

Cooking on the River

Recipes and More



River Management Society





The mission of the River Management Society (RMS) is to support professionals who study, protect and manage North America's rivers. Our diverse membership includes federal, state and local agency employees, educators, researchers, consultants and organizations and citizens from the private sector. There are seven regional chapters in the United States. Each chapter holds meetings and regional field trips to share and discuss river management issues on a local level and build lasting partnerships. This recipe book is a tribute to the many rivers of the United States. Most recipes are suited for rafting excursions, others are intended to be made at home and stored for later in the trip.

RMS is a 501(c)(3) organization; all contributions and membership dues are tax-deductible.

For more information:

P.O. Box 5750

Takoma Park, MD 20913-5750

www.river-management.org

Table of Contents

P. 4 Cooler Management Hints for the meal planner General Dry Box tips	P. 9 Dutch Oven Pizza Thai Red Curry Quesadilla Pie	P. 15 Wild Rice Patties Quick Tamale Casserole
P. 5 Matkat Hotel Egg Puffs Eve's Pudding Bacon and Cheese Pops Basic Muffin Mix	P. 10 Cashew Chicken Salad Crab Salad Cream Cheese Apricot Spread Uncooked Fruit and Vegetable Relish Seafood Fettuccini	P. 16 Chicken Crab Roll-Ups Mountain Oven Fried Chicken with Honey-Butter
P. 6 Potatoes au Rotten Beer Pancakes Wild Rive Pancakes Pear Crescents Cranberry Relish Chocolate Rhumba	P. 11 Peasant Pita Turkey Wrap Hummas Spread Pork and Mango Curry	P. 17 Lentil Sweet Potato Stew Sweet Potato Quesadilla
P. 7 Stuffed French Toast Raw Blueberry Jam Orange Bread Baked Oatmeal	P. 12 Turkish Prawns & Couscous Mushroom Macaroni Onion Lentils	P. 18 Posole Hominy Stew Wild Rice Stuffed Squash
P. 8 Indian Fry Bread Greek Breakfast Wrap Mountain Omelet Banana Pecan Pancakes	P. 13 Oyster Snacks BLT Spread Train Wreck Corn Dip Pesto	P. 19 Lay-Over day chili Hushpuppies
	P. 14 Baked Brie Corn Bake Casserole Mexican Corn Bread	P. 20 White Chili Chicken Marinara with Mushrooms
		P. 21 Low-Tech Curry Dutch Oven Chili Rellanos
		P. 22 Lower Salmon Lasagna Mississippi Caviar
		P. 23 Black Bean Lasagna Panang Chicken Spanish Noodles
		P. 24 All About Fish

Table of Contents, cont.

<p>P. 25 Beer-Fried Trout Beer Batter Bass Fillet Parmesan for Trout, etc. Salmon Marinade and Sauce</p> <p>P. 26 Dark Canyon Sausage, Brats, & Cabbage King Ranch Chicken Casserole</p> <p>P. 27 Chick/Chop Dutch Roasted Lemon Chicken</p> <p>P. 28 Chicken with Spaghetti Unrolled Cabbage Rolls Thai Coleslaw</p> <p>P. 29 Beef Stroganoff Dutch Oven Enchilada Casserole</p> <p>P. 30 Green Chili Stew Ishawooa Beans Moroccan Spiced Potatoe Medley</p> <p>P. 31 Excellent Salmon Lasagna</p> <p>P. 32 Creamy Veggie Soup Egg Flour Pork Soup Potatoe Soup Hearty Fish Chowder</p>	<p>P. 33 Mashed Potatoe Soup Dutch oven BBQ & Been Soup Tomatoe-Dill Bisque</p> <p>P. 34 Aioli Sauce Mustard Sauce Creole Sauce Drawn Butter Sauce Horseradish Sauce</p> <p>P. 35 Fish Stuffing Fish Marinade Wine Fish Stock Mirepoix</p> <p>P. 36 Sour Cream Cookies Wild Rice Cookies with Raisins Spiced Hot Cocoa</p> <p>P. 37 Dump Cake Evil Brew Chocolates Dutch Oven Cherry Cobbler</p> <p>P. 38 Evil Brew Coffee Dutch Oven Apple Crisp</p>	<p>P. 39 Lemon Cake Campfire Apples Make Ahead Sour Cream Fudge Torte</p> <p>P. 40 Suggested Items for Cooking and Camping</p> <p>P. 41 Food Planning for a Crowd Quantities and Measures</p> <p>P. 42 Dutch Ovens and Charcoal Briquettes</p> <p>P. 43 River Otter's Recipe Adjusting by Serving</p> <p>P. 44 Recipe Adjusting by Serving, cont.</p> <p>P. 45 Metric Conversions</p>
--	---	--



Yosemite National Park

Cooler Management

- Place dry ice in the bottom of the cooler. Cover the ice block with heavy duty paper bags to keep it frozen longer.
- Freeze ice jugs instead of using loose ice. That way you can drink the water as the ice melts. Keep in mind that water expands as it freezes.
- Pre-freeze as many items as possible before placing in ice chests. You can use your pre-frozen dinner at the bottom of the lunch cooler for the day's cold and your dinner will be thawed by the time you get to camp.
- Multiple smaller coolers is more effective than one large cooler. That way you can divide food according to day. For example, put the first 3 days of food in one cooler, the next 3 days in the second. Or, you could have coolers separated by food group, such as a vegetable cooler, meat cooler, dairy cooler, beverage cooler.
- Duct tape the rim of the cooler lid to keep the hot air out.
- Have only one or two people assigned to get in and out of the coolers. This will help with organization as they will know where everything is located.
- On a long trip: as coolers empty, combine two coolers to make one with more ice and less air space. Do this in the early morning when the air is coolest.
- Put the last night's meal in first, the next to the last meal on top of that, etc. Remember the breakfast meals when loading this way.
- Certain vegetables freeze more easily than others. Do not put vegetables susceptible to freezing directly next to the ice. Load fragile fruits and vegetables like tomatoes, peaches, etc., on the top or in a tray. Use the fragile fruits in the first days.
- Do not pre-cut produce as it will not last in a cooler like it does in your refrigerator
- Remember that some items do not need to be refrigerated: apples, oranges, onions, potatoes, peanut butter, jelly, eggs.
- Always have a separate cooler for beverages. Store extra soda, beer, etc. in a drag bag in the river overnight. Replace the drinks in the cooler in the morning when the air is cool and the drinks have cooled down over night. Cool beverages down by storing them in the river overnight.
- Never put warm drinks in the cold cooler.
- Drain the coolers in the morning – don't forget to close the drain plug!
- When in camp, store coolers in the shade. If the coolers are too heavy to move from the boat-cover them overnight. Wet a light colored towel in the river and drape it over the cooler.

Hints for the Meal Planner

- Prepare everything in advance to reduce in-camp preparation time and dirty dishes. For example, pre-measure and pre-mix items, bagging in plastic Ziploc bags and labeling them appropriately.
- Discard as much packing material as possible before playing food in storage containers (e.g., tear off the recipe on the cake box and tape it to the plastic sack.
- English muffins, tortillas, pita breads, and bagels travel better than loaves of pre-sliced bread.
- Break and freeze eggs for use later in the trip.
- Purchase foods like butter, cream cheese, etc. in tubs rather than in paper.
- Purchase what you can in plastic containers rather than in glass. If you must use glass-store empty glass in the dry box or cooler to prevent accidents from broken glass. Another option is to duct tape the glass bottles.

General Dry Box Tips

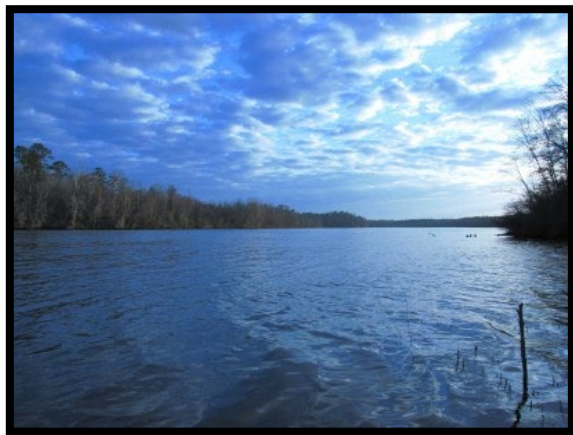
- When packing the dry boxes, be sure to spread out the weight. You don't want someone to get stuck carrying all the canned goods and someone else carrying all the dry goods
- Put the spices, oil, salt and pepper, coffee, condiments, and any other cooking items that you will need to access more than once in the same dry box.
- Pack hours d'oeuvres at the top of food boxes to quickly satisfy munchies.

"All ills are made better by food" H. W. Tillman



Breakfast

The Most Important Meal of the Day



Chattahoochee River,

Eve's Pudding

Anna Howard

2 cups stewed apples
a little milk
1 oz. butter
2 oz. self-raising flour
1 ½ oz. sugar
1 egg

Cream the butter and sugar, stir in beaten egg, stir in flour alternating with dribbles of milk to form a batter of dropping consistency. Put the apples in a buttered baking dish, spread the batter over, bake in a moderately hot oven (or Dutch oven), for about 35 minutes. Serve immediately. This recipe is also good with peaches.

Basic Muffin Mix

2 cups sifted all-purpose flour
¼ cup sugar
3 tsp. baking powder
½ tsp. salt
1 cup milk
1/3 cup salad oil or melted shortening
1 egg, slightly beaten

Sift together dry ingredients. Beat milk, oil and egg. Make a well in the dry mixture, pour in milk mixture and gently stir to avoid lumps. Grease the bottom of 14 (2 ½ in.) muffin-pan cups or 11 (3 in) cups. Bake at 400 deg. for 20-25 min.

Bacon and Cheese Pops

Anna Rose Sullivan

2 slices bacon, diced
1 cup flour
½ tsp. salt
1 tsp. dried minced onion
1 cup milk
2 eggs
¼ cup Cheddar cheese, grated

Preheat oven to 450 deg., Fry the bacon until crisp. Sift together the flour and salt. Beat the eggs into the milk and add this mixture to the dry ingredients along with the chopped onion and grated cheese. Beat well. Grease a muffin pan generously with bacon grease. Heat the pan in the oven for 5 min. Pour the batter into the pans until the cups are half full. Bake at 450 deg. for 30 min. then reduce heat to 350 deg. and continue to bake for 10 min. more until the pops are browned. Slit the pops and butter them.

Muffin Flavors (add to basic mix)

Blueberry: add 1 cup, and ¼ cup sugar
Raisin: add ½ cup & 1 Tbs. orange peel
Strawberry-Jam: 1 tsp. grated lemon peel. Put 1 tsp. jam in each muffin cup
Bacon: add ½ cup, reduce oil to ¼ cup
Maraschino-Cherry: add ½ cup to mix

Matkat Hotel Egg Puffs

Greg Trainor

2 dozen eggs, whipped and beaten
1 can of cream of mushroom soup
1 small onion, finely chopped
½ green pepper, finely chopped
1 lb. sausage (not links)
1 medium sized box or package of garlic (or reg.) croutons
1 medium package grated cheddar cheese
Salsa, if desired

Brown sausage in bottom of 16 inch Futch oven and drain grease. Mix in onions and green peppers, lightly stir to mix; cooking is not necessary. Sprinkle croutons on the top of browned sausage, onions and peppers. Pour mixture of beaten eggs, mushroom soup, and shredded cheese over the sausage and crouton foundation. Place 16 hot briquettes on top of the oven and 6 on the bottom. Bake one hour or 15 minutes after you start to smell the food (this is the hard part!). Makes 8 servings. This recipe can be made without meat and can include any combination of "goodies" that you might want in a great omelet.

Over 70% of our Earth's surface is covered by water.





Kenai River, Alaska

Beer Pancakes

Stacy Gebhards

2 cups pancake mix
1/3 cup milk
1 can beer (any type will do)
1 Tbsp. oil
2 eggs

Mix all ingredients together. The milk helps to hold the cake together when flipping and assures some extra leftover beer for the cook. I make the batter fairly thin, as the beer gives the pancakes a higher rise.

Wild Rice Pancakes or Waffles

Wild rice adds a special nutty flavor to pancakes or waffles. Fold 1/2 to 1 cup cooked wild rice into your favorite pancake or waffle batter.

Pear Crescents

6 oz. self-rising flour
2 oz. soft butter
1 oz. sugar
pinch of salt
milk to mix
ripe pears
any fruit jam

Sift flour and salt, rub in the butter, add sugar, mix to clear dough with milk. Roll out very thin, cut into squares about 4 by 4 inches. Put a tiny dab of jam in the centre of each, add a section of soft, ripe pear, roll up very loosely from corner to corner and bring the ends together horseshoe fashion. Put the filled crescents on a well greased baking sheet, brush with milk, bake at 375 deg. for 1/2 hour. Good hot or cold.

Chocolate Rhumba

2 oz. semi-sweet chocolate, melted
1 oz. unsweetened chocolate, melted
3 Tbsp. dark rum
2 eggs 1/3 cup sugar Dash salt
1 cup whipping cream, whipped

In a small saucepan, stir rum into melted chocolate; mix well. In a med. bowl, beat eggs, sugar and salt until light and foamy; Add cream; beat until mixture is slightly thickened and well blended. Stir in chocolate mixture. Spoon into serving dish or individual dessert cups or glasses.

Potatoes au Rotten

Dennis Willis

1 cup oil
6 onions, chopped
4 or 5 cooked potatoes, chopped
1 dozen cloves of garlic, chopped
2 fresh jalapeno peppers, chopped
2 dozen eggs
Sour cream
Salsa

In a very large skillet or Dutch oven, sauté onions, potatoes, garlic and peppers until onion is tender. Meanwhile, whip eggs until frothy. Pour eggs into skillet and stir occasionally until a nice soft consistency forms (don't overcook). Serve with sour cream and lots of good hot salsa. Add or subtract ingredients at will (a true rafting tradition).

