Preface

The idea for a field camp cookbook has been bounced around for many years. Finally, after much talk, but no action, it is beginning to take shape. With even a small amount of attention, it is hoped the cookbook will grow and live on as a unique resource for those fending for themselves in field kitchens.

At one time or another, just about everyone in the Earth Sciences has experienced some kind of adventure in the great outdoors. Whether that be a weekend trip, a remote field course, or a research expedition to the far ends of the Earth. Across the board, the one common denominator is that everyone has to eat, and sitting down to share a meal with colleagues is, almost without exception, one of the most memorable things that anyone can experience as a member of the Earth Science community.

No doubt, there is a vast wealth of field dining experiences out there among members of the Department of Earth Sciences at the University of Toronto, existing and former students and faculty alike. But the real root of the matter rests in what people have actually done in terms of cooking for themselves as part of research party, or a group during a field course. This is the essence of journeys well traveled, good times together, new lessons learned, valuable data collected, and building of life-long memories.

There are a great many scenarios under which field cooking might take place, ranging from around a campfire to reasonably well equipped cottage kitchens. The focus of this cookbook is on the later, rather than the former, where the preparation of meager prefabricated dehydrated meals is oftentimes unavoidable.

The first edition of the Field Camp Cookbook is from the summer 2019 Deep River field courses and research expeditions. It was compiled by Domenica Lee and Grant Ferris with contributions from Charly Bank, Nathan Stoikopoulos, Brock Edwards, Jessica Patterson, Natalie Szponar, and Betka Ondercova. The volume includes a selection of almost two dozen recipes that include side dishes, main courses, and desserts. Hopefully, the cookbook will grow over time as more people share their field camp kitchen favorites!

ENJOY!
Table of Contents

**Sides** Page 4-15

**Mains** Page 16-41

**Desserts** Page 42-53
# Focaccia Bread

A basic recipe for focaccia bread. So easy to make, so delicious to eat.

<table>
<thead>
<tr>
<th>Course</th>
<th>Side</th>
<th>Prep Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Cuisine</td>
<td>Italian</td>
<td>Cook Time</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Servings</td>
<td>One loaf</td>
<td>Total Time</td>
<td>40 minutes plus rising time</td>
</tr>
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## Ingredients

<table>
<thead>
<tr>
<th>4 cups</th>
<th>All purpose flour</th>
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</thead>
<tbody>
<tr>
<td>2 teaspoons</td>
<td>Salt</td>
</tr>
<tr>
<td>1</td>
<td>Packet of instant yeast</td>
</tr>
<tr>
<td>2 cups</td>
<td>Warm water</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Butter for greasing pan</td>
</tr>
<tr>
<td>4 tablespoons</td>
<td>Olive oil, divided (keep in mind that Focaccia “loves” olive oil”)</td>
</tr>
<tr>
<td>Optional</td>
<td>Italian herbs seasoning or freshly chopped herbs</td>
</tr>
<tr>
<td>Optional</td>
<td>Sea salt</td>
</tr>
<tr>
<td>Optional</td>
<td>Grated parmesan cheese and other toppings (use your imagination)</td>
</tr>
</tbody>
</table>
Instructions

- In a medium-large bowl, combine flour, salt, and instant yeast. Stir well. Add the warm water. Using a sturdy wooden spoon or spatula, mix until all the flour is incorporated. Cover the bowl and let the dough rise to double size, 1 to 2 hours. It can be refrigerated to rise slowly for 8 to 24 hours.

- Lightly grease two 9 inch pans. Best to line with parchment paper. Pour a tablespoon of olive oil into the centre of each pan. Divide the dough between the pans, turning each to coat well with oil (use more oil if needed). Shape the dough into a ball, over with plastic wrap, and let rest of 2 hours.

- Preheat the oven to 450

- Drizzle another tablespoon of oil over each round of dough. Using oiled fingers, press the down to fill the pan, then make deep dimples. Let the dough rest 15 to 30 minutes.

- Sprinkle the top with optional seasonings

- Reduce the heat on the oven to 425 oF and bake for 20 to 30 minutes, until the tops of the focaccia are golden and the undersides are crisp. Remove from the pans and transfer to cooling rack. Serve warm or cool. Makes for great leftovers.
Charly’s Bread

Field camp with Charly means freshly baked warm bread in the morning! Charly eyeballs everything so the measurements are approximate.

