

# Pacific Crest Trail Association

## Recipes for Trail Crews

### Sample Recipes

The following recipes serve eight to ten people each. When scaling the recipe for smaller or larger groups, we recommend pre-testing the recipe at home to ensure ingredients are properly proportioned.

### **New Orleans-Style BBQ Shrimp and Grits with Collard Greens**

*From Sonya Rodgers, North 350 Blades*

1 lb. frozen collard greens (pack in a ziplock bag; they leak as they thaw)  
1.5 lb. frozen shrimp (preferably raw with shells on)  
31-40 count size (allows about 6 shrimp per person)  
10 oz. dry grits  
1.5 sticks butter ( $\frac{3}{4}$  cup melted) (sub Earth Balance if you have vegans or lactose intolerants)  
2 lemons, juiced  
2 sprigs fresh rosemary, finely minced  
5-6 large garlic cloves, finely minced  
Tabasco, to taste  
salt  
1 Tbs. vinegar (optional)  
chicken "meat" substitute if you have vegetarians/vegans

Peel shrimp; set shrimp aside and make a broth with the shells. Cook grits in shrimp broth according to box directions; cook a little longer at high altitudes. (If you have vegetarians on your crew, skip the shrimp broth and use plain water with an extra pinch of salt.) In a separate pot, simmer collard greens in a bit of water for 15-20 minutes; season with salt and vinegar to taste. Gently sauté shrimp in the mixture of butter, lemon, garlic, rosemary, and Tabasco; make it as spicy as your crew can handle and keep the Tabasco handy. Serve over grits with collards on the side. (Serves eight to ten.)

### **Polenta with Lentil, Sausage, and Veggie Trio**

*From Sonya Rodgers, North 350 Blades*

10 oz. polenta (dry, uncooked)  
10 oz. dry lentils  
14.5 oz. can diced tomatoes  
2 lb. hot Italian sausage or vegetarian substitute  
2 small green peppers  
1 medium onion  
olive oil  
1 tsp. thyme, oregano, or Italian herb mixture

Cook polenta according to package directions; longer at high altitudes. Simmer lentils until tender. Drain. Add salt, herbs, and canned tomato with its juices. Slice peppers and onion thinly; sauté in olive oil and season to taste. Cut sausage into  $\frac{1}{4}$ " slices and brown. Plate polenta with a small pile each of the lentil/tomato mixture, sautéed veggies, and browned sausage. (Serves eight to ten.)

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### **Larry's World Famous Camper's Spaghetti**

*From Larry Krumm, Will Work for Krumm's Crew*

Can be cooked in camp or at home and frozen. Can be made vegetarian by leaving out meat, still good, but not as good.

2 mild Italian sausages (about 8 oz.)  
1 lb. ground beef  
1 Tbs. olive oil  
1 large green bell pepper  
1 large red bell pepper  
10 large mushrooms  
½ cup chopped onion  
3 jars of prepared spaghetti sauce  
6 oz. can tomato paste

Slice sausage into 1 inch slices. Dice bell pepper. Slice mushrooms. In large skillet, heat oil and add sausage slices to brown. When sizzling add bell pepper. Sauté with sausage 2 minutes, add onion, sauté 1 minute, add mushroom, sauté 1 minute, add ground beef. When beef is browned and sausage cooked through (it should be done about the same time as the beef) drain. Add 3 jars of your favorite canned/jarred spaghetti sauce (i.e. Ragu, Prego, etc.) to meat and vegetables (if skillet is of sufficient size or add both to a large pot). Cover and simmer until peppers are soft (could be 10 minutes, could be 30, you never know with altitude and stove quality so start a bit early so you are sure to finish on time). Thicken with tomato paste and simmer a few more minutes. Serve over spaghetti with a salad and your bread of choice. (Serves eight to ten.)

### **Tortilla Soup**

*From Larry Krumm, Will Work for Krumm's Crew*

2 - 16 oz. cans of corn and black beans, drained  
2 - 16 oz. can diced tomatoes, undrained  
2 - 24 oz. container chicken broth  
2 - 4 oz. cans mild diced green chilies  
2 - 16 oz. jars chunky mild salsa  
2 - 12 oz. cans chicken  
1 large bag tortilla chips  
Optional toppings: sour cream, avocado slices, shredded cheese, lime wedges for squeezing

Combine all canned ingredients with broth in a large soup pot and heat to a simmer. Ladle into individual bowls over tortilla chips. Serve with optional toppings. (Serves eight to ten.)

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## **Bratten's Clam Chowder**

*From Larry Krumm, Will Work for Krumm's Crew*

Can be cooked at home and frozen or done in camp. Takes about an hour from scratch.

1 cup onions finely chopped  
1 cup celery finely chopped  
2 cups potatoes diced into ½ inch cubes  
6 - 6.5 oz. cans of minced clams  
¾ cup (12 Tbs.) butter  
¾ cup flour  
1 quart half and half  
1 ½ tsp. salt  
1 tsp. pepper  
2 Tbs. red wine vinegar

Put the vegetables into a pot. Drain the juice from the clams and pour over the vegetables. Add enough water to barely cover the vegetables and simmer over medium low heat until tender but not mushy. In another large pot over medium heat, melt the butter and add the flour. Blend until smooth. Slowly add the half and half and stir with a wire whisk until smooth and thick. Add the un-drained vegetables, clams, vinegar, salt and pepper. Heat thoroughly. Goes great with sourdough bread. (Serves eight to ten.)

