



2023 Ashland SAD 32 Outdoor Club Cookbook



“Cooking and eating food outdoors makes it taste infinitely better than the same meal prepared and consumed indoors.”

— Fennel Hudson

“Of all the paths you take in life, make sure a few are dirt” -John Muir

“When you get a little dirt in your food while camping, it’s called ‘trail seasoning’.” - Anonymous

“May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds.” - Edward Abbey



“Sleeping bags are the tacos of the bear world.”
- Anonymous



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Breakfast Burrito:
As served at
Adventure Bound

Eggs:

2 dozen eggs
½ cup milk
Salt & pepper to taste

Sausage - 2 pounds

2 onions, fried on grill
2 peppers, fried on grill

Hot sauce
Cheddar cheese

24 tortillas, warmed on the grill



Candied Maple Bacon From Women's Winter Camping

Ingredients:

2# bacon
1 cup brown sugar
1 cup chopped pecans
or walnuts
2 teaspoons pepper
¼ teaspoon paprika
½ cup of maple syrup,
or more



Preheat oven to 375F. Lay the bacon strips on baking sheets so that they aren't overlapping. Mix together dry ingredients and sprinkle evenly over the bacon. Pour the maple syrup over the bacon.

Bake for approximately 25 minutes or until bacon reaches the desired crispness. Add maple syrup as needed to desired consistency.

Cool and store in an airtight container. Warm up on griddle when camping.





Mr. Hall's Mac & Cheese

As served at Adventure Bound

Mac & Cheese & a cooking vocabulary lesson per Mr. Hall

Boil 2 lbs pasta of your choice, traditionally elbows or rotini, I prefer cavatappi. Have this boiling while you make your bechamel Cheese Sauce. Salt the boiling water heavily. This is some tricky timing. You want the pasta to be al dente (very slightly undercooked) and ready to drain just before the cheese sauce is done. You want the pasta to finish cooking in the cheese sauce to absorb the most. It will work otherwise, but this yields the best result.

4 Tbsp flour
4 Tbsp butter

Make a roux by melting butter in a pot, add flour and cook together while stirring. The flour should just start to get a brownish hue in color. Pour in 1 quart Half & Half and 1 quart milk. Stir to combine with a whisk to avoid clumping. Heat the mixture slowly enough to melt the cheese that will be added, but try to keep it from boiling.

Add 2-8 oz pkgs shredded cheese of your choice (I like cheddar or colby jack) This combo can change the flavor the most. Pepper jack, provolone or american slices or cheese of choice makes it your own version.

Add 1 pkg velveeta broken up into smaller chunks or slices

1 Tbsp salt
2 Tbsp black pepper - You can also add paprika here
2 Tbsp hot sauce (optional)
2 Tbsp yellow mustard

Stir to melt and distribute the cheese evenly. You want the cheese sauce to be nappe in consistency. When you dip a spoon into it, you should be able to run your finger across the back of the spoon and leave a line. If the sauce is too thin, the sauce will drip down and cover the line you made with your finger.

<https://www.youtube.com/shorts/WHdK1NFRatU> You can add cheese until you get the consistency you want. Drain pasta. Add cheese sauce to drained pasta. It should be very saucy. Let the pot sit for ten minutes and allow the cheese sauce to absorb into the pasta before serving.

Caratunk Stir Fry **As served at Adventure Bound**

Basic Stir Fry Marinade:

Whisk together:

- 1 tbsp rice vinegar
- 1 tbsp thick soy sauce
- 1 tbsp sesame oil
- 1 tbsp cornstarch
- 1 teaspoon salt
- 1 tsp garlic powder
- 1/2 teaspoon sugar



This is for a pound of meat. Adjust as needed to have enough marinade to cover the meat. We used 8 pounds of beef stew meat in Caratunk.

Seal for at least 2 days. Mix the meat & marinade several times over the two days.

