

FOOD FOR KAYAK CAMPING

By Jud Hurd

If you have never joined us on one of our kayak camping trips you might be wondering what food we take and how well we eat when out in the wilderness. It varies by person. For example, Dave and Tim seem to like to keep it simple and eat a lot of freeze-dried meals.

Of course, someone usually brings a bag of wine for happy hour and relaxing in camp. I like to bring something stronger for sipping.

At happy hour we might also have salted peanuts, M&Ms or some other snack. One evening Sandy had a yearning for popcorn and Dick had a big of caramel popcorn he shared with everybody.

It's always fun to see what people bring and I usually learn a trick or two. Here is what Dick and I had:

BREAKFASTS: I'm willing to wash a pan or two, so breakfasts were usually eggs and bacon, or my version of an Egg McMuffin, coffee, hot chocolate, ready-made cinnamon rolls, and mandarin orange cups.

DINNER ONE: Dick made panang curry at home and froze it. He served it with rice.

DINNER TWO: I served chicken and pineapple with sweet and sour sauce and fried rice. I used a six-ounce can of chicken for two people, a plastic fruit cup of pineapple, a jar of commercial Sweet and Sour sauce and a commercial package of Fried Rice. (I've decided maybe I like Major Grey's Chutney in this better than sweet and sour sauce.)

DINNER THREE: I made roast beef (beef is available in small cans, similar to the canned chicken) with mashed potatoes (Idaho brand instant spuds are good and foolproof), and an avocado and tomato salad with balsamic and EVOO vinaigrette.



EDITOR'S NOTE: We've published several articles about other tasty camp meal possibilities: Check out Richard Ferguson's fast and inexpensive suggestions for combining supermarket carbohydrate packages with a protein. It's on page 35 of issue 26-2b, last fall's *Mountain Paddler*. Also see 2003, *Kayak Cuisine* by Larry Kline in the Earlier Articles section of our Publications on the RMSKC website.

I've liked reading *Hey, I'd Eat This At Home*, by Michael Gray. He's an ACA instructor trainer who teaches and guides in Michigan and the Caribbean. He has good ideas for eating well while kayak camping.

Another useful book is *Kayak Cookery*, by Linda Daniel. It focuses on preparing group meals while paddling in cool water that helps keep vegetables fresh, but there are hints that work anywhere. She's the one who showed us that under-ripe avocados will last a long time, as do many fresh veggies if they're packed without smashing. I have made her recipe for dehydrated brown rice many times; it's easy and better than the instant brown rice from the store.

Ask any of us who camp frequently. As Jud says, we've all got different approaches, and we'd be glad to share our favorites.