



TRIP STAFF COOKBOOK 2019

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Keep On Tripping!

Eating well in the woods involves dealing with a number of potentially limiting factors: equipment available, perishability of food items, and weight. As a result we as a staff are forced to get creative in our culinary endeavors. This document represents a history of our collective struggle to turn this series of limiting factors into a delicious and educational experience for both ourselves and the campers of Nebagamon.

A few additional notes that may make the following recipes easier to understand and execute:

1. Since almost all trip food is repackaged into plastic bags, and much of it arrives in bulk quantities, units of measurement are often unusual ('handful', 'fist-sized bag', a bag the 'size of a child's head'). Accurate measurement is not critical to most of these recipes!
2. 'Large pot' refers to the 10 qt. nesting kit pot. 'Oven' could be either a reflector oven or Bake Packer oven (fires) or the Outback, Optimus (donut) or Backpacker ovens (stoves) in most cases.
3. Serving sizes are for hungry trippers and may be too large for the average civilian.
4. When serving pasta dishes, ensure that water is salted (with gusto) and that pasta is taken off heat while still slightly al dente. No one enjoys mushy noodles.
5. When serving cheesy pasta dishes, always add cheese after other ingredients, as cheese greatly increases the difficulty of stirring, and thus increases likelihood of 'naked noodles.'

BREAKFAST/SNACKS

ELI FROMM'S FRIED MATZO (Serves 10-12)

Ingredients:

- 3 boxes matzo
- ½ lb. powdered milk (or about a half gallon of milk)
- 6 eggs
- at least ½ lb. butter
- lots of salt

Directions:

- crumble matzo into thumb-sized pieces in the large pot.
- add powdered milk to warm water to make warm milk (or warm the milk).
- stir as much warm milk into crumbled matzo as the matzo can easily absorb.
- crack the eggs and mix them in.
- add salt to taste (probably close to 2 tablespoons).
- melt a little butter and add that too.
- melt about 2 ounces of butter in a pan (less if that seems gross, more if you like butter).
- add a third of the matzo to the pan and commence frying.
- when the bottom is golden brown (doesn't take long), cut into quarters and flip.
- remove when delicious, and repeat these last four steps for the next two batches.
- serve with SYRUP, or something similar.

DOUGHNUTS

Serves eight

Ingredients:

- 1.5L oil
- 4 cans of biscuit dough
- one fist sized bag of powdered sugar

Directions:

- boil dough balls that you make in the heated oil
- put them somewhere to cool so as not to melt your bag
- put the fried dough balls in the bag and shake until thoroughly coated
- serve

BREAKFAST Couscous

SERVES 10

Ingredients:

- Couscous
- 3, 13 ounce cans of coconut milk
- 1 teaspoon Nutmeg
- 1 cup Honey
- Raisins
- 3 teaspoon Cinnamon
- Coconut Flakes
- Pre-roasted mixed nuts of choice

Directions:

- Mix coconut milk, honey, nutmeg and cinnamon; simmer in large pot
- Once liquid mixture has been brought to a slight simmer, add couscous
- Stir constantly
- Once couscous is nice and fluffy take off heat and add raisins, coconut flakes and nuts by personal preference
- Note: if couscous absorbs all liquid and is still undercooked, add water in tablespoon size increments until couscous is at desired fluffiness.

NO BAKE ENERGY BREAKFAST

SERVING SIZE VARIES

Ingredients:

- Honey
- Peanut Butter
- Raisins
- Oats
- Rice Krispies
- Chocolate chips (I recommend semi-sweet)

Directions:

- Combine dry ingredients
- Add dry mixture to a combination of honey and peanut butter. The honey/peanut mixture should be about 1/10 honey and 9/10 peanut butter.
- Mix well and eat with hands, or slather evenly on cooking pan and refrigerate and eat in bar form.

