Hints of Note

From 1853 until 1929 there lived in France a man who devoted a lifetime to the perfection of the bicycle and the art of riding it.

He was a humble worker who saw in the bicycle a means to physical and moral strength. A man who inspired countless others through his example. A man who could go on long tours even in his seventies. In short, a man who could be called the original bicycle tourist.

He became better known by his pen name of Velocio than by his real name, Paul de Vivie. Velocio had seven commandments which are as true today as when they were written.

*Eat before you are hungry.*
*Drink before you are thirsty.*
*Rest before you are tired.*
*Cover up before you are cold.*
*Peel off before you are hot.*
*Don't drink or smoke on tour.*
*Never ride just to prove yourself.*

Courtesy of
Dr. Clifford Graves
Noted cyclist and friend of cycle tourists around the world.

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A group travels on its stomach!

If your group is eating well, the members will be happy and enjoy the trip to the fullest. If not, they will be grouchy, dissatisfied, and uninterested in riding even 10 miles a day. It is up to the leader to make sure the group is getting enough nutritionally-balanced food. This is no small task. It means thinking about three meals a day for a “family” of people. Those who may not be used to planning, buying, and preparing meals for ten, or those who have experience in group cooking but would like some ideas now and then will find this cookbook helpful.

As a leader there is another very important aspect of group meals that should not be minimized: the effect they can and will have on the group’s cohesiveness and group spirit. Mealtime, and the whole process of buying, preparing, and eating the food can be one of the leader’s greatest tools in bringing and keeping a group together. It provides an opportunity for group members to cooperate with each other. In so doing, they share experiences which help to develop a feeling of cohesiveness.

Mealtime is also a time to relax, to share the day’s experiences, and to plan future group activities. In times of stress, meals provide an opportunity for the group to discuss whatever problems there may be, and work out a solution as a group. The leader who remembers these things is well on the way to having a happy, healthy group for the entire trip.

TASTY TIDBITS FOR TOURING TUMMIES

This cookbook has been designed to give some assistance in preparing meals at the beginning of a bicycle trip, or to use for variety during a trip. Included are several tried and true menus. All are easily prepared, relatively inexpensive, and convenient for bicycle trips. You will note that the cookbook has been written with the leader in mind, nevertheless most of the information is applicable to individual cyclists as well. Proportions listed in the menus are for groups of 10, however even groups of that number may find that amounts of some ingredients need to be adjusted to fit their particular group.

Not travelling in a group? Those who are not travelling in a group of 10 or more can divide the amounts listed in the following recipes as needed. For instance, if there are two of you, you will need only 1/5 of the amounts listed in a recipe, and so on. It is generally more expensive per person to cook for a smaller number of people than for a larger group (and eat the same things). Single, or groups of 2-3 riders can cut some food costs by purchasing some staples such as rice, noodles, cheese, peanut butter, etc. in larger amounts than necessary and carrying the excess. It means carrying more weight on your bicycle every day of course, so it’s a matter of personal priorities — weight or cost.
Planning the Meal

When planning meals keep it simple! After a full day of cycling, no one wants to roll into camp at dinnertime and then have to wait 1 to 1½ hours for dinner. As a general rule, meals should be bought, prepared, eaten and cleaned up in 2 hours or less. Cooking time should be limited to 30-45 minutes. This means no roasts or stuffed turkeys unless you have all day to prepare dinner. Quickly satisfied stomachs is your goal.

Other important points to consider when planning a meal are:

- Check your map and guidebook to find the closest grocery store. Some may be a few miles before the campground.
- Keep the cooking utensils available in mind.
- Be sure the meal is balanced. More on that to come.
- Remember the refrigeration problem with perishable food. Will refrigeration be available? (A mountain stream may suffice.)
- How late is it? What kind of weather is it?
- Don’t forget the group budget!
- Don’t let Sundays sneak up on you. Open grocery stores may be hard to find.

Budgeting

Food and overnight expenses are the two greatest expenditures on a trip. Overnight expenses are generally set and for the most part inflexible. Food expenses on the other hand can be quite flexible. You can make or break your budget by how wisely you plan your meals and purchase your food. Pay attention to price differences between brands of the same item. Look for price per ounce on canned, boxed, frozen, or pre-packaged items. You may decide to buy the larger jar of peanut butter and carry it an extra day just for the savings involved. Buy fruits and vegetables that are in season and have the lowest prices per pound. Watch for price per pound on meat, cheeses, poultry, etc. and plan or alter your menus by what is available at the best price. One other thing, stay away from restaurant meals except for special treats or times of necessity. They can ruin a budget faster than anything else.

Buying the Food

Keep the number of group members in the grocery store to a minimum. The two cooks for the day and possibly you, as leader, should be plenty. More than this easily creates confusion, commotion, and prolongs the time required to buy the necessary food and to be on your way. It is a good idea to review the planned menus with the cooks at least the first few days of the trip. Suggestions may well be needed. You may need to go into the store with the cooks to provide assistance if they are new to group cooking.

When buying the food, remember to buy the necessities first — meat or other protein source, vegetables, fruit, salad, beverage, bread, peanut butter and jelly, breakfast supplies, and then dessert if the budget allows.
Avoid leftovers. Be sure you have enough to fill everyone up, but try not to overbuy. After a few days, you will have a fairly good idea of what and how much the group will eat. The budget should allow for a good serving of meat, vegetables, salad, fruit, and dessert for everyone in the group. However, if you have a person with a "bottomless pit" in the group, a good filler is peanut butter. It will quickly satisfy hunger cravings, is filling and nutritious, travels well, and is cheap enough to keep you within your budget. Try peanut butter variations such as peanut butter and cheese sandwiches, peanut butter with cucumbers, or celery stuffed with peanut butter. Don’t go overboard with peanut butter and jelly sandwiches.

You will find that many times menus will have to be improvised while in a store to fit the limited selection available. Amazing dishes can come from these situations — so don’t despair, just use your imagination and let it happen!

Hints on Proportions

Whether travelling in a group of 10 or more, or with only one or two others, the following proportions can be used as a "rule of thumb" for determining how much food to buy. Remember meat, fish, and poultry shrink when cooked. Amounts listed for these items are those needed before cooking.