Cranberry Relish

Combine in a blender: 4 cups fresh cranberries, 2 large peeled oranges, 2 cored red apples, 2 cups sugar, & 1/2 orange peel.

The human body is about 65% water





Colorado River,

Raw Blueberry Jam

Robby Sullivan

Put the following items in a blender:

- 2 cups fresh or thawed blueberries
- 1 stalk rhubarb
- 1 cup nuts

Blend into a mush. If the mixture is too thin, stir in rice polishing to thicken and add honey to taste.

Orange Bread

- | | |
|-----------------------|----------------------|
| 1 medium orange | 2 tsp. baking powder |
| 2/3 cup dates, pitted | 3/4 cup sugar |
| 1/2 cup walnuts | 1/2 tsp. soda |
| 2 Tbs. butter | 1/4 tsp. salt |
| 1/2 cup hot water | 2 cups flour |
| 1 egg, beaten | |

Cut unpeeled orange into six or eight sections. Put these with dates and nuts through food chopper. Add to hot water and butter. Add well beaten egg. Sift flour, salt, baking powder, soda and sugar and. Bake in greased loaf pan at 350 deg. for 1 1/4 hours. Let cool.

Baked Oatmeal

Marial Lodge, Rogue River, OR

- 3/4 cup oil
- 1 cup sugar
- 2 eggs
- 1 tsp. cinnamon
- 2 1/2 tsp. baking powder
- 1 1/4 tsp. salt
- 1 1/4 cups buttermilk
- 4 cups oatmeal
- 1/2 cup raisins

Mix all ingredients together and bake in a Dutch oven or a 9x13 inch pan at 350 degrees for 45 minutes.

Serve with fruit, makes 6 servings.

Stuffed French Toast

LuVerne Grussing

- 4 eggs
- 1 cup milk
- Splash of Vanilla
- Softened cream cheese
- Fruit filling
- Makes enough batter for 8 slices of bread.

Make French Toast batter by combining eggs and milk and a splash of vanilla. Spread softened cream cheese on one side of two slices of bread. Place a dollop of fruit filling on one slice (on top of cream cheese), then place second slice, cream cheese down, on top of first. Press edges together to seal in fruit filling, dip in milk-egg mixture, and fry on griddle until golden brown on both sides. This is a fun recipe to experiment with – filling can be anything you choose – apple pie mix, canned blueberries, fresh blackberries, a walnut/cinnamon/cream cheese mix, etc.

Keys to a successful river trip

Say “thank you” a lot.

Say “please” a lot.

Be the first to say “hello”.

Smile a lot.

Learn to listen.

Don’t whine.

Don’t be too cheerful in the morning.

And if you’re riding ahead of the herd, take a look back every now and then to make sure they’re still with you.





Arkansas River

Greek Breakfast Wrap

Kevan Cooper

- 4 eggs or frozen egg beaters
- 1 medium onion, sautéed
- 1 can spinach or fresh
- 1 large red pepper, chopped
- 1 Tbsp. fennel
- 1 Tbsp. tarragon
- 5 oz. feta cheese, crumbled
- 5 oz. mozzarella, shredded
- 1 package burrito sized tortillas

Sauté onions and red peppers in skillet, remove from heat and set aside. Scramble eggs in the same pan. Add fennel, tarragon, feta and mozzarella cheese and the cooked onions and peppers. Makes 4 servings.

Mountain Omelet

- 1 lb. country sausage
- 1 lb. bacon
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, diced
- 2 cups chopped mushrooms
- 18 eggs
- $\frac{3}{4}$ cup milk
- 3 cups grated cheddar cheese
- picante sauce

Add sausage to Dutch oven and fry until brown. Remove sausage from oven. Cut bacon into 1 inch slices. Add to Dutch oven and fry until brown. Add sausage, onions, garlic, bell peppers, and mushrooms. Sauté until vegetables are tender. Whisk together eggs and milk. Season with salt and pepper. Pour eggs over vegetable mixture. Cover and bake for 20 minutes until eggs are set up. Cover top with cheese and replace lid. Let stand until cheese is melted. Top with picante sauce.

Indian Fry Bread

- 2 cups white flour
- 4 Tbsp. powdered milk
- 1 tsp. salt
- 1 tsp. shortening

Combine all ingredients, add lukewarm water to make a soft dough. Pat out dough with hands until thin and shape into a patty about $\frac{1}{4}$ -in. thick. Fry in hot lard or other shortening about 1-in. deep, in a large pan. Brown on both sides, serve hot with honey or jelly.

Banana Pecan Pancakes

Kevan Cooper

- 1 cup all purpose flour
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ cup wheat or bran flour
- $\frac{1}{4}$ cup cornmeal
- 1 egg beaten or two egg whites
- 1 $\frac{1}{2}$ cups buttermilk (no fat milk substitute)
- 2 Tbsp. butter or margarine melted
- 2 tsp. honey
- $\frac{1}{4}$ cup pecans

In large bowl, stir together soda, flour and pecans.

Mix together egg, buttermilk, melted butter and honey. Add flour mixture and stir until just mixed.

Dole out to make four inch size pancakes on griddle.

Topping

- 1 ripe banana sliced $\frac{1}{2}$ inch thick
- $\frac{1}{4}$ cup dark brown sugar
- 2 Tbsp. margarine or butter, melted
- $\frac{1}{4}$ cup orange juice

Mix together dark brown sugar, melted margarine or butter and orange juice. Cook until syrup. Sauté sliced bananas in syrup until heated and serve over pancakes. Makes 4 servings.

Lunch



American River, California

Five Haikus

1. Yampa River Spring
Cold snow on the breezing bow.
Warm from ear to ear.
2. Through fields of trees,
violent wind drowns shouts and calls.
Soft words knee to knee.
3. He stood and walked
into the mist at the cliffs edge.
Lost us, finding self.
4. Seep springs flow and weep
through curtains of columbine,
Down tortured rock walls.
5. The Wandering Jew
brings water through Juniper,
chained in a ditch.

Greg Trainor
February 5, 2001

Thai Red Curry (chicken or beef) with Veggies

Kevan Cooper

6 chicken breasts or 1 ½ lb. beef
½ cup chicken or beef stock
1 14 oz. can coconut milk
2-3 Tbsp. red curry (4 is spicy)
1 large zucchini, chopped
¼ lb. snow, sugar or frozen peas
4 Tbsp. fish sauce
2 Tbsp. brown sugar
1 package rice noodles

Bring to boil 4 oz. of coconut milk, curry paste, stock, fish sauce, and brown sugar. Simmer approximately 15 min. Add remaining ingredients and rest of coconut milk. Serve with rice noodles. Makes 6 servings.

Dutch Oven Pizza

John Arkins

1 box Pillsbury hot roll mix
(makes 2 pizzas)
Any of your favorite pizza toppings

Mix the dough as directed on the box and split in half (this needs to be done early in order for the dough to rise; 3-4 hrs usually is enough time). Spread half the dough into an oiled Dutch oven and let it rise for an additional 15-20 min. Top with your favorite pizza toppings. Do not use too much sauce since this could make it soggy. Bake for 40-50 min. or until it's done. Don't look until you smell it for the first time or it will fall like a cake. I use the standard 2:1 top:bottom coal ratio. This makes a very deep dish pizza. Simple, but takes preparation time.

Quesadilla Pie

Mary Lucachick

3 doz. tortillas (corn	1 20 oz. can refried beans
5 4 oz. cans whole green chilies, chopped	2 lb. cheddar cheese, sliced
2 lb. jalapeno jack cheese, grated	1 32 oz. salsa
1 12 oz. whole black olives	1 16 oz. sour cream

Start the coals for Dutch oven baking. Grate the jalapeno jack cheese. Slice the cheddar cheese. Chop the green chilies. Preheat an oiled Dutch oven. Place a layer of corn tortillas on the bottom of the Dutch oven and layer the ingredients on top of the tortillas. Top with black olives. Bake for 30-40 min. or until the cheese is melted and the entire pie is heated through. Serve with sour cream and remaining salsa.

"Never had a bad river trip, never had a good shuttle." Lyle Moss

Cashew Chicken Salad

Kevan Cooper

3 cups chicken, cooked and diced
1/2 cup cashews, roughly chopped
1/2 cup celery, sliced
1/4 cup onion, diced
1 apple, cored and diced
2 Tbsp. raisins
3 Tbsp. chutney
3/4 cup mayonnaise
2 tsp. curry powder
2 Tbsp. lemon juice
Cayenne pepper to taste
4 croissants

In a large bowl mix all ingredients well. This is best if prepared in the morning to allow flavors to blend. Spread on croissants.

Crab Salad

Bob Michels

1 package (20 oz.) imitation crab
1/4 cup real mayonnaise
1 small can sliced black olives
1/8 cup celery, diced
1 small sweet onion, finely diced

Break up crab meat into small pieces and add the black olives, celery and sweet onion. Add mayonnaise until moist. Serve in tortillas or pocket pita bread. Makes 6 servings.



Colorado River, Colorado

Cream Cheese Apricot Spread

1/2 cup dried apricots 1 cup water
3 Tbsp. sugar salt
3 oz. cream cheese

Cut the apricots into pieces, add water, cover and simmer for 10 min. Add sugar, then let cool. Blend the apricot mix into the cream cheese.

Uncooked Fruit and Vegetable Relish

8 apples	1 1/2 cups vinegar
4 green tomatoes	1 1/2 cups brown sugar
2 red peppers	3 Tbsp. salt
1 green pepper	1 Tbsp. celery seed
3 onions	1 Tbsp. mustard seed
1 carrot	

Peel, core and chop apples. Put tomatoes, peppers and onions through food chopper. Grate carrot and mix with other vegetables and apples. Combine vinegar with sugar and seasonings; pour over vegetable mixture. Seal in a jar; do not cook.

Seafood Fettuccini

LuVerne Grussing

1 small package fettuccini noodles
1/2 lb. crab meat (imitation is okay)
1/2 lb. cooked shrimp, peeled
1 cup frozen peas
1 cup half and half
2 cups parmesan cheese
1/4 lb. butter
1 medium white onion, chopped
6-8 garlic cloves, chopped

Cook noodles and drain. Saute finely chopped garlic and onion in butter in a heavy sauce pan over very low heat (do not brown). When onions are limp, add half and half and heat to just below boiling. Add peas, crab and shrimp, bring to boil and remove from heat. Add noodles and 1 cup parmesan to sauce and mix thoroughly (add additional parmesan if sauce is thin or runny).

"I have never seen a river that I could not love." Roderick Haig-Brown

A stylized blue signature or scribble, possibly representing the author's name or a decorative element.

Pork and Mango Curry

Kevan Cooper

- 1 large onion, chopped
- 4 cloves garlic, chopped
- 2 small fresh red chilies, chopped
- 2 Tbsp. curry powder
- 1 Tbsp. sesame oil
- 1 Tbsp. vegetable oil
- 2 lbs. pork fillets cut into $\frac{3}{4}$ in strips
- 2 stalks lemon grass, finely chopped
- 1 Tbsp. fish sauce
- 2 Tbsp. lemon juice
- 2 large mangoes stoned, peeled and sliced
- 2 Tbsp. mango chutney

Pre-Trip Preparation: Place onion, garlic, chilies and curry powder in a food processor or blender. Process into a smooth paste.

Heat sesame oil and vegetable oil together in a wok over medium heat. Add paste (see recipe above). Stir fry for 5 minutes or until all the liquid evaporates. Add pork. Stir fry for 10 minutes or until pork is brown. Add lemon grass, fish sauce and lemon juice. Cook over a low heat, stirring frequently, for 15 minutes or until all the liquid is absorbed. Stir in mangoes and chutney. Cook for 2-3 minutes longer. Makes 6 servings.



Connecticut

Hummas Spread

Kathy Stangi

- $\frac{1}{2}$ onion, chopped and sautéed
- 1 tsp. basil
- $\frac{1}{2}$ cup parsley, finely chopped
- 2 Tbsp. oil
- Juice of 1 lemon
- Dash cumin and salt
- 3 cups cooked chickpeas or garbanzo beans, mashed
- $\frac{2}{3}$ cup sesame seeds, toasted & ground

Mix all ingredients thoroughly. Makes approx. 3 cups.

Peasant Pita

Kevan Cooper

- 1 ripe avocado, quartered
- 2 Roma tomatoes, quartered
- 1 small red onion, thinly sliced
- 8 oz. provolone cheese
- 4 Tbsp. dijon mustard
- 1 package sprouts
- 1 package white or whole wheat pitas

Lay out four pitas and stuff with equal shares of ingredients. Makes 4 servings.

Turkey Wrap

Kevan Cooper

- Flour tortillas (package of 10)
- 1 8 oz. package of cream cheese
- 1 8 oz. can cranberry sauce
- 5-6 tomatoes (Roma's are best but can substitute 2 large tomatoes)
- 1 lb. turkey lunch meat (smoked or regular)
- lettuce

Spread equal amounts of cream cheese and cranberry sauce on the tortilla and fill with remaining ingredients.

Men may dam it and say that they have made a lake, but it will still be a river. It will keep its nature and bide its time, like a caged animal alert for the slightest opening. In time, it will have its way; the dam, like the ancient cliffs, will be carried away piecemeal in the currents.

