

A Fork in the Trail

by Laurie Ann March © 2008

“At Camp” Instructions – Camp Food for Children

To make it easy for you to take along the “at camp” instructions with your backcountry meals from *A Fork in the Trail* I have created these files for you to print out.

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Thank you,

Laurie Ann March

Yogurt Smoothie

At Camp

Put the dry ingredients in the bottle and add 1 cup of water. Mix until the powder dissolves. Add ½ cup of yogurt and secure the lid. Shake until well combined. Pour into camp cups.

Red-Eyed Spotted Sugar S-s-snakes

At Camp

Put ½ cup of warm water in a cup, and mix in ½ teaspoon of sugar. Sprinkle the rapid-rise yeast into the water and let sit for a minute or two. Pour the liquid ingredients into the dry ingredients in a ziplock bag. Add 2 teaspoons of vegetable oil. Remove the air from the ziplock bag and close the seal. Knead the dough by squeezing the bag with your hands for 5 minutes or until the ingredients are well combined and the dough is elastic.

Divide in half and shape each piece into a snake. Peel the bark off one end of four long, sturdy sticks; you may have to whittle the ends a little. Wrap each snake around a stick, and press two cranberries into the dough for the red eyes. Bake over hot campfire coals for 10 to 15 minutes or until golden. When the dough is cooked and still hot, spread a little butter on each snake and sprinkle them with white sugar.

Toasted Banana Wraps

At Camp

If you are using freeze-dried bananas, rehydrate them in a little cold water, letting them sit until they are soft and then drain off any excess liquid. Mash 1 banana or half of the rehydrated bananas with a fork on one half of one of the tortillas. Cover the mashed banana with half of the chocolate chips. Fold the other half of the tortilla over the filling and press gently to seal.

Place the tortilla in a preheated frying pan over medium-low heat. Toast one side and then flip and toast the other side. The chocolate should be melted and the tortilla lightly toasted. Repeat with the remaining ingredients to make the second wrap.

Peanut Butter and Banana Chip Wraps

At Camp

Divide the peanut butter between the wraps and spread evenly. Sprinkle the crushed banana chips on each wrap and roll up.

Octopus Wieners

1 wiener

At Camp

Cut each end of the wiener lengthwise in a cross so that each end has four pieces. Be careful to leave the middle 2 inches of the wiener uncut. Poke a sharpened stick or roasting fork through the center of the wiener, and roast it over hot coals until the ends curl up like the tentacles of an octopus.

Stuffed Pears

At Camp

Cut the pear in half lengthwise. Scoop out the seeds with a spoon and remove the stem. You will be left with a depression in the center of each pear half. Mix the chocolate hazelnut spread and granola together and place in the pear cavity. If you have extra filling, spread it on the cut side of the pear.

Press the cut sides of the stuffed halves back together, wrap the pear in foil, and bake it in hot coals for 15 minutes. Allow to cool before unwrapping.

Tip

You can also eat the stuffed pear without baking it.

Banana Boats

At Camp

Slice 1 banana, with the skin still intact, in half lengthwise, being careful not to slice through the bottom skin. You will have something similar to the shape of a boat. Put your fingers in the cut and gently pry it open. Fill with half of the remaining ingredients and push the two sides back together. Repeat for the other banana.

Wrap both bananas in aluminum foil, and place them directly on the hot coals for about 20 minutes. Remove from the fire, peel back the foil, and enjoy. You can eat the bananas right out of the foil.

Tip

Modify the filling to suit your tastes. I prefer broken chocolate-covered butter toffee, pecans, and marshmallows.

Apple Crisp Sandwich Cookies

At Camp

Cut the apple into very thin slices. Spread ½ tablespoon of apple butter on the flat side of each cookie and set aside. Top two of the cookies with the apple slices. Then place the other cookies, apple butter side down, on top to make a sandwich. Serve with slices of cheddar cheese if desired.

Tip

If you don't have apple butter, use a single-serving container of apple sauce.

Winter Maple Candy

At Camp

Find some untouched clean snow. Pack as much snow as you can into a pan. Heat the maple syrup to a boil over a medium flame, being careful not to scorch it. Let it boil for 3 to 5 minutes; the longer you boil, it the harder your candy will be.

Allow it to cool for a few moments and then pour it over the pan of snow. Place the candy on a plate and let any moisture evaporate, which should only take a few minutes. Wrap any leftovers in plastic wrap so that the pieces don't stick together.

Tip

Stir some chopped pecans into the syrup before pouring it on the snow.