



Left: You can do it yourself the traditional method! DAVE PICKFORD
 Above: A Backpackers Outdoor Oven can be bought for US\$46 from www.backpackerspantry.com

DO IT YOURSELF THE HARD WAY

Gary Rolfe, the seasoned solo arctic explorer knows a lot about full-on adventures in wild places. He often has to travel a long way to find an outdoor shop, so has picked up the following recipes from Yukon trappers, North American Indians and Inuit friends. He says "the recipes might appear extravagant treats more suited to rest days spent lounging in camp but they're easy to make. Gems to raise morale. I work off them either on journeys or living in very remote wilderness locations with little more than an MSR XGK stove and a Backpackers Outback Oven. To grind ingredients before trips, use a blender. Please make these recipes your own and add what you like."

ENERGY BARS

Ingredients:

3 cups sweetened or unsweetened puffed wheat cereal or puffed rice
 1/2 cup chopped or ground nuts (you can buy ground almonds)
 1 cup any dried fruit (pitted prunes, dates or raisins work well)
 1/3 cup smooth peanut butter
 1/4 cup honey
 1/4 cup barley malt extract, corn or rice syrup

Directions:

Mix peanut butter, honey and barley malt extract (corn or rice syrup) into small pan. Stir constantly for about a minute over heat until mixture thickens. Mix ground puffed wheat (or rice), nuts and dried fruit in a bowl. Pour peanut butter mixture over cereal mixture and stir until blended. Pour into Outback Oven pan. Bake to "K" of BAKE for 10 minutes. Cool. Makes eight bars.

MEATLESS PEMMICAN

Ingredients:

1 cup raisins or currants
 1 cup dried apricots
 1 cup peanuts (any nuts)
 1 cup cornmeal
 2/3 cup barley rice extract, rice syrup or honey
 1 cup wheat germ, rolled oats or bran

Directions:

Mix ground nuts into fruit, add cornmeal. Combine with the barley rice extract, rice syrup or honey and stir thoroughly. Divide mixture into 10 balls. Roll over wheat germ, rolled oats or bran. Eat.

CORN BREAD

Ingredients:

1 cup cornmeal (also called ground maize. In the US it's called "grits". Don't go confusing cornmeal with cornstarch either).
 1 cup plain flour
 2 teaspoons baking powder
 1/2 cup butter
 2 tablespoons powdered egg (1 tablespoon = 1 egg)
 1/3 cup powdered milk
 1 sliced banana (hydrate fruit)
 1 cup raisins
 1 tablespoon sugar
 1 cup water

Directions:

Blend the lot, bake on "K" of BAKE for 20-25 minutes. Think it's ready? Stab the centre. Done, and your knife will come out clean.

BANNOCK

Ingredients:

2 cups flour
 2 teaspoon baking powder
 1/2 teaspoon salt
 2 tablespoons butter

Directions:

Mix ingredients. Add water to make dough. Knead 10 minutes. Use cheese chunks for savoury, cinnamon or raisins for sweet. Melt butter. Lay dough in pan as one piece or shaped into small pancakes about 1/2 inch thick. Once a bottom crust has formed and the dough has hardened, turn over. Eating time? 10 minutes. All of which just goes to show that you don't necessarily need to spend a lot of money or finish up on the Karakoram Plan Diet. ♪