

Trail Food

Logan Bread (Mr. Counts' version)

1 lb quick oats (or 1lb oat flour for smoother bars)
1 lb whole wheat flour
1 tsp baking powder
1 tsp salt
½ tsp cinnamon
½ tsp nutmeg
2/3 cup margarine
~2 cups water
¼ cup dry skim milk
¾ cup honey
2 TBS molasses
¾ cup light brown sugar
½ cup crushed nuts (walnuts, pecans, peanuts, cashews all work)
1 cup chopped dried mixed fruit (raisins, cranberries, blueberries OR pineapple, mango, papaya)

Mix the oats, wheat flour, baking powder, salt, cinnamon, and nutmeg. Cut margarine into the dry mixture until thoroughly mixed. Set aside. Mix the skim milk in 1½ cups of the water, add honey, molasses, and brown sugar. Mix until sugar is thoroughly dissolved. Slowly add the dry mix to the liquids stirring constantly. As you get nearly all the dry added, you can add additional water as needed to the batter. Fold in the nuts and chopped fruit.

Spread batter evenly on a greased cookie sheet (10x 14" with a rim) and bake at 300°F for 1 hour. Remove from oven, cut into 2" x 2" squares. Return to warm oven for about 2 hours to dry, propping oven door open slightly. (Turn oven temperature to 200°F for the 2 hours or use dehydrator) Yield 35 squares. Store in ziplock baggies in freezer. Bread will keep for weeks on the trail, if kept dry.

Calories/strip: 200 73:21:6 36g Carbohydrate 5g Fat 4g Protein

Jerky (Alton Brown on Good Eats)

1½ to 2 pounds flank steak
2/3 cup Worcestershire sauce
2/3 cup soy sauce
1 TBS honey
2 tsp freshly ground black pepper
2 tsp onion powder
1 tsp liquid smoke
1 tsp red pepper flakes

Special Equipment: 1 box fan, 4 paper air-conditioning filters, and 2 bungee cords

Trim the flank steak of any excess fat, place in a zip-top bag, and place it in the freezer for 1 to 2 hours in order to firm up. Remove the steak from the freezer and thinly slice the meat (¼" or less) with the grain, into long strips. Place the strips of meat along with all of the remaining ingredients into a large, 1-gallon plastic zip-top bag and move around to evenly distribute all of the ingredients. Place the bag into the refrigerator for 3 hours minimum (samples were 36 hours)

Remove the meat from the brine and pat dry. Evenly distribute the strips of meat onto 3 of the air filters, laying them in the grooves and then stacking the filters on top of one another. Top these with 1 empty filter. Next, lay the box fan on its side and lay the filters on top of it. Strap the filters to the fan with 2 bungee cords. Stand the fan upright, plug in and set to medium. Allow the meat dry for 8 to 12 hours. If using a commercial dehydrator, follow the manufacturer's directions. Once dry, store in a cool dry place, in an airtight container for 2 to 3 months.

Seven Summits Bars (Adapted from Melissa Gray et al., *Cooking the One Burner Way*.)

Melt 1 stick (½ cup) margarine in a 9 x13" baking pan.

Layer on

1 package (1 cup) finely crushed graham crackers

1 cup shredded coconut

2 cups chocolate chips (or 1 cup choc. chips, 1C butterscotch chips)

1 14 oz. can sweetened condensed milk

¾ cup rolled oats

1 cup chopped walnuts, pecans, cashews, or peanuts

Bake at 350°F for 20 minutes. (Gently press nuts and oats into hot mixture before cooling.) Cut into ~2"x3" bars. Freeze until ready to use. Makes 18 high bars. Bars will soften on the trail

Calories/bar: 275 41:53:6 32g Carbohydrate 16g Fat 4g Protein

Protein Bars (Alton Brown on Good Eats)

4 ounces soy protein powder, approximately 1 cup

2 1/4 ounces oat bran, approximately 1/2 cup

2 3/4 ounces whole-wheat flour, approximately 1/2 cup

¾ ounce wheat germ, approximately ¼ cup

½ tsp salt

3 ounces raisins, approximately ½ cup

2½ ounces dried cherries, approximately ½ cup

3 ounces dried blueberries, approximately ½ cup

2½ ounces dried apricots, approximately ½ cup

1 (12.3 to 14-ounce) package soft silken tofu

½ cup apple juice

4 ounces dark brown sugar, approximately ½ cup packed

2 large whole eggs, beaten

2/3 cup natural peanut butter (can substitute cashew butter)

Canola oil, for pan

Line the bottom of a 13x9" glass baking dish with parchment paper and lightly coat with canola oil. Set aside. Preheat the oven to 350 degrees F. In a large mixing bowl; combine the protein powder, oat bran, wheat flour, wheat germ, and salt. Set aside. Coarsely chop the raisins, dried cherries, blueberries and apricots and place in a small bowl and set aside. In a third mixing bowl, whisk the tofu until smooth. Add the apple juice, brown sugar, eggs, and nut butter, one at a time, and whisk to combine after each addition. Add this to the protein powder mixture and stir well to combine. Fold in the dried fruit. Spread evenly in the prepared baking dish and bake in the oven for 35 minutes or until the internal temperature reaches 205 degrees F. Remove from the oven and cool completely before cutting into squares. Cut into squares and store in an airtight container for up to a week.

Cashew Butter (Alton Brown on Good Eats)

2 TBS honey

1/3 cup walnut oil

10 ounces (approximately 2 cups) roasted cashews

½ tsp salt

Place the honey in a microwave-safe container and heat in the microwave for 15 seconds. Remove from the microwave and add the oil to the container. Place the nuts and salt in the bowl of a food processor and pulse for 5 seconds. Then, while the processor is running, very slowly drizzle in the honey and oil. Process until an emulsion is formed and the mixture is smooth; this will take approximately 45 seconds to 1 minute. If the mixture is too thick and doesn't spread easily, add a little more oil. Yield: Approximately 1 to 1 1/2 cups. Can be used in other recipes or eaten like peanut butter. Make fresh before any trip. Refrigerate until departure.