**RECIPES**

You must try 5 of the 10 of the following recipes (or some variation of them). I will be sampling meals you make and evaluating them on flavor, appropriate size/ weight, packing, proportions and completeness with respect to all of the above components. I will also be evaluating you on your overall contributions to cooking and clean-up.

**Pesto Pasta and Chorizo Sausage (3 portions)**

375g rotini pasta (remove from box and put in a waterproof ziplock)

Pinch of salt

200g presliced chorizo sausage (use pine nuts for vegetarian option)

1 container pesto sauce

Extra parmigiano cheese (optional)

At home: slice sausage and put all ingredients in suitable containers

In the field: Bring ½ pot of water to boil. Add salt then the pasta and cook until the pasta is tender. Drain off excess water. Mix in sausage and pesto sauce, heat and serve it up. Yum yum yummy!

**Chili (3 portions)**

\*\*\*Must be dehydrated before trip – you can use any chili recipe with similar quantities

1 pound lean ground meat (wild game, beef, turkey – veggie ground round is good vegetarian alternative)

1 medium onion chopped

1 clove garlic chopped

1 can (14 ½ ounces) diced tomatoes undrained

1 can (8 ounces) tomato sauce

1 tablespoon chili powder

¾ teaspoon ground cumin

¼ teaspoon salt

¼ teaspoon pepper

1 can beans (kidney, pinto, chickpeas, mixed)

Cook beef, onion and garlic in saucepan over medium heat 8-10 minutes, stirring occasionally, until beef is brown; drain. Stir in remaining ingredients except beans. Heat to boiling then reduce heat and simmer 1 hour, stirring occasionally. Sir in beans. **Dehydrate** and package chili in Ziploc. In the field, add enough boiling water to just cover chili. Simmer for 10 minutes, stirring constantly. Cover and let sit for 10 minutes.

**Soft tacos (3 portions)**

6 large flour or corn tortilla

1lb ground meat dehydrated

1 package taco seasoning

Grated cheese

Salsa dehydrated (optional)

Ripe or near ripe avocado

At home: Cook meat with taco seasoning and dehydrate.

In the field. Boil water in a pot. In a separate pot, add boiling water to dehydrated meat mix until it is just covered. Cook until it is rehydrated. Meanwhile rehydrate salsa using boiling water. Add all ingredients to wraps and serve.

**Sheperd’s Pie (3 portions)**

1lb ground meat dehydrated

1 package gravy mix

1 can corn dehydrated

1 ½ cups instant mashed potatoes

½ cup powdered milk

2 teaspoons margarine or butter

Other seasonings as desired (oregano, chives, garlic powder)

At home: cook meat with gravy and dry with corn. Package rest of ingredients separately.

In the field: In one pot, combine 2 cups boiled water with potatoes, powdered milk, butter and other seasonings. Cook as per instant potato instructions. In another pot, add meat/ gravy/ corn mix and add enough boiling water to just cover it and cook until rehydrated. Add meat to potatoes or vice versa and serve.

**Spaghetti and Meat Sauce (3 portions)**

1lb ground meat dehydrated

1 can/ bottle pasta sauce

Mushrooms, peppers, onions, other veggies (optional)

Pinch of salt

300g spaghetti/ thin spaghetti (cooks faster) broken in half

Grated parmigiano cheese (optional)

At home: cook meat and optional veggies, add pasta sauce and dehydrate mixture.

In the field: Boil a pot of water. In a second pot, add meat sauce mix and just cover with boiled water. Cook for a few minutes on low heat, stirring constantly to prevent burning, and let it stand with a lid on. With remaining water (should be at least half a pot) add salt and pasta. Cook as directed by packaging (until just tender) and drain. Mix with sauce and serve with cheese on top.

**Sushi (3 portions)**

Nori wraps (10 sheets cut in quarters)

1 cup rice (instant is the easisest)

Pinch of salt

1 teaspoon rice vinegar (optional but recommended)

1/2 cucumber

1 carrot

1 can fish or 1 package tofu dried tofu squares

Wasabi and pickled ginger (optional)

Soya sauce (optional)

At home: Dehydrate tofu.

In the field: Boil water in one pot. Add tofu to another pot, just cover with boiled water and let stand. Cook rice as directed with salt. Add rice vinegar. Cut cucumber and carrot into think lengthwise strips. For serving, scoop a small amount of rice, veggies, tofu/ fish and a splash of soya sauce onto nori and eat! Yum!

**Ham and potatoes (2-3 portions)**

200g ham (sliced, cut into thin strips and dehydrated)

1.5 cups potato flakes

100g mozzarella cheese

Salt and pepper

Put ham in 2L of water and bring to a boil. Let simmer for 10 minutes, stirring from time to time. Add potato flakes and simmer for an additional 10 minutes. Stir frequently to prevent potato flakes from burning. Remove from heat and stir in cheese. Allow covered pot to sit for 2 minutes to allow cheese to melt.

**Rice with Cranberries (2-3 portions)**

2 cups Minute Rice

2 chicken bouillon cubes

¼ cup vegetable flakes

½ cup dried cranberries

1 tablespoon dried onion flakes (optional)

3 tablespoons dried mushrooms (optional)

I cup dehydrated/ canned ground turkey or chicken

Pepper

½ cup pine nuts or walnuts

Package all ingredients together except nuts. Bring 1.5L water to a boil. Add the dry ingredients. Mix well and cover with lid. Let simmer for 5 minutes, stirring from time to time. Remove from heat and let sit for 15 minutes. Add nuts just before serving.

**Sweet-sour Rice (3 portions)**

1 cup Minute Rice

1 cup orange lentils

3/4 cup vegetable flakes

¼ cup dried pineapple

½ cup chili sauce

2 tablespoons soy sauce

2 tablespoons vinegar (red wine or white)

1 tablespoon maple syrup (optional)

½ cup cashews

Salt and pepper to taste

At home: Package the first four ingredients together. Package nuts separately. Mix chili sauce, soy sauce, vinegar, maple syrup, salt and pepper. Place the preparation in a sealed container.

In the field: Bring 1.5L water to boil. Add the dry ingredients. Mix well and cover with lid. Let simmer for 5 minutes, stirring from time to time. Remove from heat and let sit for 15 minutes. Add the sauce into the rice. Reheat on stove. Add cashews just before serving (but don’t forget them!!!).

**Chicken Curry (3 portions)**

2 cooked chicken breasts sliced and dehydrated

1 onion sliced and dehydrated

1 pepper sliced and dehydrated

¼ cup carrots sliced and dehydrated (~2 carrots)

1 can coconut milk (~60g/ 2oz)

1 package Indian Chicken Curry

½ package instant noodles or 2 cups instant rice

At home: Cook all ingredients except noodles and dehydrate.

In the field: Add the dry ingredients in 750mL (3 cups) of water and bring to boil. Mix well and cover with lid. Let simmer for 5 minutes, stirring from time to time. Remove from heat and let sit for 15 minutes. Cook pasta or rice. Reheat the curry on stove.