

### ***SPAGHETTI w. MEAT SAUCE***

6 oz	Beef, freeze dried
2 oz	Onions
1 oz	Peppers
.25 oz	Mushrooms: shitake, portabello, MOREL, sliced & freeze dried or dehydrated
1 oz	Tomato, diced, dehydrated
4 oz	Tomato powder
2 oz	Carrots
1 tube	Garlic extract
1 tube	Tomato paste
	Spices
	1 Tbsp parsley
	1 bayleaf
	2 tsp basil
	2 tsp oregano
	1 tsp chilis
	1 tsp cayenne
	garlic
	black pepper
2 lb	Spaghetti

Throw all the dehydrated ingredients into a pot and cover with water. Let rehydrate for 30 minutes, then add a tad more water and bring to a boil. Let simmer while noodles cook. Drain the pasta and toss with the sauce. Apply hot sauce liberally.

\*Note: Depending on the year, we also dehydrated marinara sauce (homemade or store-bought, again, depending on the year) in our home dehydrator. The result is a savory fruit-leather of tomato sauce that is easy to pack and store and you can't beat the convenience – it rehydrates quickly and easily and tastes like home.

Directions for dehydrating (courtesy of Ann Monoyios who makes this sort of thing for Arctic canoe trips): For best results, purée your sauce in small batches before dehydrating so it dries more evenly. Dehydrate (2 C/tray) at 120 degrees for 12-24 hours until it becomes a "leather." Cool and wrap in cling wrap or plastic, label and store in cool, dark place. At the fireside, rehydrate sauce in hot water and simmer until completely dissolved. Pour over pasta and serve. Can also be used for pizza, calzone or in chili, etc.

### ***PASTA w. PESTO***

1-2 lbs	pasta
1 packet	Pesto

mushrooms, garlic, wine  
Parmesano Reggiano Cheese (bought in bulk and vacuum sealed)  
Clarified butter/olive oil

Add butter and/or oil to pesto mix then toss into pasta. Pesto is another sauce that can easily be dehydrated in a home dehydrator.

\*A Note on Ingredients:

Clarified butter, aka ghee, can be found in Indian food markets or the ethnic section of some grocery stores. It does not need to be refrigerated and as such is a favorite for Arctic field work, where everyone craves fat in a major way after 8 hours of hiking each day.

Boxed wines, derided as they are in polite society, are a cook's best friend in the field. We take the bag of wine out and discard the box. Lightweight and easy to pack with very little waste to pack out... what could be bad?

Re: Parmesano Reggiano. You might think this is some kind of inside joke, but we kid you not, we buy large chunks of damn good cheese and vacuum seal them to take with us. Again, the craving for fat is undeniable in the field.

More dehydrating tips from Ann Monoyios:

For homemade pesto you want to dehydrate:

In a food processor or blender, combine pine nuts, basil leaves and garlic cloves  
Process into a finely ground paste using water as necessary to thin.  
Dehydrate (2C per tray) until dark and crumbly.  
Store in plastic bags with as much air removed as possible (mark with quantity!)

On trip:

Reconstitute dry sauce with 1C cold water for each 2C of dried pesto,  
adding more if necessary to achieve desired consistency, then  
add 1 T olive oil per cup of sauce  
add 1 clove of fresh garlic, mashed  
stir in freshly grated Parmesan cheese  
pour over cooked pasta

### ***RISOTTO with SAFFRON & SHRIMP***

2 oz Parmesano Reggiano  
2 lb Arborio rice\*  
20 cup Chicken boullion  
1 cup White Wine  
1/4 cup Clarified butter  
4 gram Saffron  
2 oz Shrimp - cooked whole, freeze dried – (2 1/2 cups)

1 oz            Onions

\*NHS Note: 1000 grams easily feeds 10-11 people. Risotto in the Pressure Cooker for 3-5 people uses about 2 cups Arborio rice to 5 cups of stock.

In pressure cooker cook onion, parsley, half the butter, salt, for a few minutes. Pour in the rice, stir gently, add the wine and boil until it is almost completely absorbed. Season with a little salt & pepper, add the broth in which the saffron has been dissolved. Close the lid & at the pressure signal, reduce the heat and cook 5-10 minutes. Remove the cooker from the heat, add the hydrated shrimp and the rest of the butter & grated cheese. Stir gently with a fork, taking care not to mash the rice.

## ***WHITE CHILI (aka TURKEY CHILI)***

*This is a recipe Bill Amaral snagged from Gourmet and adapted for the field  
Yields about 15 cups serving 8-10 people.*

1 cup Hydrated onions  
2 tbsp Minced garlic  
1/4 cup Oil/ghee  
1 tbsp Cumin or to taste  
3 lb Hydrated freeze-dried turkey  
2/3 cup Pearled barley  
2 lb Cooked chickpeas  
1 tbsp Minced jalapeño peppers (or you can use the whole can, but don't blame me if it comes out too hot!)  
6 cup Chicken broth  
1 tsp Dried majoram  
1/2 tsp Dried savory  
1 1/2 tbsp Arrowroot dissolved in 1/2 cup water  
4 cup Coarsely grated cheese (about 1 pound), Monterey Jack is best

Hydrate onions and turkey. Pressure cook hydrated chickpeas until soft enough to eat (about 15 minutes), transfer to another container.

