

# Chipmunk Soup

## – and Other Such Delicacies to Avoid

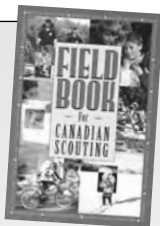
by Julian Celms

**W**hen I was in Venturers, I had an experience with chipmunks. Did you know they are resourceful little creatures? Capable of scrounging through your backpack, skirting around smelly socks yet able to pick out the delectable bagels the forgetful owner (me) left in his backpack that night. To top it off, the little critters held a celebration of their bounty at 5:00 a.m. right beside my advisor's tent (while I slept soundly through the night). The next evening, dinner was dedicated in honour of the chipmunks that had so handily ravaged the bagels we had on the menu.

Food is a necessity. To some, it's a lot more — eating is a joyful and social experience. However, some campers faint when they see the amount of food they need to compress into their backpack. And the weight! Who knew food for four days weighed so much! Others will recoil at the price of the freeze-dried packaging with such promises as 'Chicken a la King' (or a loose interpretation thereof). Consider the varied capacity and sometimes rather...imaginative concoctions our teenage outdoor gourmets can muster. Yes, dear leader, this indeed blends together as an intriguing topic for the campfire!

Here are some recipes that you will find tasty and fairly light in weight. They might be a bit more involved than your typical one pot mystery stew, but boasting rights as the next outdoor gourmet is worth the effort!

### The Fieldbook for Canadian Scouting — Resources At Your Fingertips:



☞ How much food do you need? Outdoor activity will burn more calories than our more sedentary day-to-day routine. Check out pages 40 – 42 for a suggested serving guide table.

☞ What do we need to eat? It doesn't hurt to review the Canada Food Guide on page 39.

☞ You can find information about storing food on page 58, and bear bagging on page 59.

### Super Starter Eggs



This is a great way to avoid extra dishes.

#### Ingredients:

- Scrambled eggs for a crowd (average 2 eggs per person, or use a powdered mix)
- Small tortillas (2 per person)
- Diced red pepper and onion (onion will last longer into your trip)
- Re-hydrated salsa (or any combination of ketchup, Tobasco Sauce or Cayenne pepper powder)
- Grated cheese
- Pepper and salt to taste

#### Preparation:

Cook up your scrambled eggs. Spoon some egg into the centre of each tortilla. Sprinkle desired amounts of red pepper, onion, salsa and cheese. Wrap and enjoy!

### Ohh That's Tasty Ziti

#### Ingredients:

- 4 cups uncooked ziti
- 2 cloves of garlic
- 1-2 fresh jalapeno peppers
- 2 cups cured hard sausage or salami
- 8 tablespoons olive oil
- 2 cups grated cheese (such as Monterrey jack, white cheddar)
- 2 tomatoes
- 2 zucchini (if you don't like zucchini, substitute red or green bell pepper)

#### At home:

Pack pasta in a zip lock bag. Pack olive oil in leak-proof bottle.

#### At camp:

1. Cook pasta al dente (when the pasta is still a little firm – note the recommended cooking time on the package before packing). Drain, cover and set aside.
2. While waiting for the pasta to boil, mince jalapeno and garlic (to cut down the heat, discard the pepper seeds).
3. Cut the sausage, tomato and zucchini into 1/4 inch cubes.
4. In your largest pot, heat 1 tablespoon of olive oil. Add garlic and jalapeno and cook over medium/low heat until soft and fragrant (about three minutes).
5. Add sausage, tomato, and zucchini and stir while cooking another 3-4 minutes.
6. Remove from heat and add veggies, meat and cheese to the pasta. Mix well. Cover and let stand for 3 minutes.

Serves 4.

### Chicken Alfredo Couscous

#### Ingredients:

- 2 cloves of garlic, minced
- 1 tsp. sesame seeds
- 2 tsp. plus 1/4 cup olive oil
- 2 Alfredo sauce packets
- 7 cups of water
- 6 tblsp. powdered milk
- 2 chicken breasts cubed or dried (dehydrate chicken in small chunks)
- salt and pepper
- 2 cups couscous
- 1/2 cup dried peas
- Parmesan cheese as topping (optional)

Splurge! Add some diced red pepper for taste and colour!

*At home:*

Dehydrate chicken or buy equivalent amount. Pack olive oil in a leak proof container. Package the rest of the ingredients individually.

