

ONE POT / OUTBACK OVEN

How to cook when you must minimize your tool set. See what can be done with one pot and an outback oven.



A collection of information from the internet, from fellow Scouters and originated specifically for this booklet.

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Introduction:

Backpacking is a classic example of when scouts need to learn to work with less yet it is one of the times that the fuel that the food provides the scout is at its most important. Food can range from manufactured dehydrated meals to recipes that utilize readily available store purchased items. Weight is a main concern when selecting ingredients. Equally important is whether an item can be stored without refrigeration. Just because an item requires refrigeration doesn't knock it out of consideration. It simply means that steps need to be taken to keep chilled either by freezing ahead of time or by packing with a small ice pack. A 12 ounce bottle water can be frozen and used as the ice pack. When it thaws or is no longer needed to chill items the water can be used and the weight disappears. Light weight soft lunch bags provide an opportunity to have a "cooler" without the weight and bulkiness of traditional coolers. The duration of the hike and the weather conditions will determine how soon in the trek the items requiring refrigeration will need to be used. Simplicity can be important attributes of a one pot meal. The simplicity may be a result of planning ahead and prepackaging spices and ingredients to reduce the weight of packaging and the on trail preparation and clean up.

The gear you have the ability (or desire) to carry will be a limiting factor to what you have to prepare with, cook in and heat with. Knowing the rules of the areas you will be camping will help understand if campfire cooking is an option. Restrictions on the Connecticut section of the Appalachian prohibit campfires relegating campers to backpacking stoves for cooked meals. The type of heat source will have a lot to do with the cooking vessel. Campfire cooking can open up the possibility of utilizing utensiless or foil cooking methods. Lightweight cook pots are likely the cooking vessel for meals. Baking options too are determined by the source of heat. Reflector ovens and utensiless baking methods are lightweight option when camping where campfires are permitted. Special backpack stoves or two pot baking methods are options for baking with a backpacking stove.

The availability of water impacts both the preparation of food and cleanup. The secret to lightweight meals most often involves dried or dehydrated foods that are rehydrated with water available at the camping destination. Water filtration devices, boiling and purifying tablets can turn a running stream or picturesque pond into a safe source of water. Preparation is important in determining the reliability of the water source. Trail maps and those familiar with the area can be sources of information as to the reliability and quality of the water sources. Many hikers consider use of a no cook meals for lunch. A Philmont technique for crews finding themselves scheduled for a "dry camp" for the night, is to prepare the cooked meal on the trail for lunch if water is available. A favorite spot for our troop on the Connecticut section of the AT has pump that is questionable at best. About a mile before camp is a reliable source of water where we load up with purified water ample for the night's cooking needs and the morning's water consumption.

The order that food is prepared can be a big factor in the ease of clean up. By starting with the messiest course first and finishing with the course that is easiest to clean up, your efforts when cleaning both the cook pot and the personal dishes being used by your group can be done with ease. For years we have used dehydrated meal packages that serve 4. One meal comes with chicken rice soup, a main course of spaghetti with meat sauce, chocolate pudding, and lemonade. Start the meal with the pudding by putting cold water in a pot with the mix. In a separate "clean" pot, boil water in the quantity required for the spaghetti with meat sauce. After serving all the pudding and once the water for the spaghetti is boiling, pour the boiling water from the "clean" pot into the "dirty" pudding pot. Before adding the dehydrated spaghetti mix, use the serving spoon to gentle rinse and dissolve the pudding on the inside of the "dirty" pot. Add the spaghetti mix to the water in the "dirty" pot. In the "clean" pot, boil water in the quantity required for the chicken soup. Serve all the spaghetti. Pour the boiling soup water from the "clean" pot

into the “dirty” pot. Before adding the soup mix, use the serving spoon to gently rinse and dissolve the spaghetti and meat sauce residue from the inside of the “dirty” pot. Add the soup mix. When eating the soup, individuals can use a spoon to repeat the rinsing process with their bowl that they have used for all the courses. Mix the lemonade in a water bottle. After everyone is done with their soup, pure a few ounces of lemonade in each person’s bowl. Repeat the rinsing process with the spoon and then drink the lemonade. If done correctly, there will be very few food scrapes left in the “dirty” cook pot, the bowls, and on the spoons. Since the “clean” pot was kept clean, as soon as the soup water is poured from the clean pot, the dish washing water heating can begin. Use the “dirty” pot as your wash basin and the “clean” pot as your sanitizing basin.