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</tr>
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<td>Cook Time</td>
<td>1 hour</td>
</tr>
<tr>
<td>Servings</td>
<td>One loaf</td>
<td>Total Time</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Ingredients

1/2 pack   Yeast
1 cup warm water Water
1/2 tablespoon  Sugar
2 1 1/2 to 3 cups All purpose flour
2 tablespoons  Melted butter or oil
Instructions

• In a small bowl, mix half a packet of yeast with some water and sugar. In a bigger bowl, add flour, and make a small pit in the middle. Pour the yeast mixture into the pit. Stir gently with a spoon, only stir the pit, incorporating a little bit of flour into the yeast mixture but leaving the majority of the flour untouched. Cover the wet pit with more flour.

• Once the flour above the pit starts to crack, mix everything together. Add some softened butter or oil into the dough. Cover with a towel or plastic wrap and let rise for a bit.

• Knead the dough a few times, and then cover and let rise even more.

• Knead the dough and shape. Cut slits on the top of the bread to prevent cracking. Or divide the dough in three and braid it.

• Bake in a preheated oven at 350°F for about 45 min to 1 hour.
Moroccan Spiced Vegetable Couscous

Throw together a deliciously spiced and super healthy dish in no time flat. This recipe is great as a side dish or vegetarian meal.

<table>
<thead>
<tr>
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<th>Side</th>
<th>Prep Time</th>
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</thead>
<tbody>
<tr>
<td>Cuisine</td>
<td>Moroccan (vegetarian)</td>
<td>Cook Time</td>
<td>15 minutes</td>
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<tr>
<td>Servings</td>
<td>4</td>
<td>Total Time</td>
<td>30 minutes</td>
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Ingredients

1 cup   Couscous (enough for 4 servings when prepared)
1 cup   Frozen peas
1 14 oz can Chickpeas
1 1/2 cups Chicken or vegetable stock
1 Medium cooking onion, chopped
1 Green, yellow or orange bell pepper, chopped
1 Carrot, chopped
2 Garlic cloves, minced
1/2 teaspoon Paprika
1/2 teaspoon Ground coriander
1/4 teaspoon Curry powder
1/2 teaspoon Cumin
1/8 teaspoon Cinnamon
Optional Cayenne pepper, to taste
Optional Salt and pepper to taste
Optional Handful of fresh parsley, chopped

Instructions

• Prepare the couscous according to package instructions.
• In a medium-size frying pan heat the oil over medium heat.
• Add the cooking onion, bell pepper, and carrot. Sauté 10-15 minutes or until the vegetables are your desired tenderness.
• Add the garlic and sauté another minute.
• Mix in the spices and stir-fry until fragrant (about a minute)
• Add the frozen peas and cook briefly. Stir in the chickpeas followed by the stock.
• Add the remaining ingredients then stir in the couscous. Remove from heat and let stand 5 minutes or until liquid is absorbed. Fluff and serve.
Sautéed Red Cabbage (Rotkohl)

A delicious side, goes well with sauerbraten!

**Course** Side  **Prep Time** 15 minutes

**Cuisine** German  **Cook Time** 40 minutes

**Servings** 6  **Total Time** 55 minutes

**Ingredients**

- 1 /2 head Red cabbage, thinly sliced and washed
- 1 Apple, peeled, cored and diced
- 1 Cooking onion, diced
- 1/4 cup Vinegar (white, red or white wine, apple cider)
- 2 tablespoons Olive oil

Optional  Salt and pepper to taste
Optional  1 or 2 whole cloves (watch out, they will be lost in the dish)
Optional  Dash of nutmeg and or cinnamon
**Instructions**

- Heat the oil in a large pot, add the onions and sauté over medium heat until soft. Add the wet, washed, sliced cabbage to the pot, mix in the diced apple, and cover with lid.

- Reduce the heat to simmer and cook, stirring at intervals, for 20 minutes, or until the cabbage is wilted.

- Pour in the vinegar, season with salt and pepper, add optional spices (if desired), stir and cover. Continue to simmer, with periodic mixing, for another 20 minutes.

- Remove from heat, serve warm.
Mexican Quinoa Salad

Fresh vegetables and a tangy lime cilantro dressing complement the savory quinoa in this cold salad.

