the epicurean backpacker's cookbook

flat cat gear

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Preface

I like to cook, but I am not a chef. As a backpacker, the available food choices were ok, but not memorable. As an engineer, I like to solve problems and this was going to be a fun challenge. What we have created is a methodology for cooking food on the trail that we only use to dream about. This cookbook is a compilation of dishes that we have make on the trail. I also hope that you use this cookbook as a springboard to make your favorite dishes in the backcountry.

Happy Trails!

Jon Fong

Acknowledgements

I would like to thank my wife and backpacking partner Peggy who has encouraged me to build and grow FLAT CAT GEAR. Additionally, she has the thankless job of being my food tester and critic. I would also like to thank our daughters Caitlin, Kendal & Jordan for putting up with dad spending so much time in ”the dungeon”.

Kathy Hoffman has been instrumental in modernizing the look and feel of our website as well as opening my mind as to what FLAT CAT GEAR could become.
Ken Larson’s joy of teaching his granddaughters how to cook in the backcountry has been inspirational.

Cover photo – Double Cheeseburger at the end of the Kalalau Trail on the Na Pali Coast; Kauai, HI 2013

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Why we created this cookbook

I started FLAT CAT GEAR out of frustrations over the current state of backpacking equipment. There were very few integrated cooking systems and most were not user-friendly. After developing our first cooking system, it became apparent that most people were using these cooking systems to boil water for freeze dried meals. We started pushing the limits of what could be done with our cooking systems and found ways to simmer, pan fry, steam bake and dry bake.

As we pushed the technical limitations, we found that we could make more and more foods that we would regularly make at home. The more we cooked on the trail, the more we enjoyed our backpacking trips: cooking became an integral element to our backpacking experiences. The cover of our cookbook captures that feeling. After a long day hiking on the Kalalau Trail on the Na Pali Coast (Kauai, HI), we enjoyed a cheeseburger on the beach at sundown!

Why this cook book? There are a lot of great books out there on how to make food for backpacking trips. Most of those recipes use pre-cooked meals that are dehydrated for later use (freezer bag cooking). There are very few recipes that actually talk about cooking on the trail. Additionally, our main focus was how to make backpacking meals using ingredient that can be found in most grocery stores. There will be a few ingredients that will need to be purchased online or dehydrate at home. This cookbook was developed to show how to use our equipment to cook real food on the trail. We are also including a Guest Recipes section where customers have submitted recipes to share with you.

Boiling and simmering (soups, rice, and steam baking)

Dry baking (breads, sandwiches, pasta & lasagna)

Pan Frying

Boiling & Simmering

The easiest way to cook is to make something that requires warm to hot water (duh!). There are plenty of meals that only require hot water. Some of our favorites are instant refried beans, Tabouleh, Couscous, Oatmeal or instant hummus. These are no-fuss meals that are pretty easy: add water, stir and they are ready to eat in a few minutes.

Freeze Dried Meals or freezer bag cooking is what a vast majority of backpacker eat while on the trail. Bring water to a boil, add it to your food, stir, seal the bag and wait for 8-12 minutes. These are great meals when you are pressed for time. The calorie count on most freeze dried meals are low and after a while, all of the meals look similar.

Simmering is done on the trail, but not often. Modern cooking systems are very fuel efficient: our alcohol system can simmer for 30 minutes on ½ oz. of fuel. Our Epicurean stove will simmer Esbit for 50-60 minutes. Simmering brings in a whole new level of cooking. When most people think of simmering, they think of pasta. The interesting thing is that I rarely boil pasta. In general, I soak my pasta noodles for 2-4 hours prior to use (see our Mac & Cheese recipe). To each his own, it is easy to boil and simmer pasta. Rice, on the other hand, needs to be steamed and is easy to make on the trail. The key to making good rice is allowing the rice to set for 10-15 minutes to fully cook.

Soups

Soups are easy and nutritious meals to cook on the trail. When it is cold and wet, nothing warms you up faster than a hot bowl of soup The key to making soup is having a stove that can not only boil but can simmer as well. A good alcohol stove will output 350 watt to 450 watts to boil in a reasonable amount of time. A good simmer mode will have an output of around 100 watts. That is enough energy to keep the water boiling but not hot enough to burn quickly. Most soups will require periodic stirring. All of our cooking systems are capable of boiling and simmering.

I highly recommend the Bear Creek family of soups. These can be found in most grocery stores. These soups are pretty easy to prepare: bring water to a boil, stir in the soup mix and let simmer for 15 minutes. I particularly like the minestrone and hot & sour soups. The potato cheese is also excellent, especially when you add bacon bits to it. The serving size is typically 8 so you will probably want to repackage the soups.

Of course you can always make soups (or for that matter dried beans) from scratch. This will take a significant amount of time, fuel and patience but it can be done. Here we make a split pea soup from scratch just to see if we could do it - (https://youtu.be/LcG1bJ9NXYM).

Real Ramen

https://youtu.be/StGVfpJgd4k

Instant ramen is a popular collegiate meal, but good ramen takes about the same amount of time to prepare and you can add your favorite ingredients. Here is one of my recipes:

2.7 oz. ramen noodles
1 oz. teriyaki beef jerky
½ oz. dried carrots
¼ oz. dried jalapenos
1/8 oz. dried green onions
2 small Thai red peppers
9 grams hot & sour soup
1 tsp chicken bouillon

Pre-trip Preparation

Stored the dry ingredient in one bag (except the noodles).

Step 1 – Making the soup

Add 2 cups of water to your pot and add all of the ingredients except the noodles. Bring to a boil and then reduce to a simmer. Add the noodles and cook until the noodles are soft. That's all there is to it.

Step 2 – Eating the soup

Pour everything into a bowl or eat it directly from the pot. I don't recommend eating the small red chili's as they are pretty hot. Note that a lot of the big chucks will sink to the bottom of the bowl.

Basmati Rice

Nutrition Facts
Serving Size 1/2 of recipe 99g (99 g)
Servings per container 2

Amount Per Serving	
Calories 150	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 5mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars	
Protein 3g	
Vitamin A 0% • Vitamin C	0%
Calcium 0% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Simmering opens up a whole new world for backpackers. All it needs is a stove that has a controllable heat output. Rice is one of the meals you can try; this is a basic recipe for making Basmati rice. The only difference is the amount of water to add; one part rice plus 2 parts water will yield 3-4 times the volume of cooked rice. Over-adding water will only waste fuel and cook dishes more slowly.

Basmati Rice

½ cup uncooked Basmati Rice
¼ tsp salt

<u>Pre-trip Preparation</u>

Measure out what you need for your meal. A general rule is that ¼ cup of uncooked rice is considered a serving and will grow to 3 to 4 times that volume. Mark the volume on your bag so that you will know how much water to add.

<u>Step 1 – Washing the Rice</u>

Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add clean water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times. After the final draining, add 1 cup of water to the 1/2cup of clean rice.