- **Meat.** 1/4 to 1/3 lb. per person, depending on how it is to be used. If it will be combined in a one-pot meal, 1/4 lb. should do; if not, you will probably need 1/3 lb. (The amounts listed are for boneless cuts. If there are bones, up the amounts per person accordingly.)
- **Fish and poultry.** 1/2 lb. per person.
- **Vegetables.** Fresh - 1/3 lb. per person; Canned - 4 oz. per person minimum; Frozen - 4 oz. per person minimum.
- **Starches.** 1 to 1 1/2 cups per person (cooked) is needed; Uncooked rice — 1 cup = 3 cups cooked; Precooked (Minute) rice — 1 cup = 2 cups cooked; Spaghetti noodles — 1 lb. = 8 cups cooked; Macaroni noodles — 1 lb. = 8 cups cooked; Potatoes — 1 lb. = 3 medium to small potatoes.
- **Desserts.** Puddings, Jello, Ice cream, etc. — 1/2 cup (8 oz.) per person; Cookies — get a large package!; Fruit — 1 piece per person generally (for small fruit such as plums, apricots, etc., 2-3 per person).
- **Breakfast Cereals.** Dry — 3-4 oz. per person depending on how dense the cereal is (a 16 oz. box is needed for a group of 10); Cooked — you’ll want at least 4 oz. cooked per person, read the directions on the package to determine how large a box to buy.

Fruit Stands, Vegetable Markets, and Farmers

Don’t overlook the fruit and vegetable stands you pass along the route. Often times these stands will not only have better prices than the grocery stores, but absolutely delicious produce. Generally, it is grown right in the area and has usually been vine or tree ripened. At times a whole lunch might be had feasting on strawberries, peaches, plums — whatever, and cottage cheese or yoghurt. You might also find a farmer who has some corn or squash, etc. that isn’t up to commercial standards, but would be great for your dinner, that you could get at a reduced price. Look around, be aware of what the area you’re in produces, and take advantage of it whenever you can. Quite possibly someone in your group has never had corn right out of a field before. Be sure to wash all fruits and vegetables before they are eaten.

Nutrition

A group needs more than just large quantities of food to be eating well, it needs balanced food. This really isn’t hard to do if a few easy guidelines are kept in mind.

Every day’s menu should include something from each of the following categories:

- **Meats, Poultry or Fish** (beans may substitute for this category occasionally).
- **Vegetables.** Some leafy green or dark yellow vegetables and some cooked or raw, at least once a day.
- **Cereals and Bread.** Grains, whole grain breads, granola, enriched cereals.
Fruits. Be sure to have plenty. Two or three a day (at least one citrus) will help keep the group regular as well as quench thirst while on the road.

Dairy Products. Eggs, cheese, milk, and yoghurt provide needed calcium and protein.

Fats. Butter, margarine, nuts, peanut butter. Bodies need some fat to function smoothly.

Other. Sweets, desserts, etc. to provide the quick energy needed occasionally on the road. Keep this type of food to a minimum because it doesn’t provide the nutritional benefits of the other categories.

Food Value: Vitamins and Minerals

A few easy guidelines will help to preserve the vitamin and mineral content of foods, particularly in cooked fruits and vegetables.

- Avoid overcooking. It only draws out and destroys valuable vitamins and minerals.
- Cut and pare vegetables and fruits just before eating. Don’t soak them.
- Cook vegetables as quickly as possible, using a covered pan with about 2/3 to 1 cup of boiling water in the bottom (for 10 people).
- Stir frying, or cooking small pieces of vegetables and meat in a small amount of oil for a short period of time, is a good way to conserve the nutrients in the food.
- Cook only the amount to be eaten at that meal. Reheating causes a loss of vitamins and creates a storage problem. If possible, use the cooking liquids (often called stock) from vegetables, meats, etc. in stews, soups, or gravies. Don’t waste the vitamins and minerals contained in these liquids.

Preparation Hints: Rice, Noodles, and Potatoes

Rice. Uncooked rice is higher is food value than is precooked (Minute) rice. However, uncooked rice takes longer to prepare—30-40 minutes compared to 15-20 for the precooked. To prepare uncooked rice, put the rice in a pan with water in the ratio of 1 cup rice to 2 cups water. (Brown rice requires more water: 1 cup rice to 2½ cups water.) Cover the pan tightly (this can be done with aluminum foil and a sandow on an 8-10 qt. pail), and bring to a boil. Boil rapidly for 15-20 minutes (add 5 minutes for brown rice), then simmer for another 10-15 minutes. Remove from heat, and let sit covered for 5-10 minutes more until all the water has been absorbed. Do not stir, or remove the cover to check while the rice is cooking. It is the build-up of steam that causes the rice to swell and absorb the water.

Noodles. When cooking noodles, spaghetti, or macaroni, use 3-4 times as much water as noodles. Salt the water slightly and pour in a tablespoon or so of vegetable oil if you have it. This will help prevent the noodles from sticking together and being gummy when cooked. Bring to a boil, and add the noodles while stirring (to keep them separated). Boil 10-15 minutes until tender, drain, and rinse if you have enough water available.
Potatoes: When boiling potatoes they should be just covered with water. Cut them into quarters or cubes to reduce cooking time. Bring to boil and continue boiling until tender. Drain.

Spices
Although you probably won’t think of spices as a necessity on a trip where every ounce counts, they can be welcome additions to any meal. Spices can make a dull mix into a dish with some taste. They can be carried in used plastic film cans, in plastic fishing tackle cannisters, or in plastic bags — doubled or tripled. Suggestions for using spices are included in the following recipes, but these suggestions should not be considered all inclusive. Experiment. Suit the amount of spices used to your group’s taste. When buying spices, be sure to read ingredients — some garnish, for instance, are more chemicals than spices. Some basic spices you might wish to carry include garlic powder or salt, chili powder, nutmeg, thyme, oregano, cumin, seasoning salt, cinnamon, and a salad seasoning mixture.