<table>
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<th>Side</th>
<th>Prep Time</th>
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<tbody>
<tr>
<td>Cuisine</td>
<td>Mexican</td>
<td>Cook Time</td>
<td>55 minutes</td>
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<tr>
<td>Servings</td>
<td>6</td>
<td>Total Time</td>
<td>1 hour 10 minute</td>
</tr>
</tbody>
</table>

**Ingredients**

**Quinoa**
- 3/4 cup Uncooked quinoa
- 1 1/2 cups Vegetable broth
- 1 tablespoon Olive oil

**Dressing**
- 1/3 cup Chopped fresh cilantro leaves
- 1/4 cup Olive oil
- 1/4 cup Lime juice
- 1 teaspoon Finely chopped garlic
- 1/2 teaspoon Cumin
- Optional Salt and pepper to taste
**Vegetables**

1 12 oz can  Kernel corn, strained and washed
1 15 oz can  Black beans, strained and washed
1/2 cup  Chopped red and green bell pepper
1/2 cup  Chopped red onion
1 teaspoon  Finely chopped garlic

**Instructions**

- Add oil to frying pan at medium heat, add quinoa and stir to coat, continue to cook 2 to 5 minutes or until the quinoa begins to brown lightly.
- Add the vegetable broth and bring to boil, cover, reduce heat to low and cook for 20 minutes. Fluff with fork and set aside.
- Whisk all the dressing ingredients in a bowl until combined.
- Combine cooked quinoa, vegetables and dressing in a large serving bowl, toss lightly, refrigerate at least 30 minutes to blend flavors.
- Remove from fridge, toss, serve.
Red Cabbage Coleslaw

Healthy, delicious, and colourful. Always a good addition to a meal, ready in no time at all.

### Course
Side

### Cuisine
North American

### Prep Time
15 minutes

### Cook Time
0

### Servings
4 to 6

### Total Time
15 minutes

### Ingredients

#### For the salad
- 1/2 head Red cabbage, shredded
- 1 or 2 Carrots, shredded
- 1/4 cup Diced red onion

#### For the vinaigrette
- 1 tablespoon Dijon mustard
- 1 Garlic clove, minced
- 1/3 cup Olive oil
- 1/4 cup White wine vinegar
- 1 tablespoon Honey
- 1/4 teaspoon Chili powder
- Optional Salt and pepper to taste
- Garnish Fresh chopped parsley or cilantro.
Instructions

• Place the shredded cabbage, carrots, and onion in a large salad bowl, mix and set aside.

• In a smaller bowl, whisk together the Dijon mustard, garlic, oil, wine vinegar, honey, chili powder, salt and pepper.

• Pour the dressing over the cabbage mixture and toss to combine.

• Taste for seasoning, adjust accordingly. Top with garnishes if so desired.
Baked Squash with Salmon and Tomatillo Salsa Verde

An easy dish to prepare contrasting the sweetness of the squash with the richness of the salmon and spiciness of the tomatillo salsa verde.

<table>
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<tr>
<th>Course</th>
<th>Main</th>
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</thead>
<tbody>
<tr>
<td>Prep Time</td>
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<tr>
<td>Cuisine</td>
<td>North American</td>
</tr>
<tr>
<td>Cook Time</td>
<td>45 minutes</td>
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<tr>
<td>Servings</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Total Time</td>
<td>60 minutes</td>
</tr>
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</table>

**Ingredients**

1 kg butternut squash
175 g skinless salmon fillets
Olive oil
Tomatillo salsa verde
Lime, thinly sliced
Salt and pepper to taste
**Instructions**

- Preheat oven to 400°F
- Peel and seed the squash, cut into chunks and transfer into a 35 x 28 cm roasting pan. Toss the squash in the olive oil, season with salt and pepper
- Roast the squash, stirring once, until tender, 25 to 30 minutes.
- Remove from oven and pour all but 4 tablespoons of the tomatillo salsa verde over the squash.
- Place the salmon fillets over the squash, season with salt and pepper, drizzle with remaining tomatillo salsa verde. Top with thin slices of lime.
- Bake until the fish is cooked through, 10 to 15 minutes.
Sauerbraten

Delicious! Takes some time, so plan ahead.