Wendell Berry





Delaware
River

Mushroom Macaroni

- 1 ½ cups macaroni shells
- 1 cup soft bread crumbs
- 1 cup diced cheese
- 3 Tbsp. butter
- 1 chopped pimento
- 1 Tbs. parsley
- 1 Tbs. onion
- 1 can cream of mushroom soup
- 1 egg, slightly beaten

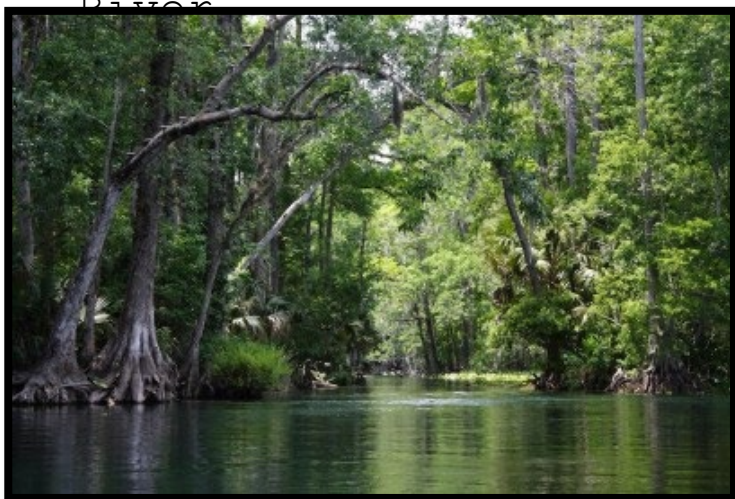
Cook shells in boiling salted water for 20 min. Rinse in cold water and drain. Mix all other ingredients together and put in greased casserole. Bake at 350 deg. for 30 min. or until set.

Turkish Prawns & Couscous

Kevan Cooper

- 1 cup couscous
- 1 6 oz. boiling water
- 1 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 cucumber, sliced
- 1 green pepper, chopped
- 3 Roma tomatoes, chopped
- 12 sun dried tomatoes, sliced
- 2 oz. marinated artichoke hearts, drained
- 6 oz. prawns, cooked and shelled
- 2 Tbsp. fresh basil, finely chopped
- 2 oz. pitted black olives, sliced
- 4 oz. feta cheese, cut into ¾ in. cubes
- 1 small lime

Place couscous in a bowl and pour in boiling water. Toss with a fork until couscous absorbs all the liquid. Add oil and vinegar, then toss. Set aside. Place cucumber, green pepper, fresh and dried tomatoes, artichokes, prawns, olives, cheese and basil in a bowl. Squeeze lime over mixture and toss. Add couscous and toss. Makes 4 servings.



Silver River, Florida

Onion Lentils

- | | |
|-------------------------|-----------------|
| 2 cups lentils | Salted water |
| 3 cups chopped onions | ¼ lb. butter |
| Curry powder | Chopped parsley |
| Chopped hard-boiled egg | |

Soak lentils overnight. The next morning cook until tender in salted water. Drain. Cook onions in butter until lightly browned, mix with the lentils, and cook until the lentils are dry. Add curry powder to taste. Serve with the top sprinkled thickly with chopped parsley and chopped hard-boiled egg.

Send your most experienced person on the shuttle.

Appetizers



Suwannee River,
Georgia

Train Wreck

Evan Worthington

1 package cream cheese (do not freeze)
1 jar salsa
Ritz Crackers®
Spread cream cheese on a plate, cover with salsa, serve with crackers.

Oyster Snacks

Russell Olsen

Several cans of smoked oysters
1 bottle of Tabasco®
Crackers
Cheese

If you have a cooler with the cheese, great. If not, cheese in a can will do. To assemble, first open oysters (it is key to buy the cans with the pull tap as sometimes this has to be done in a hurry with great agility, and there is no time to mess around with pocket knives). Second, take a river knife and stab an oyster or two onto the cracker (I prefer rye-crisp: they are very hearty and will put up to a lot of river abuse). Apply cheese from can or brick, add a few dabs of Tabasco® and consume. If eaten before getting to camp you will be amazed at how easily you move compared to those who do not eat this. Your blood sugar levels will have risen. Enjoy!

BLT Spread

Kathy Stangi

½ cup bacon, crumbled (about 6 slices)
1 cup sour cream
1 cup mayonnaise
4 plum tomatoes, seeded and chopped (about 1 ½ cups)
fresh parsley, minced

Reserve 1 tsp. bacon for garnish.
Combine remaining bacon, sour cream, mayonnaise and tomatoes in medium bowl and stir until blended. Cover. Refrigerate 1 hour to blend flavors. Sprinkle reserved bacon and parsley over spread as garnish. Serve with bread or crackers. Makes 3 ½ cups.

Corn Dip

Barb Michels

1 6 oz. cream cheese softened
1 large onion, chopped
¼ cup vegetable oil
¼ cup lime juice
1 Tbsp. red chillies (dried)
1 Tbsp. ground cumin
1 cup sour cream
2 8 oz. cans of corn drained
1 cup walnuts, chopped
½ tsp. salt
dash pepper

Combine all ingredients and refrigerate.
Serve with crackers.

Pesto

3 cloves garlic, peeled	½ cup olive oil
1 cup fresh basil	2 tsp. salt
1 cup parsley leaves	1 tsp. peppercorns
½ cup pine nuts	½ cup spinach leaves

Pound all ingredients together in a mortar until they are a smooth paste.

"We do not stop playing because we grow old; we grow old because we stop playing."

Oliver Wendall Holmes



Wailua River, Hawaii

Baked Brie

Sheri Hughes

- 1 medium or large Brie round
- 1 6 oz. package cream cheese
- $\frac{3}{4}$ cup pecans
- $\frac{1}{2}$ cup brown sugar
- 1 package Pepperidge Farms puff pastry sheets®
- 5 large Braeburn apples

Place Brie round in center of pastry sheet. Mix cream cheese, pecans, brown sugar together and spread the entire mixture on top of Brie round. Take 2nd pastry sheet: cover, fold and pinch together to seal Brie round. Bake in a medium heat Dutch oven for 45 minutes to 1 hour (350 degrees at home). Slice Braeburn apples and serve with the hot baked Brie.

For a less sweet Brie you can substitute peppers, onions, garlic or any of your favorites into the cream cheese mixture and then serve with crackers. An appetizer that becomes a meal.

Corn Bake Casserole

Marial Lodge, Rogue River, OR

- 7 cups creamed corn
- 4 eggs, beaten
- 1 $\frac{1}{2}$ cups yellow cornmeal
- 2 tsp. garlic salt
- 2 small cans diced green chilies
- 4 cups grated cheese

Mix together all ingredients except the chilies and cheese. Divide the cornmeal mixture in half and place half in a greased Dutch oven. Layer chilies and cheese on top. Add the rest of the cornmeal mixture on top. Bake 350 degrees for 1 hour. Makes 16 servings.



Salmon River, Idaho

"Rivers know this: there is no hurry.
We shall get there some day."

A.A. Milne

Mexican Corn Bread

Nancy Thomson

- 1 cup corn meal
- 1 can cream style corn
- 1 cup milk
- 4-6 slices of bacon
- $\frac{1}{2}$ lb. cheddar cheese, grated
- 1 small can diced green chilies (or jalapeno)
- 2 eggs $\frac{1}{2}$ tsp. baking soda
- $\frac{3}{4}$ tsp. salt

Fry bacon and crumble (reserve bacon drippings). Stir corn meal, salt, and baking soda together. Add cream corn, beaten eggs, bacon plus drippings, and milk. Stir until well mixed. Pour half of mixture in 12" Dutch oven. Combine cheese and chili's, and scatter over batter. Top with remaining batter and bake at 350 degrees for 45 minutes.



Kishwaukee River, Illinois

Main Dishes

Hamburger Pie

1 medium onion, chopped
 1 lb. ground beef
 ½ lb. cooked green beans
 1 can tomato soup
 1 cup warm milk
 3 cups mashed potatoes
 1 beaten egg

Brown the meat and put it in the bottom of the casserole. Spread the green beans over the top of the meat and then spread the tomato soup over the top of the beans. Make sure to cover all of the beans. In a separate dish combine the milk, egg, and potatoes. Spread this mixture over the tomato soup. Bake the casserole at 350 deg. for 30 minutes.

Wild Rice Patties

2 cups cooked Wild Rice, about ½ cup uncooked
 ½ cup grated sharp Cheddar cheese
 2 eggs, lightly beaten
 2/3 cup fine dry cracker crumbs
 1 tsp. salt
 Dash pepper

Combine the cooked wild rice with the cheese and eggs, stirring in 1/3 cup of the cracker crumbs, salt and pepper. Mix well and shape into 4 patties. Dip both sides of patties in the remaining 1/3 cup dry cracker crumbs and brown on both sides in small amount of oil in a skillet. Set over medium-high heat.

Quick Tamale Casserole

1 cup yellow cornmeal
 1 cup cold water
 3 cups boiling water
 1 ½ tsp. salt
 ½ lb. ground beef
 ¼ cup onion, chopped
 1 can chili con carne
 ¼ cup green pepper, chopped
 ½ cup grated cheese

Mix cornmeal with cold water. Add boiling water and 1 ½ tsp. salt and cook over low heat for 20 minutes, stirring occasionally. Brown beef and onions in heavy frying pan; add 1 tsp. salt and chili con carne. Mix green pepper with cooked corn meal. Use 2/3 of mixture to line greased casserole. Pour in meat mixture and cover with remaining corn. Sprinkle with grated cheese. Bake at 350 deg. for 20 minutes or until heated through. Serves 6.



Wabash River, Indiana

“The care of rivers is not a question of rivers, but of the human heart.” Tanako Shozo



Des Moines River,
Iowa

"When the water of a place is bad, it is safest to drink none that has not been filtered through either the berry of a grape, or else a tub of malt. These are the most reliable filters yet invented."
Samuel Butler



Kansas
River

Chicken Crab Roll-Ups

Kathy Grussing

4 boneless skinless chicken breasts
1/2 lb. crab meat (imitation will do)
1/4 lb. mushrooms, finely chopped
1/2 cup wheat germ
1/4 cup green onion, chopped
2 Tbsp. parsley, chopped
salt and pepper to taste

3 Tbsp. butter
Paprika
1 cup Swiss cheese, grated
1/3 cup white wine
1 cup chicken broth
1/2 cup half and half
1/4 cup flour

Tenderize chicken. Set aside. Melt butter in saucepan, blend in flour, add half and half, chicken broth, and wine, stirring constantly until mixture thickens. Set aside. Melt another Tbsp. of butter in another sauce pan, cook onion until tender. Stir in crab, mushrooms, wheat germ, parsley, salt, pepper and enough sauce to moisturize all (2-3 Tbsp). Spread crab mixture on chicken breasts, roll up, and place seam side down in Dutch oven. Cover with remaining sauce and bake until chicken is well done and tender. When thoroughly cooked, sprinkle with Swiss Cheese and paprika and bake until cheese melts.

Mountain Oven-Fried Chicken with Honey Butter Sauce

1 2 1/2 to 3 lb. broiler-fryer, cut up
1 cup flour
2 tsp. salt
1/4 tsp. pepper

1/4 tsp. pepper
2 tsp. paprika
1/2 cup butter
Honey-Butter sauce

Dip chicken pieces into mixture of flour, salt, pepper and paprika. Melt butter in a shallow baking pan in a hot oven. Remove baking pan from oven. As pieces of floured chicken are placed in the pan, turn to coat with butter, then bake skin side down in a single layer. Bake in a 400 deg. oven for 30 min. Turn chicken. Pour Honey-Butter Sauce over chicken. Bake another 30 min., or until tender. (Lower the oven temp. if chicken appears to be browning too fast). Spoon Honey-Butter Sauce over chicken again.

Honey-Butter Sauce:

1/4 cup melted butter
1/4 cup honey
1/4 cup lemon juice

Melt butter and beat in honey and lemon juice.



Cumberland, Kentucky

"There is no rushing a river. When you go there, you go at the pace of the water and that pace ties you into a flow that is older than life on this planet. Acceptance of that pace, even for a day, changes us, reminds us of other rhythms beyond the sound of our own heartbeat"
Jeff Rennie

Lentil Sweet Potato Stew

Lisa Kliner

1 Tbsp. Olive oil	1 cup dried lentils
3 cloves garlic, minced	1 onion, minced
3 tsp. fresh ginger, grated	
1 fresh jalapeno pepper, seeded and minced	
2 sweet potatoes, peeled and cubed	
2 tomatoes, chopped, including juice	
4 cups vegetable or chicken stock	pinch salt

Heat a large pot on medium-high. Add oil. Sauté the garlic, onion, curry powder, ginger and jalapeno for approximately 4 minutes. Add the lentils, sweet potatoes, tomatoes, stock and salt. Bring to a boil. Reduce heat to medium; cover loosely and simmer until the lentils are tender, about 30 minutes. Make 6 servings. A double recipe will feed fifteen.

Sweet Potato Quesadilla

Julia Graham Worthington

1 ½ cups onion, chopped	3 Tbsp. oil
2 cloves garlic, minced	½ tsp. dried oregano
1 tsp. chili powder	2 tsp. ground cumin
8 tortillas	Salsa and sour cream
4 cups sweet potatoes, peeled and grated	
Pinch of cayenne pepper	
1 cup cheddar cheese, grated	

Sauté garlic and onion until onion is translucent. Add potatoes, oregano, chili powder, cumin and cayenne. Cover and cook, approximately 10 minutes, stirring frequently. When potatoes are tender, add salt and pepper. Remove from heat. Spread potato filling and 2 Tbsp. cheese on half a tortilla. Don't fill them too full; leave a ½ in. border around the edge of the tortilla. Fold plain half over filling. Cook in small amount of oil in a heavy skillet for 2-3 min. on each side. Add extra oil to pay if necessary. Top with salsa and sour cream. Makes 8 servings.

The average person needs 2 quarts of water a day. Hydrate!



Pearl River,
Louisiana

Posole (Hominy) Stew

Dennis Willis

In advance: Cook 2 lb. of pork, cubed. When the pork is well cooked, reduce heat and add:

- 8 cloves of garlic, diced
- 1 medium red onion, diced
- 1 jalapeno pepper, de-seeded and diced
- 4 large Anaheim peppers, de-seeded and diced
- 1/8 tsp. cumin
- 1 Tbsp. mild red chili powder
- 1/2 tsp. dried cilantro
- 1/2 tsp. dried orange or lemon peel

Cook and stir only a few minutes to mix ingredients – you lose garlic by over-cooking. Let cool, and place in a Tupperware® type container using a small can of chicken broth to infuse all air spaces. Freeze solid as a brick.