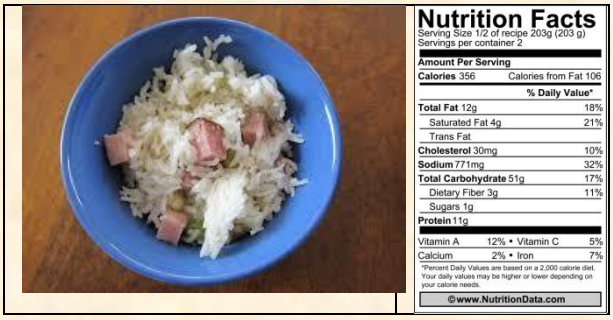
<u>Step 2 – Cooking the Rice</u>

Place the pot/mug on the stove with the lid on and bring it to a boil. Once it reaches a boil, turn the heat down to a simmer. Place the mug/pot back onto the stove and make sure that the water is boiling on low. Stir the rice and place the lid on. Since stoves burn at different temperatures, you will need to periodically check on the water level. If you listen closely, you can sometimes hear it when the water has almost evaporated, as it crackles a bit.

<u>Step 3 – Letting it set</u>

When the water level in the pan is the height of a grain of rice above the bottom, remove the mug/pot from the heat. The rice will continue to cook and steam so leave the lid on and let it set for 15 minutes. I usually extinguish the flame and leave the pot/mug inside the windscreen for that time.

Rice Pilaf



https://youtu.be/BDkiBhA2Vrg

Now that you have mastered a basic rice recipe, it is time to move up to a 1 pot meal: rice pilaf. It is super easy to make and it tastes great. We use shelf-stabilized bacon bits or SPAM while on the trail.

Rice Pilaf -2 servings

½ cups rice, uncooked
3 oz. Ham, Spam or bacon bits
1 tsp Chicken Bouillon
2 oz. Freeze dried peas

Pre-trip Preparation

Measure out ½ cup of Basmati rice, store in a zip lock bag and label the bag with a note to add 1 cup of clean water. In many grocery stores, you can find individual slices of Spam (3 oz.) in a foiled pouch. I find freeze-dried peas at Whole Foods and several other stores. Store the peas with the chicken bouillon, and the rice in separate bags.

Step 1 – Washing the Rice

Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times. After draining the excess water off, add 1 cup of clean water to the rice.

Step 2 – Cooking the Rice

Place the peas, chicken bouillon and meat in with the rice and water, put the pot/mug on the stove with the lid on and bring it to a boil. Once it reaches a boil, turn the heat down to a simmer. Place the mug/pot back onto the stove and make sure that the water is boiling on low. Stir the rice and place the lid on. Since stove burn at different temperatures, you will need to periodically check on the water level. If you listen closely, you can sometimes hear it when the water has almost evaporated, as it crackles a bit.

Step 3 – Letting it set

When the water level has dropped to the height of a grain of rice, remove the mug/pot from the heat. The rice will continue to cook and steam so leave the lid on and let it set for 15 minutes. I usually extinguish the flame and leave the pot/mug inside the windscreen for that time.

Big Island Rice

http://youtu.be/amHor8V_j1U

Big Island Rice! Where ever you are backpacking, this dish will bring you back to the tropics! In Hawaii, substitute Spam for bacon. In the Sierra, you can use teriyaki beef jerky. One part rice plus 2 parts water will yield 3-4 times the volume of cooked rice. Over-adding water will only waste fuel and cook dishes more slowly.

Big Island Rice – 2 serving

½ cups rice, uncooked
2 oz. dried pineapple
2 oz. bacon, shelf stabilized
1 tsp chicken bouillon
1 Tbsp. dried onion flakes
2 red thai chili
4 slices dried jalapeno
2/3 cup coconut milk (from powder)

Pre-trip Preparation

A general rule is that ¼ cup of uncooked rice is considered a serving and will grow to 3 to 4 times that volume. Mark how much water that you will need on the bag. Add the remaining ingredients (except the coconut milk powder) into one bag; store the coconut milk powder in as separate bag.

Step 1 – Washing the Rice

Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add clean water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times.

Step 2 – Cooking

Add all of the remaining ingredients to the pot along with the rice, except the coconut powder. Add 1 cup of water and stir all of the ingredients together. Bring the mix to a boil: once there, turn the heat down to a slow simmer. Mix the coconut powder with enough water to make a thick liquid (~2/3 cup). As the water is boiling away, you will need to periodically check the water level. When the water level has dropped to the height of a grain of rice, remove the mug/pot from the heat.

Step 3 – Letting it set

Stir in the coconut milk and put the lid back onto the pot/mug. The rice will continue to cook and steam so leave the lid on and let it set for 15 minutes. Stir the mixture and you are ready to have your own luau! Pa'ina On

Steamed Fish and Rice

https://youtu.be/rX4sTDM3C1c

If you love to fish, you are going to love this recipe! Steaming rice and cooking fresh fish is a match made in heaven. There is some debate on how to steam fish. I place the fish directly on the rice and let the natural juices seep into the rice. Others prefer to place the fish on a container above the rice and not use the juice. Whatever works best for you as I have cooked it both ways.

Steamed Fish and Rice – 2 serving

½ cups rice, uncooked
½ pound fish
2 tsp. dried green onions
½ oz.soy sauce
¼ tsp. cracked black pepper

Pre-trip Preparation

Measure out ½ cup of Basmati rice, store in a zip lock bag and label the bag with a note to add 1 cup of clean water. The dried green onions and cracked black pepper can go in a small bag. Soy sauce can be found in small packets.

Step 1 –Preparing the Fish & Washing the Rice

If the fish is too big for your pot, you can cut it up into steaks. Washing the rice will remove the excess surface starches and will help keep your rice from sticking together (clumps). Add clean water; whisk the rice with a fork for a minute. Drain the water and repeat: I usually do this three times. With ½ cup of washed rice, add 1 cup of clean water and bring to a boil.

Step 2 – Preparing the Fish.

I cook my fish directly on the rice; others do not like the fish juices mixed with their rice. To keep the juices from mixing with the rice, you may want to place the fish on a foil boat. When the water comes to a boil, reduce the heat output and bring the rice to a simmer. When the water level drops to the level of the rice, place your fish on top of the rice (or the fish on the foil). Sprinkle the fish with the green onion and black pepper mixture, put the lid on the pot and let the dish cook. When the water has dropped to a level that is one rice grain thick, turn the stove off and let the dish sit for 10 to 15 minutes. The rice and fish will continue to steam and the rice will absorb the remaining water

Step 3 – Finishing touches

For those of you using the foil tray method, you will want to dispose of the juice in the tray. After that, place the fish on top of the rice and dribble soy sauce over the fish.

Homemade Mac & Cheese

Nutrition Facts
Serving Size 1/2 of recipe 255g (255 g)
Servings per container 2

Amount Per Serving	
Calories 800	Calories from Fat 331
	% Daily Value*
Total Fat 38g	58%
Saturated Fat 23g	117%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1710mg	71%
Total Carbohydrate 65g	22%
Dietary Fiber 4g	17%
Sugars 11g	
Protein 51g	
Vitamin A 22% • Vitamin C	27%
Calcium 136% • Iron	19%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/098f6qQk9I0

Comfort food while in the back country, what more could you want? This recipe is super easy to make. Soak the noodles beforehand and your preparation time is only about 10 minutes!