LEWIS'S HUEVOS RANCHEROS

SERVES 9

Ingredients:

- 18 Eggs
- 2 Cans black beans
- 9 large tortillas
- 1 lb. Pepper Jack Cheese
- 6 Fresh Tomatoes
- 2 large onions
- 2 green peppers
- 1 head garlic
- 1 jalapeño

(Directions continued on next page)

LEWIS'S HUEVOS RANCHEROS (Continued)

Directions:

- Salsa:
 - Remove all the tomato cores, finely dice garlic and stuff the tomatoes cores with the garlic (about one clove per tomato), place the tomatoes garlic down on a frying pan, Cut one onion in half and peel each layer back, surround the tomatoes with the onion peels, place the jalapeño in the frying pan, fry up with a very small amount of olive oil (the goal is to burn the outside of the tomatoes, so all you need is maybe a quarter size), once the salsa is significantly browned mash it (if you are making this at home a blender also works very well), continue to simmer in order to reduce some of the tomato juices and add salt.
- Fajitas:
 - Slice the green peppers and onions into long strips and sauté with garlic
- Eggs:
 - Scramble eggs in large pot, when around 75% done add beans and continue to cook, add salsa, fajitas, and cheese to the large pot and serve on tortillas.
 - Note: if serving this for small numbers, then eggs can be cooked over easy and the rest of ingredients heated separately (melt cheese into beans in small pot). Meal should thus be assembled by placing a hardy portion of cheesy beans, salsa and fajitas onto tortilla, and then placing fried egg on top. Wrap up, and ensure that the first bite punctures the yolk. Yolk will thus mix with other ingredients asap and maximum deliciousness will ensue.

BOB STRIKER'S "WHAT CAN I DO WHEN I HAVE NOTHING TO DO" CORNBREAD

SERVES 9 HUNGRY CAMPERS

Ingredients:

- 2 cups Bisquick
- 1 cups cornmeal
- 3 eggs
- 1 c water
- 2 T molasses

Directions:

- Mix eggs, water and molasses together.
- Add Bisquick and cornmeal until well incorporated.
- Pour into greased stovetop oven.
- Cook at low heat until match test reveals "doneness" (i.e. until the match stick poked into mixture comes out dry).

EDMUNDS' FRENCH LAKE JALAPEÑO POPPERS

SERVES 10

Ingredients:

- 20 fresh jalapenos
- 1 package cream cheese
- 8 oz. gorgonzola
- 1/2 lb bacon

Directions:

- Halve jalapenos lengthwise, seed, and stem.
- Fry up bacon; use paper towel to sop up grease; crumble when cool.
- Mix crumbled bacon, gorgonzola and cream cheese.
- Sauté jalapenos in bacon grease until soft.
- Slap some cheese on the chile and serve it on the back of a Fry Bake top.
- Only good for night 1 of Big Trip. Don't attempt with Swampers.

PORTAGE CRAISIN BREAD

Ingredients:

- 4 lbs self-rising flour
- 1 t salt
- 1 c. brown sugar
- 1 T cinnamon
- 4 oz honey
- 2 c. raisins
- Water
- 1 T butter

Directions:

- Mix all ingredients in a pot. Add water until dough is beginning to reach a slightly wet consistency. Knead dough. Grease fry-bake pan with butter. Separate dough into three loaves. Bake one at a time using fry-bake's heat distributor, keeping the loaves covered, and flipping once.
- "The voyageurs used to eat this stuff. Maybe." -James Bleshman

DUTCH OVEN HASH BROWNS

SERVES 8

Ingredients:

- 6 tablespoons canola oil
- 2 30-ounce bag frozen hash browns
- 1 lbs shredded sharp cheddar
- 4 cups spinach, roughly chopped
- 6 tomatoes, sliced
- 2 avocado, pitted and sliced
- salt and pepper

Directions:

- Get your campfire going and prep it so there is eventually a nice bed of hot coals to place your dutch oven on.
- Place dutch oven on hot coals, making sure it is stable and level. You may have to shift some of the coals around, or add a rock under the dutch oven to get it just right.
- Heat 2 tablespoons of oil, and add the hash browns. Cook the hash browns until golden brown, stirring occasionally. You may need to add another tablespoon or two of oil if they start to stick. Season with salt and pepper.
- Top hash browns with cheddar, spinach and sliced tomatoes, place the lid on the dutch oven, and heat until the cheese is melted. Remove from heat and serve with sliced avocado.