Carrying the Food
If the campsite is any distance from the grocery store you’ll probably want the entire group to meet at the store to share in carrying the groceries. Packing food on your bicycles will determine in part what you can and cannot buy. For instance, carrying paper cartons of milk for even a short distance is a very risky business. Unless someone can put the whole carton upright in a saddlebag and is willing to risk it breaking inside the saddlebag, you’ll no doubt decide to stick to powdered milk. Even then wrap it securely in a plastic bag in case of rain. Fragile pastries, squishable, and breakable things are more difficult to manage than some others, but with a little imagination and perseverance most things can be handled at least once in a while.
Try to split the weight up evenly among the group members. This will be determined partially by how their packs are loaded. Many things are more easily carried on top of the packs than inside saddlebags. No need to squash bread into a saddlebag or mash it with a sandow — tie the end of the plastic wrapper securely around a top sandow and let it flop on top of the pack. It won’t come off, and the bread won’t be mangled. Dry cereal boxes, crackers, noodles, cookies, etc. all can be attached to the top of the packs.

Round objects (melons, lettuce, fruit, etc.), glass jars, cans, and anything that could wiggle it’s way out from under a sandow should be packed inside the saddlebags. Eggs can be carried as long as the carton is packed on or between soft clothes that will cushion bumps.

Honey and syrups can be a real problem. The jars inevitably get sticky and leak inside the saddlebags no matter how many plastic bags are around them, it seems. Get a couple of the plastic refillable tubes that look like toothpaste tubes at a sporting goods or camping equipment store. They are easy to use and should not leak if they are not overfilled.

Be sure to put anything wet, messy, sticky, or susceptible to water damage in at least one, and preferably two, plastic bags before packing it!

Open Fire
Cooking over an open fire is fun and can be an adventure to those new to this kind of cooking. It takes longer than cooking over gas stoves, so plan accordingly. The best open fire cooking is done over a bed of glowing coals since it yields a more even heat at a higher temperature than does a flaming fire. Hardwood is preferable to soft as it produces greater heat and burns longer. If no hardwood is available, get a good supply of softwood. It will burn quickly. Be aware of, and concerned with, campfire safety. Be sure all loose, dry brush is well away from the fire area, make a ring of stones (don’t use sandstone, it explodes), wear shoes while in camp, and always be careful when removing hot pots, pans, or cans from the fire. Start cooking preparations early. Have the group members start the fire and gather firewood. While the cooks prepare the food for cooking, the fire can burn down to a good bed of coals. A good policy is to start a pot of water heating for dishes or hot drinks while the group is eating.

Cooking Methods
There are many different methods of preparing food available to the camper. The most useful for bicycle camping is either an open fire, or portable gas stoves. You will probably be using both of these methods during your trip. Remember, food takes longer to cook at high altitudes, so allow extra time. Here are some helpful tips about group cooking when camping.
Stoves
When cooking with small gas stoves be aware of the dangers present. Be sure you understand how the stove is operated. Read the directions on how to use and maintain any stove you purchase before taking it out with you, then always properly maintain and care for the stove during your trip to insure safe functioning. Take care when handling the fuel and igniting the flame. Be sure you have enough fuel with you at all times.

Utensils (based on a group of 10)
Carry the minimum amount that will serve the purpose. Here are some suggestions:

- Two 8-10 quart pails will handle almost any dinner or breakfast you would want to make. They’re perfect for one-pot meals, salads, beverages — almost anything. Get aluminum pails, not galvanized metal as the galvanization will come off and get into your food. Remember to soap the outside of the pail before putting it over an open fire. The black will then come off easily.

- #10 cans can be used for cooking one-pot meals, vegetables, etc., but they’re more difficult to carry than pails, and difficult to clean thoroughly.

- If you would like a little more convenience (and don’t mind carrying it), get a teflon frying pan. Take the handle off for easier packing. Bicycle tools easily substitute for the handle.

- Carry a supply of heavy duty plastic garbage bags. They’re great for making salads, mixing things, and putting over your sleeping bag for rain protection.

- Aluminum foil is a convenient cooking implement. Use it to make foil dinners of all varieties (see recipes), wrap corn on the cob and cook it in the coals, wrap bread for warming, or cover the pails (secured by a sandow) to pop popcorn. It can also serve as extra plates or serving dishes.

- Don’t forget the small pans in the individual mess kits. They can be used for heating water or vegetables.

- A sharp knife with a relatively long blade (5 in.) can be invaluable. Used for cutting vegetables, melons, meat, fruit . . . sandows(!), it is a worthwhile addition to any leader’s pack. A regular kitchen knife will do. Make a sheath of cardboard and tape if you don’t want the expense of a leather one. It will last the entire trip.

- Other than a sharp knife, the eating utensils carried by the group members should be perfectly adequate for stirring and mixing. If you like, a long handled, wooden spoon is a nice convenience.

There are many other methods for cooking when camping such as reflective ovens, dutch ovens (rather heavy for bicycle touring!), cooking on a string, fish on a plank, eggs in a paper bag, etc. If you have extra time one day it is fun to experiment with some of these alternatives. A campcraft book will give you all the particulars.

Remember, keep it simple and nutritious, and make it fun.
Fuel for the stoves is most conveniently carried in one pint Sigg fuel bottles that can be placed in standard water bottle brackets. This allows you to carry the fuel on the frame of the bicycle rather than inside saddlebags.

For group travel the most satisfactory and convenient arrangement for cookpots is to get two 8-10 qt. aluminum pails. This type of pail can be placed over the end of a sleeping bag for easy loading and unloading. They are lightweight, relatively inexpensive, and big enough for anything you would want to cook. Fasten the wooden spoons inside the pail when riding for easy, convenient packing. Aluminum nesting pots are also available but are generally more expensive and require a considerable amount of space inside someone's saddlebags. For smaller groups or one or two people riding independently, however, the nesting pots would be fine. Stuff assorted cooking gear such as gloves, removable pot handle, scouring pad, matches, utensils, can opener, etc. inside them.