## **Chicken Gumbo**

*From Dave Harrison, Carsonora Trail Crew*

6 previously frozen chicken breast halves, boneless and skinless, cubed  
2 cups frozen okra slices  
3 Andouille sausages sliced  
½ cup diced green bell pepper  
½ cup diced onion  
½ cup diced celery  
2 quarts low sodium chicken broth  
Gumbo filé powder (sassafras)  
Cajun seasoning  
Tabasco sauce  
Rice

Sauté the veggies except okra and remove from pan or pot. Sauté the cubed chicken then add and sauté sausage. Add the veggies back except okra and add the broth, seasonings, and Tabasco sauce, simmer till all is tender. Add filé powder to thicken and lastly add the okra careful not to overcook. Serve over rice. (Serves eight to ten.)

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## **Pasta with Fresh Tomatoes**

*From Paul Cardinet, The Can Do Crew*

Some of prep has to be done early for it to marinate.

4 large tomatoes in various colors, chopped to bite size  
10 small tomatoes chopped in half  
3 large cloves of garlic crushed or minced  
1/2 cup fresh basil chopped  
1/2 cup olive oil  
3/4 tsp. salt  
1/2 tsp. pepper  
1 ½ lb. dry pasta  
1 cup grated or shredded parmesan cheese  
2 lbs. chicken breasts cooked and chopped to bite size pieces

Combine tomatoes, oil, garlic, salt, and pepper. Cover, set aside for 2 hours. When ready to prepare dinner: Cook pasta, drain, return to pot, pour in chicken-tomato mixture and toss. Add parmesan cheese stir and serve. (Serves eight to ten.)

## **Broccoli Salad**

*From Paul Cardinet, The Can Do Crew*

Prepare this two hours ahead of meal time to allow to marinate

2 medium fresh broccoli heads  
1 cups diced red onion  
1 lb. bacon  
1 cup mayonnaise  
1/3 cup sugar  
1.5 cups mozzarella cheese (grated)  
3 Tbs. red wine vinegar

Cook bacon in ¼ inch slices for bits. Chop broccoli bite size pieces. Dice red onion. Mix broccoli, onions, bacon, and grated mozzarella in large bowl. In separate small bowl combine vinegar, sugar, and mayonnaise. Pour dressing over broccoli, toss to coat. After 2 hours, re-toss and serve. (Serves eight to ten.)

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## **Peanut Sauce Pasta (Gado Gado)**

*Adapted from NOLS Cookery*

2 lbs. angel hair or thin spaghetti  
½ cup peanut butter  
½ cup soy sauce  
1 Tbs. garlic  
1 large onion, chopped  
½ cup apple cider vinegar or lime juice  
½ cup oil  
½ cup brown sugar  
Optional, 3 cups each: chopped broccoli, red bell pepper  
Toppings: sunflower seeds, hot sauce

Make sauce while pasta is cooking. Sauté garlic and onion. With heat turned to low, add peanut butter, and immediately stir in enough water to thin it out. Add soy sauce, apple cider vinegar, brown sugar, and oil. Optionally, sauté veggies in peanut sauce. Toss together and serve. Good cold too! (Serves eight to ten.)

## **Tamale Pie**

3 - 1 lb. packages pre-cooked polenta (or substitute 2 cups dry grits cooked in 6 cups water)  
2 cans pinto beans  
2 cans refried beans  
2 onions, chopped  
1 bell pepper, diced  
16 oz. jar salsa  
8 oz. block of cheese, grated  
Optional spices: salt, pepper, cumin, hot sauce, taco seasoning packet

Heat frying pan or large pot with oil. Sauté onion and peppers. Slice polenta into thin rounds and add to hot pan- they will become mush after being stirred around in the pan. Sauté polenta until soft, then add beans, and spices. Stir until well-combined and all ingredients are hot. Serve with cheese and salsa. (Serves eight to ten.)

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### Pesto Pasta

2.5 lbs. small shell or spiral pasta  
3 packets dried pesto mix  
2/3 cup olive oil  
2 cans garbanzo beans  
2 - 8.5 oz. jars julienned sundried tomatoes in oil (or 12 oz. packaged dry)  
1 lemon, juiced  
8 oz. parmesan cheese, shredded  
1 cup pine nuts or chopped pecans for topping

Cook pasta in large pot. Add pesto packages, oil, and lemon juice. Stir until the pesto is well mixed into pasta. Stir in beans and sundried tomatoes. Serve with parmesan cheese and nuts. (Serves eight to ten.)

### Jambalaya

3 - 8 oz. packages of dry jambalaya rice mix  
2 lbs. greens, fresh or frozen (spinach/kale/collards)  
1.5 lb. sausage or vegetarian sausage  
8 oz. cheese, cubed

Brown and crumble the sausage. Follow directions for the rice mix. When rice has absorbed all the water, stir in greens and sausage. Serve with cubed cheese. (Serves eight to ten.)