OATMEAL PANCAKES WITH FRUIT COMPOTE

SERVES 10

Ingredients:

Dried Fruit Compote

- 3 cup dried fruit, chopped
- 3/8 cup brown sugar
- 6-9 cups water

Oatmeal Pancakes

- 1.5 cup old fashioned oats or 1 packet of instant oatmeal
- 2.5 cup "Complete" Pancake mix (just-add-water))
- 3 cups water
- 3 teaspoon cinnamon
- 3/4 cup chopped pecans
- 6 tablespoons oil for skillet if not non-stick

Directions:

At Camp

- Combine dried fruit, & sugar in a zip-top bag. In a large zip-top bag, combine oats, pancake mix, cinnamon and pecans (you will need the extra room to mix the batter).

(Directions continued on next page)

OATMEAL PANCAKES WITH FRUIT COMPOTE (Continued)

On trail

- Pour 2-3 cups of water in pot along with fruit compote ingredients.
- Set the stove to medium-low heat and simmer, semi-covered until mixture becomes thick and syrupy. Cover and set aside.
- While fruit compote simmers, pour 1 cup of water inside the zip-top bag containing the pancake batter ingredients. Seal bag and mix the ingredients by gently kneading and squeezing them together.
- Once the compote is ready, cut one of bottom corners of the zip-top bag with the pancake batter and squirt 1/4 of contents into a lightly oiled skillet on medium high.
- Let pancake cook until bubbling on top. Flip and let cook until golden brown. Repeat with the rest of the batter.
- Top the pancakes with fruit compote and eat!

SOUPS/SALADS/SAUCES

BALIKOV'S NOODLES

SERVES 10

Ingredients:

- 3 packages Asian noodles
- 4 tablespoons vegetable soup stock
- as many different types of vegetables as possible
- a splash of olive oil

Directions

- Boil a pot of water
- Add noodles and vegetable stock
- Once noodles are done remove from heat and add finely diced veggies
- Add oil and spice until the soup has a small kick

CODY'S SPAUCE (STOLEN AND PERFECTED BY EDMUNDS)

Ingredients:

- 3 parts Tabasco
- 3 parts honey
- 1 part molasses
- 2 parts Worcester sauce

Directions:

- Combine in a Nalgene.
- Add to anything for a little kick.
- Mix to taste.

JUDY WALLENSTEIN'S ITALIAN SALAD DRESSING

SERVES ENOUGH FOR LARGE SALAD

Ingredients:

- 1 c olive oil
- 1 c red wine vinegar
- 1 clove crushed
- 1 t thyme
- 2 t dill
- 2 t basil
- 1 t oregano
- 3 t dried mustard
- garlic

Directions:

- Place plastic bag in 16 oz. white jar.
- Pour in olive oil, vinegar and spices.
- Knot plastic bag and place lid over jar.

CHEESE SAUCE

Serves 9

Ingredients:

- 2 pounds pepperjack cheese
- 1 fist flour
- 3 fists powdered milk (or milk if n kitchen)
- 1 jalapeño
- 1 tablespoon butter.

Directions:

- Melt butter on low heat in small pot
- Add flour and powdered milk
- rehydrate milk by slowly adding water (roughly 1/4 liter)
- add chopped jalapeño
- add crumbled cheese in small increments and stir slowly and consistently.
- serve in burritos, rice dishes or eat with a spoon.

DINNER

ELDER YALE'S LASAGNA GLOP

SERVES 9

Ingredients:

- 2 lb lasagna noodles
- 1 lb mozzarella
- 1 small tub ricotta
- 2 cans diced tomatoes
- 1 can tomato paste
- 1 white onion
- 1 green pepper
- 1 bag fresh spinach
- 1 zucchini
- 4 cloves minced garlic
- 1 lb Ground Beef (optional)

Directions:

- Cook and drain noodles in large pot.
- Sauté veggies in olive oil.
- Add all ingredients into pot and mix.
- If adding meat, brown in pan and add with rest of ingredients.

BEN KORNBLET'S JUMBALAYA

Ingredients:

- 5 c. Minute Rice
- 2 cans tomato sauce
- 1 green pepper
- 1 onion
- 3 cloves garlic
- 1 stick pepperoni
- 2 cans of chicken
- Tabasco Hot Sauce Mix (optional)
- 5 T Tabasco sauce
- 3 dashes Louisiana Hot Sauce
- 1 t cayenne pepper

Directions:

- Combine onions, green pepper and garlic with pepperoni and chicken.
- Cook slowly for 10 minutes.
- Heat tomato sauce.
- Combine meats and veggies with tomato sauce and cook on low for 15 minutes.
- Combine with prepared rice.
- Serve and enjoy!