Wild Rice Stuffed Squash

- 2 acorn or buttercup squash, halved and seeded
- 2 cups cooked wild rice, about 1/2 cup uncooked
- 1/2 tsp. seasoned salt
- 2 tsp. grated orange rind
- 1 Tbsp. brown sugar
- 1 cup chopped nuts (your choice)
- Apricot or orange juice, about 1/2 cup
- 2 tsp. brown sugar

Fill the squash cavities with a mixture of the wild rice, seasoned salt, orange rind, brown sugar and chopped nuts. Bake, covered at 350 deg. for an hour, basting from time to time with the apricot or orange juice. When the squash is tender, serve with 1/2 tsp. brown sugar sprinkled atop each wild rice-stuffed squash. Serves 4.

Posole (Hominy) Stew In Camp Preparation:

Place frozen brick in a large pot, and add (with juices):

- 1 medium can of chicken broth
- 1 medium can of posole/hominy
- 1 medium can of kidney beans
- 1 small can of garbanzo beans
- 1 small can of condensed cream of chicken soup
- 2 small or 1 medium can of diced Mexican style tomatoes.

Heat thoroughly. Make 8-10 servings. This particular recipe works best towards the end of the trip, or for those nights when the weather gods decide to snow, hail or rain on you and you want something hot and simple. It is 90% cans, and is ready in 15 minutes of burner time, if covered.

Like a swift water, an active mind never stagnates.



Kennebec River,
Maine

Hushpuppies

Sienna Sullivan

- 3/4 cup milk
- 1 1/2 cups yellow corn meal
- 1/2 cup flour
- 2 tsp. baking powder
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/4 cup minced onion
- 1 egg, beaten
- 1 bunch of green onion tops, chopped fine.

Mix all dry ingredients together, stir in egg, milk and onion tops.
Drop by tsp. into 365 degree oil and fry until golden brown.

For a variation, try adding water instead of milk in equal amounts.
This will make hushpuppies crisp on the outside. Serves 4

Lay-Over Day Chili

Bill Fujii

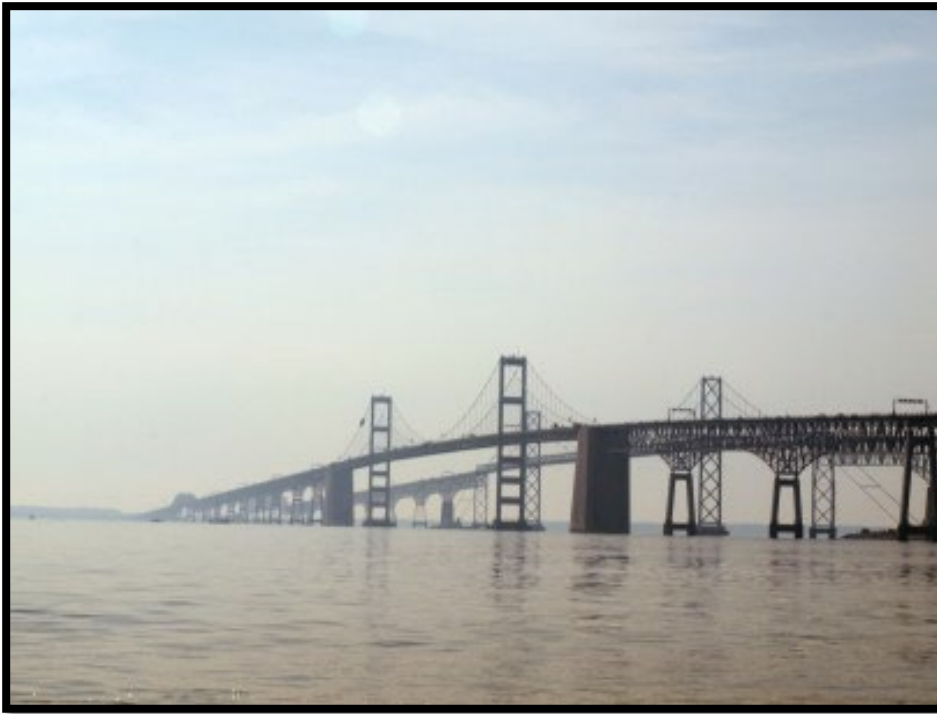
- 1 medium bag of red beans
- 2 lb. ground beef (or sausage, venison, stew meat or poultry)
- 3-4 large yellow onions, diced
- 2-4 cloves garlic, minced (fresh is best, or use 2 Tbsp. from jar)
- 4-5 large carrots, chopped
- 3 Tbsp. chili powder
- 1 tsp. cayenne pepper (optional, if you need to make it mild)
- 2 jalapeno peppers, chopped (fresh if you want is hot, or canned mild)
- 2 medium cans tomato sauce
- 2-3 fresh tomatoes, chopped (or one can)
- 1 small bag frozen corn or fresh
- Iguana Brand Hot Sauce® (recommend the XX)

The day before cooking: Open the bag of beans and pour into a jar or the pot if possible. Remember they are going to swell so don't count on a Ziploc bag. Cover the beans with at least 2 inches of cold water. Change this water after about 4 hours then add some cayenne pepper (not much). Soak for a total of 8-10 hours and drain. Keep the beans in the cooler if you are not going to cook them right away.

The day of cooking: Replenish the water (and some cayenne) and bring this mixture to a boil for an hour. Dice onions and carrots, and mince garlic. Brown meat and drain off some of the fat. Add onions and garlic to browned meat. When the onions begin to clear, add tomato sauce and spices. When this mixture has simmered for about 30 minutes, drain the beans and add them in.

Once you have gently mixed the beans and the meat sauce, add the tomatoes, carrots and corn. At this point if it looks to dry add some water. Bring this combination to a boil and let it simmer for at least 2 hours. Spice quantities are an estimate, judge by the group; I like hot stuff so judge accordingly. It is better to be wimpy than macho on this one. If there is someone that has to burn themselves, but the Iguana Brand Hot Sauce in front of them.

No amount of advance planning will ever replace dumb luck.



Chesapeake Bay,
Maryland
White Cliffs

Barb Michels

1 lb. dried Great Northern white beans, rinsed and picked over
2 lb. boneless chicken breasts, chopped
1 Tbsp. olive oil
2 medium onions, chopped
4 garlic cloves, minced
2 4 oz. cans chopped mild green chilies
2 tsp. ground cumin
1 ½ tsp. dried oregano, crumbled
¼ tsp. ground cloves
¼ tsp. cayenne pepper
6 cups chicken stock or canned broth
3 cups Monterey Jack cheese, grated (about 12 oz.)
fresh cilantro, chopped
sour cream
salsa

Place beans in large pot. Cover with at least 3 inches of cold water and soak overnight. Place chicken in large saucepan. Add cold water, cover and bring to simmer. Cook until just tender (15 minutes). Drain, cool, and then cut into cubes. Drain beans. Heat oil in same pot over medium-high heat. Add onions and sauté until translucent (10 minutes). Stir in garlic, chilies, cumin, oregano, cloves, cayenne and sauté 2 minutes. Add beans and stock and bring to boil. Reduce heat and simmer until beans are very tender, stirring occasionally, about 2 hours. (Can be prepared ahead of time. Cover and refrigerate. Bring to simmer before continuing.) Add chicken and 1 cup cheese to chili and stir until cheese melts. Salt and pepper to taste. Serve with cheese, sour cream, salsa and cilantro.

Chicken Marinara with Mushrooms

Kathy Stangl

12 oz. linguine or spaghetti
4 cloves garlic, minced
2 Tbsp. butter
1 lb. skinless, boneless chicken breasts cut into thin bite-size strips
½ tsp. dried basil, crushed
¼ tsp. dried thyme, crushed
6 oz. fresh mushrooms, sliced
1 27 oz. jar spaghetti sauce
½ cup dry white wine
2 tsp. sugar

Cook pasta according to package directions. Meanwhile, in a large skillet cook garlic in hot butter for 30 seconds. Add chicken, basil and thyme; cook and stir for 6 minutes or until chicken is no longer pink. Remove chicken, reserving drippings in the skillet.

Add mushrooms to drippings in skillet.

Cook and stir about 3 minutes or until tender.

Add sauce, wine, and sugar.

Return chicken to skillet; heat through.

Serve over hot pasta. Makes 6 main-dish servings.

"Who hears the rippling of rivers will not utterly despair of anything."

Henry David Thoreau





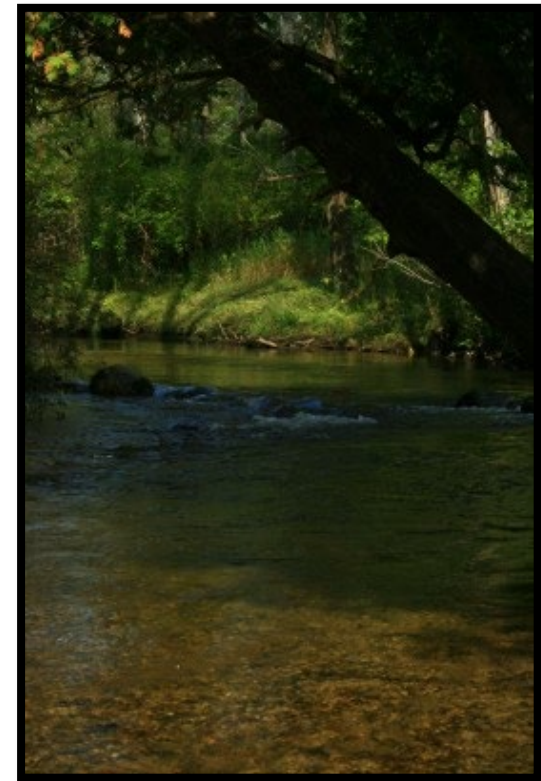
Charles River, Massachusetts

Low-Tech Curry

Mehrey Vaghti

1 can coconut milk
1 can chickpeas
2 generous scoops peanut butter
A splash of water
Curry powder to taste
1 tsp. fresh ginger, finely chopped
2 carrots, chopped
Couscous or minute rice
Salt to taste

Heat the coconut milk and water in a pot; avoid boiling. Add the peanut butter, ginger and carrots; mix well and allow the carrots to cook a bit. Add the chickpeas and allow to heat up. Add the curry powder and enough couscous or minute rice to soak up the liquid. Remove from heat and let stand 10 minutes. Add salt, stir and eat. Makes 2 servings. This is a good recipe for multi-day sea kayak trips in the winter.



Pere Marquette,

Dutch Oven Minestrone

Ken Vines

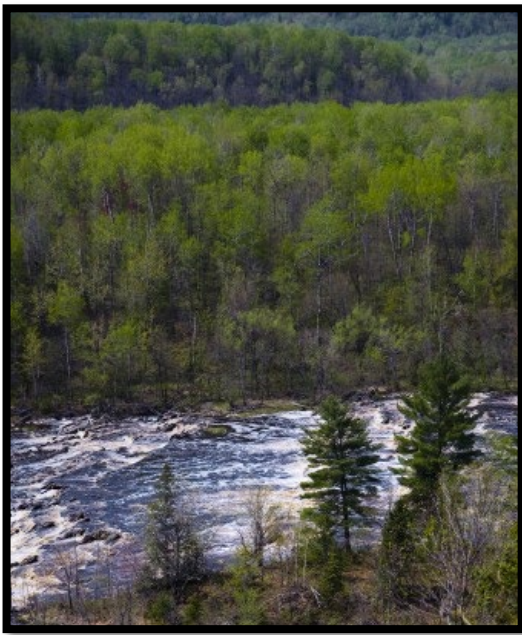
18 whole Ortega chilies
½ lb. sharp cheddar cheese
¼ cup flour
½ tsp. salt
1 lb. Monterey Jack
or Pepper Jack cheese,
cut in ½ inch strips
5 large eggs
1 ¼ cups evaporated milk

Remove seeds from chilies and stuff with cheese strips. Place in bottom of 12" Dutch oven and sprinkle with grated cheddar. Beat eggs, add milk, flour, and salt, and stir until smooth. Pour mixture over chilies. Bake at 350 degrees for 45 minutes

"The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it."

Chinese Philosopher





St. Louis River,
Minnesota

Lower Salmon Lasagna

LuVerne Grussing

1 lb. Italian sausage	Parmesan cheese, grated
1 large onion, chopped	Oregano
1 quart ricotta cheese	Basil
1 large can tomato sauce	½ cup red wine
1 small can tomato paste	
1 lb. mozzarella cheese, grated	
½ lb. sliced mushrooms	
1 package (1 lb.) lasagna noodles (uncooked)	

Brown sausage and onions in bottom of 12 inch Dutch oven . Remove half, and cover remaining with ½ quart ricotta, then ½ of the lasagna noodles, ½ can tomato sauce, ½ can tomato paste, and ½ cup wine. Sprinkle liberally with basil and oregano. Repeat layer with remaining ingredients. Bake 30-35 minutes, then add mushrooms and top with mozzarella cheese. Bake until cheese is thoroughly melted, then remove from coals and let rest for 10-15 minutes. Sprinkle each serving with parmesan and serve with red wine.



Mississippi River

Mississippi Caviar – Sandy Gebhards

6 16 oz. cans of black-eyed peas, drained (can use a variety if you wish)
 2 cups green pepper, diced
 1 ½ cups yellow onion, diced.
 1 ½ cups jalapeno peppers, diced
 4 oz. diced pimentos (can substitute red pepper)
 1 Tbsp. garlic, crushed
 2 cups Italian dressing
 salt and Tabasco to taste

Mix all ingredients and marinate at least one day (up to seven days). You can make and serve but the taste is not as strong. Drain well and serve with tortilla chips.

“Boundaries don’t protect rivers, people do.”