Stir Fry on a griddle top with olive oil:

- Carrots
- 2 onions
- 2 green peppers
- Bag of peas
- 2 bags frozen broccoli
- 2 bags of frozen cauliflower
- 4 small cans of water chestnuts

Season With:

- Soy sauce
- Garlic
- Chinese 5-Spice
- Hot Sauce
- Ginger
- Toasted Sesame Oil

Dakota's Burgers

As served by Camp Cook Dakota Sutherland at the October Rendezvous & Sliding

- 2 pounds ground chuck
- ½ cup **crushed saltine crackers** or *Panko breadcrumbs*
- 1 large egg
- 2 tablespoons **Worcestershire sauce**
- 2 tablespoons milk
- 1 teaspoon **salt**
- 1 teaspoon **garlic powder**
- 1 teaspoon **onion powder**
- ½ teaspoon **black pepper**

Instructions

1. Mix ground beef, crushed crackers, egg, Worcestershire sauce, milk, salt, garlic powder, onion powder, and pepper by hand until the meat mixture is smooth.



2. Divide the hamburger patty mixture into patties.
3. Set out a baking sheet, lined with wax paper or foil, to hold the patties. One at a time, gather the patty mix and press firmly into patties. Shape them just slightly larger than the buns you plan to use, to account for shrinkage during cooking. Set the patties on the baking sheet. Use a spoon to press a dent in the center of each patty so they don't puff up as they cook. If you need to stack the patties separate them with a sheet of wax paper.

4. Season with Mrs. Dash or Montreal Steak Seasoning.

Pizza Bites

From *Dutch Oven Cooking* by Terry Lewis

12 inch Dutch oven
32 coals

Ingredients:

- 1 envelope (1.3 oz) dry onion soup mix
- 1 cup grated Parmesan cheese
- 1 envelope (1.3 oz) dry Italian dressing mix
- 2 cans (16.3 oz each) of refrigerator biscuits or dough for 1 loaf of bread
- 12-15 pepperoni slices
- 12 oz pizza sauce (more for dipping if desired)
- ½ cup butter

Thoroughly grease the Dutch oven and warm over 6-8 coals.

Combine soup mix, cheese and dressing mix in a large ziplock bag or bowl. Cut dough into 1 inch pieces. Gently toss to coat pieces in the seasoning mixture.

In a large bowl, carefully mix dough, pepperoni, and pizza sauce together and then spoon dough mixture into the Dutch oven. Sprinkle remaining mix on top and pour melted butter on top of that.

Cover and bake using 8 coals underneath and 16 on top for approximately 20 minutes.



Sweet & Sour Meatballs

From *Dutch Oven Cooking* by Terry Lewis

10-14 inch Dutch oven

40 hot coals

Ingredients:

Meatballs:

2 pounds lean ground beef

¼ cup milk

1 cup rolled oats

1 teaspoon salt

2 eggs, slightly beaten

½ teaspoon pepper

½ cup finely chopped onion

1 teaspoon Worcestershire Sauce

Sauce:

½ cup brown sugar

½ cup barbecue sauce

¼ cup cider vinegar

1 teaspoon Worcestershire Sauce

1 teaspoon prepared mustard

Combine meatball ingredients, mixing well. Form into meatballs about 1 ½ inch in diameter. Place meatballs closely together in the Dutch oven.

Mix all sauce ingredients & heat until well combined. Pour sauce over meatballs.

Cover and bake, using 12 coals underneath the oven and 16 on top, for 30 minutes or until cooked through.



Caramel Marshmallows

theflavorbender.com

Ingredients:

For the gelatin bloom

- ½ cup cold water
- 8 teaspoons powdered gelatin

Sugar Syrup

- 1 cup white sugar
- 1 cup dark brown sugar
- ¼ cup corn syrup
- Generous pinch of salt
- ½ cup water ½ cup, for the syrup

Additional flavoring

- 2 tsp vanilla extract
- 5 Tbsp unsalted butter just melted and lukewarm (do not over-melt)

MALLOW DUSTING POWDER

- 1 cup confectioner's sugar sifted
- ½ cup cornstarch (cornflour)

Instructions:

Blooming Marshmallow

1. Place the cold water in your mixer bowl. Sprinkle the gelatin evenly over the liquid and gently stir to mix.
2. Let the gelatin bloom for at least 10 minutes, but you can leave it in there for longer, until you get the sugar syrup ready.

