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Simply Put, lunch should be EASY. Your activities while camping are such that you don't want to toil over a fire or stove of lunch. This time is best spent relaxing, pondering on what you've done, considering what you will do, and to meditate on GOD-made things.

KEEP IT SIMPLE, if you can't unwrap it, slice it, spread it, or open a can, forget it.

IDEAS:

Pita Bread: Pita is my main-stay bread for nearly every noon repast.

One pita per person is plenty, even on a gut-wrenching high altitude hike. Stuff your pocket bread with:

Block cheddar or colby cheese. Avoid "soft" and sliced cheeses of any kind; these spoil quickly. Processed cheeses (which aren't really cheeses at all) are tasteless and oily. Remember, mold won't grow without air — reason enough to specify vacuum-sealing or a full wax covering.

Sausage or salami which needs no refrigeration. "Barrel O'Beef" Cervelat and Summer Sausage keep for weeks in summer heat if the casing is not broken. Figure one-eighth pound per person per meal.

Peanut butter

Jam or jelly: Kraft jellies in the rugged, "squeezable" plastic containers are convenient.

Other lunch ideas

Bagels: Raisin and onion varieties stay fresh longest (about five days).

Granola bars, Crunchola bars, Carnation Breakfast Bars, Kudos, etc.

Wylers/Kool-Aid instant drink mixes.

Mixed evaporated fruit, fruit bits or sugared dates.

Fruit breads (Banana, pumpkin, or date-and-nut: I use a prepared mix.) Or try the wonderful Hudson Bay Bread and Northwoods soda bread described on the next page.

MONSTER COOKIES — a meal in itself.

Ingredients

3 eggs

1 cup white sugar

1½ cups brown sugar

¼ tablespoon Karo syrup

2 teaspoons baking soda

¾ teaspoon vanilla

¼ pound margarine

¾ pound peanut butter

Shelled, salted peanuts (add what you like)

4½ cups oatmeal

½ pound M & M's

Preparation: Mix in bowl. Drop on to greased cookie sheet (flatten the tops) and bake at 350° for 12 minutes. Makes about two dozen gigantic cookies.

HUDSON'S BAY BREAD: Another complete meal, Hudson's Bay Bread is traditional traveling fare in youth camps from Maine to Minnesota and throughout Canada. This age old recipe is as delicious as it is nutritious.

Ingredients

2 cups white sugar

2 cups margarine

½ cup light Karo syrup

9½ cups rolled oats

Mix together ... 1 cup sliced almonds

Optional: 1 cup coconut, chocolate chips or raisins, as you prefer. Or mix these to suit your fancy.

Preparation: Stir the almonds and coconut into the other well-mixed ingredients. Spread a half inch thickness of the mixture on to a greased pan and bake at 350°F. for about 18 minutes or until golden brown. Cut into bars. Makes a five day supply for a crew of four.

GORP: An anachronism for "good old raisins and peanuts;" there are many variations. Here's my favorite (add or subtract what you like):

Ingredients

Mix approximately equal amounts of M & M's, raisins, blanched, salted peanuts (not dry-roasted), salted, shelled sunflower seeds and Cheerios. Spice the concoction with a handful of chopped sugared dates. Great shelf life ... and taste!

Note: You'll find dozens of recipes for heavy breads and "bars" in conventional cookbooks. Simply select what strikes your fancy, and *don't* take the recipe too seriously. You really don't need every ingredient on the list. Even the amounts can be shuffled within reasonable limits. If you don't have "whole wheat flour," substitute white enriched flour. No coconut? Leave it out. And yes, you can make delicious breads, cakes and biscuits without milk or eggs. Recipes are a guide to good eating, no more. Discover this, and you'll be well on your way to becoming an excellent camp cook.

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