Homemade Mac & Cheese – 2 serving
Dry weight – 10.4 oz

4 oz. macaroni noodles
4 oz. Cheddar or Gruyere cheese
2 tsp flour
4 Tbsp. NIDO powdered milk
3 Tbsp. dried onion flakes
½ tsp. pepper
½ tsp. salt
¼ tsp. dried mustard

Pre-trip Preparation

Package the macaroni and cheese into separate bags. The remaining ingredients can be placed into a third bag.

Step 1 – Noodles

2 hours prior to making the Mac & Cheese, add water to the bag containing the macaroni. This will allow the noodle to rehydrate and soften.

Step 2 – Cooking

Drain the macaroni and leave it in the bag. Add 1 cup of cold water to a pot and whisk in the dry ingredients to form a smooth liquid. Bring the mixture to a boil: stirring occasionally. Chop the cheese into small ¼" cubes. When the mixture comes to a boil, slowly add the cheese and stir constantly. Let the mixture come back to a boil and turn the heat down to a simmer, stir the mixture until it thickens. Turn the heat up slightly and add the noodles; stir constantly. After about 2 minutes, turn the heat off and put the lid on the pot. Leave the pot in the windscreen and add the FLAT CAT HAT if you have one.

Step 3 – Letting it set

Let the Mac & Cheese sit for 5-10 minutes. The noodles will absorb more liquid and the sauce will get pretty thick. This is a basic recipe and there are many kinds of cheeses and mixtures of cheeses that work very well together. You can add all kinds of ingredients to your noodles.

Panang Beef

Nutrition Facts
Serving Size Entire Recipe 936g (936 g)
Servings per container 2

Amount Per Serving

Calories 1501	Calories from Fat 426
	% Daily Value*
Total Fat 50g	77%
Saturated Fat 37g	186%
Trans Fat 0g	
Cholesterol 137mg	46%
Sodium 1991mg	83%
Total Carbohydrate 202g	67%
Dietary Fiber 9g	34%
Sugars 32g	
Protein 67g	
Vitamin A 14% • Vitamin C	72%
Calcium 14% • Iron	83%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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This is one of our favorite meals. There are a lot of ingredients, but it is well worth the preparation time. Additionally, this is a great meal when you need a lot of calories!

Panang Beef

1.4 oz. dried ground beef (1/2lb wet)
¾ cups basmati rice
25 grams dried bell pepper
3 Tbsp brown sugar
1 Tbsp dried onion flakes
1 tsp chicken bouillon
50 grams powdered coconut milk
¼ tsp salt
½ tsp pepper

Wet ingredients
2 Tbsp Fish sauce
2 tsp soy sauce
4 tsp red pepper paste

Pre-trip preparation
Cook and dehydrate the beef. Store the dehydrated beef and bell peppers in one bag.

Combine the brown sugar, coconut milk, chicken bouillon, onion flakes and salt & pepper into one bag.
Combine the red curry paste, fish sauce & soy sauce into a leak proof container.

Step 1, Rehydration
4 hours before you want to cook the Panang, add water to cover the beef & red peppers: seal the bag.

Step 2 –The rice
Drain and reserve the liquid from the beef. Wash and drain the rice twice. Including the water from the beef, add 1 1/5 cups of water to the rice and add the beef & peppers. Bring to a boil and then switch to a simmer.

Step 3 – Final mix
Combine the remaining dry ingredients into a bowl and add 2/3 cup water. Add the fish sauce & soy sauce to the bowl. Check the rice, when the liquid level has dropped to the height of one grain of rice; add the contents in the bowl into the rice. Let the rice mixture continue to simmer for 5 more minutes, stirring periodically. Remove from the heat and let sit for 10 minutes.

Dry Baking

While backpacking, nothing smells better than fresh bread baking in the woods! I have customers who bake bread just to make their backpacking partners envious. So what is dry baking? In the world of backpacking, the most prevalent way to bake goods is a process called steam baking. Your goods are placed in a container suspended above a small pool of boiling water. Flours start cross linking at 180 F and breads will cook at the boiling point of water: 212 F. Dry baking on the other hand uses direct heat to cook your meals. To achieve a brown crust, the flour must reach a temperature of 325 F. Here is a video that shows you the difference between steam and dry baking: https://youtu.be/INgLXQtzWJg. For me, it's all about the crisp brown crust. We bake at least a couple of meals on every backpacking trip.

Dry baking is a simple process and it extends itself far beyond making bread. Almost anything that you can bake at home can be made on the trail. We routinely have lasagna and quiches on the trails as well.

The best way to get started is to purchase a ready mix muffin or even a cookie mix. Betty Crocker offers a snack size package that is the perfect size for a 4" to 5" pan. Betty Crocker also offers a snack size cookie mix. We have used this to make a single large cookie.

Pancake mixes work well as do brownie mixes. For best results, do not use oil in the mixes as this seems to prolong the baking cycle. Add just enough water to these mixes to get the dough to stick together. Excess water also extends the baking times.

A Biscuit

Nutrition Facts
Serving Size Entire Recipe 292g (292 g)
Servings per container 2

Amount Per Serving	
Calories 960	Calories from Fat 269
	% Daily Value*
Total Fat 34g	52%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 72mg	24%
Sodium 2538mg	106%
Total Carbohydrate 129g	43%
Dietary Fiber 5g	18%
Sugars 10g	
Protein 41g	
Vitamin A 11% • Vitamin C 0%	
Calcium 88% • Iron 28%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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https://youtu.be/QWaa1yqv7Hk

Making a biscuit is pretty easy and expanding from there can be a lot of fun. I suggest that you buy a box of Bisquick and some powdered milk. This will give you a foundation to start experimenting. Bisquick already contains baking soda and it also has shortening in the powder. For the 5" pan, 1 ½ cups of Bisquick and 2 Tbsp of powdered milk are all of the dry ingredients you will need. Lightly oil the pan and place a parchment paper disk on the bottom of the pan. Add enough water to the mix and stir the dough into a uniform ball. For dry baking, you want to use a little water as possible. Transfer the dough into the pan and shape to dough to a uniform level. You are now ready to bake. Once you have the basic biscuit down, you can make it into a meal by add all kinds of ingredients such as:

Spam / Bacon / Ham / Pepperoni
Cheddar cheese / Blue cheese / Parmesan
Jalapeno peppers / crushed pepper
Olives / Garlic / Onion flakes

You can also turn the biscuit into a desert or sweet treat such a scone or cinnamon roll. Adding a small amount of oil will make the finished product softer. We have made a pull apart Monkey Bread using Bisquick. Here are a few tips:

- Add a Tbsp of sugar to the dough and a small amount of oil to the basic dough
- Shape the dough into small balls, coat with a sugar cinnamon mix and press into the pan
- Add pecan to the mix
- Add cut up Snickers or Milky Way bars into the dough
- Add bacon bits
- Add dried fruit like diced pineapples or apricots
- Add trail mix

A Basic Bread Recipe

http://youtu.be/ljsvNOzw3KE

The recipe below is for Pain a l'Ancienne from Peter Reinhart's book The Bread Baker's Apprentice. This is a great backpacking recipe as it requires a low temperature, long duration fermentation process. I like to mix a batch right before I go to bed and let it slowly rise for the next 16 hours or so. The bulk recipe is as follows:

Pain a l'Ancienne

6 cups flour
2 ¼ tsp. salt
1 ¾ tsp. yeast

Single serving -1.5 cup flour / 1/2 tsp salt / 1/2 tsp yeast

Pre-trip Preparation

I usually bake more than one bread dish while on the trip so I measure out enough dough for each meal and place them into separate zip lock bags.