Commercially Available Meal Packages:

There are several companies that commercially produce meal packages that provide a main course, soup, dessert, and beverage in packages to serve as many as four. The four appetites that the manufacture believes that the package will satisfy may not be the same as your group. Consider using a meal package per 3 persons. Meals with soups, pasta or rice can be supplemented by adding instant rice. Package measured quantities of instant rice in Ziploc bags using one cup increments. With a permanent marker indicate the quantity and the amount of additional water to add. Meal packages are available for dinners and breakfasts. Lunches, although available, are typically no cook meals that can be duplicated or replaced with more economical readily available store bought products. Also listed below is a sample of dehydrated vegetables that are available commercially that can be used as an ingredient in your our recipes.

Backpacker's Pantry Complete Dinners:			
Stock #	Name of Product	Wt.	Price
BP09421 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	▼ DINNER #1, 4 serving... Spaghetti & Sauce, Chicken & Rice Soup, S'mores, Fruit Drink. MSRP: \$14.50	2.05	\$14.15
BP09422 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	▼ DINNER #2, 4 serving... Wild West Chili, Peas & Carrots, Chocolate Pudding, Fruit Drink. MSRP: \$19.50	1.80	\$19.00
BP09423 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #3, 4 serving... Mashed Potatoes & Gravy W/Beef, Chicken & Rice Soup, Mocha Mousse, Fruit Drink. MSRP: \$15.50	1.65	\$15.10
BP09424 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ DINNER #4, 4 serving... Chicken & Dumplings, Carrots, Apple Cobbler, Fruit Drink. MSRP: \$15.90	1.95	\$15.50
BP09435 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #5, 4 serving... Chicken & Mashed Potatoes, Stuffing, Vanilla Pudding, Fruit Drink. MSRP: \$19.90	2.00	\$19.40
BP09426 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #6, 4 serving... Beef Stroganoff, Chicken Noodle Soup, Chocolate Pudding, Fruit Drink. MSRP: \$18.50	1.80	\$18.05
BP09427 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	▼ DINNER #7, 4 serving... Macaroni & Cheese, Peas & Carrots, Apple D'Lite, Fruit Drink. MSRP: \$14.90	1.75	\$14.55
BP09429 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #9, 4 serving... Chicken & Rice, Carrots, Vanilla Pudding, Fruit Drink. MSRP: \$15.90	1.70	\$15.50

▼ Vegetarian Entree.
★ Cooking Required.

Backpacker's Pantry Complete Breakfasts:

Stock #	Name of Product	Wt.	Price
BP07401 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #1, 4 serving... Buttermilk Pancake Mix, Maple Syrup, Banana Chips, Orange Drink. MSRP: \$9.90	1.95	\$9.65
BP07402 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #2, 4 serving... Scrambled Egg Mix W/Baco Bits, Diced Potatoes, Orange Drink. MSRP: \$11.50	1.15	\$11.20
BP07403 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #3, 4 serving... Denver Omelet Mix, Potato Patties, Hot Chocolate. MSRP: \$11.50	1.05	\$11.20
BP07404 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #4, 4 serving... Scrambled Egg Mix, Diced Potatoes, Orange Drink. MSRP: \$8.90	1.20	\$8.70
BP07406 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	BREAKFAST #6, 4 serving... Granola Cereal, Milk, Orange Drink. MSRP: \$10.50	1.60	\$10.25

★ Cooking Required.

Backpacker's Pantry Two Serving Vegetables:

Stock #	Name of Product	Wt.	Price
BP02503 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	VEGETABLE MEDLEY, 1.0 cup... Corn, peas and carrots with a light butter sauce. Corn, Peas, Butter Sauce, Carrots. MSRP: \$4.10	.25	\$4.00
BP02519 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	GARLIC HERB POTATOES, 0.8 cup... Delicious garlic mashed potatoes ready in minutes. Potatoes, Milk, Garlic, Bell peppers, Parsley, Butter. MSRP: \$3.80	.35	\$3.70
BP02522 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	BACON & CHEDDAR MASHED POTATOES, 0.75 cup... This traditional American fair is the perfect side dish in the backcountry. Potatoes, Cheese Sauce, Baco Bits, Cheddar. MSRP: \$4.20	.35	\$4.10
BP02525 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	GREEN BEANS ALMANDINE, 0.75 cup... A great green bean side dish. Green Beans, Onions, Almonds. MSRP: \$5.20	.20	\$5.05
BP02540 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	SICILIAN MIXED VEGETABLES, 0.75 cup... Seasoned with garlic and Sicilian spices. Broccoli, Corn, Onions, Red Peppers, Tomatoes. MSRP: \$3.90	.20	\$3.80

Don't forget about the discount!