*At camp:*

1. Re-hydrate chicken in some hot water (about 10 minutes).
2. Sauté garlic and sesame seeds in 2 teaspoons of olive oil over low/medium heat. Set aside.
2. Combine Alfredo mixes with ¼ cup olive oil, 2 cups water and powdered milk. Simmer to thicken — about 5 minutes, stirring often.
3. Add drained, rehydrated chicken to sauce. Simmer for 2 minutes, then add garlic and sesame seeds, and salt and pepper to taste. Cover and remove from heat.
4. Boil 5 cups of water. Add peas, cook for 5 minutes, then add couscous (and red pepper if using). Continue cooking on low heat for 3 minutes or until water is absorbed.
5. Pour Alfredo sauce over couscous. If you want, add parmesan cheese on top.

Serves 4-5.

## Yummy Crumbly

*Ingredients:*

- 12 chocolate filled sandwich cookies
- 1 package instant pistachio pudding
- 2/3 cup powdered milk
- ½ teaspoon mint flavouring

*At home:*

Smash/crumble the cookies and store in a plastic bag. Combine instant pudding and powdered milk into a sealable bag, large enough to hold two cups of water.

*At camp:*

1. Add 1 ¾ cups cold water and mint flavouring to the pudding bag. Seal and knead to mix thoroughly.
2. Allow to chill for a few minutes if possible.
3. Into each bowl layer: some cookie crumbs, then pudding, then remaining crumbs.

Serves 3 or 4. X

— *Julian Celms, National Program Director, is an avid camper, experienced in all types of camp cooking.*

## Lightweight Cooking Tips:

- ☞ Be prepared for cold breakfasts. A few handfuls of some fruit and gorp or a meal replacement bar can get you going in the morning. Consider bagels, peanut butter and jam. No worries about setting up the stove, dealing with dishes or pumping more water. It's a bit cool outside? Do some jumping jacks, pack up, and get moving — you'll warm up soon enough. You can save a lot of time if you don't have to cook every morning, and you'll need less fuel (fuel is heavy after all)!
- ☞ Dehydrated food is good stuff. But be careful — dehydrated fruit still carries a lot of calories and you need to wash it down with liquid as well! Think of the little handful of dried raisins, and how large they would look as fresh grapes.
- ☞ Keep in mind that what you choose to cook can impact your day. Starting your day with pancakes on a one burner stove?

That will be time consuming to feed 7 people. Re-hydrating ground beef for the spaghetti? You need to factor in some time for dehydrated foods to reconstitute when you get to camp, or very carefully reconstitute it in your backpack on the trail.

- ☞ Food is fun. When using new recipes, take an evening to test out the sauce with the group. Need some spices? Someone finds out they don't like the onions? Don't forget to test it with the same pots, pans and utensils you would use on the trail.
- ☞ Spice it up. Spices don't weigh much, and can go a long way to adding some flavour. A little can go a long way — store in small, thoroughly washed film canisters, salt/pepper shakers you can pick up at the Scout Shop or see the August/September 2005 *Leader Magazine* on using drinking straws for condiment packets.

## WEB LINKS TO CHECK OUT!



**Love the Outdoors** has menu suggestions broken into breakfast, lunch, dinner, and snacks: <http://www.lovetheoutdoors.com/camping/Recipes.htm>

**Dutch Oven recipes:** <http://www.sdgfp.info/Wildlife/Education/OutdoorCampus/kidscan.htm>

**Outdoor Cook** provides some really great recipe ideas: <http://www.outdoorcook.com/>

**Backpacking menu ideas:** <http://www.ziplink.net/~24601/recipes/bprecipe.htm>

## NOVA CRAFT CANOE



Discover why They're  
Canada's Most Popular  
Canoe for Camps  
and Groups.

Our Prospector Series of  
Royalex canoes are  
tough, rugged and  
stable for years of  
dependable service.



With special pricing for Scout Groups,  
Nova Craft Canoes are an excellent value.  
And they're made in Canada by  
people who love to paddle.

Call us at **1-866-88-CANOE**, email us at  
[info@novacraft.com](mailto:info@novacraft.com) or visit our website:  
[www.novacraft.com](http://www.novacraft.com)

We also make  
kayaks!  
See them at  
[www.aquafusion.com](http://www.aquafusion.com)



**NOVA CRAFT CANOE**