<table>
<thead>
<tr>
<th>Course</th>
<th>Main</th>
<th>Prep Time</th>
<th>30 minutes 4 day marinade</th>
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<tbody>
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<td>Cuisine</td>
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</tr>
<tr>
<td>Servings</td>
<td>6</td>
<td>Total Time</td>
<td>2 hours 30 minutes</td>
</tr>
</tbody>
</table>

Ingredients

Marinade

2 Cooking onions, chopped
2 Carrots, diced
1 Leek, completely washed to remove dirt and chopped
3 Garlic cloves, minced
2 Bay leaves
2 large sprigs each Fresh thyme and fresh rosemary
6 Whole cloves
10 Cracked whole peppercorns
2 1/2 teaspoons Salt
1 teaspoon Sugar
2 1/2 cups Red wine
1 cup Red wine vinegar
1 1/2 cups water
Roast

4 lbs Beef rump roast
4 Slices of bacon, chopped
4 tablespoons Flour
1/4 cup raisins
1/3 cup Ginger snap cookies, crushed
1 tablespoon honey
1 tablespoon Olive oil

Instructions

• Prepare the marinade. Place all the veggies and herbs in a heavy stock pot along with the garlic, whole cloves, bay leaves, salt, sugar, and pepper corns. Add the red wine vinegar and water. Bring to a boil, cover and simmer 10 minutes. Turn off heat and let cool completely to room temperature.

• Marinate the meat, nestled among the veggies and herbs, in the stock pot. Let it marinate for at least 4 days, preferably 7. Unless completely submerged, turn the meat over once every day.

• Remove the meat, pat it dry with paper towels, strain the liquid from the veggies and herbs. Reserve the liquid, as well as the veggies and herbs.

• Rinse out and dry the stock pot. Heat the oil and generously brown the roast on all sides, remove and set aside. Cook the bacon until done. Leave about 2 tablespoons of fat/oil in the pot, add the strained veggies and herbs, cook for 5 minutes.

• Stir in the flour, cooking for a minute or two, then add the reserved liquid strained from the marinade. Bring to a boil, stirring constantly to prevent the formation of lumps. Add the raisins, honey, and crushed ginger snaps. Return the roast to the pot.

• Bring to a boil, reduce the heat to low, cover and simmer for about 2 hours (may need longer) or until the meat is very tender. When the roast is done, transfer to a plate, cover with tin foil to keep it warm before slicing.

• While the roast is resting, strain the gravy and return it to the pot. Taste, add more sugar or honey, salt and pepper, to taste. If needed the gravy can be thickened with a slurry of flour in water.
Moroccan Kefta
(Mkaouara) Tagine

Kefta mkaouara is a dish of spicy meatballs simmered in a zesty tomato sauce, topped with poached eggs. While traditionally prepared in a tagine, a deep skillet or dutch oven works fine.

Course  Main  Prep Time  30 minutes
Cuisine  Moroccan  Cook Time  60 minutes
Servings  4  Total Time  1 hour 30 minutes

Ingredients

Sauce
1 28 oz can  Diced tomatoes
1  Cooking onion, chopped
3  Garlic cloves, minced
2 teaspoons  Cumin
1 1/2 teaspoons  Paprika
1/2 teaspoon  Cinnamon
3 tablespoons  Chopped parsley
3 tablespoons  Chopped cilantro
2 tablespoons  Olive oil
1/8 teaspoon  Cayenne pepper
Optional  Salt and pepper to taste
Optional  4 eggs
Kefta (meatballs)

1 lb  Ground beef or lamb (or combination)
1/2  Cooking onion, very finely chopped or grated
2  Garlic cloves, very finely minced or grated
2 teaspoons  Paprika
1 teaspoon  Cumin
1/2 teaspoon  Cinnamon
1/8 teaspoon  Cayenne
1/4 cup  Finely minced parsley
1/4 cup  Finely minced cilantro
Optional  Salt and pepper to taste

Instructions

• In a medium bowl, combine the ground meat, herbs and spices. Mix well. Spoon out heaping tablespoon amounts and roll into meatballs.

• Drizzle some oil into a deep skillet (or tagine) with a tight fitting lid. Add sliced onion and cook. Sprinkle with minced garlic and place meatballs in a layer over onions and cook gently to brown sides. Alternatively, the meatballs can be started on a grill, and transferred to the skillet after browning.

• In a bowl, add spices to the diced tomatoes, then pour over the meatballs in the skillet. Cover, reduce heat to low, and let simmer for 30 minutes or longer. Add some water if the dish becomes too dry.