Backpacker's Pantry Four Serving Vegetables:

Stock #	Name of Product	Wt.	Price
BP04510 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	CORN, 2.0 cup... No-Cook Corn is great by its self or add them to an entree for extra calories. MSRP: \$9.50	.40	\$9.25
BP04525 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	GREEN BEANS ALMANDINE, 1.5 cup... A great green bean side dish. Green Beans, Onions, Almonds. MSRP: \$8.40	.25	\$8.20

Philmont Meal Ideas:

Philmont Scout ranch is a high adventure BSA facility located in New Mexico. Comprising more than 120,000 acres, it welcomes over 20,000 visitors annually. They have meal planning down to a science. Although they sell left over meal packages at the end of each summer season, you can many times duplicate meals by purchasing items in grocery stores or through camping supply companies. Whether preparing a crew for a Philmont 10 day outback backpacking adventure or taking the troop for a weekend hike, the meal ideas below can help inspire a more interesting and fulfilling meal. Since treks at Philmont are in many cases strenuous, the creators of the meals ensure that the calorie count will meet the needs of the scouts. Our crew in 2012 experienced each of these meals. The biggest surprise was Dinner #10 which includes canned turkey and Stovetop Stuffing. At first glance, I was dreading the night that we would be subjected to this concoction. In the end, it was one of the favorite meals out of our 10 day trek and is the easiest to duplicate at home. Later on in this document, a rendition of the meal will be offered as a one pot meal.

Philmont Trail Food Ingredients 2012

<p>Dinner #1</p> <p>M. H. - Beef Stroganoff Pretzels Honey Roasted Cashews - K Grandma's Cookies – Oatmeal Raisin - K</p>		<p>Dinner #6</p> <p>M.H. – Chili Mac Pretzels Honey Roasted Cashews - K Grandma's Cookies – Peanut Butter - K</p>
<p>Dinner #2</p> <p>Creamy Pasta & Vegetable Rotini - Wise Cheddar Bread Pieces Nut and Chocolate Trail Mix - K Soft Batch Cookies - K</p>		<p>Dinner #7</p> <p>R.M. – Rice and Chicken Cheddar Bread Pieces Honey Roasted Peanuts - K Oreos - K</p>
<p>Dinner #3</p> <p>B.P. Santa Fe Style Rice with Chicken Honey Mustard Bread Pieces Honey Roasted Peanuts - K Kelloggs – Cinnamon Grahams - K</p>		<p>Dinner #8</p> <p>M.H. – Spaghetti Buttermilk Ranch Bread Pieces Original Gorp Soft Batch Cookies - K</p>
<p>Dinner #4</p> <p>R.M. - Mexican Beef w/Rice & Cheese Refried Beans Hot Buffalo Bread Pieces Oreos - K</p>		<p>Dinner #9</p> <p>R.M. - Fettuccine Primavera Jalapeno Bread Pieces Nut and Chocolate Trail Mix - K Famous Amos Chocolate Chip Cookies - K</p>
<p>Dinner #5</p> <p>M.H. - Veggie Lasagna Cracked Pepper Bread Pieces Salted Peanuts - K Apples & Spice Dessert</p>		<p>Dinner #10</p> <p>Canned Turkey Stove-Top Stuffing Mix Honey Roasted Peanuts - K Keebler Bug Bites - K</p>

TUNA NOODLE DISH (Serves 6)

Ingredients

- 12 Ounce Bag of Egg Noodles
- 2, 12 oz cans of Cream of Mushroom Soup
- 1, 12 oz. can of Package of canned peas (can substitute dehydrated)
- 3, 5 oz. Cans of Tuna Fish

Directions

1. In the cook pot boil water, cook egg noodles following directions on package.
2. Drain Egg Noodles leaving some moisture
3. Add Peas (with water), Cream of Mushroom Soup and Tuna Fish (with juices). Mix well and stir periodically so as not to burn ingredients on bottom.
4. Serve once all ingredients are up to temperature.