EDMUND'S ENCHILADO CUBANO

SERVES 9

Ingredients:

- 4 Cups Rice
- 4 cans chicken
- 2 cans Tomato paste
- 1 Onion
- 3 cloves
- Garlic
- Mushrooms
- 2 Green peppers
- Spices: Oregano, salt, pepper, rosemary, cayenne, cumin

Directions:

- Prepare rice in small pot. In a large pot, sauté veggies.
- Once veggies are ready, add tomato paste and water until the mixture starts to look like a sauce.
- Add chicken and spices and allow to simmer until the flavors have married.
- Rosemary should be the most distinct spice, and if flavored right, there should be a nice kick at the end.
- Add in rice and serve it up.

GORALNIK GINGER QUINOA STIR FRY

SERVES 6-8

Ingredients:

- 1lbs. Quinoa
- 2 chopped carrots
- 1 diced onion
- 4 T dried ginger
- 2 t salt
- 2 t pepper
- 1 t garlic salt
- 1 part of ginger root
- 1 fist of brown sugar
- 2 oz soy sauce
- Oil

Directions:

- Pour quinoa in boiling water, stirring for 20 minutes.
- Add carrots to boil 3 minutes before the quinoa is done.
- Drain quinoa and carrots; heat oil in pan and sauté ginger root for about 1 minute.
- Add onions, garlic salt, 1 oz of soy sauce, some brown sugar, dried ginger.
- Sauté until onions are done; set aside.
- Put rest of soy, some dried ginger, brown sugar, sautéed onions, salt, and pepper into quinoa/carrot mixture; stir.
- Eat.

JON STAR'S CHICKEN CASSEROLE

SERVES 9

Ingredients:

- 5 c Minute Rice
- 5 c dehydrated potatoes
- 2 cans canned chicken
- 1 lb. cheddar cheese
- 1 large onion (chopped up)
- 1 large envelope of mushroom soup mix and onion soup mix

Directions:

- Bring dehydrated potatoes to a boil in lots of water.
- When they are almost done, toss in the rice and cover and remove from heat.
- When rice is done (3-5 minutes), add other ingredients - cheese last.
- Stir and spice if desired with black pepper and salt.

THE ONE AND ONLY GADO GADO

SERVES 10

Ingredients:

- 2+1/2 Lb. Egg noodles
- 1 fist peanut butter
- 3 cups soy sauce
- 1+1/2 cup vinegar
- sesame seeds
- 2 heads broccoli
- 4 carrots
- 2 blocks firm tofu
- 1 red onion

Directions:

- Dice all the veggies and tofu and saute them in a large frying pan in olive oil.
- Pour all the vinegar and soy sauce into a small pot and heat.
- Slowly add peanut butter and about two table spoons of sesame seeds.
- Whisk sauce while heating until the peanut butter is no longer grainy.
- Cook pasta in boiling water.
- Mix all together and enjoy.

LAURA YALE'S SWEET GINGER CURRY

SERVES 9

Ingredients:

- Curry Spices (Cardamom, Turmeric, Coriander, Garlic Powder, Cinnamon)
- Cous Cous
- Bag of raisins
- Bag of slivered almonds
- Brown sugar
- 6 carrots
- 1 onion
- 1 red pepper

Directions:

- Sauté the carrots, onion, and red pepper.
- Add the sautéed veggies to cooked cous cous with curry spices, raisins, almonds, and brown sugar.

LAURA YALE'S THAI GREEN CURRY

SERVES 9

Ingredients:

- Basmati Rice
- Garlic
- 1 large head broccoli
- 1 red pepper
- 1 yellow pepper
- 1 orange pepper
- 1 zucchini
- 1 onion
- 1 can water chestnuts
- 1 jar green curry paste
- 1 can coconut milk
- 1 Serrano pepper (if you like it spicy)

Directions:

- Sauté garlic, onion, and Serrano pepper.
- Add curry paste, broccoli, peppers, zucchini, and coconut milk and let simmer.
- Add water chestnuts and serve on rice.

