup per person
- Butter – 1-2 tbsp



Option 2:

Ran out of Bisquick but still want the bannock to rise a little when it's cooked? Use baking powder and salt.

- Wheat flour – ½ cup per person
- White flour – ½ cup per person
- Baking powder – 1 ½ tsp
- Salt – ¼ tsp

Option 3:

Ran out of Bisquick and don't have baking powder? Just use flour.

- Wheat flour – ½ cup per person
- White flour – ½ cup per person

Instructions:

1. Mix ingredients from option 1, 2, or 3
2. Once the dry mixture is thoroughly mixed, add enough water until the mixture is no longer dry, but be careful not to make the dough too sticky and wet
3. Roll the dough into the same number of separate balls as there are people on your trip.
4. Flatten the dough balls to dough pancakes that are about ¼ in thick. If the dough pancake is bigger than about 6 inches, make it smaller so it is easier to cook.
5. Fry the dough pancake in a buttered fry bake, fry pan, or Dutch oven
6. Flip the dough once it is golden brown and make sure the dough is cooked through

Tips:

1. Make sure that you place the bannock into the butter and not to throw it in as the butter and pan are both hot.
2. When cooking bannock be aware of how hot your pan is getting. The first few bannocks will take longer to cook as the pan is just heating up. As you get down to the last bannocks the pan will be very hot so be careful not to burn them and be extra careful when putting butter in the pan.
3. Flatten the bannock when in the pan to help ensure it cooks all the way through
4. Add spices to the dough to add flavor – Italian seasoning for Pizza Bannock, cheese for a cheesy bannock, Cinnamon for a sweet bannock

Dinner

This is a great way to close the day, everyone can lend a hand in the process. Getting the fire going, prepping the meal, cooking the meal, cutting up materials need – it is a great way to get everyone involved. Usually everyone is excited to be at the next campsite and dinner is well deserved.

Remember to add vegetables to your dinner!

Trail Pizza or Calzones

Definitely a crowd pleaser. Camp calzones are just like pizzas but the dough surrounds the sauce. There are many, many variations on this bread and sauce meal as well as methods for cooking the pizzas and calzones a few of which will be covered here.

Ingredients:

Yeast bread or bannock dough (see Lunch recipes)

Tomato paste or tomato sauce – 2 oz person

Cheese – 1 oz per person

Veggies – any and all – popular options are peppers and sun dried tomatoes

Onion – ½ onion for 6-7 people

Garlic – 1 – 2 cloves for 6-7 people

Italian seasoning, pizza spice, and/or oregano

Optional: summer sausage or TVP (textured vegetable protein – It is a food brought on trail that mimics meat flavors such as beef or chicken but is vegetarian. It requires hydration)



Instructions:

1. Make either yeast bread or bannock dough. If you make yeast dough, allow time for it to rise.
2. Start hydrating chosen veggies and TVP
3. If making a whole pizza, spread the dough into a greased Dutch oven or fry bake. If making personal pizzas or calzones, divide the dough into the desired number of pizzas.

Pro tip: For personal pizzas or calzones, turn a silver camp plate upside down and the bottom of the Dutch oven or fry back to make a dome at the bottom of the pan. Butter the plate. The plate helps cook the pizza more evenly.

4. To make the sauce add a small amount of water to the tomato paste to make the consistency more sauce-like. Don't make it too runny or it will be hard to keep it on or in the dough.
5. Add Italian seasoning, pizza spice, or oregano to the sauce. If you have picky eaters, do not add any spices to the group meal and let personal spicing happen at the end.
6. Cut and fry the onions, garlic, and summer sausage
7. Spread the sauce on the pizza or calzone, add the toppings (veggies, onion, garlic, summer sausage), and add finely chopped cheese
8. If making a whole pizza, bake with the twiggy fire method or around the world. If making personal pizzas or calzones, place the pizza or calzone on the plate and cover with the lid to cook.

Variations:

- Instead of tomato sauce, make alfredo and broccoli pizza/calzones
- Make miniature calzones that are bite size. They cook faster and are fun to eat.
- Make pizza rolls that look like cinnamon rolls. With the dough make a large rectangle and add desired toppings. Roll the rectangle into a cylinder and cut the cylinder into pieces. Bake in a buttered Dutch oven or fry bake. (see cinnamon rolls)

At Home Variation

Find a good metal plate substitution in your kitchen and cook on the stove top. Another option is to cook the pizza/calzone in the oven at 350° for 10-15 minutes or until golden brown.

Rice and Friends

Rice and Friends has many affectionate names including beans and friends, rice and beans party, and farty party. A delicious way to end any day.

Ingredients:

White or brown rice – 1/4 - 1/3 cup per person

Beans – At camp backpackers are given dehydrated refried beans or dried black or pinto beans and canoers and kayakers are given cans of black or pinto beans. – one can for 6-7 people

At home, use your favorite bean – one can for 6-7 people

Veggies – one can corn and/or peas

Cheese – 1 oz per person

Optional: summer sausage or TVP (textured vegetable protein – It is a food brought on trail that mimics meat flavors such as beef or chicken but is vegetarian. It requires hydration)

Instructions:

1. At camp if you are given hard, dried black beans, they take very long time to hydrate so start the process early
2. Boil water in a medium pot. For every cup of rice, two cups of water is needed. For water, use either purified water or allow the water to boil for a full three minutes before adding the rice.