Step 1 – Preparing the dough (evening or morning)

Add just enough water to get the dough to stick together. Seal the bag and knead the mixture through the bag. You will want to make sure that all of the dry powder is mixed in and not stuck in the corners of the bag. After the dough is thorough mixed, let it set for 20 minutes and knead the dough again. Find a warm place to let the dough rise.

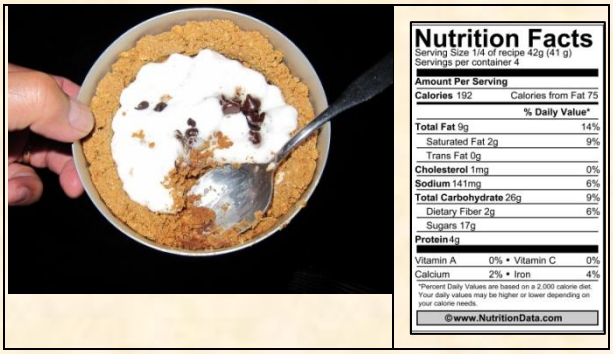
Step 2 – Forming the loaf

After lunch, I form the loaf (particularly if it is cool out). Oil your pan and place the disk of parchment paper on the bottom of the pan. Remove the dough and shape it into a ball with your hands. The dough should be fairly elastic at this point. Shape the dough into a ball and press it into the pan. Pat the dough down to form an even layer. I usually place the pan and bread into a large zip lock bag and place it into the top (head) of my backpack.

Step 3 – Baking the Bread

Add 1 tsp of water to the pot and load the pan. The water will steam and that can let the bread rise even more. After an hour or when the Esbit goes out, keep the lid on as the bread is still baking. It will continue to bake for another 10 to 15 minutes. Remove the pan and wait for 10 minutes. Gently slide a knife between the wall of the pan and the bread. Slowly work the knife around the perimeter and most likely the bread will just pop out of the pan.

Baked S'mores



https://youtu.be/YESctnC99rE

With all of the fire restrictions in Southern California, it may be difficult to make S'mores over a campfire. This is our dry-baked version and it is super easy to make. In our version, we add coffee beans to the filling. Yes, you get a sugar rush along with a caffeine high! This recipe will serve four people.

Baked S'Mores - serving size: 4

Crust:
3 Graham crackers – 1.85 oz.
2 Tbs Brown Sugar – 1 oz.
1.5 oz. Peanut Butter – 1.5 oz
Filling
½ cup marshmallows – 0.8 oz.
¼ cup chocolate chips – 1.7 oz.
10-15 coffee beans – scant

Pre-trip Preparation

Place the Graham crackers in a zip lock bag and load it into the bottom of your pack. They will be crushed by the time that you want to use them.

Step 1 – Preparing the crust

Place the crushed graham crackers into a bowl and add the brown sugar. Stir in enough peanut butter so that the mixture sticks together. Transfer the mixture to the pan and form an even layer. Use a spoon or the bottom of a cup to press down on the crust and press some of the mixture against the side walls.

Step 2 – Dry Baking

The crust has a lot less weight/volume than a bread or pizza so it will cook in a total of about 30 minutes. If you are using Esbit, dry baking will use about ½ a 14 gram tablet.

Step 3 – The Filling

Mix the marshmallows, chocolate chips and coffee together. About 20 minutes into the baking process, add the filling and put the lid back on the pot.

Step 4 – Let it cool, the hardest part.

When the chocolate has just melted and the marshmallows puff up a bit, the dish is done. Remove the pot from the heat and remove the pan and let everything cool for about ten minutes. This is a crumbly dish so you will eat it out of the pan. If you shaped your crust correctly, clean-up will be a snap.

Cheeseburger

Nutrition Facts
Serving Size Entire Recipe 468g (468 g)
Servings per container 2

Amount Per Serving

Calories 1195	Calories from Fat 356
	% Daily Value*
Total Fat 40g	62%
Saturated Fat 23g	114%
Trans Fat 0g	
Cholesterol 213mg	71%
Sodium 2264mg	94%
Total Carbohydrate 129g	43%
Dietary Fiber 4g	17%
Sugars 28g	
Protein 77g	
Vitamin A 38% • Vitamin C	34%
Calcium 67% • Iron	64%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Cheeseburger in Paradise! We make this on every backpacking trip. It does take a little planning but it is well worth it.

Cheeseburger

Dough:1 cup flour-1/3 tsp yeast-1/3 tsp salt
1.2 oz. dried hamburger (1/3 lb wet)
1 Tbsp dried onion flakes
1 tsp chicken bouillon
¼ tsp salt + ¼ tsp pepper
4 Tbsp ketchup
3 oz. cheddar cheese

Pre-Trip Planning

Cook, dehydrate and store hamburger. Store dry dough ingredients in one bag. Store onion flakes, bouillon, salt & pepper in a bag. Ketchup can be found in 1 oz. containers.

Step one - Morning

Leave the dough mix in a bag and add a just enough water to wet the dough. Knead until the mixture is uniform. Wait 20 minutes and knead again. Seal and store in a warm place.

Step 2 – Lunch

Knead the dough if required; if it hasn't risen much place the dough in a warmer spot. Add water to cover the dried beef then seal the bag.

Step 3 - Diner

Drain the beef and add, the onion & bouillon mix to the bag. Add the ketchup and knead the bag until everything is uniform. Oil a 5" pan and place parchment paper on the bottom of the pan. Remove ¾ of the dough and shape into a large flat disk about 8" in diameter. Form the dough into the pan to form a crust with the wall reaching the upper lip of the pan. Place ½ the hamburger mixture in the pan. Crumble ½ the cheese on top of the meat and press down with the backside of a spoon. Add the remaining hamburger mix and the crumble the remaining cheese: flatten with the spoon. Take the remaining dough and shape a flat disk 5" in diameter. Place over the hamburger and press down. Fold the dough next to the lip of the pan over the top layer of dough. Bake for 1 hour and let rest for 10 minutes.

Lasagna

https://youtu.be/1JekBMkbu78

Lasagna on the trail is outstanding! There is nothing like a hot, sticky, cheesy, tomato-rich meal at the end of a long day. This is one of our more complex meals, but with a little planning it is easy to do. This recipe is for 2 hearty servings and we make this in a 5" baking pan.

Lasagna – 2 serving

4 oz. lasagna noodles
2 packets string cheese
2 Tbsp. parmesan cheese
2 oz. dried beef
4 oz. tomato paste
1 Tbsp dried onion flakes
1 tsp. dried oregano
½ tsp. chicken bouillon
½ tsp. dried basil
½ tsp garlic powder
½ tsp. salt
½ tsp. crushed red peppers

Pre-trip Preparation

Store all of the spices in a small bag. The dried beef goes into one bag and the noodles in another.