• As an optional last step, remove the lid and crack the eggs into separate areas on top of the meatballs, sprinkle with parsley and cilantro. Cover again and cook until the eggs are poached (7 to 10 minutes).
Bacon-wrapped Chicken Breasts stuffed with Blue Cheese and Sundried Tomatoes

An amazing fusion of flavours.

Course       Main
Cuisine      North American
Servings  6

Prep Time 20 minutes
Cook Time 45 minutes
Total Time 65 minutes

Ingredients

6       Boneless skinless chicken breasts
6       Rashers of bacon
1/3 cup Crumbled hard blue cheese
1/3 cup Julienned sundried tomatoes

Optional Version Replace bacon with thin slices of prosciutto ham
Instructions

• Preheat oven to 400°F.

• Butterfly the chicken breasts by slicing almost through along their length. Firmly press open by hand.

• Sprinkle crumbled blue cheese and julienned sundried tomatoes into the middle of each butterflied chicken breast.

• Carefully fold the stuffed chicken breasts over to sandwich the blue cheese and sundried tomatoes. Wrap a rasher of bacon around the outside to hold each stuffed chicken breast together.

• Place into a baking dish, cover with tin foil. Reduce oven temperature to 350 °F, and roast for 20 minutes. Then remove the tin foil, spoon some juices over the top, and continue roasting for another 25 minutes, until the chicken is done and the bacon wraps are crispy.
Fish Tacos
(Braco’s Tacos)

Nothing like flavourful fish tacos on a warm summer evening. Best consumed while wearing slightly damp swimming trunks and with a Mexican lager in hand. Well-reviewed by teaching team.

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<tr>
<td>Servings</td>
<td>8</td>
<td>Total Time</td>
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**Ingredients**

- 24 Small corn flour tortillas
- 2 lb White fish (e.g., tilapia, haddock)
- 4 Ripe avocados
- 2 Tomatoes, diced
- 2 cups Feta or Cotija cheese
- 1 bunch Chopped cilantro
- 3 Limes, cut into wedges
- 2 tbsp Each of cumin and ground black pepper
- 2 tsp Salt
- 2 tsp Red pepper flakes
- 1 tbsp Butter
- 3 tbsp Olive oil
- 1 small bottle Sriracha mayo
- 1/4 cup Freshly pulverized lime juice
Instructions

- Line the hugest baking sheet you can find with tin foil or parchment paper
- In a small bowl combine the fish seasoning ingredients (cumin, black pepper, salt, chili flakes) and sprinkle evenly over both sides of fish before placing them on baking sheet
- Drizzle fish with olive oil and dab a piece of butter on each. Bake at 375 Celsius (or 638 Kelvin) for 20 to 25 mins. For best results, broil fish for the last 3 mins
- Mash up the avocados and combine with lime juice, diced tomatoes, minced garlic, and salt and pepper to taste—holy guacamole!
- Warm the tortillas on a large dry skillet or cast iron pan set to medium heat
- To assemble: start with shredded fish pieces, add cheese and a dollop of avocado, and top with cilantro and a good dousing of sriracha mayo and squeezed lime. Mucho gusto!
Lentil Shepherd’s Pie

This is a recipe Grant Ferris found in the LCBO Food & Drink magazine a while back. Guaranteed to be a hit.

**Course** Main  **Prep Time** 30 minutes  
**Cuisine** Vegan/Vegetarian  **Cook Time** 40 minutes  
**Servings** 2 casserole dishes  **Total Time** 1 hour 10 minutes

**Ingredients**

- Oil
- 1 Onion, chopped
- 1/2 Red bell pepper, chopped
- 1 cup Mushrooms, sliced
- 4 Garlic cloves, minced
- 4 cans Lentils, rinsed
- 3 cans Corn
- 1 tbsp Pickled jalapenos, minced
- 1/2 tsp Cumin
- 1 tsp Chili powder
- 3 tsp Italian seasoning
- Salt & pepper
- 8 Potatoes

Milk & Butter **can use vegan substitute**
Instructions

• Peel, chop, and boil potatoes until soft. Mash and add in salt, pepper, butter, and milk to taste.

• Sautee the onions, bell pepper, mushrooms, and garlic on medium heat, until cooked. Add in lentils, spices, and pickled jalapenos. Make sure the jalapenos are minced to a paste-like consistency. This is a key ingredient to the dish, don’t forget it! Add more than 1 tbsp if you like spice. Continue to cook until the lentils have heated up and everything is well cooked together.