TURKEY & STUFFING DINNER (Serves 2)



Ingredients

- 6 Oz. Box of Stove Top stuffing
- 10 Oz. Can of Cooked Turkey with water (Can substitute canned chicken)
- 1 Cup of Dehydrated Corn or 7 Oz Canned Corn with water
- 1 Oz. Package of Dried Turkey Gravy (Can substitute Chicken Gravy)

Read directions for the Stove Top stuffing to determine the volume of water to add. (A 6 oz. box of stuffing calls for 1.5 cups of water.) Add water to empty cook pot. Add water quantity necessary for dehydrated corn. Add water necessary for dried gravy. Boil water. Once boiling, add gravy mix and stir. Add dehydrated corn (if using canned corn, add later) and stuffing mix. Stir. Cover and let stand for 5 minutes. Fluff and then stir in canned turkey (along with juices) and canned corn (with water). Heat on medium heat until meat and corn are up to temperature.

EASY CHICKEN SOUP



- 1 ½ Oz. of Chicken base
- 10 Oz. of Canned Chicken
- ½ Lb. Elbow Pasta
- 7 Oz. Canned Corn or ¼ Cup Dehydrated Corn
- 2 Quarts of Water

Boil Water and add the appropriate amount of chick base or bouillon cubes. 16 Ounces of chicken base makes 5 gallons of broth and is already seasoned. Measure out the quantity you need and repackage in a Ziploc bag. Chicken base is available at BJ's Wholesale Clubs. Add one 10 Oz. can of chicken per half gallon of soup. Bring to a boil. Add ½ pound of elbow pasta. Cook per pasta directions. Once pasta cooked, add corn. Bring to temperature and serve.

ONE POT LUNCH



Ok so this really isn't a meal you cook, but it's an ingenious idea for feeding a patrol of boys lunch. Use a large 8 quart trail chef pot and lid. In the bottom of the pot place a plastic bottle of squeeze jelly. Fill a quart freezer Ziploc bag with enough peanut butter to meet your group's needs. Place in bottom of pot with jelly. Place sliced round loaf of Italian bread in the pot. Put lid on pot. Pack in backpack. To serve peanut butter, cut corner off bag and squeeze like a pastry bag. **Variation:** Use pot to carry & protect bread. Give each person a 5 ounce plastic envelope package of tuna and a mayo packet from a fast food restaurant.

Backpacking Baking Methods & Techniques

Baking food in the outback will certainly set you apart from the typical hiker. With the exception of utensiless cooking, baking requires a sacrifice of carrying additional weight for the gear necessary to create an oven. Because fuel may be limited, the foods baked will need to be considered carefully. Many baked items will require eggs and milk. Consider substituting powdered milk and powdered eggs to remove the need to keep milk chilled and eggs safe from being cracked. With a little effort, you also may be able to find mixes that only require that water be added. Most baked items require that the baking pan be coated with oil. Carrying a spray can adds unneeded weight and carrying a container of oil can prove messy, consider a few tablespoons of Crisco shortening in a Ziploc bag. From biscuits, to cakes, to lasagna; having the access to an oven in the campsite can most certainly improve the culinary experience.

BEMCO BACKPACKER OVEN: www.BackpackerOven.com

The Bemco oven draws on the design of the old Coleman oven which sits on a gas burner. Unlike the Coleman oven, the Bemco oven sits over and surrounds the burner of the backpacking stove. For safety reasons, only stoves with separate fuel containers that sit outside of the oven can be used. The oven includes a temperature gauge similar the type you would have on a gas grill. The stove instruction guide primarily focuses on how to setup the stove. The booklet includes recipes which shed some light on tips for using the oven. Tips include rotating the pans from the top shelve to bottom shelf periodically for even baking and to preheat the oven before using. The oven comes in three different sizes; a 7 inch, a 8 inch and a 9 inch. Size selection will depend on whether you're cooking for a couple people or a patrol of 8. The oven is available also as a kit that includes baking pans.





From the Bemco Website:

NOTE: the oven is only to be used with stoves that do NOT have the fuel tank attached.

All Bemco® backpacker ovens are made of light weight aluminum that is flexible and durable. These ovens are not meant to be air tight. They can be used with backpacking stoves and most camp stoves. You can also use them on your home or RV stove top.

Oven Specs

Basic oven only, folded sizes:

- 7", 8" x1.5" x 12" tall.
- 9" folded oven is 9"x 1.5" x 13" tall.
- 7" oven weight 24.60 oz.
- 8" oven weight 29.55 oz.
- 9" oven weight 41.55 oz.

