

KITCHEN PACK (Maggie Hardt)

Basic Tools you need for cooking in a kitchen Pack. (Remember for backpacking keep it light and compact) Make sure all gear is sturdy and easy to use.

- * a handy nylon string bag to carry and keep your cooking tools in one place.
- * a good- size mesh bag for drip-drying dishes, straining spaghetti, washing berries, etc.
- * pot grabber, oven mitt.
- * matches in a zip-lock bag (or small waterproof container)
- * salt, pepper and herbs in film containers.
- * dish towels, scrubbing pad, and sponge.
- * biodegradable dish suds in a safe Nalgene bottle.
- * wire whisk, large kitchen spoon, spatula, and wooden spoon for Teflon pans.
- * extra zip-lock bags for leftovers and for re-dehydrating food.

Mark your initials on all your cooking & eating gear.

Plastic bags are helpful to organize the garbage for carry out or burning.

FREEZE-DRIED FOODS.

Freeze-dried foods can only be processed commercially. The food is vacuum-packed. It will keep for months in the foil packs without refrigeration and is extremely light. You can purchase freeze-dried foods at out-doors stores in the form of dinners, breakfasts, desserts and veggies. Cost: for dinners \$6 to \$11: for breakfasts and desserts: \$4 to \$8 (Less costly at M.E.C. if you can purchase with out paying for shipping.)

Compared to dehydrated foods, the weight of freeze dried food is considerable less, and they are ideal for intense backpacking trips. Freeze dried food has a tendency to be quite salty and strong in taste. Adding half a cup of precooked rice, cous-cous, instant potatoes and/or dried veggies will soften the taste, add carbohydrates and give quantity to dinners and breakfasts.

RESOURCE BOOKS:

- "The Well-Fed Backpacker", by June Fleming, ISBN 0-394-73804-7
- "The One Pan Gourmet", by Don Jacobson, ISBN 0-87742-396-2
- "Woodall's Campsite Cookbook", by Marilyn Bartmess, ISBN 0-7627-0632-5
- "Blood, Sweat and Fears", by Allan Bayne, ISBN 0-88801-234-9
- "Camper's Guide to Outdoor Cooking, John Ragsdale, ISBN 0-87201-626-9
- "Canoe Camping", by Cecil Kuhne, ISBN 1-55821-531-X
- "Roughing it Easy", by Dian Thomas, ISBN 0-9621257-3-3
- "Supermarket Backpacker", by Harriet Barker, ISBN 0-8092-7307-1
- "The One-Burner Cookbook", by Harriet Barker, Coles Publishing Company, Toronto, Canada
- "More recipes from the backs of boxes, bottles, cans & jars", by Ceil Dyer ISBN 0-07-018555-7
- "The Trekking Chef", by Claudine Martin, ISBN 1-55821-005-9
- "The Complete Pack Provisioning Book", by Nancy Jack, ISBN 0-8092-7634-4
- "The On & Off the Road Cookbook", by Carl Franz & Lorena Havens, ISBN 0-912528-27-3

NOTE: Some of these books are available in the Winnipeg Public Library; some may now be out of print.