• Layer the lentil mixture onto the bottom of a casserole dish. Layer the canned corn on top, no need to drain the liquid from the can, add that all in. Then layer on the mashed potato. Drizzle some oil on top and sprinkle some chilli powder and Italian seasoning on top.

• Bake in an oven preheated to 350°F for about 40 min, or until potato starts to turn golden. Cool before serving.

• Sprinkle the top with optional seasonings
# Rockin’ Moroccan Stew

There are many versions of this delicious recipe. Have fun with this dish, add in whatever you’d like!

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<tr>
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<tr>
<td>Servings</td>
<td>6</td>
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<td>50 minutes</td>
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## Ingredients

- 1 tbsp Olive oil
- 1 cup Onions, chopped
- 1/2 cup Celery, diced
- 1/2 cup Green bell pepper, chopped
- 1 clove Garlic, minced
- 3 cups Vegetable stock
- 3 cups Sweet potato, diced
- 1 can Diced tomatoes, drained
- 2 cups Kale, chopped
- 1 tbsp Lemon juice
- 1 tsp Grated ginger
- 1 tsp Ground cumin
- 1 tsp Curry powder
Instructions

- On a pan at med-high heat, add oil and cook onions, celery, green peppers, and garlic. Cook for about 3 minutes, until the vegetables start to soften.

- Then add the vegetable broth, along with all other ingredients, except raisins, peanut butter, and cilantro. Bring to a boil and then reduce heat to low, and simmer, covered for 20 minutes.

- Add in the raisins and peanut butter, and simmer for 5 more minutes.

- Serve and garnish with fresh cilantro.

1 tsp Ground coriander
1 tsp Chilli powder
1/2 tsp Salt
1/4 tsp Black pepper
1/4 cup Raisins
2 tsp Peanut butter
Garnish Cilantro
Ropa Vieja

Grant found this recipe online and tried it for the first time at Deep River in June 2019. Our suggestion for this recipe is to thicken it more and add more spice to make it even better.

<table>
<thead>
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<th>Course</th>
<th>Main</th>
<th>Prep Time</th>
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<tbody>
<tr>
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<td>Cuban</td>
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<tr>
<td>Servings</td>
<td>5</td>
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<td>2 hours 15 min</td>
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**Ingredients**

- 1 1/2 lbs Beef flank steak
- Salt & pepper
- 3 tbsp Oil
- 1 Onion, sliced
- 3 Bell peppers, sliced
- 8 cloves Garlic, minced
- 1 tbsp Tomato paste
- 1 tsp Ground cumin
- 1 tsp Oregano
- 1/2 tsp All spice
- 1/2 cup Dry white wine
- 1 can Crushed tomatoes
- 1 can Chicken stock
Instructions

- Cut flank steak into large pieces and season with salt and pepper. Cook over medium-high heat with oil in a pot, until browned. Transfer onto plate and set aside.

- Cook onions and bell peppers on the pot, until tender, about 8 minutes. Add garlic and cook for another minute. Add in tomato paste, cumin, oregano, and all spice. Cook for 1 minute.

- Add white wine and bring to a simmer. Boil until the alcohol scent has cooked off. Then add in canned tomatoes, stock, and the steak into the pot. Add in bay leaves, celery, and carrots.

- Cover and cook on low for about 1.5 hours, until the beef is very tender. Then remove the bay leaves, and stir in the olives. Simmer for a little bit longer, then season with salt and pepper.

- Serve with rice and garnish with fresh cilantro.
Souvlaki with Braised Green Bean & Potato

Nathan’s souvlaki and Greek green bean & potato (fasolakia). Fasolakia traditionally contains tomatoes so feel free to add if you’d like. Take Nathan on your next field camp so he can cook for you!

<table>
<thead>
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<th>Course</th>
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<tr>
<td>Servings</td>
<td>5</td>
<td>Total Time</td>
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Ingredients

- Pork tenderloin
- Oregano
- Olive oil
- Salt & pepper
- 1 Onion, chopped
- 2 tbsp Flour
- 1 Red bell pepper, chopped
- 2-3 Carrots, chopped
- 4 Medium potatoes, chopped
- 1/2-1 lbs Green or romano beans
Instructions

Souvlaki:

- Marinate the meat with olive oil, oregano, salt, and pepper for a couple hours. Then chop into pieces and put onto skewers. Barbecue until fully cooked.
- Make sure to pre-soak the skewers in water so they don’t burn off in the barbecue.