A Word About Gorp
Gorp is the bicyclist's friend. It consists of one handful of raisins, one handful of salted peanuts (not dry roasted), and one handful of M & M's (plain). It is an excellent high energy food. It will get bicyclists through the toughest times. The M & M's supply instant energy, the peanuts supply salt for water retention, necessary oils and protein for long term energy, and the raisins supply iron as well as roughage and quick energy. All sorts of additions can be made to the basic recipe, including dried fruits, dry cereals, other nuts, coconut, or almost anything else you can think of. Beware of chocolate bits or cheese as they will melt and create a sticky, gooey mess in your gorp bag. Also, pack your gorp in sandwich sized Glad bags or zip lock plastic bags. Don't use Baggies, they will break and spill your gorp inside your pack or, worse yet, all over the road.
Treats
Group treats such as ice cream or bakery stops, gorp breaks, cookies, etc. can spark up group enthusiasm, and can make the last miles seem like a hop, skip, and a jump. Don't be afraid to splurge a little of group funds on treats every now and then.

Emergency Food
For those unexpected situations when all the stores are closed, or there is a terrible storm, or a million breakdowns, you should carry some emergency foods. Some ideas are packages of dried soup, beef jerky, hard candy, tuna fish, dried fruit, high energy backpacking foods, bouillon cubes, etc. Never be without any food. Make sure everyone in the group has at least some fruit packed away.

Animals and Food
Although most people are primarily concerned with bears and big animals, your most persistent problem will be with the smaller ones — porcupines, chipmunks, raccoons, and possibly mice. (Did you know that porcupines will actually eat your bicycle saddle because of its salty taste if they can get to it?!) Unlike the bigger animals that are more prevalent in certain areas, these small animals can be anywhere. Constant attention to protecting your food is necessary or you may wake up to find your cereal gone, your eggs broken, and only crumbs left where your cookies were.
Wrap all food securely in odor proof containers — plastic bags with no holes will do — and put it inside covered cookpots if possible. Keep all food in one place, and do not have food of any sort in or near your sleeping bag or tent. This is especially important in bear country. A good precaution at all times, and an absolute necessity if there might be bears around, is to suspend all food from a tree limb, well away from your campsite. If the food isn’t heavy it could be placed in a large plastic garbage bag and pulled up into a tree with nylon cord. If it is heavy, put it all in a saddlebag and then suspend it from a tree with the nylon cord. Hang bells from the bag or pack. If an animal does become too interested in your food the noise might surprise it enough to drive it away. Put all garbage in proper recepticals or pack it out with you. Do not bury it even if you have tried to burn it first. The animals will dig it up.

RECIPES

We would like to thank the Girl Scouts of the U.S.A., Bill Nelson, Travel Director, American Youth Hostels, Inc., various leaders and friends for their recipe contributions.

BREAKFAST

Breakfast should be filling, satisfying, and quick to prepare. Hot or cold cereal, fruit, fruit juice, milk, and hot drinks if desired. Eggs are versatile, but require extra cooking time and are more difficult to transport. Allow at least an extra half hour in the morning if eggs, french toast, etc. are to be prepared. Stay away from pancakes if you’re going to be riding that day — they become a rock in your stomach once you get on your bike.

Most of the time you will be having cereal for breakfast. Try to get whole-grain cereals whenever possible, and avoid the cereals which are mostly made up of some kind of artificial sweetener (most of the popular kids’ cereals). You might want to buy separate ingredients and make up a batch of granola, which can be carried easily, and makes a good quick-energy snack while on the road.

Regardless of the type of cereal chosen, the iron content of the cereal will be absorbed to a greater extent if some type of food high in Vit. C is consumed with it. For example, a glass of orange juice (from powdered mix or frozen concentrate) and cereal is a great breakfast combination.

The following breakfast recipes can be a nice change from cereal on days that you can afford to spend more time on breakfast preparation. Again, proportions are for groups of 10.
Egg-in-a-Hole or, Rocky Mountain Toast

1-2 doz. eggs (at least 2 per person)
Bread (2-3 slices per person)
1 stick margarine or butter

Make a hole in the middle of the bread about the size of an egg yolk (eat the bread). Melt some margarine or butter in a pan. Fry the rest of the piece of bread a minute or so until brown. Crack an egg into the hole in the bread. Fry until almost done, turn it over and finish cooking. Great!

French Toast

6-12 eggs (depending on how eggy you want it)
2-3 cups milk
Salt and pepper
Bread (2-3 slices per person)
Syrup and/or jelly
Margarine or butter

Crack eggs into a bowl or pan and beat well. Add milk, salt and pepper and mix. Grease and heat a frying pan or pail (French Toast is difficult with a pail because it’s hard to flip it over, but it can be done). Dip bread into egg and milk mixture, coating both sides thoroughly. Fry until brown on both sides and no longer soggy. Serve with margarine or butter, syrup and/or jelly.

Pancakes

The easiest way to make pancakes is to get a box of Bisquick and read the directions on the box. You will need:
Eggs
Milk
Oil
Margarine or Butter
Salt and pepper
Syrup and/or jelly

Remember, pancakes are very time consuming so try them only when you’ve got lots of time for breakfast.

Scrambled Eggs

1½-2 doz. eggs
1 cup milk (approx.)
Salt and pepper
Margarine or butter (enough to grease the pan)
Optional: 1 medium onion, diced, diced cheese, ham pieces, bacon bits

Break eggs into a pail or pot. Beat with a fork until mixed thoroughly. Add milk, salt and pepper. Grease pail or frying pan. If using onions, ham pieces, or bacon sauté them a bit before adding the eggs. Pour all the eggs in at once (it will cook, and this way everyone can eat at once). Stir as needed to keep the cooked eggs off the sides and bottom of the pan. If using cheese, add it just before the eggs are done so that it will melt into the eggs.

Tomatoes, celery, avocados, green pepper, etc. can all be added to the eggs as desired for variety.
LUNCH

Stick to cold lunches unless the weather is so extreme you feel it warrants the time to stop and heat up some soup or other hot lunch. Sandwiches, fruit, something to drink (powdered lemonade is highly recommended for its thirst quenching ability), and dessert make a good lunch. Carrots and celery are a nice addition. For variety have yoghurt, cottage cheese, bagels and cheese, etc. every now and then.