Step 1 – Preparing the noodles & beef

Three to four hours prior to baking your lasagna, add a small amount of water into the bags of noodles and dried beef and re-seal. You may need to check on the ground beef, as it will absorb a lot of water and may need to be replenished.

Step 2 – Making the sauce

Empty the spice bag into a mixing bowl and add the tomato paste, mix well. Pour some of the water from the re-hydrated beef into the mixing bowl. Add enough water to make a thick liquid. Add the remaining beef to the mixing bowl. Drain the noodles, discarding the water.

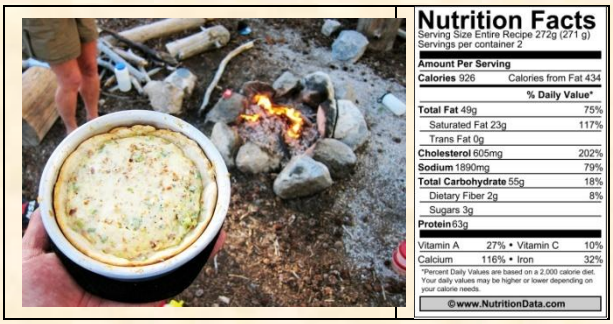
Step 3 – Assembly

Oil the bottom and sides of the pan and add the parchment paper to the bottom of the pan. Place a small amount of sauce in the bottom of the pan. Place a single layer of noodles on top of the sauce. Spoon a layer of sauce on top of the noodles. Peel the string cheese into strips and layer the cheese on top of the sauce. Add another layer of noodles, sauce & cheese. Add a final layer of sauce and sprinkle the top of the lasagna with the Parmesan cheese

Step 5 – Dry Baking

Bake for 50 to 60 minutes. Turn off the heat and leave the pan inside the pot for an additional 10 minutes.

Quiche



https://youtu.be/SDyOknKSloQ

Yes, you can make a quiche on the trail. It requires a few ingredients, however; it is pretty simple to make. The hardest part is spreading the crust evenly inside the pan.

Quiche – 2 serving

½ cup Bisquick
2 Tbsp. NIDO powdered milk (crust)
4 Tbsp. NIDO powdered milk (filling)
2 Tbsp. OvaEasy, powdered eggs
1 oz. Bacon, shelf stabilized
1 tsp corn starch
2 oz. Swiss cheese slices
dried jalapenos (optional)
1 tsp. dried green onions
1 tsp. crushed red peppers
½ tsp. garlic powder
½ tsp. salt

Pre-trip Preparation

Mix the Bisquick and powdered milk for the crust together and place into one bag. The remaining dry ingredients (except the cheese) can go into the second bag.

Step 1 – Making the crust

Oil a 5” pan and add a parchment paper disc to the bottom of the pan. Add just enough water to the bag of dough to get the powders to stick together, not too much water. Knead the bag until all of the lumps are gone and the dough is uniform. Remove the dough and shape into a large flat disk about 7 inches in diameter. Place the dough into the pan and shape the dough to line the inside of the pan up to the lip.

Step 2 – Assembly

Shred the Swiss cheese and place into a mixing bowl. Add the remaining dry ingredients as well as adding ½ cup of water. Stir the mixture until it is uniform; pour the filling into the un-cooked crust. Place the pan inside the pot and bake for 1 hour.

Double Crust Deep Dish Pizza

https://youtu.be/l3AZNMW8wxc

This is a double-crust deep dish pizza that you always dream about on the 3rd or 4th day of your backpacking trip. This is one of our more complex meals, but with a little planning it is easy to do. This recipe is for 2 hearty servings and we make this in a 5" baking pan.

Dough: (5.5 oz.)
1 cup flour
1/3 tsp salt
1/3 tsp yeast
Sauce: (3.5 oz.)
3 oz. tomato paste (Trader Joes sell tomato paste in tubes)
2 tsp Oregano
1 tsp each: Basil, chicken bouillon, garlic powder, crushed red peppers
½ tsp black pepper
1 Tbs. onion flakes
Filling:
4 packages of string cheese (3.5 oz.)
2 oz. Pepperoni
1 oz. Bacon (shelf stabilized)

Pre-trip Preparation

Dough –Measure out all of the ingredients and place into a sealable sandwich bag

Sauce – The dry ingredients can go into a small bag, I use Trade Joe's 7 oz. tomato paste that comes in a tube (we usually plan another meal that would use the balance of the paste)

Filling -The meats can be combined into one bag; the string cheese is usually pre-packaged.

Step 1 – Preparing the dough (morning)

If you want pizza for dinner, prepare the dough in the morning during breakfast; on colder trips I make the dough the night before. Add just enough water to get the dough to cling together. There should be no dry powders in the corner of the bag. Wait 20 minutes and knead the dough again. It should become smoother and more elastic as the glutens form. As the yeast starts to consume the sugars, the dough tends to get wetter. When you form the pizza dough, you want a stiff dough that does not stick to your fingers. I place the bag of dough in the top of my backpack where it is warmer and won't get crushed.

Step 2 – Making the sauce (diner)

The sauce will include dry herbs and spice so before you shape the pizza dough, make the sauce. This will give the mix time to rehydrate. Place the tomato paste in a small bowl and add water until you have a thick sauce. Stir in the spices and prepare the pizza dough.

Step 3 – Shaping the dough

Oil the bottom and sides of the pan and add the parchment paper to the bottom of the pan. Remove ¾ of the dough from the bag and knead the dough into a ball. Flatten out the dough; we use the bottom of the baking pan as a flat surface. Shape the dough into a large circle. I use my fingers to pinch the dough and thin it out. Dough is pretty elastic: letting the dough rest for a while will allow the glutens to relax and it will be easier to shape. When the dough is shaped into a circle that is 9" in diameter, place it in the pan. The dough should cover the bottom and the walls of the pan, this is the hardest part as the sides of the pan are oiled and the dough will not want to stick. After making a couple of pizzas, you will get the hang of this.

Step 4 – Load it up!

Bottom layer – Layer 1/3 of the pepperoni onto the bottom of the pizza followed by a layer of shredded string cheese (2 sticks). Top with 1/3 of the pepperoni. Some people like sauce on the bottom layer, I don't. Take the remaining ¼ of the pizza dough and shape into a 6" disk. Place this layer on top of the pepperoni and firmly press down on the dough to compress the bottom layer.

Top Layer –Layer the shredded string cheese on top of the dough. Sprinkle the bacon bits over the cheese. Add the sauce on top of the bacon bits and use a spoon to press down on the entire stack. Add the final remaining pepperoni and you are ready to dry bake.

Step 5 – Dry Baking

You can add 1 tsp of water to the pot before inserting the pan. This seems to help the dough rise faster. We usually use the Epicurean Stove and the pizza bakes for an hour. For a browner crust, leave the pizza in the cooking system for 15 minutes after the flame is out. The pan is still hot and the dough will continue to bake.

