

What's Cookin': Camping food plans

It's almost camping time. As you read this, I am packing my bag for a canoe trip down the French River. I have back-country camped for two nights before, but this is my first longer trip. My hubby is an avid back-country camper and has been going on trips his whole life, so I decided to give it a whirl. Perhaps in a future article, you'll hear how it went, but for now, I can tell you some of our food plans.

We like to eat well when camping. After days filled with canoeing, swimming, hauling firewood, setting up and tearing down campsites, we like a good dinner. Mornings are quick and easy. Neither one of us likes an enormous breakfast. So, tea for me, coffee for him, oatmeal, bread (or crackers) and peanut butter, some fruit on the first couple of days until its gone. Lunches are no-cook. GORP (which I believe is an acronym for "good old raisins and peanuts") is essential because you can eat it while canoeing. Some turkey jerky, smoked salami, more nuts, cheese, again fruit

Lori Gysel & Gerry Kentner



while it lasts, veggies while they last, quick and easy things that do not need to be refrigerated. Dinner is the best meal. For the first couple of nights we'll enjoy meals that we've made at home and frozen—we'll eat them as they thaw. Butter chicken for sure; we'll cook up a pot of rice when we're there and veggies. Next night probably a steak, most likely with a repeat performance from the rice – but seasoned differently. By third night, it's non-refrigerateable dinners, but still tasty. Baked potatoes on the fire topped with homemade pesto that we've dehydrated then brought back to life with olive oil; spaghetti with veggies we've dehydrated at home and added to a canned sauce, still working on the fifth night.

Wish us luck! Have fun and keep cooking!

Nesting Eggs

Makes 6

Ingredients

- 6 slices black forest ham (cut thicker than for sandwiches)
- 1 tbsp Dijon mustard
- 6 eggs
- 1/2 cup grated cheddar cheese

Method

1. Spread each slice of ham with equal amounts of Dijon on one side only.



2. Spray six muffin tins with non-stick spray and heat oven to 350 degrees F.

3. Ease one slice of ham into each muffin tin, forming a cup with sides.

4. Crack one egg into each ham cup.

5. Sprinkle grated cheese over top of all eggs.

6. Bake in preheated oven for 12-15 minutes or until egg reaches desired finish (soft, medium, hard).

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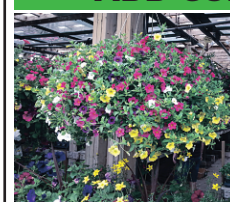
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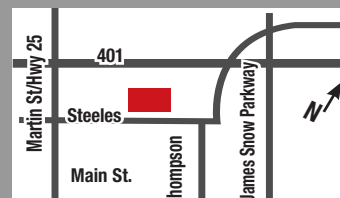
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