These weights include the thermometer, straps, and baking guide.

Oven kit weights as follows:

- 7" kit wt: 31.85 oz; includes 7" oven, 6" shallow pan, 6" deep pan.
- 8" kit wt: 39.55 oz; includes 8" oven, 7" shallow pan, 7" deep pan.
- 9" kit wt: 56.60 oz; includes 9" oven, 8" shallow pan, 8" deep pan.

All kits include the basic oven, plus one each shallow baking pan, deep baking pan, pan gripper, and the baking guide.

Time required to reach 500° F: 90 sec.

Time required to cook two 6" Pizzas at 14,496 ft elevation: 15 min.

BACKPACKERS PANTRY - OUTBACK OVEN: www.backcountrygear.com

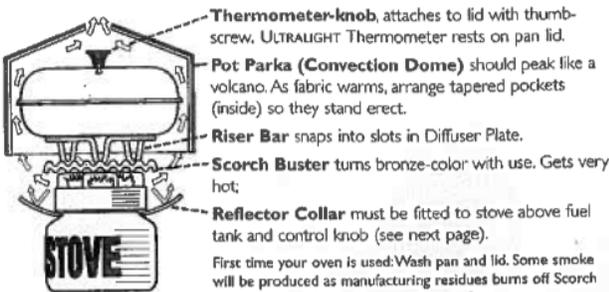
The Outback Oven can be used with backpacking stove with both fuel bottles separated from the burners and those with the burner directly above the fuel tank. The oven can also be carefully used with coals from a campfire. The oven is created by a parka surrounding an enclosed container. The oven includes a heat diffuser which reflects heat away from an attached fuel container. The oven is constructed with a temperature gauge that is visible through the top opening of the parka.



OUTBACK OVEN™ OPERATING INSTRUCTIONS
PLEASE READ THIS!

Thank you for buying an **OUTBACK OVEN™**! If you're the type of person who doesn't normally read instructions, have a peek at the diagram below, then have someone read this part to you:

- **Never use oven at high stove output** or leave unattended; you may damage your oven or stove (trust us).
- **Stove must be fitted with Reflector Collar** to shield base of stove and ground below (not needed for box stoves with external fuel tanks).
- **Turn down heat if you see smoke** coming from Convection Dome; it means fabric is being degraded from direct flame contact or intense heat.



BAKING BASICS:

1. Stove must be level with Scorch Buster centered over burner grate.
2. Start stove on low, increase output slowly as thermometer equilibrates.
3. Allow 5-10 minutes for oven (with food) to WARM-UP to BAKE zone. Adjust stove output to hold at upper BAKE zone. *Never turn stove on high!* (See Thermometer, page 3).
4. If oven gets too hot on stoves lowest setting, turn off stove and place a towel over Pot Parka. Wait until oven cools into BAKE zone, then re-light (re-priming white gas stoves should not be necessary).
5. Can be used over campfire coals. Avoid rip-roaring flames.

REFLECTOR COLLAR: Collar is placed between the burner and the fuel tank and shields the tank from excessive heat. Some cutting of the Collar is necessary; customize it to fit your stove:

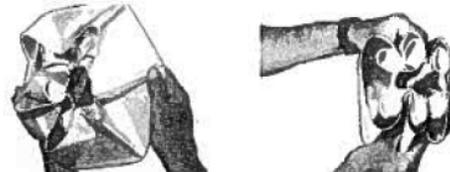
CAUTION: Cut metal edges can be very sharp.

1. Using scissors, slit from edge to center.
2. Fold edges ~1/2" along slit (one up, one down) so they interlock and make the Collar cup upwards.
3. Place on top of stove and mark positions of supports, tubes, etc. Cut out to fit your stove, removing no more material than necessary.

Templates for some common stoves provided.



STOWING POT PARKA:



THERMOMETER:

The thermometer of the Outback Oven is a simple "bi-metal" type that measures air temperature at the top of the Pot Parka. To provide a reliable reading, it must be positioned below the Parka's vent hole.