Pan Frying

https://youtu.be/Zhh8ONt_LPg

We don't pan fry often for a couple of reasons. First, pan frying seems to be the least fuel efficient manner of cooking. Secondly, the temperatures needed for pan frying are less that used for a quick boil and more than what is needed to simmer or bake. We have found that pan frying pushes the limits of both alcohol and Esbit stoves. Here is a video comparing pan frying bread versus baking bread - https://youtu.be/ZM0dyBETelQ. Our best success to date has been with a canister stove. One of the advantages of the Kovea Spider stove is that since it works in the inverted mode, the needle valve for the gas control must have a fine resolution. In the regular mode, this provides a flame control that has excellent precision or resolution.
Now that we have good heat output control, you are left with having to solve hot spots in the pan. We have found two ways to effectively deal with this issue:

- Use a thick walled aluminum frying pan. This is the classic way to generate even heat across the pan: the thicker the better. We have used a 7" frying pan sitting on top of the Bobcat windscreen with great success (an 18 oz pan, a little heavy for backpacking). Here is a video were we are frying fish: https://youtu.be/Zhh8ONt_LPg.
- The second way to distribute the heat is to use a thermal diffuser plate. We have had great success by placing the lid of a 28 oz. can between the stove and the frying pan. We have tested this using a light weight backpacking frying pan (a 7" MSR BlackLite - 5 oz.). We can make omelets without generating brown spots: https://youtu.be/qmy_N6JVOqc.

Guest Recipes: Ken Larson

Cinnamon Monkey Bread

6 servings

Nutrition Facts

User Entered Recipe
6 Servings

Amount Per Serving	
Calories	287.5
Total Fat	21.9 g
Saturated Fat	12.7 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	6.3 g
Cholesterol	52.1 mg
Sodium	306.1 mg
Potassium	110.7 mg
Total Carbohydrate	23.2 g
Dietary Fiber	0.6 g
Sugars	9.1 g
Protein	2.1 g

http://www.youtube.com/watch?v=b_AALw-xSCU&list=PLF7508AB243CEFC86&index=13

Ingredients:

Dough

1 Cup Bisquick
½ tsp oil
4 Tbsp. Instant Milk
1 ½ tsp Butter Powder
¼ tsp Dry Vanilla Power
½ tsp Ova Dried Egg Mix
1/3 Cup (~80g) Dried Blueberries & Dried Cranberries OR Raisins & Dried Cherries
1/4+ Cup water

Topping

1 Tbsp. Brown Sugar & ½ Tbsp. Chopped Pecans & Walnuts

Coating

1 Tbsp. Brown Sugar, 1 Tsp. Cinnamon, ½ Tbsp. Chopped Pecans & Walnuts & 1 Tbsp Butter Powder

Mix the Dough ingredients together in a plastic bag until soft dough forms. Lightly oil a 5” round pan and place a parchment paper disk (slightly smaller than the diameter of the pan) on the bottom of the Fat Daddio's Pan. Sprinkle the Topping into the pan and spread out to form an even layer. Mix the Coating ingredients together in a plastic bag till creamy.

Flatten dough in plastic mixing bag, cut bag longitudinally down the mid portion and then cut left and right to open bag. Divide Dough into 6 pieces using a spatula/knife. With oiled hands, roll dough into 6 equal sized balls (~1-inch) and then roll them in the Coating. Make sure that all sides of the dough are covered. Place the coated dough balls randomly into the Fat Daddio's Pan. Pat down the dough to make an even layer across the top of the pan. Sprinkle the remaining Coating on top of dough.

Cooking time ~45 minutes. Remove pan; cool 10 minutes. Serve warm.

Equipment

Epicurean Stove + 1 Esbit tablet
5" Fat Daddio's Pan

Lasagna

Servings 2 (**Calories 682**)

Nutrition Facts	
User Entered Recipe	
2 Servings	
Amount Per Serving	
Calories	682.3
Total Fat	16.4 g
Saturated Fat	7.7 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	1.2 g
Cholesterol	59.2 mg
Sodium	1,280.2 mg
Potassium	830.0 mg
Total Carbohydrate	92.8 g
Dietary Fiber	7.6 g
Sugars	16.1 g
Protein	38.5 g

https://www.youtube.com/watch?v=1JekBMkbu78

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet; **OR** Flat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.
3ea Pint Ziploc bags
Fat Daddio's 5" round pan

Ingredients

2 oz Dried Ground Beef **OR** 2/3 cup/1 ½ oz TVP/Morning Star "Burger" crumbles
½ oz. Sun dried tomatoes
2.8 oz Amore Tomato paste **OR** 2 Tbs Dried Tomato powder to form a paste **OR** 1 pkg (5oz) Mama Mary's Pizza Sauce (Walmart)
2 ea Barilla No-Boil lasagna noodles
2 ounces **OR** 4 sticks Mozzarella String Cheese, sliced
4 Tbsp grated Parmesan cheese
2 ½ ounces/½ cup Ricotta OR Monterey cheese (***optional***)
½ tsp white sugar
¼ tsp Basil
¼ tsp Fennel seeds
¼ tsp Onion powder
¼ tsp Italian seasoning
¼ tsp Oregano
2 tsp Parsley
½ tsp Garlic, powder
1/8 egg
1/8 teaspoon Salt
1/8 tsp ground Black pepper
3 Ziploc bags
~6+ Tbsp water
~ 2 Tbsp Olive oil

Directions

1. Ziploc Bag #1 ***(Meat)*** - Rehydrate 1 ½ oz *Morning Star "Burger" Crumbles/ Dried Ground Beef* by adding, Garlic Powder, Onion, white sugar, basil leaves, fennel seeds, parsley, Italian & Oregano seasoning, egg, black pepper, and dash salt and then ~6 Tbsp/3 oz of water & ***rehydrate for ~20 min*** in the bag. There should be no visible liquid left in the bag after it is absorbed.
2. Ziploc Bag #2 ***(Tomato Sauce)*** - stir in, tomato paste, and Sun dried tomatoes***.....*** **make the tomato sauce thick side.** OR using Mama Mary's Pizza Sauce 3 oz add Sun dried tomatoes.
3. Ziploc Bag #3 ***(Lasagna Noodles) -*** place enough cold water in the bag to cover the noodles and ***rehydrate for 20min***. When soaking is completed, cut the noodles to 4 ½ in to fit the inside of the Fat Daddio's 5" round pan.
4. Before assembly the ingredients, apply oil liberally on ALL inside edge surfaces of your baking pan. Oil parchment paper for the sides AND a disk cut the same size as the bottom of the pan. This allows makes it super easy to remove the lasagna.
5. Place a thin layer of tomato sauce on the bottom of the Daddio's 5" pan and then arrange noodles lengthwise around the bottom followed by spreading one half of the *"Burger" Crumbles/ Dried Ground Beef* over the noodles. **Spread one half of the Ricotta cheese or Monterey cheese (*optional*)**. Top with Mozzarella cheese slices and Parmesan cheese. **Repeat layers** with *Lasagna Noodles in a* **alternate direction** so the final casserole holds its shape better, **tomato sauce,** *"Burger" Crumbles/ Dried Ground Beef,* **Ricotta cheese or Monterey cheese** and top with remaining Mozzarella and Parmesan cheese.
6. After the fuel burns out at ~45 min, leave the lasagna in the pan for another 10 minutes (resting) to complete the process. Remove and cool before removing it from the pan & cutting.