There are four different ways to handle lunch:

- Prepare lunches in the morning and have all group members carry their own.
- Designate a meeting place for lunch and divide the lunch ingredients among the members for carrying.
- Give all members money to buy their own lunch.
- Buy lunch once everyone is at the lunch stop.

The problem with the first alternative is that all lunches will be eaten by 10 a.m.! As for the second alternative, if the person with the peanut butter or bread doesn’t show up, lunch is ruined. The third is hard on both the group budget and the individual’s budget. Buying lunch as a group is much less expensive than if every member of the group buys the same lunch individually. Therefore, if money is given out for lunch, it will probably be more than would be spent from group funds. More than likely, each individual will have to add personal funds to it as well.

Try all four methods and let the group decide which it likes best.

DINNER

Dinner tops off the day. It gives the group members a chance to sit down and share their experiences, and to experiment with new recipes and methods of cooking. Take advantage of the specialties of the area and season. Look for fresh fruit and vegetables, find out if there are any dishes unique to that region and make a point of tasting them. You can plan generally to spend about one-half of your daily food budget at dinner and split the other half between breakfast and lunch.

SOUPS AND CHOWDERS

Dutch Chowder
1 lb. bacon
1 large onion (chopped)
2 cans (10 oz.) condensed cream of chicken soup
2 cans (10 oz.) condensed chicken vegetable soup
2 soup cans milk
2 soup cans water
2 cans drained whole kernel corn
2 T. snipped parsley or watercress (optional)

Cook bacon thoroughly in a saucepan. Remove bacon to absorbent paper to drain, break into bits. Add onion to 2 T. of drippings in pan and cook until tender and lightly browned, stirring occasionally. Add soups, milk, water, and corn. Heat through, stirring frequently. Garnish with parsley or watercress and bacon.

Cheesy Chowder
5 packages Lipton’s green pea soup
2 lbs. canned luncheon meat or ham
1 lb. sharp cheddar cheese

Prepare soup according to package directions. While soup is simmering, dice the meat and cheese. Stir in the meat and heat through. A minute or two before serving, swirl the cheese through the hot soup, so that the cheese cubes are just beginning to melt as you serve up steaming bowls of chowder.
Fish Mulligan
4-5 lbs. fish
4 lbs. potatoes (more if you have big eaters)
2 medium onions
1 cup raw long grain rice
3 quarts water
2 green peppers
1/2 lb. bacon
5-6 carrots
1 small stalk celery
Salt, pepper, coriander, nutmeg, or other available spices.

Cut fish into chunks, add cubed potatoes, sliced onions, and water. Bring to a boil, add rice, green pepper chunks, diced bacon, carrot slices, and diced celery. When the liquid returns to a boil, cover (use aluminum foil if needed) and simmer for about 30 minutes or until the vegetables are tender. Add salt, pepper, and spices to taste.

Speedy Salmon Chowder
2 cans condensed cream of mushroom soup
2 cans condensed cream of asparagus soup
4 cans milk
2 large (14 oz.) cans salmon, drained and flaked
4-5 large potatoes, diced small
1 medium onion, finely diced
Salt, pepper, spices

Combine all ingredients and blend well. Heat thoroughly.

Hemistour Clam Chowder
1 lb. bacon
4 8 oz. cans minced clams
4 lbs. potatoes, diced
1 stalk celery, sliced
3-4 large onions, chopped
1/3 lb. butter or margarine
5-6 cans condensed milk
6-8 cans water
Salt, pepper, and spices to taste
2 cans whole corn (optional)

Sauté onions with bacon (pieces). Add water, potatoes, clams, celery, corn, and simmer until vegetables are tender. Add milk and butter and heat through.
Tuna Noodle Casserole
2 lbs. noodles
2 large cans (12 oz.) tuna
1 medium green pepper, chopped
2 cans condensed mushroom soup
2 cups milk
4 cups (2 lbs.) grated or cut fine cheddar cheese
Salt, pepper, cayenne, paprika, oregano, garlic, or other spices
Cook noodles until tender. Add the remaining ingredients to the noodles and heat through.
Variations: use fresh fish (which must be cooked first), add sour cream, white wine, chopped nuts, broccoli, potato sticks, or almost anything crunchy.

Gambolia
3 lbs. hamburger
1 large onion
2 to 3 cans condensed vegetable soup
1 can spaghetti sauce (14 oz.)
3-4 cups rice, cooked for 30 minutes, or 1 box Minute Rice, cooked per directions on box
1 green pepper (optional)
Salt, pepper, garlic, oregano, paprika, nutmeg, etc.
While rice is cooking, brown hamburger, chopped onion, and green pepper. Add soup (undiluted) and sauce to hamburger. Combine with rice and spices to taste.

Cheese 'N Broc
1 large pkg. frozen broccoli or equivalent fresh broccoli (3 lbs. or so)
4 cups rice
1 lb. cheddar cheese, diced
2 cans condensed mushroom soup
Cook rice for 20-30 minutes. Add broccoli (if using fresh broccoli, cut into small pieces), cheese, and soup, season to taste, and simmer for 10-15 minutes or until rice is done.

ONE POT DINNERS

Hamburger Gunk
3½ to 4 lbs. hamburger
1 medium onion
1 can whole tomatoes (1 lb. 8 oz.), or fresh tomatoes quartered
1 medium green pepper, diced
2 cans tomato sauce (14 oz. each)
1 pkg. sloppy joe seasoning mix
1 to 2 cans (14-16 oz.) cut green beans, or fresh green beans, washed and cut
Salt, pepper, nutmeg, garlic, etc.
Brown hamburger with chopped onions and green pepper. Add all remaining ingredients and simmer for approximately 10 minutes (or as long as your hunger can stand). Serve over rice, noodles, potatoes, bread, or by itself.
Campfire Goulash
3 cans corned beef
1 can sauerkraut (1 lb. 10 oz.)
2 to 3 pints potato salad
1 lb. (approx.) Swiss cheese, sliced
Brown corned beef. Add potato salad and sauerkraut, heat through. Place cheese on top and cover (if possible) till melted. Add salt, pepper, and spices as desired.