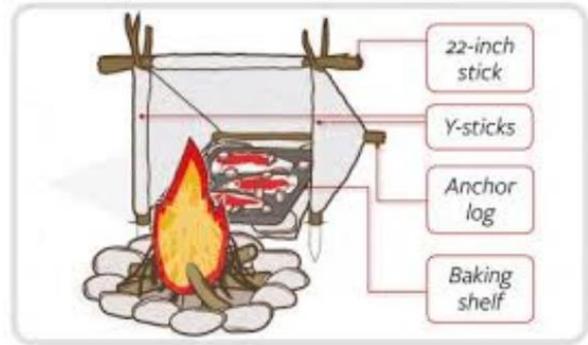
Because heat is absorbed by the pan and food, thermometer readings increase gradually. The highest readings will occur near the end of the baking cycle. The optimal baking reading for the 10" Oven is around the "E" in BAKE. The 12" Oven, with its larger size, will be near the "A" in BAKE. The 8" Oven and the Ultralight could be as high as the "B" in BURN. If the thermometer does read in the BURN area simply take off the Pot Parka and allow the pan to cool.

For more detailed instructions on modulating the heat see Advanced Baking Tips on page 5.

Windy Conditions: Wind can overpower Oven's natural convection. Baking time and thermo readings will vary. Use a wind screen. Avoid add-on screens that touch base of pan. A flap of foil with twisted tail inserted in tapered pocket of Parka can serve as a baffle over vent hole.

REFLECTOR OVENS:

When the camping experience will include a campfire, a reflector oven can provide a lightweight, easy to use oven. Ovens come in various different styles and sizes. Ovens range from manufactured models, to ovens created with tin foil with a “green” stick frame, to a homemade oven made from a pizza box coated in foil with a hardware wire rack. Regardless of the model, they all work basically the same. If the heat is too hot...move it away from the fire, too cool...move closer. A hot bed of coals works best as a heat source especially in reducing the smoky taste.



PIE PLATE DUTCH OVEN:

Find three pie tins of equal diameter. 9 inch pans are a nice size to work with. Drill a hole in the center of two of the pans. Placing back to back, insert a small bolt with washer. Fasten on the other side with a washer and wing nut. If available, consider using a bolt with a thumb turn end to remove the need to have tools. Use three binder clips to connect the bottom pan (the one without a hole drilled in it) to the top. Larger nails that are about 6 inches long can be used as legs by driving them into the surface of the fire pit. Space the nails so they evenly support the pans without being too close to the outside edge of the bottom or too far in the center. Nail heads should be close to level and leaving enough space for coals. Drag coals from main fire to place under pans and place within the top upright pan. To prevent burning, use a wire trivet and a pan to bake items in within the oven. Temperature control is especially important with aluminum pie tins. Keep the bolt holding the two pans together loose enough so you can periodically spin the top as you would with a Dutch oven to create even heating. Lift and spin the whole oven using gloves to ensure even bottom heat.





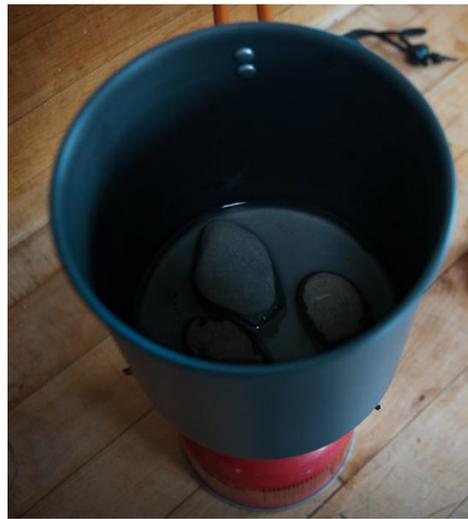
BREAD ON A STICK:

A simple method to have hot fresh bread is to prepare bread on a stick over a campfire. A popular recipe is bannock bread. Mixed in a Ziploc bag, formed into a rope and then wrapped around a “green” stick, the bread can be baked over a campfire. Make sure to periodically turn the stick to promote even baking.



NESTED POTS OVEN (WET & DRY):

This method of baking uses two cook pots that can be nested. In the larger pot, place 3 rocks of the same height to support the smaller pot and inch or so above the bottom. A metal trivet can also be used. Place the smaller of the two pots on the stones (or trivet). Bake within the smaller pot. Cover larger pot with either the pot lid or foil. Place larger pot on your heat source. Bake either dry or with 1 inch of water in the bottom of the can. Water baking will bake faster but will lack the browning and crisp exterior that dry baking produces. Adjust heat source to produce desired interior temperature. The lid can be opened if the temperature gets too hot. When baking smaller baked goods, a silicon oven safe container may be used.