LINDSEY'S BLACK BEAN BRUSCHETTA BURGERS

SERVES 9

Ingredients:

- 3 cups cooked black beans
- 1 onion
- 3 cloves garlic, minced
- 4 oz cheddar, shredded
- 2 t cumin
- 2/3 c. bread crumbs
- 1 T fresh basil, minced
- 3 tomatoes diced
- 1 T balsamic vinegar
- 4 Pitas

(Directions continued on next page)

LINDSEY'S BLACK BEAN BRUSCHETTA BURGERS (Continued)

Directions:

- Burgers:
 - Sauté onions and garlic with salt and pepper. Combine veggies with cooked beans, cheese, and cumin. Slowly add bread crumbs until mixture thickens to your liking. Serve in pitas and top with bruschetta.
- Bruschetta:
 - Mix basil, tomatoes, and balsamic vinegar in a bowl and serve on burger.

LENTIL CHILI A LA GORALNIK

SERVES 9

Ingredients:

- 1 lb red lentils
- ¼ - ½ lb TVP
- 1 chopped onion
- 1 green pepper
- 4 cans tomato paste
- 2 T salt
- 1 T pepper
- 2 T oregano
- 1 T basil
- 1 T dried mustard
- 1 T paprika
- 1 t cayenne
- 2 lbs. crumbled cheddar cheese

Directions:

- Put tomato paste in big pot and add enough water to make a smooth soup (1-2 liters).
- Add rest of ingredients and more water if needed.
- Simmer 15-20 minutes until lentils are done.
- Chesses can be saved and added to individual bowls or melted into chili.

MIKE GOLDMAN'S BURRITOS

SERVES 9

Ingredients:

- 1 unit hamburger (3-2 lb.)
- 1 unit cheddar cheese (1 lb.)
- 2 16 oz. refried beans
- 1 onion
- 12 handfuls of salsa
- 2 packages super-size tortilla shells

Directions:

- Fry onion and hamburger, drain grease.
- Add beans and heat.
- Add salsa then stir.
- Slap into tortilla, add shredded cheddar.
- Fold and eat!

MITCH AND STEVE'S BING BONG YUCK YIPPIE OOO YOUEEE PAD THAI

SERVES 9

Ingredients:

- 2 lb. rice noodles
- 3 tbsp. lemon juice
- 2 tbsp. ketchup
- 12 c nam pla (Thai fish sauce)
- 1 lb. pralines
- coriander
- crushed reds
- crushed peanuts
- sprouts
- oil

Directions:

- Dice and sauté onions.
- In a separate pot fry rice noodles in oil.
- Add to noodles the nam pla, ketchup, lemon juice, crushed reds, and coriander.
- The taste is predominantly a mix of coriander and nam pla.
- Serve garnished with sprouts and pralines, sprinkle peanuts over top.

JKATZ'S POWERTASTIC CHILASTIC CHILI

SERVES 8-12

Ingredients:

- 2 lbs. ground beef
- 2 regular (18 oz.?) can kidney beans
- 2 regular can black beans
- 2 regular can pinto beans
- 3 cans diced tomatoes
- 2 cans diced pineapple
- 2 large onions, diced
- 2 green pepper, diced
- 3 fresh garlic cloves, minced
- 1 family size bag of Fritos
- Spices: chili powder, oregano, cumin, cayenne to taste: roughly a ratio of 8:2:2:1

Directions:

- Combine beans (with juice) with tomatoes in large pot.
- Brown ground beef in a pan, then sauté onions, pepper, and garlic in pan with salt, pepper, and seasonings (hot sauce?).
- Add ground beef and vegetables into pot.
- Drain pineapple juice and add pineapple.
- Stir in Fritos until mushy.

WIMPY TREE HUGGING VEGGIE CHILI (AMAZING)

SERVES 8-12

Ingredients:

- 2 lb. veggie chili mix (chili spiced textured vegetable protein)
- 1 can black beans
- 1 can pinto beans
- 1 can kidney beans
- 1 can black eyed peas
- 1 can corn
- 1 can diced tomatoes
- 1 can diced pineapple
- 1 red onion
- 1 lb. cheddar cheese
- 1 family sized bag of Fritos

Directions:

- Empty all of the cans (including the juices), all of the chili mix, and the diced onion into a large pot.
- Heat and add water as needed until TVP is soft.
- Add cheese and Fritos and enjoy.