Chicken Supreme
4 to 5 cans boned chicken, or 5 lbs. fresh chicken cooked
2 cans (16 oz.) peas and carrots, or fresh peas and carrots
2 cans condensed cream of mushroom soup
1 medium box Minute Rice, or 3-4 cups long cooking rice, or noodles (2 lb. pkg.)
Salt, pepper, nutmeg, garlic, or other spices
Cook rice or noodles (about 15 minutes unless long cooking rice is used — then it’s 30 minutes). Add all other ingredients and heat through.

Spaghetti Carbonara
1 1/2 to 2 lb. egg noodles, spaghetti or other pasta
2 bottles imitation bacon bits
8 oz. olive oil
5 onions
1 lb. string beans, peppers, or other local green vegetable
1/2 lb. mushrooms (optional)
Italian seasoning
Plenty of Parmesan cheese
6 eggs
Cook pasta as directed. Saute bacon bits and onions in oil until transparent. Add green vegetables, Italian seasoning, and mushrooms until cooked. Add spaghetti to sauce. Beat eggs in bowl and add with Parmesan to the spaghetti and sauce. Toss and serve immediately.

Lentil Stew
1 stick margarine or 1/2 cup oil
4 large onions, chopped
4 carrots, sliced
6 cups water (may need more)
4 to 6 bouillon cubes
3 cups dry lentils (washed)
2 cans tomato sauce
2 green peppers, diced
1 small celery stalk, chopped
Salt, pepper, spices
1 1/2 to 2 cups grated cheese if desired
Put all ingredients in a pot, heat to a boil, then simmer for 35 to 45 minutes, or until lentils are tender. Stir occasionally.

Spoke-Ka-Bobs
2 1/2 to 3 lbs. meat (steak, fish, hot dogs)
5 to 6 large green or firm red tomatoes or cherry tomatoes
4 to 5 medium onions
2 green peppers
3 good sized potatoes (1/3 in. slices)
1 lb. carrots
2 small cans pineapple slices or chunks
Fresh mushrooms (1/2 lb. should be enough)
Cut the ingredients into bite-size morsels. Unscrew the nipple from ten extra spokes, wash, and then skewer and alternate the ingredients. Suspend the spoke-ka-bobs over hot coals, rotating occasionally. When the vegetables soften and the meat browns, eat it up. (Approximately 10 minutes cooking time.)
Note: This does not ruin your extra spokes, wipe them off, oil them, screw on the nipples, and they’re good as new.
Shepherd's Pie
3 lbs. hamburger
2 large onions
2 green peppers
Instant potato mix
½ lb. butter or margarine
Salt, pepper, spices
(any other vegetable can be added)
Chop up the onions and green peppers, and brown with the meat in skillet or pot. Make the instant potato according to the directions on the package, and spread on top of the meat mixture. Cover with aluminum foil and cook until potatoes are browned.

Barley Stew
1 small 11-oz. box barley
Small stalk celery, chopped
1 or 2 large onions cut in wedges
1 can whole tomatoes (1 lb. 8 oz.), or fresh tomatoes
1 small head cabbage, shredded (about 1 lb.)
½ to 1 lb. carrots, sliced
10 to 12 bouillon cubes (to taste)
Optional: beef chunks (canned or fresh, but fresh will take at least 45 minutes to get tender), chicken (fresh or canned), franks, shrimp, or any other meat or fish you think will work. If using meat or fish, eliminate bouillon cubes.
Salt and pepper, nutmeg, lemon pepper (for fish)
Parmesan cheese (for fish)
Bring about 3 quarts water to a boil. While water is heating, chop vegetables, drain tomatoes (good tomato juice for a "cocktail"). Add all ingredients to simmmer for 20 minutes or until barley is tender.

Chili-Mac Skillet
3 lbs. ground beef
2 large or 4 medium onions, chopped
2 large cans whole tomatoes (1 lb. 8 oz.), or fresh tomatoes
2 cans whole corn (12 oz. each)
2 cups elbow macaroni or spaghetti
2 T. chili powder (or part of a chili seasoning pkg.)
Salt and pepper, cumin, turmeric, garlic powder, etc., to taste
1 can chopped olives (or 1 can olives, pitted and quartered)
1½ to 2 cups shredded cheddar cheese
In skillet or pot, brown beef with onions, add tomatoes, corn, and macaroni. Sprinkle with spices. Cook covered, about 30 minutes, stirring occasionally until macaroni is tender. Fork in olives and top with cheese, continue to cook covered another 5 minutes.

TOSRV Hard Boiled Egg
1 egg
Put water and egg in pan. Hard boil it.
Beef Stew
3 lbs. stew beef (or 3 to 4 cans beef chunks)
3 medium onions
1 lb. carrots (more if you like)
1 stalk celery
4 lbs. potatoes
5 large fresh tomatoes, or 2 cans tomatoes, drained
Salt and pepper
Brown meat in skillet or pot. Slice carrots and celery, dice the potatoes, cut tomatoes and onions into wedges. Add spices and about 2 quarts water to the pot (more may be needed). Add remaining ingredients, cover and simmer until vegetables are tender (30 minutes or so). If fresh stew meat is used, cooking time will be closer to one hour, but worth it.

Super Macaroni and Cheese
3 pkgs. Kraft Macaroni and Cheese dinner
2 pkgs. franks (or two cans Spam)
¾ cup milk (may use dry milk and water)
½ cup margarine (may be deleted)
Cook Kraft dinner following directions on the box. When the macaroni is almost done, add chopped up franks to heat through. Add cheese, milk and butter as per directions. Serve with cooked vegetables or tossed green salad. It's ready within 25 minutes.