Butterscotch Marshmallows

1. Place both sugars, corn syrup, and water in a saucepan. Stir gently until the sugar is moistened and mixed with the water.
2. Heat over medium-high heat while swirling the pot occasionally to dissolve the sugar. Allow the sugar syrup to come to a boil, with all the sugar dissolved.
3. Cover the saucepan with a lid and lower the heat to medium. Let the syrup cook for 2 minutes. Do not lift or remove the lid at this point. (The condensation that forms on the bottom of the lid will help wash away any undissolved sugar crystals on the sides of the saucepan back into the syrup).
4. After 2 minutes, remove the lid and check to make sure there are no undissolved sugar crystals on the sides of the saucepan. If there are any,



then cover the saucepan for a further minute to allow the condensation to wash down the sugar crystals into the syrup.

5. Clip a candy thermometer to the side of the saucepan. Let the sugar syrup cook until it reaches 235°F - do not exceed 245°F. Make sure to swirl the saucepan to evenly distribute the heat. Then swirl the saucepan one last time, after the right temperature is reached as well (to make sure the sugar syrup is evenly hot throughout).
6. When the sugar syrup has reached the correct stage, remove from the heat and let it cool down a little, and the bubbles subside. Then, with the mixer running on medium - low speed, pour the sugar syrup into the gelatin, along the wall of the bowl (this is to prevent the gelatin from being scorched by the hot sugar syrup). Then increase the speed to medium - high.
7. Whisk on medium - high for 3 to 5 minutes until the marshmallow base doubles in size and is starting to become fluffy and smooth. Mix for a further 3 to 5 minutes on high speed, allowing the marshmallow to volumize more (up to 3 times), and cool down to the touch. Stop mixing if the marshmallow base has already cooled down, as this will create hard to handle marshmallows. Make sure the base is fluffy, pale brown and up to 3 times the initial volume of the sugar syrup.
8. Add the vanilla in the final 2 minutes of whisking, so that they get incorporated well.
9. While the marshmallow base is whisking, prepare the pan and utensils that you'll be using. Rub an 8 x 8 inch pan or a 9 x 9 inch pan with butter (or you can line this pan with parchment paper if you prefer). Brush all the utensils - spoon, spatulas with butter as well.
10. Once the marshmallow base has tripled in size, remove the bowl from the mixer and take about 1 cup of the marshmallow mix and add it to the bowl with the melted lukewarm butter. Mix until the butter is well incorporated in the marshmallow mix.
11. Evenly pour this butter and marshmallow mix back into the rest of the marshmallow base. Gently fold it into the marshmallow base to create ripples. OR you can fold it in further to completely mix it in with the marshmallow bases so that you don't end up with ripples/swirls.
12. Scrape the marshmallow base into the prepared pan using a silicone spatula or flexible scraper. Spread the marshmallow evenly in the pan.
13. Generously sieve mallow dusting powder over the marshmallow and let it set for at least 6 hours.
14. Turn the set marshmallow out onto a work surface, dusted with dusting powder. Cut the marshmallows with an oiled knife or a pair of scissors into 25 pieces, or 16 pieces for larger marshmallows. Toss the marshmallow in the dusting powder and store in an air-tight container.

MALLOW DUSTING POWDER

1. Mix the confectioner's sugar and cornstarch together until well combined. Set aside until needed.

Maple Syrup Marshmallows

theviewfromgreatisland.com

EQUIPMENT

- candy thermometer
- saucepan with deep sides

INGREDIENTS

- 1/3 cup cold water
- 1 Tbsp powdered gelatin
- 1 cup maple syrup
- pinch of salt

INSTRUCTIONS

Lightly butter a 9x13 pan and line with a sheet of parchment with long ends. Lightly dust all with powdered sugar. The paper will allow you to lift out the marshmallows for cutting, later.

Put the water in the bowl of a stand mixer fitted with the balloon whisk attachment. Sprinkle the gelatin over the water and let sit.