Aristotle





Missouri River, Missouri

Black Bean Lasagna

LuVerne Grussing

9-12 lasagna noodles (uncooked)
 2 15 oz. cans black beans
 2 cups onions, chopped
 2 cups green pepper, chopped
 2 cloves garlic, minced
 2 15 oz. cans tomato sauce
 1/4 cup cilantro, chopped
 1 12 oz. cottage cheese
 1 8 oz. cream cheese
 2 cups sour cream

Drain and mash 1 can of beans. Sauté onion, pepper, and garlic until tender; add mashed beans, un-mashed beans, cilantro, tomato sauce; heat through. Mix cottage cheese, cream cheese, sour cream in separate bowl.

Layer all ingredients in pan, starting with noodles, then beans, then cheese mix; repeat for 2 to 3 layers.

Bake, covered in a 350 degree oven for 40-45 minutes or until noodles are cooked. Dollop with reserved cheese mixture. Let stand 10 minutes. Garnish with tomato and cilantro.

Panang Chicken (Denny's Delight)

LuVerne Grussing

2 chicken breasts cut into bite-sized chunks
 2 Tbsp. curry paste
 1 can coconut milk
 3 Tbsp. oil
 2 Tbsp. fish sauce
 2 jalapeno chilies, diced (with seeds for hotter sauce, remove for milder)
 4 lime leaves, cut into very small strips.

Stir fry curry paste in oil for 2 min. Add coconut milk slowly, stirring constantly. Bring to boil. Add chicken, bring to boil, and cook until chicken is done. Add sugar, fish sauce, chilies, and lime leaves, cook 2 min. Serve with rice.

Spanish Noodles

4 slices bacon, diced	4 cups uncooked noodles
1/2 cup chopped onion	2 cans tomatoes, No. 2 1/2 can
1 lb. ground beef	1 1/3 cups green peppers, diced
salt and pepper	1 cup chili sauce

Fry bacon and onion slowly about 5 min. until bacon is crisp and onions are brown. Stir occasionally. Add ground beef and continue cooking slowly about 15 min. longer. Arrange noodles over top of meat. Mix remaining ingredients and pour over noodles, so that all the noodles are covered with tomato mixture. Cover and heat until steam escapes from the cover. Reduce heat to the simmering point and continue cooking for 40 min.

When you drink the water, remember the spring.
 Chinese Proverb

Tips on cooking and serving fish



Yellowstone
River, Montana

TO POACH FILLETS AND STEAKS

Place fish in simmering liquid such as broth or wine. Bring to boiling; reduce heat. Cover, simmer till fish flakes easily when tested with a fork. Allow 4 to 6 minutes per $\frac{1}{2}$ inch thickness of fish. Remove fish with a slotted spoon. Use poaching liquid to make sauce.

TO BROIL FILLETS AND STEAKS

Preheat broiler. Place fish in a single layer on greased rack of an unheated broiler pan. Tuck under thin edges. Brush with butter; season. Broil 4 inches from heat till fish flakes easily with fork. Allow 4 to 6 minutes per $\frac{1}{2}$ inch of thickness. Turn once if fish is 1 inch or thicker.

TO GRILL FILLETS AND STEAKS

Place fish in a well-greased wire grill basket or directly on the greased grill. Steaks can be turned easily without grill basket; fillets may break apart when turned. Grill over medium-hot coals till fish flakes easily with fork. Allow 4-6 minutes.

TO BAKE DRESSED FISH

Place fish in a greased baking pan. Brush outside and cavity of fish with butter; season. Bake uncovered, in a 350 degree oven till fish flakes easily when tested with a fork. Allow 6 to 9 minutes per half pound.

Fish is one of the most delicate of foods. It cooks quickly with a minimum of preparation. Actual cooking time depends on the temperature and texture of the fish. Cooking time for fillets and steaks depends on the thickness; cooking times for a whole dressed fish depends on weight.

To test a fish for doneness, place the tines of a fork into the fish flesh at a 45 degree angle; gently twist the fork and pull up some of the flesh. Fish that flakes easily is properly cooked. If the flesh resists flaking, the fish is not done.

Overcooking results in mealy, tough, dry fish. Also, undercooked fish will appear translucent; cooked fish is opaque. Exception: Halibut will not flake easily.

Drawn Fish: A whole fish minus the internal organs.

Dressed Fish: An eviscerated fish with the head, tail, and fins removed.

Fish Steaks: A crosscut slice ($\frac{1}{2}$ to 1 inch thick) from a large, dressed fish.

Fish Fillet: A boneless piece of fish cut lengthwise from the sides and away from the backbone.

TO BAKE FILLETS AND STEAKS

Preheat oven to 450 degrees. Place fish or steaks in a single layer with skin side down in a shallow, greased pan. Tuck under thin edges to make an even layer. Brush with melted butter or margarine. Season with salt and pepper. Bake uncovered, in a 450 degree oven till fish flakes easily when tested with a fork. Allow 4-6 minutes per $\frac{1}{2}$ inch thickness. If fish is one inch thick, turn halfway through baking time.

"All men are equal before fish."

Herbert Hoover



Niobrara River, Nebraska

Beer-Fried Trout

Tim Sullivan

2 lbs. pan dressed trout
1 can warm beer
1 cup flour
¼ tsp. garlic powder
1 tsp. pepper
salt to taste
oil for frying

Mix all ingredients except fish. Let stand 30 minutes. Whisk mixture until it's frothy. Dip the fish in the batter. Heat oil in pan. Fry fish one minute on each side. Serves 4.

Beer Batter Bass

1 Tbsp. butter
1 cup flour
½ tsp salt
1 tsp. paprika
2-3 cans beer
2 eggs
6 bass fillets

Mix butter, flour, salt, paprika, and beer together and put in a warm place for 3 hours. Separate eggs, beat yolks and add to batter. Beat the whites until they form stiff peaks and fold into batter. Dip fish into batter and cook in hot oil, 400 degrees, until golden brown. Serves 6

Fillet Parmesan for Trout, Whitefish, Perch, Crappie, Bass Stacy Gebhards

2 eggs
1/3 cup milk
Wondra® flour
1 tsp. garlic, minced
4 groud onions/stems, finely chopped
¾ cup fresh parmesan or Romano cheese, shredded

Mix eggs and milk and then the remainder of the ingredients. Wet fillets in water or milk and roll in Wondra flour. Dip fillets in the egg batter and place in a skillet with a pat of butter at medium heat, a Teflon® covered skillet works best. More of the batter can be put on the fish, if needed, after they are in the pan. Before turning fillets, season with Old Bay® spice, Cajun spice, salt and cayenne pepper. Fillets should be ¾ inch or less in thickness. The egg batter will brown quickly, so heat must be carefully controlled to allow fish to cook through.

Salmon Marinade and Grilling Sauce

Ken Vines

1 pkg. Butter Buds (taste as good as butter, but stays liquid)
fresh juice of 1 lemon
1 Tbsp. grated ginger,
1 Tbsp. fresh garlic,
2 Tbsp. olive oil
salt and pepper

Makes approximately 1 cup, which is enough for marinating and cooking.

For fresh fish, one really needs fresh ingredients; bottled lemon juice and spices that are months old are such poor substitutes.



Lake Tahoe,
Nevada

**When the wind is in the East
Then the fishes bite the least
When the wind is in the West
Then the fishes bite the best;
When the wind is in the North,
Then the fishes do come forth;
When the wind is in the South,
It blows the bait in the fish's mouth.**

Old English Rhyme



Contoocook River, New Hampshire

King Ranch Chicken Casserole

Barb Michels

- 1 package soft corn tortillas
- 3 cups chicken, diced (4 chicken breasts or 1 large chicken)
- $\frac{3}{4}$ cup chicken broth
- 1 cup onion, diced
- 1 cup green pepper, diced
- 2 $\frac{1}{2}$ cups sharp cheddar cheese, grated
- 1 can cream of mushroom soup
- 1 can Ro Tel® tomatoes (tomatoes and chili peppers)
- 1-3 Tbsp. chili powder
- 1 can cream of chicken soup

Line Dutch oven with broken pieces of tortilla. Moisten with chicken broth (about $\frac{1}{2}$ cup). Layer with half of the chicken, $\frac{1}{2}$ cup onion, $\frac{1}{2}$ cup green pepper and half of the cheese. Pour half of the sauce (mushroom soup, Rotel tomatoes, chili powder and chicken soup mixed) over this layer. Make another layer starting with broken tortillas, etc. Cover with remaining sauce and broth. Cover and cook 45 minutes to 1 hour.

Dark Canyon Sausage, Brats, and Cabbage

Greg Trainor

- 3 packages Italian sausages and/or bratwurst, approx 3 lb.
- 1 cup water
- 2 heads of cabbage, shredded
- 1 dozen medium red potatoes, quartered
- 2 tsp. fennel seed
- salt and pepper to taste

This can be prepared in either a deep roasting pan with a lid or a 16" Dutch oven. Brown sausages and drain any grease. Cut potatoes into quarters and place in Dutch oven or pan and add water. Top with shredded cabbage; cabbage will "cook down," losing volume. Add fennel seed, salt and pepper. Cover and steam, over low heat for 45 minutes. If in a Dutch oven, place 6 hot briquettes under oven, 16 on lid and bake for 45 minutes. Makes 6 servings.



New Jersey

River

"I've never seen a river that I could not love."

Roderick Haig-Brown



Rio Grande, New Mexico

Chick/Chop Dutch

Bob Michels

- 9 pork chops or boneless chicken breasts
- 1 medium onion, sliced into rings
- 1 cup mushrooms, chopped
- 2 cans cream of mushroom soup
- 1 can cream of potato soup
- 1 can cream of asparagus soup

Brown pork chops or chicken. Place a layer of soup on the bottom of the Dutch oven followed by a layer of meat. Continue until the Dutch oven is half full, and then add the onions and mushrooms and continue layering the meat and soups until all ingredients have been used. Place 5-6 briquettes on the bottom of the Dutch oven and 10-12 on top and cook for approximately one hour or until done. Spoon sauce over rice or potatoes. Makes 6 servings.

Optional: You can add vegetables of your choice as a layer such as broccoli, cauliflower or carrots.

Roasted Lemon Chicken with Sweet Potatoes Robin Fehlau

- 2 tsp. oil
- lemon rind
- lemon juice
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 garlic cloves
- chicken
- cherry tomatoes
- olives
- potatoes

Coat Dutch oven with 1 teaspoon oil and arrange lemon slices on the bottom in a single layer.

For Chicken:

Combine 1 tsp. oil, lemon rind, lemon juice, 1/2 tsp. salt, 1/4 tsp. pepper, and 4 garlic cloves in large bowl. Add chicken and toss to coat. (The chicken can be mixed/coated ahead of time and put in a Ziploc® bag for quicker, less messy preparation.) Arrange chicken over lemon slices.

For Potatoes:

Combine 1 tsp. oil, 1/2 tsp. salt, 1/4 tsp. pepper, chopped rosemary, cherry tomatoes, olives, potatoes and 2 garlic cloves into bowl and toss to coat. Arrange potato mix over chicken. Bake for 1 hour with approximately 10 coals on the bottom and 16 coals on top.

I often use this recipe on the river and it has never failed me. It is also colorful and tasty.

"There is no rushing a river. When you go there, you go at the pace of the water and that pace ties you into a flow that is older than life on this planet. Acceptance of that pace, even for a day, changes us, reminds us of other rhythms beyond the sound of our own heartbeat." Jeff Rennie



Hudson River, New York

Chicken with Spaghetti and Summer Squash

Kevan Cooper

- 1 lb. spaghetti noodles
- 2 Tbsp. olive oil
- 3 cloves garlic, chopped
- 9 boneless chicken breasts, sliced
- 3 average size yellow squash, chopped 2 red bell peppers, chopped
- 3 cups plum or Roma tomatoes, chopped 1 tsp. red wine vinegar
- parmesan cheese (individual preference)

Heat oil over low heat until hot (but not smoking). Add the garlic and cook, stirring frequently (about 30 seconds). increase heat to medium, add chicken and cook until brown. Add squash and bell pepper and cook for 3 minutes. Add tomatoes, vinegar and salt and cook approximately 4 minutes until chicken is done. Serve over spaghetti noodles. Make 8 servings.

Unrolled Cabbage Rolls

Lisa Klinger

- 1 medium head of cabbage, chopped
- 1 lb. ground pork
- 1 lb. ground beef
- 2 eggs
- 1 cup cooked brown rice, or more if you desire salt and pepper to taste
- Garlic cloves (to suit your taste), crushed 1 pint sauerkraut
- 1 28 oz. can crushed tomatoes
- 1 10 1/4 oz. can tomato soup

Place half of the cabbage in the bottom of the Dutch oven. Mix ground pork, ground beef, eggs, rice, salt, pepper and garlic. Lay meat mixture on top of cabbage. Lay in the remaining chopped cabbage. Rinse sauerkraut to reduce sourness and lay on top of cabbage. Pepper liberally. Sprinkle crushed tomatoes over the mixture. Sprinkle tomato soup on top of that. Add 1 cups water. Cover and bake 35-40 minutes at 350 degrees. Make 6 servings.

Thai Coleslaw

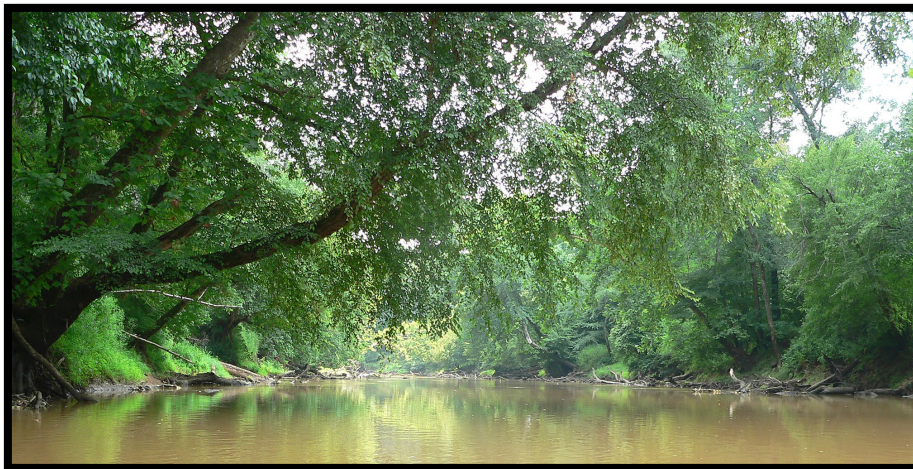
LuVerne Grussing

- 1 head green cabbage, shredded
- 2 heads red cabbage, shredded
- 4 green onions, sliced
- 1 pepper, seeded and diced 1/4 cup cilantro, chopped
- 1 cucumber, seeded and chopped 1 red pepper, chopped
- 2 cups peanuts, chopped

Dressing: 2 cups oil cup rice wine vinegar 2 tsp. curry powder 2 Tbsp. sugar 2 garlic cloves, crushed.