TIPS:

For every lb of Dried Ground Beef you dehydrate, add 3/4 cup bread crumbs. The bread crumbs will make it rehydrate fast, add nutrition for little weigh penalty. Make sure the noodles are completely covered in sauce, because any exposed edges will turn hard and crunchy. Most no-boil noodles will expand during cooking, so it's best to slightly overlap them so they're not touching the sides.

Whole Wheat Double Crust Deep Dish Pizza (FLATCAT)

2 servings~ **703** calories/serving



http://www.youtube.com/watch?v=KFI3joUtKos&feature=youtu.be

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot
Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet; **OR** Fat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.
1 ea Pint Ziploc bag
5" round pan

Ingredients:

Crust:

½ cup white flour
1 teaspoon yeast
1/8 teaspoon salt
1 tablespoons oil
~½ cup warm water (not boiling hot, but warm)
½ cup whole wheat flour

Topping:

½ oz. Sun dried tomatoes
2 oz tube Tomato paste OR 1 Tbsp Dried tomato powder to form a paste
½ Tbsp Dried Green & Red Peppers
1 Tbsp/ 12 slices Black Olives
1.5 oz. /15 slices Pepperoni /Hormel Pepperoni Minis **OR** 0.5 oz. TVP Sausage
1.6 oz. /3 sticks Mozzarella String Cheese
¾ oz. Parmesan Grated Cheese
¼ tsp Italian Seasoning
¼ tsp Oregano
½ tsp Dried Basil
½ tsp Dried Parsley
½ tsp Dried Onion
1/8 tsp dried Garlic Powder
¼ tsp Hot Pepper

Preparation

In a small plastic bag add the Crust/dough ingredients and *make it in the morning for lunch /lunch for dinner* **OR** mix the ingredients and put it in a warm area to let it double in size, about 1 hour. Turn the dough out onto a lightly floured surface and divide it into 2 equal pieces; one to fit the pan and sides and the other as a ***"MID CAP"***.

Oil the 5" pan and add a disk of parchment paper to the bottom of the pan. Press the dough in the pan (bottom & sides until it is flat and even.

In a small plastic bag, add dried peppers and spices cover with water: stir and let them soak for 10-20 minutes. (If you are using the TVP Sausage this can be place in this bag also to soak.)

Unwrap 2 pkgs of Mozzarella String Cheese & slice longitudinally. Unwrap and slice the Pepperoni in quarters **OR** use the Pepperoni Minis for topping

(set aside 1/3 of the Pepperoni quarters or Minis for topping).

Add the Pepperoni slices or Minis to the bottom crust portion; combine with the string cheese and then ***"CAP OFF"*** with an addition piece of whole wheat crust.

Place the Tomato paste OR Dried tomato power in a cup with the contents of spices and mix till it looks "runny" and mix toughly. (SPICES: Dried Basil, Parsley, Onion, Garlic Powder and Oregano.)

Spread the sauce onto the whole wheat layer; adding another layer of Pepperoni in quarters /Pepperoni Minis **OR** TVP Sausage, black olives, and finish with the addition layer of 1 pkg of string cheese that has been sliced into ¼" thick disk and a dab of sauce. Top off with Parmesan Grated Cheese.

Bake for 45 - 60 minutes.

NOTE: I have found that adding **1 tsp** of water to the bottom of the 1.3 L Evernew pan that the baking pot sits into improve end product.

Raspberry Pie

Yield: 4 servings

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot
Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet
5" round pan
2ea Qt Ziploc bags

Ingredients

Flaky Pie Crust: (Bag#1)

¾ Cup Bisquick
1 tsp Butter Buds or Butter Powder
½ tsp Nutmeg
2 Tbsp sugar
3 Tbsp cold water + 1 tsp

Filling: (Bag#2)

2 Cup fresh raspberries mixture + 1 Cup fresh
3 tsp cornstarch
1½ tsp lemon juice
¼ cup sugar
½ tsp vanilla extract
1 ½ Scoops Ova Easy egg + 1 Tbsp Water

Directions

Mix **Flaky Pie Crust - (Bag#1)** in a plastic bag. Add water a little at a time; stir vigorously until soft dough forms. ....drier the mix the better the baking end product is produced!

Roll out the dough to 1/4-inch-thick circle on a lightly floured work surface, about ~8 inches in diameter

Lightly oil the Fat Daddio's 5" pan. Oil parchment paper disk (slightly smaller than the diameter of the pan) on the bottom AND a oiled strip around edge (slightly smaller than the height of the pan) - 1 Tbsp Olive Oil

Press with floured hands the dough into the Fat Daddio's Pan 5" round pan. Remove the overhanging dough from the pan.....roll out the extra dough and cut into ½ - 3/4 inch wide strips, and make lattice topping.

Mix **Filling - (Bag#2)** and pour into pie crust. Place 1 cup fresh on top of filling. Place the lattice strips on top.

Cooking time ~50 - 60 minutes. Remove pan; cool **minimum** of 1 hr before trying to remove pie!

NOTE: I have found that adding 1 tsp of water in the 1.3 L Evernew pan bottom that Fat Daddio's Pan 5" pot sits into improve the end product

Lizard Head Chile (NOLS)

Serves 1

Equipment

Sidewinder Ti-Tri & 1.3 Evernew Ti Pot
Epicurean Stove (Wooden block shim is needed under stove plate (L 2in x W 1.7in x .433in) + one 14g Esbit Tablet; **OR** Fat Cat It's a Snap Windscreen without Wooden block shim **OR** KOVEA gas stove with either Sidewinder or Fat Cat It's a Snap Windscreen.

Ingredients:

3 oz instant black beans
1oz dehydrated whole black beans
1 oz dehydrated corn
¾ oz dehydrated onions
¾ oz dehydrated red & green peppers
¾ oz tomato power
¼ oz dried jalapeno peppers (optional)
1 tsp cumin
1 tsp chili powder
1 tsp garlic powder
1 tsp salt
Pinch of brown sugar
2 ½ cups water

Directions:

Combine all ingredients. Add to 2 ½ cups of water and simmer until veggies are soft. If thick chili is your desire reduce the water by ¼ cup. The recipe yields a more soup dish.

Irish Soda Bread

Yields ~ 4 servings

Equipment

It's-A-Snap Titanium Windscreen & 1.3 L Evernew Pot,Flat Cat Hat,Epicurean Stove + l ea - 4g Esbit Tablet ,Fat Daddio's 5” round pan
Parchment paper 5" in diameter

Ingredients

BAG#1

½ c cup Unbleached Flour
½ cup White Whole Wheat Flour
1/3 cup Buttermilk (1+Tbsp SACO Cultured Buttermilk powder + 1/3 cup water)
1 tsp Baking Powder
¼ tsp Baking Soda
1 Tbsp Sugar
¼ tsp Salt

BAG#2

5 Tbsp Dark raisins or currents
1 ½ Tbsp Butter /Margarine/Butter Buds - 1 ½ tsp

BAG#3

1egg (1 heaping scoop Ova Easy Eggs + 4 tsp water)

Preparation

At Home

In a quart size Ziploc BAG#1 mix together the ***seven ingredient*** above and place the bag.
In a quart size Ziploc Ziploc BAG#2 add the butter/margarine/ Butter Buds and "break up" it up or MIX until it resembles coarse crumbs and then add the raisins/currents.
In a small Ziplock Snack bag add the Ova Easy Egg powder.

