



# Beef Mango Fried Rice

by CHEF CORSO

**W**e had just met a few weeks prior. Me,

a local chef from the Olympic Peninsula. He, a seasoned park ranger from Virginia. We connected on the trail one morning for a quick one-night backpacking trip into the famous 7 Lakes Basin region of the Olympic National Park. I had never been even though it was only 25 miles from my house, as the crow flies. We became fast friends as we hiked through the day, stopping along the way to talk about the local flora or geologic formations. I didn't tell him what was on the menu for dinner, but as we hiked, he said his favorite meal was "anything with rice." Little did he know I had packed one of my favorite trail meals, beef mango fried rice. As the sun began to set at Deer Lake, we shared stories and connected over a hearty, steaming bowl of fried rice before we rolled into our tents.

**W**e've all been there: you've had a long day. Your legs are tired. You've finally set up camp and it's time for dinner. But what you pull out of your pack to cook doesn't get you very excited. Most likely, it's dried, salty, and out of a bag. I'm here to share some easy steps and some easy-to-find ingredients that will lead you down the path to an elevated meal plan. They will get you excited for your meals and leave you with a happy, satisfied belly.

I love meal time on the road or on the trail. It's a great opportunity to refuel, rest, and take a few moments to connect with your surroundings and companions before getting back to charging miles. In this column, I'll help you rethink how you approach your meals and your panniers to move away from those dehydrated boil-a-bags to fresh ingredients found at most gas stations and local grocers, no matter how remote you get.



To start this journey into elevated camp meals, here's a recipe for **beef mango fried rice**. (If you're vegetarian, you can omit the beef and add in some mushrooms, tofu, or veggies.) It's easy to shop for, quick to cook up, and very tasty. The jerky hydrates in the broth of the dish and provides some great hearty flavor. You can also customize it to your liking with more spice, salt, or fresh vegetables. 🚩



*Chef Corso is the head chef and founder of Outdoor Eats. A classically trained chef with over 20 years of culinary experience, he would much rather be taking his chef's knife down a great trail hiking or biking than using it cooped up in a fine dining kitchen. He started Outdoor Eats to help us all eat better outdoors, no matter what activity you're into. Outdoor Eats provides fast, easy, and tasty recipes and cookbooks*

*to elevate the outdoor cooking experience. All recipes are 10 ingredients or fewer, ready in 30 minutes or less, mindful of pack weight/volume, and most importantly, no packaged meals and no dehydrating. Check out more great recipes at [outdooreats.com](http://outdooreats.com) or on YouTube: Chef Corso.*

Every meal includes the same basic elements:



### THE PANTRY

Instant rice, grits/polenta, pasta, tortillas, instant mashed potatoes, and even stuffing mix are all great bases for a meal.

### FLAVOR

Mexican, Asian, homestyle American? Whatever you're in the mood for can be built with some spices and sauce or gravy mixes that are very packable.

### PROTEIN

Beyond chicken and tuna packets, smoked salmon, summer sausage, and beef jerky are fantastic options to include that will give you some great filling calories. And don't shy away from nuts, beans, chickpeas, and plant-based meats that are more forgiving with temperature changes than animal meats.

### CRUNCH

Fresh vegetables last longer than you think and provide some great freshness, texture, and micronutrients. I love snap peas, red pepper, baby carrots, and brussels sprouts for easy packing options.

### SECRET INGREDIENT

Acid. A squeeze of lemon or lime or a drizzle of vinegar (rice, apple cider, balsamic, and others) will make your dish pop.

Cut out this recipe card and booklet cover, punch a hole in them, and carry your Camp Kitchen collection with you on your next adventure!



# CAMP KITCHEN

Easy, doable recipes designed to be made with food found at everyday bike tour stops (local grocers and gas stations) and made with basic camp cookware.



## Beef Mango Fried Rice

2-3 servings	~1.4 lbs	total weight
15 minutes to cook	~5.5 oz	weight per serving + water

### THE PANTRY

- Sesame oil 1 Tb/12 g
- Instant rice 1 C/225 g
- Beef jerky 2 ½ oz/85 g
- Mango, fresh or dried 1 ½ C/125 g
- Water 8 oz/250 ml
- Soy sauce 2 Tbs/25 g
- Sriracha 1 Tb/10 g
- Rice vinegar 1 Tb/10 g
- Garlic powder ½ tsp/2 g
- Green onion ¼ C/50 g

### COOK

- TURN ON BURNER: HIGH HEAT**
- Add sesame oil, rice, jerky, mango
- Stir. Cook** 1 minute
- Add water, soy sauce, sriracha, rice vinegar, garlic powder
- Stir, cover, **TURN OFF BURNER**
- Let sit** 10 minutes in pot
- Chop** green onions
- Stir. Add** green onions



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