Mix all salad ingredients together. Whisk dressing ingredients together and toss with salad when ready to serve. Make 10-12 servings.

Always take a good look at what you're about to eat. It's not so important to know what it is, but it sure is critical to know what it was.



Neuse River, North Carolina

Beef Stroganoff

LuVerne Grussing

- 1 package stroganoff noodles
- 2 lb. beef round steak, cut into bite size chunks or strips
- ¼ cup flour
- ½ lb. fresh mushrooms, sliced
- 1 large onion, chopped
- ¼ cup butter
- 1 tsp. salt
- 2 cups beef bouillon
- 1 cup sour cream.

In heavy sauce pan, sauté mushrooms and onion in 2 Tbsp. butter; remove from pan. Toss meat strips in flour, coating thoroughly. Add 2 Tbsp. butter to sauce pan, and brown beef. Add salt and bouillon, bring to boil. Cover, reduce heat, and simmer until meat is tender (1 - 1 1/2 hour). Add mushrooms, onions, and sour cream, heat until hot, and serve over noodles. Makes 6 servings. For an interesting variation, add 1 tsp. of cinnamon to the mushroom and sour cream mixture.

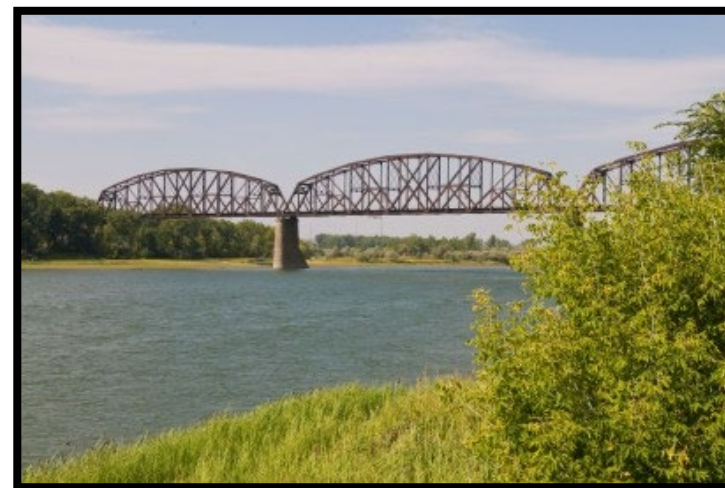
Dutch Oven Enchilada Casserole

Dennis Willis

- 1 dozen burrito size tortillas
- 2 cans red enchilada sauce hot or mild to your taste
- 2 cans sliced olives
- 1 medium red onion, coarsely chopped
- 12 oz. Colby-jack cheese, grated

Mix together the onion, olive and cheese. Lay a tortilla on bottom of a 10" Dutch oven. Give the tortilla a generous smear of enchilada sauce. Layer on a big handful of the cheese mixture. Continue layering as above, ending with a generous topping of sauce and cheese mixture. Bake covered for 45 minutes at 350 degrees. Remove cover for an additional 15 minutes. Remove from heat and let stand 10-15 minutes before serving.

Variations: - Use a package of 36 corn tortillas and use 4 or 5 tortillas per layer. Substitute green enchilada sauce. Roll, rather than layer enchiladas and bake for 30 minutes in a pan. Add chopped cooked chicken, or shrimp or crab to the cheese mixture.



Missouri, North
Dakota

Sometimes too much to drink is not enough.



Green Chili Stew

Kathy Stangl

2 lb. beef stew meat
¼ cup flour
¼ cup margarine or butter
6 cloves garlic, minced
3 cups beef broth
2 tsp. oregano
1 tsp. ground cumin
½ cup cilantro, snipped
1 12 oz. bottle dark (Mexican) beer
1 cup mild or medium-hot green salsa
3 medium potatoes, cubed
1 14 ½ oz. can hominy, drained
2 4 oz. cans diced green chilies, drained
12 green onions, sliced into 1 inch pieces

Toss beef cubes with flour. In a Dutch oven, brown the beef cubes in melted margarine or butter. Using a slotted spoon remove meat from the pan and set aside. Add garlic to pan and cook one minute. Add garlic to pan and cook one minute. Add broth, salsa, oregano, and cumin. Return meat to pot. Bring to a boil; then reduce heat. Cover and simmer about 1 ½ hours or until meat is nearly tender. Add potatoes; simmer about 30 minutes more or until meat and potatoes are tender. Add hominy, green chilies, green onions, and cilantro; heat through. Makes 8 main dish servings.



Ohio River

Ishawooa Beans

Stacy Gebhards

2 cups dried red beans	2 onions, diced
1 cup dried pinto beans	1 large can tomatoes
2 lb. meat chunks, browned with a couple shots of whiskey	1 tsp. Old Bay® spice
4 cloves garlic, diced	1 tsp. Cajun spice
1 green and red pepper, diced	1 tsp. cayenne pepper
	1 Tbsp. salt

Pre-soak beans overnight.

Brown meat in hot, greased skillet, add whiskey, and then steam with a lid on for about 5 minutes. Combine all ingredients in a large pot and bring to a slow boil, adding water as needed, until the beans are cooked.

Note: This recipe can be transformed into chili by also mixing in 1 Tbsp. of cumin and 1-3 Tbsp. of chili powder.

For a little different flavor, try adding a diced dill pickle.

This recipe was named after Ishawooa Creek located in the Washakie Wilderness in WY. I later found out that Ishawooa was the Indian name for wolf feces. Always research the origin of your recipe titles. A dinner listing Wolf Shit Beans may not get any takers.

Moroccan Spiced Sweet Potato Medley

Lisa Klinger

2 tsp. olive oil
1 medium onion, sliced
2 garlic cloves, crushed
1 ½ tsp. ground coriander
1 ½ tsp. ground cumin
1 tsp. salt
¼ tsp. ground red pepper (cayenne)
1 ½ lb. sweet potatoes (2 medium), peeled and cut into ¾ in. pieces.
1 14 ½ oz. can stewed tomatoes
1 cup bulgar (cracked wheat)
2 ¼ cups water
1 15-19 oz. can garbanzo beans, drained and rinsed
½ cup dark seedless raisins
1 cup loosely packed cilantro (optional)

In a nonstick 12-inch skillet, heat oil over medium heat until hot. Add onion and cook, covered, about 8 minutes or until tender and golden, stirring occasionally. Add garlic, coriander, cumin, salt, and ground red pepper, and cook 1 minute, stirring.

Add potatoes, tomatoes, bulgar, and water; heat to boiling over medium-high heat. Reduce heat to medium-low; cover and simmer about 20 minutes or until potatoes are fork-tender. Stir in beans, raisins, and cilantro; heat through and serve. Makes 4 servings.

Excellent Salmon Lasagna

Bill Deitchman

½ lb. smoked salmon & ½ lb. fresh cooked salmon (or 7 oz. pouch)
1 8 oz. cream cheese
1 ½ cups ricotta cheese
8 oz. (2 cups) parmesan cheese, grated
2 eggs
¼ cup onion, finely grated (optional)
1-2 cloves garlic, finely grated (optional)
1 tsp. chives, finely chopped (optional)
1 tsp. dill, finely chopped (optional)
1 tsp. parsley, finely chopped (optional)
½ tsp. lemon pepper (optional)
8 cooked lasagna noodles, or 1 box no-bake noodles (e.g.: Barilla brand)
8 oz. (2 cups) mozzarella cheese, grated
2 cups (about 32 oz.) of your favorite seasoned spaghetti sauce
1 10 oz. package frozen spinach, thawed and drained
At least one good appetite, a big smile, and a good bottle of wine

In one bowl, mix all of the smoked and cooked salmon. In another bowl, mix cream cheese, ricotta cheese, 1 cup parmesan cheese, 2 eggs and optional seasonings (garlic, onion, chives, dill, parsley, lemon pepper). Line entire bottom of an oiled 12" Dutch oven with 1/3 of the lasagna noodles (ok to overlap if needed). Top noodles with 1/3 of the cheese/egg mixture, ½ of the salmon mixture, ½ cup mozzarella cheese, 2/3 cup spaghetti sauce, and 3 oz. of spinach. Place another layer of pasta over spinach followed by of the cheese/egg mixture, 1/3 of the salmon mixture, ½ cup of mozzarella cheese, 2/3 cup of the spaghetti sauce, and 3 oz. of the spinach. Repeat the layering one more time for a third layer.

Bake in a Dutch oven for about 30 minutes. Sprinkle top of lasagna with remaining ½ cup of mozzarella and 1 cup of parmesan cheese. Bake another 5-7 minutes. When baking time is up, let covered Dutch oven stand for a few minutes away from coals before serving. Open that good bottle of wine and enjoy! Makes about 8 servings.

Other ideas: If you serve garlic bread with the meal, wrap bread in foil and place over the coals on top of Dutch oven to warm the bread. Be sure to turn the bread over every few minutes to prevent burning. Keep a few evenly spaced used coals under and on top of Dutch oven to keep the meal warm after the first serving.



Canadian River, Oklahoma

Excellent Salmon Lasagna, cont.

To simplify on-river cooking, measure, grate and chop prior to the trip. Be sure to put in well sealed Ziploc type bags or containers and refrigerate as needed.

If cooking at home in a conventional oven and standard sized casserole dish, bake covered at 350 degrees for 40-50 minutes and an additional 5-7 minutes uncovered. Let stand a few minutes before serving.

I first came across a recipe for Salmon Lasagna in another cookbook that I thought was very good. I have customized it for what I think is even better. The nice thing about this recipe is that you can modify it easily and still have a delicious outcome. Its preparation during a river trip is simple and is especially easy if using the no-bake lasagna noodles. You just lay them right out of the package dry, put them in place and “presto” — you have a great and simple lasagna!

Whether you think you can or can't, you're right.



Deschutes River,
Oregon

SOUPS

Potato Soup

4 medium potatoes, peeled and diced
2 leeks, chopped
2 Tbs. butter
1 onion, sliced
1 $\frac{1}{2}$ cup milk, or
1 cup milk and $\frac{1}{2}$ cup dairy half and half
1 cup shredded domestic Swiss
or Swiss Emmentaler cheese

1 Tbs. chopped chives
 $\frac{1}{8}$ tsp. grated nutmeg
salt and pepper
2 cups chicken broth

Cook potatoes in water for 5 min.; drain. Add onions and leeks to butter, saute for 2 to 3 min. Add potatoes and chicken broth, and cook until potatoes are very soft, then pour soup into a blender and beat until pureed. Return to pot, add milk, taste for seasoning; add salt and pepper if needed. Add nutmeg and cheese, and cook over moderate heat, stirring until cheese is melted. Do not allow to boil. Serve with chives. Makes 4 to 6 servings.

Hearty Fish Chowder

2-3 potatoes, cubed
1-2 onions, diced
1 cup fresh mushrooms, sliced
3 Tbs. pure vegetable oil
or sweet butter
 $\frac{1}{2}$ cup whole-wheat flour
3 Tbs. chopped parsley

1 cup water
1 qt. skim or whole milk
1 lb. filet of fish, cubed
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
2 Tbs. soy sauce

In a covered saucepan, cook the potatoes in the water until tender. Set aside-do not drain. In a large pot, lightly sauté the onions and mushrooms in oil or butter. Add the flour slowly, stirring constantly. Add the milk slowly, again stirring constantly, until the mixture is smooth. Add the fish, salt, pepper, and soy sauce. Cover the pan and simmer for about 15 min. or until the fish is tender, stirring occasionally. Add the potatoes along with their cooking water and the parsley. Heat through. Serves 6 to 8.

"Chance is always powerful. Let your hook always be cast;
in the pool where you least expect it, there will be fish."
Ovid



Egg Flour Pork Soup

$\frac{1}{2}$ lb. lean pork, cut in fine strips
1 scallion or $\frac{1}{2}$ dry onion
2 eggs, beaten
3 cups canned chicken broth
3 cups water
2 Tbs. soy sauce
1 tsp. sherry
 $\frac{1}{8}$ tsp. pepper
1 Tbs. peanut oil for frying
Mix Thickening:
1 Tbs. cornstarch
 $\frac{1}{4}$ cup water

Fry scallion to a light golden brown. Add pork and quick fry for 8 min. Drain the oil from the pan. Add chicken broth, water, and condiments and bring to a boil. Remove from heat. Slowly dribble beaten egg into boiling water to form "flowers". Add thickening and stir for 1 min. Serve immediately.

Creamy Vegetable Soup

1 large potato, diced
1 med. carrot, diced
1 med. onion, diced
1 stalk celery, diced
1 tsp. salt

2 cups water
1 Tbs. sweet butter
 $\frac{1}{8}$ tsp. garlic salt
 $\frac{1}{2}$ cups milk
pepper to taste

Place all ingredients except milk in a large soup pot. Cook over med. heat for 20 min. With a potato masher or rotary beater, mash the vegetables until smooth. Add the milk, and bring to a boil. Serve immediately.