3. Add the rice, cover and cook. Rice can take a long time to cook – about 20 minutes for white and 30 minutes for brown rice. Backpackers are usually given minute rice to speed up the process.
4. Once the rice has cooked, add in the beans. If you have dried beans, they need to hydrate for a while. If you have run out of water, add purified water into the pot. If you have a can of beans, just add the beans.
Note: if you have picky eaters, leave the rice separate from the beans.
5. Add veggies and TVP and let them hydrate. Add additional water as necessary.
6. Add cheese and summer sausage as desired
7. Spice to taste

Chili Mac

Classic mac n' cheese with chili.

Ingredients:

Noodles – macaroni noodles are preferable but any noodle will work – 1/2 – 3/4 cup per person

Veggies – any veggie will do

Cheese – 1-2 oz per person

Cheese powder (cheese pow) – 1/4 cup per person

Chili – dried for backpackers and in a can for canoers and kayakers

Optional: Milk powder (moo pow)

Instructions:

1. Bring a pot of water to a boil, then pour in your noodles. If you can use purified water or boil unpurified water for a full 3 minutes to purify it before adding the noodles.
2. Stir periodically. Always hold the pot with pot grips when stirring. The noodles are done when they are tender.
3. Add veggies and chili and allow to hydrate if dried.
Note: chili can be heated separately and added at the end
4. Drain excess water into the sump hole (hole dug in the camp site to put water from meals, dishes, and teeth brushing).
5. Add cut cheese, cheese pow, and moo pow to the noodles. Additional water may be needed for the powders.
6. Put the pot over the stove/fire to melt the cheese if necessary

Gado-gado

Gado-gado is noodles with a peanut buttery sauce. It can be tricky to get right, but oh so good when it is done right.

Ingredients:

Noodles – spaghetti noodles are preferable but any noodle will work – 1/2 - 3/4 inch diameter circle of spaghetti noodles per person

Peanut butter

Onion

Garlic
Brown sugar
Soy sauce
Veggie
Optional: sunflower seeds or peanuts

Instructions:

Sauce

1. Chop onions and garlic and fry them in butter or oil
2. Add brown sugar to caramelize the garlic and onions
3. Add peanut butter and stir
4. Add soy sauce. Be careful when adding soy sauce because it has a strong and very salty flavor. Add slowly and allow the group to taste-test.
5. Stir the mixture. Add a little purified water if necessary so that the sauce becomes creamy.

Noodles

1. While making the sauce, start boiling water. Either use purified water or boil unpurified water for a full three minutes to purify it before adding the noodles.
2. Stir the noodles, checking occasionally.
3. Drain any excess noodle water into the sump hole (hole dug in the camp site to put water from meals, dishes, and teeth brushing)
4. Add sauce to the pot or have everyone add their own sauce to their cups
5. Optional: add sunflower seeds or peanuts

Shepherd's Pie

Ingredients for a pan of shepherd's pie:

Dried sliced potatoes – 1 cup

Instant mashed potatoes – $\frac{3}{4}$ cup

TVP (textured vegetable protein) or summer sausage – $\frac{1}{2}$ cup

Veggies – any and all

Onion – $\frac{1}{4}$ - $\frac{1}{2}$ onion

Garlic – 1 clove

Butter – 1-2 tbsp

Optional:

Cheese

Corn bread as a side or as a crust

Instruction:

1. Boil water in medium pot – mix water with mashed potatoes, and any dried veggies until hydrated
2. In skillet brown the sausage or meat and potatoes with butter, garlic and onion
3. Once brown add in the mashed potatoes as a top layer and cover with cheese
4. Cook in Dutch oven, fry pan, or fry bake until cooked to groups liking

Fried Rice

Ingredients:

White or Brown rice – 1/4 - 1/3 cup per person

Veggies – any and all, the more the better, peas and carrots and a good starting point

Egg or egg powder

Soy sauce

Instructions:

1. Boil water in a medium pot. For every cup of rice, two cups of water is needed. For water, use either purified water or allow the water to boil for a full three minutes before adding the rice.
2. Add the rice, cover and cook. Rice can take a long time to cook – about 20 minutes for white and 30 minutes for brown rice. Backpackers are usually given minute rice to speed up the process.
3. Once the rice is cooked, add the veggies in and allow them to hydrate
4. Once the veggies are hydrated, drain the excess water from the pot into the sump hole (hole dug in the camp site to put water from meals, dishes, and teeth brushing)
5. In a cup, mix water and egg powder and until it is mostly liquid. Egg powder will stay a little clumpy.
6. Transfer the rice and veggies into a greased fry bake, fry pan, or Dutch oven without the lid and pour the egg mixture over the rice
7. Fry the rice and egg powder until the egg mixture is no longer watery
8. Add soy sauce and serve