In pot\*, cook onions and garlic in the oil to mix well then add cumin, cook to blend. Add the hydrated turkey\*\* Add the barley, chickpeas, jalapeño peppers, broth, majoram and savory and simmer mixture covered stirring occasionally for 45 minutes. Add more broth if necessary, liquid should cover turkey and chickpeas. Stir in the arrow root mixture (make sure it's mixed well) and simmer the chili uncovered stirring occasionally for 15 minutes. Serve with grated cheese on top.

\* Option: if you're daring try the pressure-and-forget method. Add all ingredients except arrowroot mixture, bring to pressure, turn off heat and walk away. On return bring to heat and continue recipe. Just make sure there is enough liquid to cover ingredients.

\*\* Option: add only half of the total hydrated turkey at this point. After 1/2 hour of simmering, add the remaining hydrated turkey then simmer another 15 minutes.

## **CHILI**

2 lb Pinto beans  
4 oz Beef, freeze dried  
2 oz Onions  
1 oz Pepper  
1 oz Tomato, diced  
2oz Corn  
1 Tbsp Cumin  
2.4 oz Chili con carne powder  
2 cans Chipotle, Green Chilis (as needed)  
Refried beans as thickener and/or Roux mix/file as thickner  
Garlic to taste  
Cayenne to taste  
assorted chilis (not hot) to taste

No directions per se. Just dump in a pressure cooker and go find some fossils. Come back and eat.

## **PARRY ISLANDS GUMBO**

*One of the originals. This is a version of the recipe we used to make in Nova Scotia*

1 package freeze dried shrimp  
5 cans crab meat  
12 tablespoons ghee  
2 oz freeze dried onions  
1 1/2 oz freeze dried bell pepper mix  
1 1/2 tablespoon Worcestershire sauce  
2 cloves garlic or equivilant from tube  
1 1/2 tablespoon paprika  
1 tablespoon file gumbo  
1 1/2 tablespoon dried chives  
3 cups of water - wine  
Tony's Famous Creole Seasoning to taste  
Tony's roux and gravy mix (as thickner to taste)  
Gumbo File  
Cayenne to taste  
Worcestershire sauce to taste

Hydrate shrimp and onions-pepper separately. Melt ghee in pressure cooker. Season shrimp generously with Tony's Creole seasoning. Add paprika to ghee. Saute shrimp about five minutes. Remove shrimp and set aside.

Saute onions and peppers about five-ten minutes.  
Return shrimp to pot and add 3 cups of water/wine and Worcestershire sauce. Stir and simmer slowly until done about 40 minutes. Check for taste, add more

Worcestershire sauce/seasoning if necessary. Add mixture of roux mix and file gumbo and water slowly until thickened.

Serve with rice (three cups uncooked) and garnish with dried chives. (Serves 6)

### ***SHEPHERD'S PIE***

*If we're honest with ourselves, this is just a vehicle for mashed potatoes. After about 7 days in the field all people want is comfort food. And what are mashed potatoes if not the ultimate comfort food?*

1 package mixed vegetables  
3 packets gravy mix  
1 package freeze-dried beef  
mashed potatoes to hunger-level  
pantry spices

Hydrate and blast beef and vegetables with ghee or oil. Add spices to taste (garlic, herbs, pepper). Thicken mixture with roux mix, file or extra gravy mix.

Mix mashed potatoes with water and milk. Mashed potatoes can be spiced gently with garlic, pepper, parmesian (even a dash of pesto mix).

2 serving options:

Normal: spuds and beef

Rainy Day (i.e., lots of time, fuel): in smaller pot, cover beef mixture with spuds. Add layer of cheese and strips of bacon on top. Bake 'till cheese is melted and pot is impossible to clean.

### ***GHORMEH SABZI (aka Polar Bear Repellant)***

*From the Department of Random Ethnic Dinners comes a Persian treat known as Ghormeh Sabzi. In 2002, our scientific illustrator, Kalliopi Monoyios, accompanied us into the field and brought with her this recipe (and the exotic ingredients it requires). It was a hit the first night, but after the smell of fenugreek continued to pour out our pores for three days after, we lost our appetite for such exotic fare. Live and learn.*

Ingredients: (6 servings)

750 grams boneless stewing lamb or beef  
1 large onion, finely chopped  
1/3 c cooking oil  
1 tsp turmeric  
1.5 c water  
1/2 c dried limes (or fresh lime juice)  
3/4 c black-eye beans or kidney beans

- 1 large potato, diced (optional)
- salt
- black pepper
- 1 c spring onions, finely chopped
- 1.5 c spinach, finely chopped
- 1/2 c parsley, finely chopped
- 1/4 c tareh (garlic chives), finely chopped
- 1/4 c shanbelileh (fenugreek), finely chopped (optional)

We won't bore you with the directions on this one. If you're resourceful and adventurous enough to want to give it a try, you'll appreciate the adventure of figuring out how all the ingredients go together!