Susquehanna, Pennsylvania



Sakonnet, Rhode

Mashed Potato Soup

1 Tbsp. sweet butter	1 small onion	1 cup fresh/ leftover mashed potatoes
½ cup White Sauce Mix	1 cup milk	

In a small saucepan, melt butter and sauté the onions until transparent. In a separate bowl, blend the white sauce mix with the milk; beat in the mashed potatoes. Add this mixture to the onions, and heat well, stirring constantly. Season with salt and pepper to taste. Makes 2 cups.

Dutch Oven Barbecued Beef and Bean Soup

2 lb. Beef sirloin tip roast cut into ½ in. cubes	2 Tbsp. chili powder
½ tsp pepper	3 ½ cups beef broth
3 cups onions, chopped	2 Tbs. ground cumin
64 oz. canned tomatoes with juice, chopped	¼ cup molasses
3 cloves garlic	¼ tsp ground cloves
48 oz. canned pink or pinto beans, drained	2 tsp. cider vinegar, to taste
2 Tbsp. vegetable oil	1 tsp. salt
14 oz. roasted red bell peppers, chopped	1 Tbs. Tabasco

Brown beef, onion and garlic in oil in Dutch oven over med. heat. Stir in chili powder, cumin, cloves, salt and pepper. Add tomatoes, beans, peppers, broth, molasses and Tabasco. Simmer over low heat for 1 ½ hrs., partially covered, stirring occasionally. Stir in vinegar and serve.

Tomato-Dill Bisque

2 Tbsp. butter
 4 large tomatoes
 2 ¼ tsp. dill weed
 ¼ tsp. salt
 2 med. onions
 ½ cup water
 1 clove garlic
 1 chicken bouillon cube
 ½ cup real mayonnaise
 ¼ tsp pepper, ¼ tsp. salt

In a med. saucepan melt butter over med. heat. Add onions and garlic; cook until tender. Add onion, garlic, tomatoe, water, bouillon cube, dill. Cover; simmer 10 min. Blend until uniform. Pour in a large bowl and stir in the real mayonnaise. Cover; chill overnight. Makes 5 cups.

Air is water with holes in it.



SAUCES



Edisto, South Carolina

Aioli Sauce (Cold Sauce for any cold fish.)

Pound to a smooth paste 2 or more small garlic cloves. Add the yolk of 1 egg and 6-7 Tbs. olive oil, drop by drop at first, and when the sauce begins to thicken, in a thin stream. Blend and stir the sauce constantly. After half the oil has been added to the sauce, begin to alternate with 1 scant tsp. strained lemon juice and a few drops cold water. Season the sauce with salt and pepper.

Mustard Sauce

In the top of a double broiler put 1/3 cup each: granulated sugar, tarragon vinegar, butter, prepared mustard, and cold water. Add salt and a few grains cayenne. Mix and beat the sauce until smoothly blended. Let the sauce boil for a few minutes until it is thick and creamy, stirring constantly. Remove from heat. Add 2 egg yolks, one at a time.

Creole Sauce

Cook 4 Tbs. sliced onions and 8 Tbsp. butter. Stir gently over a low fire for 5 min., then add 1/2 cup sliced mushrooms and 1 1/2 dozen small green olives, stoned and cut into quarters. Cook the mixture for 5 or 6 min. longer and add 1 generous cup strained fish stock and 2 cups stewed or canned tomatoes, including both liquid and pulp. Season the sauce with salt, freshly ground pepper, a few grains cayenne, a tin pinch of thyme leaves, 1 small bay leaf, and 1 crushed clove. Let it simmer for 20 min. before serving. A Tbsp. sherry or white wine may be added to the sauce as a variation

Drawn Butter Sauce

Melt 3 Tbsp. butter and blend with 3 Tbsp. flour. Add 1/2 tsp. salt and pepper to taste and stir in gradually 1 1/2 cups hot water. Let the sauce boil for 5 min., then stir in and additional 3 Tbs. butter, bit by bit, alternately with 1 tsp. lemon juice.

Horseradish Sauce

Combine 4 Tbsp. freshly grated horseradish with 1 cup fish stock and bring the mixture to a boil; then reduce heat and let the sauce simmer gently for 20 min. Add 1/2 cup drawn butter sauce, 1 Tbs. heavy cream, and 1 cup freshly made soft bread crumbs. Bring the mixture to a boil once again and season with salt and pepper to taste. Remove the pan from the fire and add gradually 2 egg yolks, stirring gently and constantly.

"Do not season a truth with the sauce of a lie in order to digest it more easily" Marguerite Yourcenar



Big Sioux, South Dakota



Tennessee River

Mirepoix

In a saucepan place 1 tsp. coarsely chopped onion, 1 very small carrot, finely sliced, 1 Tbsp. finely sliced celery, 1 large sprig parsley, 1 small piece of bay leaf, 1 clove, 1 pinch thyme, and salt and pepper to taste. Cook the mixture in 3 Tbsp. butter for 5 min., stirring occasionally.

Etc.

Fish Stuffing

Brown lightly 1 Tbs. finely chopped parsley and 1 tsp. each finely chopped shallot and finely chopped chives in 2 Tbs. butter. Sprinkle the mixture with 2 Tbs. flour and stir constantly until the mixture is well blended. Then stir in enough scaled milk to make a thick paste and add a piece of anchovy paste the size of a walnut. Bring the sauce to a boil and stir in about ½ cup soft bread crumbs, or as much as the mixture will hold.

Fish Marinade

To 1 cup red or dry white wine in a flat-bottomed dish, add 1 small lemon, sliced fine, 1 small raw carrot, sliced fine, 1 Tbs. each vinegar and oil, 1 sprig thyme, 2 small bay leaves, 3 whole cloves, slightly bruised, 1 large sprig parsley, 12 peppercorns, slightly crushed, and salt to taste. Then place the fish in it, stir gently once or twice, and turn the fish over often. Keep in a cool place. Be sure to cover the fish completely.

Wine Fish Stock

For 1 qt. stock, place 1 lb. raw fish, bones, and trimmings in a buttered pan with 2 Tbsp. minced onion, 4 sprigs parsley, and 6 slightly bruised peppercorns. Cover and let the mixture simmer for 15 min. Then add 2 cups white wine, 3 cups water, and a pinch of salt. Let the whole come to a boil and simmer gently for 25 min. Then strain the stock through a fine sieve or cheesecloth and use as directed.

"There is no rushing a river. When you go there, you go at the pace of the water and that pace ties you into a flow that is older than life on this planet. Acceptance of that pace, even for a day, changes us, reminds us of other rhythms beyond the sound of our own heartbeat."

Jeff Rennie





Red River,

Desserts

Sour Cream Cookies

1/2 cup shortening
 1 1/2 cups sugar
 2 eggs (beaten)
 1 tsp. vanilla
 1/2 tsp. nutmeg
 1 tsp. soda
 3 cups flour
 1 cup sour cream

Mix shortening and sugar, add eggs, sour cream, vanilla, nutmeg, and flour. Bake at 400 deg. Check cookies after 15 min.



Colorado

Wild Rice Cookies with Raisins

2 eggs	1 1/2 cups softened butter (3 sticks)
2 cups brown sugar	2 Tbsp. water
1 tsp. vanilla	4 cups flour
1/2 tsp. salt	1 tsp. soda
1 cup cooked Wild Rice, about 1/4 cup uncooked	
1/2 cup raisins	

Cream the eggs, butter, sugar, water and vanilla together in a large mixing bowl. Add the flour, salt and soda, blending into the creamed mixture. Stir in wild rice and raisins.

Drop by rounded teaspoonfuls onto lightly greased baking sheets (or in Dutch oven) and bake at 350 deg. for about 12 min. or until cookies are lightly browned. Makes about 6 doz. cookies.

Spiced Hot Cocoa

1/4 cup Hershey's® Cocoa	1/3 cup granulated sugar	1 tsp. vanilla
1/2 tsp. cinnamon	1/4 tsp. nutmeg	small clove, crushed
1/8 tsp. salt	1/2 cup hot water	Cinnamon stick
3 1/2 cups milk		

Combine cocoa, sugar, cinnamon, nutmeg, and salt in saucepan; blend in hot water. Bring to boil over med. heat, stirring constantly for 2 min. Add milk, heat to serving temp, stirring occasionally. DO NOT BOIL. Remove from heat; add vanilla and cloves. Beat until foamy. Garnish with cinnamon stick.

Be respectful of Mother Nature and always leave a clean camp.





West River, Vermont

Dump Cake

Christina King

- 1/2 stick butter
- 1 can cherry pie filling
- 1 can crushed pineapple
- 1 box yellow cake mix

Melt butter in a separate pan. Coat the Dutch oven with a nonstick cooking spray. Add cherry pie filling and crushed pineapple. Dump dry yellow mix on top of fruit mixture, and then pour the melted butter on the top. Bake 45 minutes until crust starts to set up a little. When done, let it set for a few minutes away from the coals, then serve.

Evil Brew Chocolates (EBC)

Bill Fujii

- 1 12 oz. bag Ghirardelli semi-sweet chocolate chips
- 1 lb. dried apricots

Pour the chocolate chips into a microwave safe bowl. Nuke them for about 3 minutes or until it looks like a chocolate sauce and stir (do NOT add milk).

Open the apricot bag and spread out a few apricots on a plate. Dip the apricots in the chocolate (one at a time) and arrange in neat rows on the cookie sheet. I highly suggest using tongs as the more chocolate you have on your fingers the fewer EBCs you will be able to make. Place in freezer for 20 min. Pop them off the cookie sheet with a slight twisting and lifting motion. Enjoy these EBC treats with evil brew coffee.

These should be made at home before a river trip. You can make it with a camp stove but this combination will attract bears.



Gauley River,
Virginia

Dutch Oven Cherry Cobbler

Tim Sullivan

- 2 cans cherry pie filling
- 2 boxes cake mix (your flavor)
- 3/4 cup water
- 1 1/2 stick butter

Line Dutch oven with aluminum foil (not necessary, but makes clean-up easier). Empty two cans of cherry pie filling into the bottom of the Dutch oven and spread evenly. Pour in two boxes of cake mix and spread evenly. Sprinkle cake mix with water. Top with butter cut into slices. Put lid on oven and place on 12 coals. Put 8 coals on the lid.

"Only a fool tests the depths of water with both feet."
African Proverb



Columbia River, Washington

Dutch Oven Apple Crisp

Stacy Gebhards

6-10 apples sliced, or dried apples reconstituted

2 Tbsp. water

½ cup brown sugar

¼ cup melted butter

1 tsp. cinnamon

1 tsp. nutmeg

Mix the above ingredients, add to Dutch oven, and cook until the apples are slightly soft. Then add 1 cup rolled oats mixed with ¼ cup flour. Bake until lightly browned.

Evil Brew Coffee

Bill Fujii

The fine art of coffee brewing is not to be taken lightly. It must be taken darkly...

I like to get French or Italian Roast. If you can, get the coffee beans as soon as possible after it is roasted. Storage should be in the deep freeze until you are on the river. Then it should be in a Ziploc® freezer bag in the bottom of the cooler.

It is important to understand that coffee should be both a solution and a suspension. The finer the grind, the more surface area per pound is exposed to the hot water. If there are really fine particles some of them will get into your cup – this is good. If you've modeled your grind after canned coffee you will gag on any of these chunks – this is bad. I use a #4 Melitta filter. Fold it in half so you will have a horizontal line for reference once you straighten it out and insert it into the cone. Fill the cone up so your reference line is hidden and you have a mound of coffee in the center of the cone.

The water should be clean and boiling. Pour the water through the coffee only once. If you pour ½ inch of the final product in a white cup and you can see the bottom-start over.



Wisconsin
River

"He who postpones the hour of living is like the rustic who waits for the river to run out before he crosses."

Horace



Lemon Cake

John Arkins

1 box lemon cake mix
3 eggs
¼ cup oil
¼ - ½ cup water (consult cake mix)
1 packet instant lemon pudding mix

Glaze:

¼ cup orange juice
¼ cup orange liqueur (Grand Marnier)
¼ cup powdered sugar
1 can cream cheese frosting

Mix together cake mix, eggs, oil, water and pudding and pour into Dutch oven. Put 18 charcoal briquettes on top and 8 under the Dutch oven. This works well for most cakes. It usually takes longer to bake than directed on the cake box, so don't peek until you smell it.

For the glaze, mix orange juice, orange liqueur, and powdered sugar. Poke a number of small holes into the cake (a wooden spoon handle works well). Pour the glaze over the cake and let it sit for a few minutes. I prefer it this way, but for those in need of a major sugar high, frost it with the cream cheese frosting.

Campfire Apples

3-4 apples
1 cube butter
1 cup chopped walnuts
½ cup maple syrup

Peel and cut the apples taking out the core. Combine the melted butter, maple syrup, and nuts in a bowl. Place a handful of apples in a piece of foil-leaving a small opening for ventilation. Place on campfire coals for 30-40 min., or until apples are soft.



Oxbow Bend, Wyoming

Make Ahead Sour Cream Fudge Torte

Torte:

1 pkg. Pillsbury Plus Devil's Food Cake Mix®
1/3 cup oil
3 eggs
1 cup water

Filling and Topping:

2 cups dairy sour cream
1 cup sugar
3 cups coconut
8-oz. container frozen whipped topping, thawed

Heat oven to 350 deg. Grease and flour two 8-in. round cake pans. In a large bowl, blend all cake ingredients at low speed until moistened. Beat 2 min. at highest speed; pour into prepared pans. Bake at 350 deg. for 30-40 min. or until toothpick comes out clean. Cook cake in pans for 15 min; invert onto cooling racks to cool completely. Split each layer in half horizontally, forming four layers. Set aside. In a large bowl, combine sour cream and sugar. Gently fold in coconut and whipped topping. Fill and frost layers. Store covered in refrigerator.