Fasolakia:

- On low heat, fry paprika in a bit of oil, making sure not to burn. Then add in onion and flour, making a light roux.
- Add in carrots and red pepper and cook for a few minutes. Then add in the potatoes. Add in enough water to just barely cover the vegetables. Cook on medium heat until potatoes are semi-soft. Then add in green beans and a bit of water, simmer for 20 minutes.
Chicken Broccoli Casserole

Quick and easy dish

**Course**  Main  
**Cuisine**  North American  
**Servings**  6

**Prep Time**  15 minutes  
**Cook Time**  45 minutes  
**Total Time**  1 hour

**Ingredients**

1 Chopped cooking onion  
1 tablespoon Olive oil  
1 can Condensed cream of chicken or cream of mushroom soup  
1/2 soup can milk  
4 Boneless, skinless chicken breasts or chick thighs  
1 to 2 cups Frozen broccoli florets  
1 cup Grated mozzarella cheese  
1 teaspoon Italian herbs  
Salt and pepper to taste
Instructions

• Cut chicken into bite size pieces
• Heat olive oil in frying pan, add onion and cook until softened
• Add chicken to frying pan, season with italian herbs, salt and pepper, cook until done
• Stir in condensed soup and milk and broccoli until well mixed
• Put chicken and broccoli mixture into a casserole dish, top generously with grated cheese
• Bake in oven at 350 °F for 30 minutes, broil for a couple of minutes to brown the cheese on top
### Pad Thai

Jessica’s pad thai.

<table>
<thead>
<tr>
<th>Course</th>
<th>Main</th>
<th>Prep Time</th>
<th>10 min</th>
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<tbody>
<tr>
<td>Cuisine</td>
<td>Thai</td>
<td>Cook Time</td>
<td>20 min</td>
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<tr>
<td>Servings</td>
<td>4</td>
<td>Total Time</td>
<td>30 min</td>
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</tbody>
</table>

**Ingredients**

- 8 oz Flat rice noodles
- 3 Eggs

**Sauce:**

- 1/4 cup Ketchup
- 2 tbsp Fish sauce
- 1 tbsp Peanut butter
- 1 tsp Garlic, minced
- 1 Lime, juiced
- Splash Soy sauce
- Crushed pepper flakes
Toppings:

1 cup  Bean sprouts
1/3 cup  Green onion, chopped
1/3 cup  Cilantro

Salt & pepper

**Instructions**

- Mix all the sauce ingredients together.
- Cook noodles and drain.
- Scramble 3 eggs, then toss the eggs with the noodles and sauce mixture.
- Top with toppings and serve.
Blueberry Crumble or Cobbler

Crumbles, crisps, cobblers, so many to choose from.

<table>
<thead>
<tr>
<th>Course</th>
<th>Dessert</th>
<th>Prep Time</th>
<th>15 min</th>
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<tbody>
<tr>
<td>Cuisine</td>
<td>N/A</td>
<td>Cook Time</td>
<td>30 min</td>
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<tr>
<td>Servings</td>
<td>One pie</td>
<td>Total Time</td>
<td>45 min</td>
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</table>

**Ingredients**

**Filling:**
- 1 bag Frozen blueberries
- 1 tsp Ground cinnamon
- 1/4 cup Sugar
- 1/2 Lemon
- 1 tbsp Flour

**Crumble:**
- 3/4 cup Flour
- 1/2 cup Oatmeal
- 1/2 cup Brown sugar
- 1/2 tsp Salt
- 1/3 cup Butter
Biscuits:
- 2 cups Flour
- 8 tsp Baking powder
- 1/2 tsp Salt
- 3/4 cup Butter
- 1/2-1 cup Milk

Instructions

Crumble:
- To make the filling, defrost the frozen blueberries, and mix in the rest of the filling ingredients. Put the blueberry filling into a pie dish.
- To make the crumble, mix flour, oatmeal, sugar, and salt into a bowl. Then using your fingers, crumble the butter into the mixture, until all combined. Layer this crumble mixture on top of the filling.
- Bake in a preheated oven at 375°F for about 30 minutes, or until the top starts to golden.