#10 CAN OVEN

This is homemade creation that took about 30 minutes to make. Start with an uncoated #10 can. About 1/3 up from the bottom, screw in three self-tapping screws equally spaced around the circumference. Drill a hole about 1/4 down from the top of the can for the temperature gauge. Place the can on top of some metal mesh or hardware wire. Trace the perimeter of the can with either a permanent marker or scratch awl. Using tin snips, cut out circle by staying about 3/16 of an inch in from tracing. Place in the can so it rests on the three screws. Form a foil top making sure that the temperature gauge is visible. Place item being baked in a pan on top of the mesh. Place #10 can on your heat source. Bake either dry or with 1 inch of water in the bottom of the can. Water baking will bake faster but will lack the browning and crisp exterior that dry baking produces. Firm biscuits can be baked directly on the mesh when dry baking after coating mesh with oil. Adjust heat source to produce desired interior temperature. The lid can be opened if the temperature gets too hot. ***Before baking in your oven for the first time, heat it nice and hot without the lid to vent off any fumes from the can. Remove the temperature gauge and grate. Place in gas grill with the lid closed and heat until reaches 500 degrees. You may also want to heat on backpacking stove for 10 minutes on high without lid.***



BAKING PAN IDEAS & SUGGESTIONS



Small Aluminum Personal Mess Kit Pan: Lightweight and readily available. Fits a two person to single serving size item.



Extra Small Aluminum Pie Pan: Lightweight pan available at some kitchen supply stores. Fits a single serving size item.



Tuna Can (No Interior Coating): Lightweight and free. Fits a single serving size.



Small Tin Take Out Container: Lightweight. Available at discount stores or by recycling a tin from your latest take home doggie bag or Chinese lunch special. Fits 1 Jiffy cornbread package serving 3 to 4.



Small Baking Pans: Aluminum baking pans that come in a variety of sizes. Available in restaurant supply stores. Pictured are 1 inch deep pans in 6 inch, 7 inch and 8 inch diameters. Fits approximate serving sizes of 3, 5 and 7 respectively.



8 Inch Aluminum Pizza Screen: Lightweight. Available at restaurant supply stores. Used with dough based products or other firm items. Makes a single serving pizza or 4 biscuits.

BAKING RECEIPES & IDEAS

CLAM PIZZA

Ingredients:

Bob's Red Mill Pizza Dough Mix

- 1 pkg (16 oz) [GF Pizza Crust Mix](#) (3 1/4 cups)
- 1-1/2 cups warm Water
- 2 Eggs (Consider 2 Tbsn. of egg powder as alternative)
- 2 Tbsp Olive Oil
- 1 Yeast Packet (enclosed)

Clam Topping

- Galic Powder
- ¼ Cup Olive Oil
- Salt & Pepper
- Italian Seasoning
- 5 – 6 Oz. Can of Clam Meat (Save Juice)
- 2 Cups Grated Mozzarella Cheese (Freeze in Ziploc)
- 2 Tbsp Grated Parmesan Cheese

Prepare Dough:

In a large bowl, combine water and yeast. Let stand a few minutes. Add eggs and oil to mixture and blend briefly. Add GF Pizza Crust Mix and blend until combined. Leave dough in bowl, split in half, place in Ziploc bag with air space and allow to rise 20 minutes in a warm place.

Prepare Pizza

Flatten dough into shape that works best for your oven. Consider small pizza screen. Spread half the olive oil on the dough. Spread clam meet and add garlic powder, salt & pepper. Spread mozzarella cheese. Sprinkle with Italian seasoning, the rest of the olive oil and 2 tablespoon of clam juice. Bake at a high temperature of up to 500 degrees.

JIFFY CORN BREAD



This is quick and easy bread. Purchase Jiffy brand corn muffin mix. Follow the directions on the package. One package will be perfect for a 7 inch round foil tin pan. Tin pans can be purchased at Ocean State for about 20 cents each. They are light weight and reusable. You can mix in a Ziploc quart bag to save on clean up. Once mixed, cut off corner and squeeze into greased baking pan.