Keep close to Nature's heart...and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. John Muir



Suggested Items for Cooking and Camping Needs

Kitchen Equipment:

Pots
Coffee Pot
Large Mixing Bowl
Hot Pads
Frying Pan
Can Opener
Dutch Oven(s)
Griddle
Measuring Cup
Spatula
Whisk
Knives
Large Spoon
Hand Towel(s)
Dishpan
Pot Scrubber
Cutting Boards
Dish Drying Hammock
Silverware Bag
Dinner Plates and Bowls
Mugs

Cooking Equipment:

Stove(s)
Propane Tank
Fire Pan with Grill
Charcoal
Lighter Fluid
Ash Container
Table(s)
Chair(s)
Cooler(s)

Cooking and Cleanup Supplies:

Matches/Lighter
Heavy Aluminum Foil
Ziploc® Bags
Liquid bleach
Strainer for Dish Water
Sponges
Scrapers
Dish Soap
Trash Bags
Spices
Paper Towels
Dish Pans
Buckets

Sanitation Supplies:

Toilet Paper
Hand Soap
Lime
Baby Wipes
Wash Gel
Antiseptic Towelettes

Sanitation Equipment:

Water Purifier
Water Bottles
Water Container(s)
(for water and ice)
Handwashing Set-Up
Portapotty System

Record Keeping:

Rite-in-the-Rain Notebook & Pen
RMS RiverLog

First Aid Kit:

SAM Splint
Bandages
Tweezers
CPR Microshield
Non-Latex Exam Gloves
5"x9" Trauma dressing
4"x4" Gauze Pads
Roll Cloth Tape
Triangular Bandage
12ml Irrigation Syringe
Pack Wound Closure Strips
Telfa Non-Adherent dressings
4" Elastic Bandage
3" Gauze Rolls
1"x3" Elastic Strips
3/4"x3" Elastic Strips
Fingertip Bandages
Knuckle Bandages
Moleskin Pads
Packages 2nd Skin
Transparent Semi-Permeable Dressing
Tincture of Benzoin Swabs
Alcohol Prep Pads
Betadine Swabs
Triple Antibiotic Ointments
Ibuprofen Packets
Non-Aspirin Packets
Diphen Packets
Antacid Packets

Suggestions provided by AIRIE
Backcountry Medicine:
<http://aeriemedicine.com>

Food Planning for a Crowd

<u>Food Item</u>	<u>1 Serving</u>	<u>12 Servings</u>	<u>24 Servings</u>
-Bacon or Sausage (strips/links/patties)	2	24	36
-Cheese Slices	1 oz.	1 lb.	2 lb.
-Meat Cold Cuts	2 ½ oz.	2 lb.	4 lb.
-Meat. Poultry, Fish (boneless)	¼ lb.	3 lb.	6 lb.
-Meat, Poultry, Fish (bone-in)	¾ lb.	9 lb.	18 lb.
-Potato Salad, Baked			
Beans, or Coleslaw	½ cup	1 ½ qt.	3 qt.
-Tossed Salad	1 ½ cup	4 ½ qt.	9 qt.
-Salad Dressing	2 Tbsp.	1 ½ cup	3 cups
-Chips	1 oz.	14 oz.	1 ½ lb.
-Crackers	4 crackers	8 oz.	2 lb.
-Rolls	1 ½ rolls	2 dozen	3 dozen
-Muffins	1 muffin	1 dozen	3 dozen
-Bread	2 slices	1 ½ lb. loaf	2 ½ lb.
-Cakes 14x9", 14 cup ring, or 9" layer	1 slice	1 cake	2 cakes
-Cookies	2	2 dozen	4 dozen
-Coffee and Tea, Brewed	¾ cup water	9 cups	18 cups
-Ground Coffee	1 Tbs.	1 ½ cups	3 cups
-Loose Tea	½ Tbs.	¼ cup	½ cup
-Juice or Punch	½ cup	1 ½ qt.	3 qt.
-Iced Tea or Milk	1 cup	3 qt.	6 qt.
-Mineral Water	8 oz.	3 qt.	6 qt.

Quantities and Measures

1 lb. = 16 oz.	
-Apples, dried ½ lb.	2 cups
-Butter, 1 lb.	2 cups (1 stick=1/4 lb. = ½ cup)
-Bacon, 1 lb.	20-28 slices
-Carrots, 1 lb.	3 ½ cups chopped
-Eggs, 1 dozen	3 cups
-Flour, 1 lb.	4 cups
-Ham, 1 lb.	4 cups
-Lettuce, 1 lb.	1 ½ qt.
-Oatmeal, 1 lb.	5 cups dry, 2 1/3 qts. cooked
-Oil, 1 lb.	2 1/5 cups
-Pasta, 1 lb.	5 cups dry
-Peanut Butter, 1 lb.	1 2/3 cups (about 13 servings of 2 Tbs.)
-Peas, 1 lb. frozen	2 7/8 cups
-Potatoes, 1 lb. fresh	3 cups cooked or uncooked
-Raisins, 1 lb.	3 cups
-Rice, 1 lb.	2 1/8 cups dry
-Sugar, 1 lb. White	2 1/8 cups (a 5 lb. bag = 10 5/8 cups)
-Sugar, 1 lb. Brown	2 ¾ cups
-Tuna, 1 lb.	2 cups
-Water, Milk, Juice, 1 lb.	2 cups (1 pint)
-An 8 oz. can of tomatoes, fruit, etc. = 1 cup	
-A No. 2 can (20 oz. tomatoes, fruit, etc.) = 2 ½ cups	
-A No. 2 ½ can (28 oz.) = 3 ½ cups	

Source: River Otter: *Handbook for Trip Planning*, 2003

The number of servings does not necessarily mean the number of guests.
Consider appetites and eating habits of guests when preparing servings.

Dutch Ovens and Charcoal Briquettes

<u>Oven</u>	<u>12" Dutch Oven</u>	<u>14" Dutch Oven</u>	<u>16" Dutch Oven</u>
Capacity	4 qts. (4" sides)	8 qts. (4.75" sides)	12 qts. (4.5" sides)
Main Dish Servings	6-18	8-25	12-38
Side Dish Serving (1 cup)	20 (+ 1 qt. headroom)	28 (+ 1 qt. headroom)	36 (+ 2 qt. headroom)
Briquettes on Top	14-15	16-17	18-19
Briquettes on Bottom	9-10	11-12	13-14
Total Briquettes/ Charcoal	24 (1.5 lbs.)	28 (1.75 lbs.)	32 (2 lbs.)

Source: River Otter: *Handbook for Trip Planning*, 2003

Dutch Oven Size (# of coals top/bottom)

<u>Temp.</u>	<u>8"</u>	<u>10"</u>	<u>12"</u>	<u>14"</u>	<u>16"</u>
300 F	9/4	12/5	15/7	19/9	21/11
325 F	10/5	13/6	16/7	20/10	22/12
350 F	11/5	14/7	17/8	21/11	24/12
375 F	11/6	16/7	18/9	22/12	24/13
400 F	12/6	17/8	19/10	24/12	27/13
425 F	13/6	18/9	21/10	25/13	28/14
450 F	14/6	19/10	22/11	26/14	30/14
500 F	15/7	20/11	23/12	28/14	32/15

- ♦ Each charcoal briquette weighs about 1 oz.; 16 briquettes weigh approximately 1 lb.
- ♦ There are 334 briquettes in a 20 lb. bag.
- ♦ Twenty pounds of briquettes will fit in a five-gallon bucket; enough for 9-10 uses of a 16" Dutch oven.
- ♦ The number of briquettes used depends upon the temperature desired.
- ♦ Each briquette provides about 10-20 degrees of heat.
- ♦ Distribute the briquettes evenly-clumping or piling briquettes will cause "hot spots" resulting in burnt food.
- ♦ Arrange the bottom coals in a circular pattern keeping the outside edge of the coals ½" from the outer edge of the oven.
- ♦ The top coals should be arranged evenly over the entire surface of the lid in a checkerboard pattern.



River Otter's Recipe Adjusting by Serving

t = Teaspoon

T = Tablespoon

C = Cup

1	2	3	4	6	8	10
Pinch	1/8 t	1/5 t	1/4 t	3/8 t	1/2 t	5/8 t
1/8 t	1/4 t	3/8 t	1/2 t	3/4 t	1 t	1 1/4 t
1/4 t	1/2 t	3/4 t	1 t	1 1/2 t	2 t	2 1/2 t
3/8 t	3/4 t	1 1/8 t	1 1/2 t	2 1/4 t	1 T	1T 2t
1/2 t	1t	1 1/2 t	2 1/4 t	1 T	1 1/2 T	2T
3/4 t	1 1/2 t	2 1/4 t	1 T	1 1/2 T	2 T	2 1/2 T
1 t	2 t	1 T	1 T 1 t	2 T	2 T 2 t	3 T 1 t
1/2 T	1 T	1 1/2 T	2 T	3 T	1/4 C	1/4 C 1 T
1 T	1 1/2 T	3 T	1/4 C 1/2 T	3/8 C	1/2 C	5/8 C
1 1/2 T	3 T	1/4 C 1/2 T	3/8 C	1/2 C 1 T	3/4 C	7/8 C 1 T
1/8 C	1/4 C	3/8 C	1/2 C	2/3 C	1 C	1 1/4 C
1/6 C	1/3 C	1/2 C	2/3 C	1 C	1 1/3 C	1 2/3 C
1/4 C	1/2 C	3/4 C	1 C	1 1/2 C	2 C	2 1/2 C
1/3 C	2/3 C	1 C	1 1/3 C	2 C	2 2/3 C	3 1/3 C
3/8 C	3/4 C	1 1/8 C	1 1/2 C	2 1/4 C	3 C	3 3/4 C
1/2 C	1 C	1 1/2 C	2 C	3 C	4 C	5 C
3/4 C	1 1/2 C	2 1/4 C	3 C	4 1/2 C	6 C	7 1/2 C
1 C	2 C (1 pt.)	3 C	4 C (1 qt.)	6 C	8 C	10 C

Example: If you would like a recipe that serves 6 to serve 20.

Look up the recipe quantities of each item under the 6 column and follow the row for each ingredient from the 20 column.

River Otter's Recipe Adjusting by Serving, cont.

12	14	16	18	20	22	24
3/4 t	7/8 t	1 t	1 1/8 t	1 1/4 t	1 3/8 t	1 1/2 t
1 1/2 t	1 3/4 t	2 t	2 1/4 t	2 1/2 t	2 3/4 t	1 T
1 T	1 T 1/2 t	1 T 1 t	1 1/2 T	1 T 2 t	1 T 2 1/2 t	2 T
1 1/2 T	1 T 2 1/4 t	2 T	2 T 3/4 t	2 1/2 T	2 T 2 1/4 t	3 T
2 T	2 T 1 t	2 T 2 t	3 T	3 T 1 t	3 T 2 t	1/4 C
3 T	3 1/2 T	1/4 C	1/4 C 1/2 T	1/4 C 1 T	1/4 C 1 1/2 t	3/8 C
1/4 C	1/4 C 2 t	1/4 C 1 T 1 t	3/8 C	3/8 C 2 t	3/8 C 1 T 1 t	1/2 C
3/8 C	3/8 C 1 T	1/2 C	1/2 C 1 T	5/8 C	5/8 C 1 T	3/4 C
3/4 C	7/8 C	1 C	1 1/8 C	1 1/4 C	1 3/8 C	1 1/2 C
1 1/8 C	1 1/4 C 1 T	1 1/2 C	1 5/8 C 1 T	1 7/8 C	2 C 1 T	2 1/4 C
1 1/2 C	1 3/4 C	2 C	2 1/4 C	2 1/2 C	2 3/4 C	3 C
2 C	2 1/3 C	2 2/3 C	3 C	3 1/3 C	3 2/3 C	4 C
3 C	3 1/2 C	4 C	4 1/2 C	5 C	5 1/2 C	6 C
4 C	4 2/3 C	5 1/3 C	6 C	6 2/3 C	7 1/3 C	8 C
4 1/2 C	5 1/4 C	6 C	6 3/4 C	7 1/2 C	8 1/4 C	9 C
6 C	7 C	8 C	9 C	10 C	11 C	12 C
9 C	10 1/2 C	12 C	13 1/2 C	15 C	16 1/2 C	18 C
12 C	14 C	16 C (1 gal.)	18 C	20 C	22 C	24 C

Source: River Otter: *Handbook for Trip Planning*, 2003.



Metric Conversions

1 inch (in.) = 2.54 centimeters (cm)

1 ounce (oz.) = 28.35 grams (g)

16 oz. = 1 pound (lb.) = 453.6 g

2.2 lbs. = 1 kilogram (kg)

1 teaspoon (tsp.) = 1/6 fluid oz. = 5
milliliters (ml)

1 tablespoon (Tbs.) = 3 tsp. = 15 ml

1 fluid oz. = 6 tsp. = 1/8 cup = 30 ml

1 cup = 16 Tbsp. = 8 fluid oz. = 237 ml

1 pint = 2 cups = 16 fluid oz. = 0.5 liter (L)

1 quart (qt.) = 2 pints = 32 fluid oz. = 0.9 L

1 gallon = 4 qt. = 16 fluid oz. = 3.8 L

1 gallon of water = 8.34 lbs.



Acknowledgements

River Otter's Quantities and Measures, Suggested Items for Cooking and Camping Needs, About Charcoal Briquettes, Metric Conversions, River Otter's Recipe Adjusting by Serving, and portions of Hints for the Meal Planner and Some Food for Thought were taken from River Otter: Handbook for Trip Planning by Maria Eschen, 2003. Reprinted by permission from Anotter Press, LLC. All rights reserved. For more information visit <http://www.anotterpress.com>.

Stacy Gebhards recipes are from his book Wild Thing-Backcountry Tales and Trails, 1999. Reprinted by permission from Washington State University Press. All rights reserved. Food Planning for a Crowd was taken from: www.hungrymoster.com/recipe/Food_Planning_For_A_Crowd.cfm

Baking Temperature Chart for Dutch Ovens was taken from: <http://www.cabelas.com/information/cabelas-field-guides/Dutch-Oven-Cooking-Techniques>

Thanks to the cooks for providing the recipes. Layout and design by Anna Rose Sullivan, Missoula, MT.

All images are royalty free.