STEW SEA GULL (AKA BACKCOUNTRY CORN CHOWDER)

SERVES 9

Ingredients:

- 2 cans creamed corn
- 1 can kettle corn
- 1 small can tomato sauce
- 2 cans chicken
- 1 package of ready-to-eat bacon (crumbled)
- 1 green pepper (diced)
- 1 onion (diced)
- 1 lb cheddar cheese (crumbled)
- 1/2 lb butter
- 3-4 cups of potato pearls
- powdered milk to taste

Directions:

- Mix cans of corn, tomato sauce, and chicken into big pot with potato pearls
- Add water and powdered milk in addition to the liquid from cans until consistency is a bit more watery than smooth-style mashed potatoes
- Light stove and place big pot on stove, stirring continually
- Add butter
- Continue cooking until consistency of substance inside big pot is of chowder standards
- Add bacon, green pepper, and onion
- Add cheddar cheese last and stir until it melts in
- Spice to taste, serve it up, and enjoy!

MAC 'N PEP (or MONSTER)

SERVES 4

Ingredients:

- 3.5 pounds macaroni noodles
- 3 Sticks of pepperoni
- 2 fists milk powder (or fresh milk if in kitchen)
- 1, 16 ounce bag of dehydrated cheese
- garlic (the more the better)
- Red pepper flakes
- Dried oregano

Directions:

- Cook macaroni noodles in pot of boiling water
- while noodles are cooking, saute pepperoni and garlic in frying pan (they need no lubrication).
- Drain 95% of the water from noodle pot.
- add pepperoni and garlic.
- Mix in cheese and powdered milk

Monster:

If your subjects are feeling ESPECIALLY hungry and wish to walk on the wild side, then Mac'n Monster, a meal developed in secret, only now being revealed for the first time, within the depths of the Isle Royale Wilderness, is acceptable.

In order to monster your mac, include all ingredients mentioned above and:

- 2 large cans chicken
- 1 beef summer sausage
- 2 Shaq size fists of Bacon Bits (or real bacon if available)
- 4 tablespoons (or more if you want) of Chili powder.
- 2 red onions.
- favorite hot sauce

(Directions supplement those above.)

- Let the chicken onions, summer sausage and bacon and aforementioned pepperoni marinade in your favorite hot sauce for 1 hour pre- cooking.
- Sauté marinade until onions are translucent (no butter or oil required).
- pour chicken broth from cans into water before boiling
 - Add Chili powder with other ingredients

THE ULTIMATE PESTO CARB

SERVES 10

Ingredients:

- 3 lbs. Rigatoni noodles
- 2 white onions
- 3 tomatoes
- 1 fist sun dried tomatoes
- 3 cloves garlic
- 4 packets of dried pesto
- 1lb. Mozzarella
- 1 fist parmesan cheese
- 2 green peppers
- 1/2 lb. Cheddar
- 1/2 lb. Pepper jack
- 1 zucchini
- Butter
- Red pepper flakes
- Garlic powder

Directions:

- Boil water in large pot, add about one table spoon salt to water.
- Once water is boiled add tomatoes to boiling water.
- Once tomatoes look like they are about to burst take them out and place them in frying pan.
- Remove the skin from the tomatoes (this should now be really easy as the skin is most likely falling off from being boiled).
- Dice all of the vegetables and sauté with tomatoes in frying pan with a lot of butter (sauté these until the noodles are done at least, the tomato juice will prevent any burning to the pan).
- While veggies are sautéing place noodles in boiling water and cook to desired texture.
- Once noodles are done drain them and add the cheese, veggies and pesto into the noodles.
- Stir extremely well and spice with red pepper flakes and garlic powder.