- Package of Jiffy Corn Muffin mix
- 1 Eggs or 1 Tbsn of Egg Powder
- 1/3 Cups of Milk or 5 Tbsn of Powdered Milk and 1/3 Cup of Water
- Non-stick spray or Crisco Shortening to coat oven

EASY CORN BREAD



This is even quicker and easier bread. Purchase Marie Callender's brand corn muffin mix. Follow the directions on the package. One half package will be perfect for a 7 inch round foil tin pan. Tin pans can be purchased at Ocean State for about 20 cents each. They are light weight and reusable. If you are using the whole bag of mix, then mix in package. Otherwise, you can mix in a Ziploc quart bag to save on clean up. Once mixed, cut off corner and squeeze into greased baking pan.

- ½ Package of mix
- ¾ Cups of Water
- Non-stick spray or Crisco Shortening to coat oven

CORNBREAD WITH SPAM & CHEESE (Based on Recipe from the Bemco Instruction Booklet)

Purchase Marie Callender's brand corn muffin mix. Follow the directions on the package. One package will be perfect for 2, 7 inch round foil tin pans. Tin pans can be purchased at Ocean State for about 20 cents each. They are light weight and reusable. If you are using the whole bag then mix in package or you can mix in a Ziploc quart bag to save on clean up. Chop and add Spam and dried peppers. Add shredded Parmesan cheese. Once mixed, cut off corner and squeeze into greased baking pan.

- Package of mix
- 1 ½ Cups of Water
- Non-stick spray or Crisco Shortening to coat oven
- 16 Oz. Spam
- 1 Oz. Dried Peppers
- 6 Oz. Shredded Parmesan Cheese

BANNOCK BREAD

Ingredients

- 1 cup flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 tablespoon sugar
- 1 egg or 1 Tbsn Egg Powder

(Mix Dry Ingredients in advance in Ziploc bag.)

Mix ingredients with a few tablespoons water. Coat the outsides of the dough and your hands with flour. Work with your hands forming a long roll of dough that can then be wrapped around a green stick about ½ inch to ¾ inches in diameter. Prop or support over coals spinning periodically to promote even baking. Distance above the coals will depend on the heat being generated by the bed of coals and weather conditions. Bake until bread rises, is browned, crust is stiff when tapped, and knife blade inserted into bread comes out clean. Optional: Coat outside of dough with cinnamon and sugar mixture before baking.

BACKPACKERS CALZONE

Ingredients:

Bob's Red Mill Pizza Dough Mix

- 1 pkg (16 oz) [GF Pizza Crust Mix](#) (3 1/4 cups)
- 1-1/2 cups warm Water
- 2 Eggs (Consider 2 Tbsn. of egg powder as alternative)
- 2 Tbsp Olive Oil
- 1 Yeast Packet (enclosed)

Filling

- Galic Powder
- Italian Seasoning
- Canned Ham
- 2 Cups Grated Mozzarella Cheese (Freeze in Ziploc)

Prepare Dough:

In a large bowl, combine water and yeast. Let stand a few minutes. Add eggs and oil to mixture and blend briefly. Add GF Pizza Crust Mix and blend until combined. Leave dough in bowl, split in half, place in Ziploc bag with air space and allow to rise 20 minutes in a warm place.

Calzone Directions:

Chop canned ham into cubes no bigger than 1/2 inch. Form by hand or roll out half of dough into a circle. A clean Nalgene water bottle can serve as a roller. On one half of circle, place chopped ham and grated mozzarella. Wet edges of dough circle. Fold half of dough circle on itself. Pinch dough halves together to form pocket. Cut vent hole on top of calzone. Bake on foil, pan or pizza screen.

CHICKEN ENCHILADAS (Recipe drawn from the Bemco Instruction Booklet)

Ingredients:

- 1 Foil package of Chicken (6 oz.)
- 1 Fresh Jalapeno Pepper
- 1 Fresh Habanera Pepper
- 6 Small four or Corn Tortillas
- 4 to 6 oz. cheese of your liking
- 1, 6 oz. can of green enchilada sauce or use the powdered sauce mix. (Available in the sauce mix section at your local market.)

Directions: Chop both peppers. Mix the chicken, 1/4 of the cheese and the jalapeno pepper and Habanera pepper in a small plastic bowl or cup. Place the mixture in the tortillas and roll each one placing them in the deep pan. After all the enchiladas are in the pan, place the rest of the sauce over them and then sprinkle with the rest of the cheese. Preheat the oven to 375 to 400 degrees. Place in oven for 25 to 30 minutes or until cheese is good and melted. Remove from oven and let cool for 2 to 5 minutes before serving.