Rum-Tum-Diddy
1 lb. bacon, diced
2 large green peppers
3 medium onions
2 (1 lb. 3 oz.) cans tomatoes, or fresh tomatoes
3 (1 lb. 3 oz.) cans corn
Salt, pepper, spices
½ lb. American cheese, diced
Bread or crackers
Dice and fry bacon. Cut up the green peppers and slice the onions thin, add to bacon. When onion and peppers are browned, add tomatoes, corn, and seasoning to taste. Heat thoroughly and add cheese. Allow cheese to melt and serve over or with bread or crackers.

Weiners and Beans
2 pkgs. franks (20)
4 big cans beans
1 large onion
Brown sugar, garlic, or other spices
Cut franks into pieces, brown. Chop the onion. Add it along with the beans to the franks in a large pot. Heat.

One Pot Spaghetti
2 to 2½ lbs. hamburger
1 small can tomato paste
5 cups water
1 large can tomatoes
2 pkg. spaghetti sauce mix
2 lb. pkg. spaghetti
Mushrooms, olives, green peppers as available
Salt, oregano, garlic, and other spices to taste
Brown hamburger, add spaghetti sauce mix, salt, tomatoes, and tomato paste. Blend well. Add water. Break spaghetti into 3 inch pieces. Bring sauce to a boil and add spaghetti. Boil gently, uncovered, about 10 minutes or until spaghetti is tender and sauce is thick. Stir occasionally. Let stand 5 minutes before serving.
Cabbage Patch Stew
3 lbs. ground beef
4 medium or 2 lg. onions, sliced thin
3 cups shredded cabbage
1 cup diced celery
2 #1 cans red kidney beans
(or 2 lbs. dried beans that have been cooked
and/or boiled until tender)
1 #1 can whole tomatoes (or 1 lb. fresh tomatoes
quartered)
2 tsp. chili powder
Salt and pepper
Brown beef in hot fat. Add onions, cabbage, and celery. Cook until tender. Add water to cover and simmer 15 minutes. Add beans, tomatoes, and seasoning. Simmer another 20 min. Top with instant mashed potatoes or serve with bread.

Ham 'N Cheese Macaroni
2 lb. macaroni
1 medium onion
Celery (small stalk)
1 medium green pepper (optional)
3 pkgs. cheese sauce mix
2 to 3 cans chopped ham (2 to 3 lbs.)
Salt, pepper, spices
Chop onion and cook with macaroni. Chop celery and green pepper, add to boiling water when macaroni is almost done. Drain macaroni. Add cheese sauce mix and chopped ham. Heat through.

Corned Beef Hash
4 to 5 lbs. potatoes
3 cans corned beef
1 large onion (or 2 medium)
2 cans tomato sauce (16 oz. each)
Ketchup (highly desirable — adds spice)
Salt and pepper
Boil diced potatoes and onions until tender. Drain. Add corned beef, tomato sauce, salt and pepper, and ketchup. Heat through.

American Goulash
3 lbs. hamburger
4 small onions, diced
Green pepper, diced (optional)
4 16-oz. cans spaghetti with tomato sauce
(2 lb. package macaroni and 1 can condensed tomato soup may be substituted, but must be cooked separately)
Salt, pepper, garlic, nutmeg, other spices as desired
Brown hamburger, onion, green pepper. Pour off excess fat. Add spaghetti and heat through. For variety, substitute 1 lb. of sour cream for the tomato sauce. Add just before serving. Really adds class and taste, if available.

Chili
3 lbs. hamburger
3-4 medium onions chopped
2 #1 cans red kidney beans (or equivalent amount of dried beans, cooked)
2 large cans whole tomatoes (1 lb. 8 oz.), or fresh tomatoes
1 or 2 pkg. chili seasoning
Turmeric, cumin, coriander, garlic powder, or other spices to taste
Brown hamburger with chopped onion. Add all other ingredients, simmer at least 30 min. Serve with bread, or noodles, or spaghetti, and tossed salad on the side.

When food sources are far and few between the trip leader can be eaten.
Campfire Stew
3 1/2 lbs. hamburger
1 lb. carrots
1 small stalk celery
4 lbs. potatoes (or more if there are big eaters)
3 to 4 medium onions
1 green pepper (optional)
2 to 3 cans condensed cream of mushroom soup
Any other raw vegetable you want
Form hamburger into patties. Slice carrots, celery, potatoes, onions, and green pepper. Put one hamburger patty on each piece of aluminum foil, then let individuals pile on the rest of the ingredients to their liking. Top it off with 2 T. or more of mushroom soup, salt, pepper, and spices. Fold it up and put it on the coals. (See cooking times listed in “Tips.”)

Ham and Yams
1 canned ham (3 lbs.)
2 cans yams or sweet potatoes (1 lb. 14 oz.)
2 cans pineapple rings
Can be done in individual packages or all in one.
If cooked individually, slice ham and put one slice in each package, put yams or sweet potatoes around it and pineapple slice on top. Cover tightly and put on coals until heated (about 30 minutes).
If cooked together, place ham (take it out of the can first) in a large, double-layer square of aluminum foil. Place yams or sweet potatoes around it, cover everything with pineapple rings and cover tightly with foil. Heat thoroughly. Don’t try this unless you have a super bed of coals as it will take forever to heat through. Be very careful when turning the package over not to puncture it.

FOIL FANTASIES
Here are some tips for foil cooking:
• Use heavy duty foil.
• Cook on a bed of hot coals. Never use a flaming fire, because food will burn, not cook.
• Be sure to add shortening (fat, butter, or bacon) or condensed soup to the package before placing on the coals.
• The faster you want it to cook, the smaller the ingredients must be cut. Here’s a rule of thumb:
  1/4” thick pieces: 20 min. to cook
  1/2” thick pieces: 30 min. to cook
  1” thick pieces: 45 min. to cook
• Foil should be cut in pieces large enough to allow ample edges for folding and crimping.
• Package must be crimped and folded carefully for complete sealing to keep in moisture and juices and assure "pressure cooking."
• Turn the package approximately half way through its cooking time, being careful not to puncture the foil.
Pork Chop Dinner
1 pork chop per person
2 to 3 cans sweet potatoes or yams
5 tart apples, pared
3 onions, sliced
Salt and pepper
½ lb. bacon

In the center of each square of foil put one pork chop, potatoes, apples, and onions. Sprinkle with salt and pepper, and cover with two slices of bacon. Fold and seal package well. Place in coals for approximately 1 hour, or until pork chop is well done.