### Thanksgiving Dinner

*From the Appalachian Mountain Club*

4 cups instant mashed potatoes  
2 - 6 oz. bags seasoned stuffing mix  
1 onion  
1 can peas  
1 can corn  
2 - 12 oz. cans chicken  
1 can cranberry sauce  
6 Tbs. butter  
Dehydrated milk

In large pot, sauté onion in butter. When almost cooked, add water according to stuffing directions and bring to boil. Remove from heat and stir in stuffing, peas, corn, and chicken. In small pot, cook instant mashed potatoes with water, dehydrated milk, and butter, according to directions. Serve stuffing and mashed potatoes with cranberry sauce. (Serves eight to ten.)

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### **Mac and Cheese with Veggies and Tuna**

*Adapted from the Appalachian Mountain Club*

6 boxes mac and cheese (gluten-free or regular)  
1 package cream cheese  
2 bell peppers (or 2 - 7 oz. cans diced fire-roasted mild green chilies)  
3 carrots  
1 onion  
1 zucchini or yellow squash  
Optional: 4 cans tuna

Make the mac and cheese according to directions in large pot. Sauté vegetables in small pot. Mix cream cheese and vegetables into mac and cheese. Stir in tuna. (Serves eight to ten.)

### **Canoe Trip Coconut Curry**

*From the Appalachian Mountain Club*

2 onions, chopped  
6 carrots, chopped  
3 cloves garlic, minced  
2 Tbs. curry powder  
3 Tbs. oil  
2 - 16 oz. cans coconut milk  
1 block tofu (or 3 - 5 oz. cans chicken)  
2 cans peas  
3 cups rice

Cook rice in one pot. In another pot/pan, sauté onion and carrots in oil with garlic and curry powder. Add coconut milk. Cut tofu into cubes and add. Simmer several minutes. Add peas. Simmer several minutes more. Serve curry over rice. (Serves eight to ten.)

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## **Quick Cinnamon Rolls**

*Adapted from NOLS Cookery*

3 cups white or whole wheat flour  
2 Tbs. baking powder  
3 Tbs. powdered milk  
1.5 tsp. salt  
1 to 1.5 cups water  
 $\frac{3}{4}$  Tbs. cinnamon  
 $\frac{1}{4}$  cup raisins  
 $\frac{1}{4}$  cup nuts  
3 Tbs. butter  
 $\frac{1}{2}$  cup brown sugar  
Extra flour for rolling

Mix together first four ingredients and water. Roll out on floured surface, adding more flour to make dough less sticky if necessary. Mix butter, brown sugar, and cinnamon until creamy and spread it on the dough. Sprinkle with nuts and raisins if desired. Roll up jelly-style, pinching dough closed so sugar doesn't fall out. Slice roll into 1-inch slices and place in lidded pan or Dutch oven. Hint: dental floss makes a great tool. Cover and bake, using twiggy fire on top of lid, for 15-25 minutes. Makes 12 rolls.

## **Scrambled Brownies or Gingerbread**

*Adapted from NOLS Cookery*

4 cups brownie or gingerbread mix  
 $\frac{3}{4}$  cup water (more if batter is dry)  
Optional: chopped nuts, dried fruits, or chocolate chips

Mix together. Spread in one large, or two smaller, oiled fry pans. Cover and cook on low heat about 15 minutes until product is done on top. Scrape out of pan with a spatula. Let sit a few minutes before eating so it can stiffen. This is an alternative to baking with a twiggy fire on top of the lid. The end product is chewy and gooey. Variation: add chopped nuts, dried fruits, or chocolate chips to the mix before cooking. (Serves eight to ten.)



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## **No-Bake Powerhouse Cookies**

*Adapted from NOLS Cookery*

1 cup brown sugar  
¼ cup butter  
3 Tbs. powdered milk  
4 Tbs. water  
1 cup oatmeal  
1 cup peanut butter  
½ cup nuts  
¼ cup chocolate chips  
½ tsp vanilla

Mix sugar, butter, powdered milk, and water in a pan. Bring to a boil. Reduce heat and boil 3 minutes, stirring constantly to prevent scorching. Remove from heat and stir in remaining ingredients. Drop by spoonful onto a flat surface. Let sit for about 10 minutes to set. In hot weather, they might not set as well. Makes 20 cookies.

## **Peach Cobbler for a 10" Dutch Oven**

*From Backcountry Horsemen of Oregon*

1 box of French vanilla or yellow cake mix  
11 Tbs. butter  
3 - 15 oz. cans sliced peaches (or any canned fruit)  
1 gallon-sized zip-up bag

Preheat Dutch oven over 28 coals. Knead warmed butter and cake mix in zip-up bag till you see crumbles. Remove Dutch oven from heat and add peaches with liquid and return to heat. Simmer till the liquid is steaming and you start to see bubbles. The fruit and liquid need to be almost boiling before you add the crumble mix. Sprinkle the crumble mix from the bag evenly over the fruit. Do not stir. Bake 25-45 minutes or until lightly browned on top. (Serves 8-10 people.)