On the Trail

Before baking, apply oil liberally on the inside edge surfaces of your Fat Daddio's 5” round pan
and a piece of parchment paper on both sides that has been cut into disk the same size as the bottom of the pan (inside). This allows makes it super easy to remove the baked bread.
To BAG#3 containing the Ova Easy Eggs add 4 Tbsp of liquid, mix and set aside.
To BAG#1 add the Ova Eggs (***save 1 Tbsp of the egg mixture***) mixture and then 1/3 cup water for the Buttermilk powder and mix.
Then add BAG#2 containing the Dark raisins or currents & butter/margarine/ Butter Buds to BAG#1 and mix until the flour is moistened and the mixture/dough becomes sticky.
Place the dough onto a well floured surface with floured hands and knead to final mix.
Shape the dough into a ball and place into the Fat Daddio's 5” round pan. In the center of the ball, with a knife, cut 4 an inch cross about ¼ inch deep.
Brush dough with the left out 1 Tbsp Ova Easy Egg liquid.
Light the Epicurean stove with one Esbit Tablet, center the windscreen over the stove and position the pan. I recommend using the FLAT CAT HAT on top of the lid; this will help maintain the baking temperature. The Esbit tablet will burn for about 45 minutes.
Do not lift the lid to look at the

bread as you will slow down the baking process! After the fuel burns out, leave the bread in the pan for another 10- 15 minutes (resting) to complete the baking process.

Bake the dough for 1 hour or until a toothpick inserted into the center comes out clean. Cool for 10 min and remove from pan and cools completely on a flat surface.

Bacon, Mushroom & Smoked Mozzarella Bacon, Mushroom & Smoked Mozzarella Strata **(FLAT CAT)**

Serves 2/ **377 cal/serving**

Amount Per Serving	
Calories	376.9
Total Fat	20.5 g
Saturated Fat	8.7 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	7.8 g
Cholesterol	45.7 mg
Sodium	1,068.9 mg
Potassium	199.9 mg
Total Carbohydrate	25.2 g
Dietary Fiber	1.8 g
Sugars	5.0 g
Protein	23.0 g

Equipment

Bobcat Titanium 1.5 Alcohol Stove, 1oz alcohol, Bobcat Bake and Simmer Ring, 2ea Pot Holding stakes, **OR** Epicurean Stove, one 14g Esbit Tablet without the 2ea Pot Holding stakes using Bobcat Titanium Windscreen, 1.3 Evernew Ti Pot and Fat Daddio's 5" round pan
2ea Pint Ziploc bag

Ingredients:

2 scoops Ova Easy egg+ 4 Tbsp water
2 Tbsp NIÑO Dry Powder Milk (2 Tbsp/.5oz NIÑO Dry Powder to ½ c of water)
2 c Cubed Dried Sourdough Bread
3 Tbsp/1 oz Real Bacon Bits OR 4 slices of bacon diced
¼ c Mushrooms (fresh/dried) - chopped
¾ c Smoked Mozzarella Cheese
¼ Tbsp Thyme
½ Tbsp Dried Onion
Pinch Salt and Pepper
1 Tbsp Olive Oil

Preparation

In the 1st Ziploc bag, mix the Ova Easy eggs, NIÑO Dry Powder with ¾ c water.
In a 2nd Ziploc mix the Cubed Sourdough/Dry Bread, bacon, mushrooms(Before adding hydrate by soaking for 5 to 10 minutes in a generous amount of cold or hot water & then drain), Onion, Thyme (fresh is available), Smoked Mozzarella Cheese and Salt & Pepper.
Before the next step, apply oil liberally on the inside edge surfaces of your baking pan. Lightly oil parchment paper disks (slightly smaller than the diameter of the pan) on the bottom ***as this allows the Strata to be removed super easy.***
Transfer 2nd Ziploc bag mixed ingredients to the Fat Daddio's 5" round pan, then pour over the egg & milk mixture (If necessary, press bread cubes into egg mixture with back of spoon to completely moisten cubes), and top with ¼ c/1 oz Smoked Mozzarella Cheese.
Cover, chill for a minimum 2 hrs **OR** preferably overnight (***Let Fat Daddio's pan stand for 15 minutes before baking***)
Bake for ~40 - 45 minutes. After the fuel burns out, leave the *Strata* in the pan for another 10 minutes (resting) to complete the baking process.
Allow to cool at least 10 minutes.....then serve!

Chocolate Espresso Brownies

Yields about 4 servings/~ 381 calories/serving

Equipment

Bobcat Titanium 1.5 Alcohol Stove, 1oz alcohol, Bobcat Bake and Simmer Ring, 2ea Pot Holding stakes, **OR** Epicurean Stove, one 14g Esbit Tablet without the 2ea Pot Holding stakes using Bobcat Titanium Windscreen, 1.3 Evernew Ti Pot
Fat Daddio's 5" round pan
1ea Pint Ziploc bag

Ingredients

- 5.2 oz/ Half of 10.3 oz Betty Crocker Fudge Brownie Mix
- 2 Tbsp Whole Wheat Flour
- 2 egg (Ova Easy 2+ scoop)
- 1 Tbsp Instant Espresso coffee (dry) **OR** 1 pkg/1 Tbsp Starbucks VIA Instant Coffee - Italian
- 1 tsp vanilla extract
- 4 Tbsp chopped walnuts
- 4 Tbsp Ghirardelli Mini Chocolate Chips
- 4 Tbsp Ghirardelli Dark Chocolate Covered Espresso Beans **OR** Dilettante Espresso Beans in Premium Chocolate
- 2 ½ Tbsp vegetable oil
- 4 Tbsp water

Preparation

In the Pint Ziploc bag dry containing brownie mix, egg, walnuts, 2 Tbsp chocolate covered espresso beans & chocolate chips. **ADD** 1 Tbsp Instant Espresso coffee to water, oil, and vanilla in a cup and combine with the dry ingredients using a squeezing process until well blended..... **drier the mix the better the baking end product is produced!**

Before baking, apply oil liberally on the inside edge surfaces of your baking pan. Lightly oil parchment paper disk (slightly smaller than the diameter of the pan) on the bottom as this allows makes it super easy to remove the brownie.

Spread brownie mixture in the oiled pan and, then sprinkle on top with remaining 2 Tbsp chocolate chips and 2 Tbsp Chocolate Covered Espresso Beans.

Bake for about ~40 - 45 minutes, **BUT YOU NEED TO CHECK with a tester at 30 min.** as the Brownies should be soft and gooey on the inside, ***so do not over bake as fresh-baked brownies appear under baked but cool to "doneness"***. Leave the pan in the Windscreen for another 10 minutes (resting) to complete the baking process for a total of ~50 min. Remove and cool for at least 10 minutes before cutting.

product. ***CONSUMERS WILL BE CLAMORING FOR SECONDS***

Appendix

The Theory & Art behind simmering and baking

Mastering Dry Baking

Basic items for your pantry

Other cookbooks and resources