Chicken in Foil
2 to 3 pieces of frying chicken per person
4 to 5 lbs. potatoes
5 large or 10 small tomatoes
4 to 5 onions
1 to 2 cans mushroom caps (optional)
1 sliced green pepper
1 cup uncooked rice (approximately 2 T. per person)
Salt, pepper, nutmeg, garlic, other spices to taste
½ lb. butter or margarine

Slice potatoes, tomatoes, onions, and green pepper. Place chicken and all other ingredients in foil square, dot with butter. Fold and seal package well, place in coals until all is tender (1 to 1½ hours), turning every 20-30 minutes. To speed cooking time, bone the chicken before placing in foil. Cooking time will then be approximately 20-30 minutes.

SALADS

Salads can be found in every shape and description. They are an excellent source of greens, roughage, protein, and color to make the meal look attractive. Here again, what goes into your salad will depend largely upon what's available in the store or the fruit or vegetable stand. But let your creativity flow and don't be afraid to try new combinations. Here are a few basic ideas.

Tossed Green Salad
These can vary from just lettuce, to lettuce, tomatoes, celery, radishes, carrots, onions, green peppers, olives, avocados, cucumbers, raw cauliflower, raw broccoli, and whatever else you can think of to throw in. Sunflower seeds or other nuts and raisins can make nice additions. Mix it in a pail or plastic garbage bag. Get only one kind of dressing in a bottle size that will be used up in one meal — that way you don’t have several bottles to carry along with you. Or mix three parts oil to one part vinegar and add spices, honey, soy sauce, Parmesan cheese, yoghurt, etc. to make dressing.

Three Bean Salad
1 can (14 oz.) each: green beans, wax (yellow) beans, rinsed kidney beans, drained
½ cup chopped green pepper
1 small onion, diced or cut in rings
¾ cup sugar (approx.)
2/3 cup vinegar
1/3 cup vegetable oil
Salt and pepper

Place beans, chopped green pepper and onion in a pan, bowl, or pail. Combine and mix all other ingredients. Add to salad and gently mix. Let stand awhile. (It gets better the longer it sits.)
Cole Slaw
1 thinly sliced medium head of cabbage (some purple cabbage is nice)
2 thinly sliced carrots
Combine and mix: 1 medium jar Miracle Whip (not mayonnaise); enough milk to thin to desired consistency; salt and pepper; 1/2 to 1 package Lipton lemon flavored ice tea mix.
Add to cabbage and mix well (plastic garbage bag is best). Let it “sit” awhile before being eaten to allow cabbage to soak up some of the dressing. For variation add a can of pineapple bits, drained.

Kidney Bean Salad
1 large can (28 oz.) kidney beans
1 small onion, finely diced
1 cup celery, finely diced
6 eggs
1 cup (approx.) Miracle Whip
Chill and drain kidney beans. Hard boil eggs. Mix kidney beans, celery, onions, and Miracle Whip together. Quarter eggs and gently fold them into the salad.

Carrot and Raisin Salad
Grate or cut carrots finely, add raisins and mix with mayonnaise or salad dressing. Let it stand awhile so the raisins can absorb some of the moisture from the mayonnaise. A nice variation is to add chunks or bits of pineapple (canned or fresh). This is an extremely nutritious and tasty salad.

Fresh Fruit Salad
Delicious. But it takes more time than other salads. Use as many kinds of fruit as you want, or can get: oranges, apples, bananas, plums, peaches, nectarines, grapes, melons, etc., etc. Chop them up, mix them together and let them sit for awhile to allow the juices to make a sauce. If you want a variation, add tiny marshmallows and coconut. Great for dessert with or without the marshmallows and coconut.

Lentil Salad
2 cups lentils
3-4 cups water
1 cup olive oil
2 tsp. dehydrated onions (a bit more if fresh onions are used)
2 tsp. chopped chives
2 tsp. chopped parsley
4 T. wine vinegar
Salt and pepper
If possible, soak the lentils as long as you can (it will reduce the amount of cooking time needed). Place water and lentils in a pot or pail. Bring to a boil and cook for 40 minutes to one hour (depending on whether the lentils have been soaked) or until tender. Drain and cool. Add all other ingredients and mix well. Chill and serve.
DESSERTS

Of course the good old standby — cookies and milk, lemonade, tea, or coffee — is probably the most popular bicyclists’ dessert. It’s certainly the easiest. But there are all kinds of other desserts, so pick and choose. Here are a few possibilities.

**Instant Pudding.** Requires no cooking. Just add milk, shake it up (can be done in a zip lock bag) and let it stand for a few minutes. Delicious.

**Jello Instant Cheese Cake.** Complete in one box. Easy to make, easy to eat. Can be chilled in a stream, and topped with fresh fruit.

**Fruit.** In a salad or by itself, good, natural sugar.

**Ice Cream.** Always a favorite, but rather hard to carry in warm weather.

**Gingerbread.** Bake it in a pail with an aluminum foil cover. Use low heat. Top with apple sauce for an interesting variation.

**Jello.** Chill it in a mountain stream. In cold weather, dilute it a little more or mix with Tang and have it as a hot drink.

Cake. Be sure and have parties spread liberally throughout the trip. If there are no birthdays (or not enough) make up reasons for a party. Always good for group morale.

S’Mores. Roasted marshmallow and squares of chocolate bars between two graham crackers. Gooey and delicious. Great with milk or tea.

Banana Boats. Peel off a strip of peel on the inside curve, leaving the two ends and the rest of the peel intact. Slice the banana along the exposed strip, without breaking the bottom peel. Fill with plain Hershey bars or chocolate bits and small marshmallows. Place in a bed of coals until banana becomes soft and chocolate is melted. Eat it right out of the peel.
BIBLIOGRAPHY AND HANDY POCKET COOKBOOKS

The Good Food Store Cookbook. 642 Woody, Missoula, MT 59801.

Notes and Personal Recipes