Cobbler:
- To make the filling, defrost the frozen blueberries, and mix in the rest of the filling ingredients. Put the blueberry filling into a pie dish.
- For the cobbler topping, see the biscuit recipe from the Biscuit Cinnabon Roll. Rip chunks of the biscuit dough and layer it on top of the blueberries.
- Bake in a preheated oven at 425°F for about 30 minutes, or until the top starts to golden.
Biscuit Cinnamon Rolls

Quick, easy, no-rise cinnamon rolls!

Course  Dessert  Prep Time  15 min
Cuisine  N/A  Cook Time  30 min
Servings  8 buns  Total Time  45 min

Ingredients

Biscuits:
2 cups  Flour
8 tsp  Baking powder
1/2 tsp  Salt
3/4 cup  Butter
1/2-1 cup  Milk

Filling:
1/2 cup  Butter
3/4 cup  Sugar
2 tbsp  Ground cinnamon
Instructions

• To make the biscuits, combine flour, baking powder, and salt in a bowl. Crumble butter into the flour with your fingertips. Then add milk, starting with 1/2 cup, and adding more as needed, up to 1 cup, until the dough just starts to come together. Make sure it doesn’t turn out too wet, dough should be relatively dry.

• On a floured surface, flatten the dough. Fold in half, flatten, fold in half again, flatten, fold in half, and flatten a final time, this time into a rectangular shape.

• Spread softened butter onto one side of the dough, and then layer on sugar and cinnamon mixture on top. Then roll, and cut into slices. Place on a baking pan.

• Bake in a preheated oven at 425°F for about 30 minutes.
# Silken Tofu Chocolate (Mocha) Mousse

A different spin on tofu!

<table>
<thead>
<tr>
<th>Course</th>
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<tr>
<td>Servings</td>
<td>4</td>
<td>Total Time</td>
<td>5 minutes</td>
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## Ingredients

- 1 340 g package Silken (soft) tofu
- 3/4 cup Chocolate chips
- 2 tablespoons Cocoa powder
- 2 tablespoons Honey or maple syrup
- 1/2 teaspoon Vanilla extract
- 1/2 teaspoon Instant coffee granules

## Mocha Version

## Optional Toppings

- Fresh fruit Blueberries, raspberries
- Shavings Dark chocolate
- Sprigs Fresh mint
Instructions

- Place the chocolate chips in a small bowl and melt in a microwave in intervals of 20 to 30 seconds, stirring each time (a double boiler could also be used to melt the chocolate). Set aside and let cool at room temperature.
- Blend the tofu and other ingredients in a bowl, or food processor, until very smooth. Add the melted chocolate and continue to blend until well combined.
- Spoon into ramekins or small bowls and refrigerate for at least 30 minutes.
- To serve, garnish with favorite toppings
Barvarian Apple Torte

A real treat, easy to make.

<table>
<thead>
<tr>
<th>Course</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time</td>
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<tr>
<td>Cuisine</td>
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<tr>
<td>Cook Time</td>
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<td>Servings</td>
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<tr>
<td>Total Time</td>
<td>1 hour 30 minutes</td>
</tr>
</tbody>
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**Ingredients**

**Crust**
- 1/2 cup Butter
- 1/3 cup White sugar
- 1/4 teaspoon Vanilla extract
- 1 cup All purpose white flour

**Cheese Mixture**
- 1 8 oz package Cream cheese
- 1/4 cup White sugar
- 1 Egg
- 1/2 teaspoon Vanilla extract
Apple Mixture

- 6 Apples, peeled, cored, thinly sliced
- 1/3 cup White sugar
- 1/2 teaspoon Cinnamon
- 1/4 cup Sliced almonds

Instructions

- Preheat oven to 450°F.
- For the crust, cream together butter, sugar, vanilla, and flour. Press into flat bottom of 9 inch spring-form pan. Set aside.
- In a medium bowl, blend cream cheese and sugar, beat in egg and vanilla. Pour cheese mixture over crust.
- Combine sugar and cinnamon, toss with sliced apples, layer over the cheese mixture.
- Bake for 10 minutes, reduce heat to 400°F and bake for another 25 minutes. Sprinkle almonds over top of torte and continue baking until the almonds are slightly browned and apples are tender.
- Cool before removing from pan.