

# 2 Old Dudes v2.0

## Camp Menu & Recipes

Day	Meal	Item	Owner	Notes
Wednesday - 1	<b>B</b>	<b>Home</b>	<b>Own</b>	
	<b>L</b>	<b>Pack a Lunch for on Road</b>	<b>Own</b>	Self Purchase
	<b>S</b>	Fruit Bar\Gorp	Own Daily ration in zip lock bag	Self Purchase
	<b>D</b>	<b>Achray Yurt – Maple Glazed Cedar Plank Salmon with Asparagus and Brown Rice</b>	<b>Greg</b>	<b>Don to purchase</b>
		Port\cheese\chocolate		
Thursday - 2	<b>B</b>	<b>Achray Yurt – eggs\bacon – or omelets, Yogurt, fruit - coffee</b>	<b>Don</b>	<b>Don to purchase</b>
	<b>L</b>	On Portage – Soup, Salami, Bread, carrots		
	<b>S</b>	Fruit Bar\Gorp – <b>(Coffee Cake – Doug)</b>	Own Daily ration in zip lock bag	Self Purchase
	<b>D</b>	<b>Camp Steak, Portobello mushrooms\ Blue cheese, cuscus and cauliflower – Red wine</b>	<b>Don</b>	<b>Don to Purchase</b>
		Port\cheese\chocolate		
Friday - 3	<b>B</b>	<b>Camp #1 Pancakes – bacon, Blue Berries, Syrup - coffee</b>	<b>Doug</b>	<b>Doug – don to purchase bacon</b>
	<b>L</b>	On hike – Soup – on trail – cook or thermos, Salami, Bread, carrots		
	<b>S</b>	Fruit Bar\Gorp	Own Daily ration in zip lock bag	Self Purchase
	<b>D</b>	<b>Camp #1- Pasta with Italian Sausage, Cheese and tomato sauce, Coleslaw &amp; Garlic Bread</b>	<b>Doug</b>	<b>Doug to Purchase – Don will organize the Garlic bread</b>
		Port\cheese\chocolate		
Saturday - 4	<b>B</b>	<b>Camp #1 Oatmeal with Fruit and Walnuts - coffee</b>	<b>Jason</b>	<b>Don to Purchase</b>
	<b>L</b>	On Portage – Soup, Salami, Bread, carrots		
	<b>S</b>	Fruit Bar\Gorp	Own Daily ration in zip lock bag	Self Purchase
	<b>D</b>	<b>Camp #2 – Southern Pilaf – biscuits?</b>	<b>Steve</b>	<b>Steve to purchase</b>
Sunday - 5	<b>B</b>	<b>Camp #2 – Oatmeal with Fruit and Walnuts - coffee</b>	<b>John</b>	<b>Don to Purchase</b>
	<b>L</b>	On Road heading home – Tuna or Salami, Bread, carrots	Leave in truck	Can be left in the vehicle during trip

	S	Fruit Bar\Gorp	Own Daily ration in zip lock bag	Self Purchase
	D	<b>Webbers Burger Stop</b>		Self Purchase

Vehicles - Doug  
 Canoes  
 Trainers  
 Candies  
 Crystals for water

#### Recipes and shopping list

##### Snacks

- Fruit bars – 6 x 5 days = 30
- Gorp\Trail Mix or something similar for mid-day snacks – 5 \* 1 cup = 5 cups pp
- Chocolate for evening snack – 5 nights
- Hard Cheese for evening snack – optional
- Scotch, Port for nightcap
- Tea

##### Dinner – night 1 – Maple Glazed Cedar Plank Salmon

- 2 x sides of Salmon
- Maple glaze
- 2 x Cedar planks
- Asparagus
- Brown rice with seasoning and veg
- White or Red wine

##### Breakfast – day 2 - eggs

- Eggs – or omelets - 12
- bacon
- catsup or salsa
- Yogurt - 6
- fruit - 6
- coffee – for 5 days

##### Lunch – 4 days worth – soup and sandwich

- soup for 5 days – variety – (1 for emergency)
- Salami for 4 days
- Variety of breads for 4 days – beagles, Rye
- Mayo for 4 days
- Dijon Mustard for 4 days
- Minnie carrots – 3 bags – 4 days

##### Diner – day 2 - steak

- Steaks – 6
- Portobello mushroom caps x 6
- Blue cheese
- Cuscus
- Cauliflower – onions\garlic\butter
- Salt and pepper\steak spice

- Red Wine
- **Breakfast Day 3 - Wholesome Pancakes – bacon, Blue Berries, Syrup - coffee**
- 2 ½ cups all-purpose flour
- 2 cup whole wheat flour
- 1 cup yellow cornmeal
- 2/3 cup powdered buttermilk
- 4 tbsp powdered egg
- 2 tbsp white sugar
- 2 tbsp baking powder
- 1 tsp salt
- 6 tsp vegetable oil
- Oil
- Dried blueberries
- Syrup

**Diner Day 3 - Pasta with Italian Sausage, Cheese and tomato sauce, Coleslaw & Garlic Bread**

- 2 x 28oz can tomato sauce
- 2 x 8oz can tomato paste (prepare tomato leather)
- 4 large carrots, thinly sliced
- 2 cup frozen peas (dehydrate before trip)
- 2 x 48g package prepared powder cheese sauce mix
- 2lb tricolor fusilli pasta
- Italian sausage
- 2 tsp vegetable oil
- White or Red wine

**Breakfast – Day 4 - Oatmeal p55 with Fruit and Walnuts - coffee**

**Diner – day 4**

- **Southern Pilaf** – pg 97 re-calculated

To Be Dried:

- 2 cup frozen peas, thawed
- 2 cup frozen corn, thawed
- 2 carrot, sliced
- 2 onion, slivered
- 2 can black beans

2 tsp each, thyme, oregano, paprika, pepper, chili powder

4 tsp liquid smoke

4 bouillon cube

8-15 sundried tomatoes cut in thirds

½ cup cured black olives

2 x Beef and Rice mix

- White or Red wine

**Camp Coffee Cake**

- 2 cups muffin mix in large Ziploc bag
- Topping: ½ cup rolled oats
- ¼ cup brown sugar
- ¼ cup vegetable oil
- 1 tsp cinnamon

**Breakfast – Day 5 - Oatmeal p55 with Fruit and Walnuts - coffee**