Put the maple syrup in a relatively deep saucepan, because as the syrup cooks it will foam up. Bring the syrup up to a boil and let cook over medium heat until it reaches the soft ball stage, or 235F on a candy thermometer. There is no need to stir the syrup, just make sure it doesn't boil over. Watch the temperature carefully as it nears the soft ball stage, you don't want to over heat it because it can burn. Be patient, and make sure to get the syrup up to the correct temp.

Remove the pan from the stove, and turn the mixer on low to mix the gelatin and water. While the machine is going, drizzle in the hot syrup, slowly. When all the syrup is in, raise the speed of the mixer and beat on high until you get a thick, glossy mixture that holds stiff peaks. Add your pinch of salt at this point. Many recipes say to beat for as much as 10-15 minutes, but I find it never takes this long.



Immediately spread the mixture into your prepared pan. It's sticky, so take the time to get it all out and then spread it as evenly as you can. An offset spatula works well for this.

Let the mixture sit at room temperature to firm up for several hours or overnight.

Remove the marshmallows from the pan using the parchment paper sling, and invert onto a surface that has been covered with sifted confectioner's sugar. Carefully peel off the paper. Dust the whole surface with more confectioner's sugar.

Slice the slab of marshmallow into strips using a long sharp knife. Then cut the strips into cubes. Dust all exposed edges with confectioner's sugar to prevent sticking. Store in an airtight container for up to 2 weeks.



Stick Bread

As taught to us by Sam & Jess of
@Adventure Bound



INGREDIENTS

1 tsp dried yeast
1 tsp sugar
2 ½ cups flour
⅞ cup warm water
2 tbsp olive oil
1 tsp salt

In a large bowl, mix all the ingredients into a moist dough. No need to knead!

Cover the bowl and let the dough rise in a warm place until it has doubled in size - about 1 hour.

With floured hands, briefly 'knock back' the dough by making it into a ball.

Tip the dough out onto a floured surface and divide into 8 pieces.

Stretch the dough into a strip and then roll it into a long sausage shape.

Twist a strip around the end of your sticks. Pinch the dough together to secure the end if necessary.

Cook over a campfire

Either hold or prop up your stick over the fire.
Choose a spot over hot embers for best results.
Keep rotating until all sides are browned.

Condiments: Jam - Butter - Cinnamon Sugar - Marinara - Italian Seasoning & Parmesan Cheese



Apple Crisp

From *Dutch Oven Cooking* by Terry Lewis

12 inch Dutch oven
24 coals



Ingredients:

2 Tablespoons lemon juice
8 cups sliced apples
½ cup sugar
1 ½ cup brown sugar
1 cup flour
1 cup oatmeal
1 ½ teaspoons cinnamon
1 ½ teaspoons nutmeg
⅔ cup butter, softened

In a large bowl, sprinkle juice over the apples. Sprinkle sugar over the apples, tossing to coat. Place apples in lightly greased Dutch oven. Using a medium bowl, mix

brown sugar and remaining ingredients together until crumbly. Sprinkle mixture evenly over the apples.

Cover and bake, using 10 coals underneath the oven and 14 on the top for 40 minutes or until apples are cooked through. Let crisp sit 15 minutes uncovered to cool and set up.

Fried Oreos

Or you can use the batter to fry just about anything, like Cheesecake & Nutterbutters.
As served by Mr. Hall at Adventure Bound

2 cups complete pancake mix

1 1/4ish cups of water

You want the batter to be smooth, but thick enough to stick to the oreo and not just run off in a very thin layer

1/2 Tbsp vanilla

1 Tbsp sugar

1 tsp salt

1pkg Double-Stuf oreos

Oil at 375 degrees. Dip and dunk. Flip over once the bottom is GBD (golden brown and delicious). Continue cooking until both sides are GBD.

Place on Paper towel to soak up excess oil. Dust with powdered sugar and a drizzle of chocolate sauce.



“And at the end of the day, your feet should be dirty, your hair messy and your eyes sparkling.” — Shanti

Thank you for a memorable & fantastic year!

**Much Love & Best Wishes
- Mrs. Barker**