### ***HEARTY TUSCAN STEW***

- 1 lb (455g) lamb (or sausage or chicken) stew meat
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 medium green pepper, chopped
- 1 tsp (1g) rosemary
- 3 cups (425g) white beans
- 2 cups (425g) tomatoes
- 1 tsp (4g) freshly ground black pepper
- 1 Tbsp (15mL) balsamic vinegar

Cook it in a robust stock (chix or beef) and add some pasta tubes, a little anchovy paste, ground parm/peccorino romano. We can make a foccacia or a crusty loaf of bread to go w/it.

### ***RED LENTIL DAL A LA ALLAN*** (for six)

*These last two recipes come from Ann Monoyios, via Kapi Monoyios who accompanied us on the 2002 expedition to Ellesmere. Evidently, the thing she craves when she's in the field is Indian food. We made the spice packets up ahead of time and vacuum sealed them, so the sheer number of exotic ingredients was less intimidating in the field.*

- 1 1/2 C. red lentils
- 4 1/2 C. water
- 1 tsp. cumin
- 1 tsp. chili powder or paprika
- 1 tsp. turmeric
- 2 tsp. coriander
- 6 cloves
- 2" piece of cinnamon
- 4 green cardamom pods

4 black peppercorns  
4 cloves garlic, chopped  
2 onions, chopped  
2 tsp. salt or 1 1/2 Tbsp. chicken broth powder  
3 Tbsp. margarine (or vegetable oil)

In advance: grind spices from cumin to peppercorns and wrap separately.

Soak lentils for an hour to soften then boil till soft in fresh water with either salt or broth, stirring to avoid lumps. Mash by beating with wooden spoon. In separate pan, sauté onions and garlic in oil. Add spices and fry briefly, then stir this mixture into dal.

**Optional:** 6 cloves of garlic can be peeled, sliced and fried in oil as crunchy topping.

### **"ALOO GOBI" CURRY** (for six)

*For a knock-down, drag-out Indian feast in the Arctic, serve with Dal and rice.*

#### Dehydrate Ahead of Time:

one small cauliflower, cut into flowerets or  
1 bag frozen cauliflower, thawed  
3 large potatoes, sliced thin and blanched  
2 onions, chopped

Dehydrate each vegetable until thoroughly dried

Wrap in brown paper and then pack in a plastic bag with as much air removed as possible

Note: other vegetables can be added to this mix as desired

#### Spice bag:

1 Tbsp. ground cumin  
2 tsp. ground coriander  
1 tsp. salt  
1 tsp. turmeric  
1/2 tsp. cayenne pepper  
1/2 tsp. ground cardamom  
1/4 tsp. ground clove

Mix spices together in small plastic bag and pack with the dried vegetables above

Doing this in advance saves lots of time when you are hungry.

#### At the fireside:

4 cloves of garlic, chopped  
2 slices of fresh ginger, chopped  
1/4 C. vegetable oil  
salt and pepper to taste

Optional: add a couple of teaspoons of lemon juice

Rehydrate vegetables in enough clean water to cover them

Sauté garlic, onions and fresh ginger in veg oil

Add spices and sauté briefly

Add veggies, the rehydrating water, salt and pepper to taste

Bring to a boil and simmer covered, adding more water as necessary  
until the vegetables are soft

Serve with Pilaf and Dal

### **MEXICAN RICE VERACRUZ**

*This is another recipe borrowed from the canoe trip files of the Monoyios family. On a canoe trip, there is always a lot of fish to be had, but we are often inland, far from large bodies of water where you can catch any substantial fish. This is a modified version – call it poor man's Mexican Rice Veracruz.*

2 Chopped Onions  
4 Cloved Garlic, chopped  
6 Tbs Olive oil  
6 cans tomato sauce  
2 bay leaves  
2 tsp Oregano  
1/2 cup Capers  
1 cup green olives  
1/2 cup jalapenos

Rice.

Saute garlic and onion in olive oil. Add tomato. Season with Bay leaf and oregano. Mix with Chix. Cook for 10 mins.

Garnish with olives, capers, jalapenos to taste over rice.

### **CHAPATI**

*Fresh bread is definitely something we pine for in the field. Even the flattest, most modest blobs of cooked dough are like gold...*

Servings: 10 to 12  
2 cups flour  
1 teaspoon salt  
1 tablespoon vegetable oil  
About 3/4 cup warm water (enough for a kneadable dough)

Knead the dough, cover and leave aside for at least 1/2 hour or, ideally, up to 2 hours. After about 1 hour or right before rolling out, punch the dough and knead again without any more water. Make 10 to 12 1 1/2-inch balls; dip each one into dry whole-wheat flour, and roll out into thin, 6-inch circles. Place a flat, ungreased griddle on the stove at medium heat. When hot, place a rolled-out chapati right side down on the griddle. (The "right side" is the one facing you when you rolled it.) When bubbles are visible, turn over and cook until tiny brown spots appear on the side facing the griddle.

If you have a gas stove, hold that chapati with a pair of tongs, and place it directly over the burner flame for a few seconds, until the chapati puffs up. Turn and repeat on the other side. Remove the chapati from the heat and butter with ghee on the "right side."