PASTA PRIMAVERA

SERVES 9-10

Ingredients:

- 3 lbs egg noodles
- 4 cups cherry tomatoes, halved
- 2 white onions, diced
- 6 cloves garlic, diced
- 3 cups basil, chopped (pick morning of trip if possible)
- olive oil
- balsamic
- 1 lb mozzarella cheese crumbled
- 3 Portobello mushrooms
- salt, pepper, chili flakes

Directions:

- boil pasta, tomatoes, onions, garlic, and salt
- grill mushrooms on fire grate or sauté in skillet with oil and salt
- drain water more than 150 feet from lake
- add bite sized mushrooms, cheese, oil, basil and spices to taste
- stir till you get tendinitis

JORGIE'S PIZZA

Ingredients:

- 1 lb mozzarella
- .5 lb cheddar
- .5 lb pepper jack
- .5 lb parmesan
- large baby's head bread flour
- small baby's head wheat flour
- 3 packets quick rise yeast
- spoonful of baking powder
- powdered tomato paste or pizza squeeze
- spices: fresh garlic cloves, oregano, basil, red pepper flakes
- spoonful of brown sugar
- olive oil (300ml)

Directions:

- Dough:
 - Mix flours, (leave a cup aside for later) baking powder and spices to desired taste (including diced garlic).
 - Heat clean water or boil dirtier water.
 - Let water cool until hot/warm to the touch but bearable on skin for 20 seconds.
 - Add brown sugar and yeast to the warm water.
 - Wait until the water begins to foam/bubble.
 - Then add the water to the flour in a fry-bake or large bowl.
 - Knead the dough by repeatedly folding it over its self until it is elastic and of one consistency.
 - Add water about a half cup at a time.
 - If the dough becomes too wet and sticky you can add back the cup of flour.
 - Let rise for 2-12 hours, in a warm moist place (i.e. in a plastic bag in a tent, or outside if it is warm out).
- Cooking:
 - flour a plate or pot lid, and sanitize and flour a Nalgene.
 - Rip out hunks of dough, roll them out into a semi roundish shape (option to toss the dough for a fluffier pizza crust, but that is more time-consuming).
 - Once dough is flat fry it in an oiled fry bake on one until golden brown.
 - Then flip it, and immediately begin putting on sauce and cheese to desired quantities. (One can also add pepperoni, green peppers, avocado, tomatoes, more garlic, etc.)
 - Once the lid is on, pour a little water into the side of the fry-bake, not on top of your pizza.
 - Let the steam melt the cheese while the bottom of the pizza cooks.

PASTA CARBONARA

SERVES 9

Ingredients:

- 3.5 pounds of rotini or spaghetti
- 27 rashers of Bacon
- 1 box cremini mushrooms
- 2 white onions
- 9 cloves of garlic
- 9 eggs
- 1.5 pounds parmesan cheese.

Directions:

- Dice bacon, mushrooms, onions, and garlic into frying pan and saute.
- Cook pasta.
- Mix eggs with cheese until consistence is uniform.
- Combine and enjoy.

DAAL

Serves 9

Ingredients:

- 1 head of red lentils
- 2 white onions
- 2 thumbs of fresh ginger
- 9 cloves garlic
- turmeric
- garam masala
- 1 tablespoon of veggie stock

Directions:

- Sauté onions, ginger, and garlic in turmeric in big pot until all veggies are translucent and yellow. Cumin, salt, pepper, and paprika are also tasty.
- Pour boiling water, veggie stock, and lentils into big pot. Stir until lentils are soft. (Consistency varies from thick to soupy depending on your personal preference.)

DESSERTS

DENNIS FALLON'S STICKY BUNS

Ingredients:

- 1 box Jiffy Biscuit Mix
- 2 cups brown sugar
- 2 cups butter or margarine

Directions:

- Mix Jiffy to dough consistency.
- Roll out into a rectangle shape about 2 inch thick.
- Spread butter over all.
- Then sprinkle brown sugar on and roll up.
- Cut into small 2 inch sections and place on greased pan.
- Bake until brown in reflector oven or set conventional oven to two logs.
- Extra nuts, caramel, raisins, etc. can be added before rolling and after brown sugaring.

ERIC'S GRAHAM CRACKER PIE

SERVES 6

Ingredients:

- 3 packs of graham crackers
- 1 lb of butter
- 6 cups of fruit
- 4 table spoons of corn starch

Directions:

- Crush graham crackers into fine powder.
- Melt the butter and mix into fine crust material.
- Spread out into pie crust shape and bake for 10 min in dutch oven (or convection for home baking).
- Mix corn starch with fruit and put it into the pie crust.
- Bake for another 10 minutes.