

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com

FOOD

Smart Camping Tips

- Buy block ice, instead of cubes, it lasts a lot longer
- Make one large cube at home (old milk container or plastic container)
- Purchase propane on sale and bring extras, average one canister per day
- Pre-chop veggies at home (night before trip) and store them in zip lock bags
- Grate cheese ahead of time or buy pre-grated packages
- Pre-cook any sauces and meat mixes, but don't try this with pasta noodles
- Make stove top casseroles and freeze in containers; thaw & re-heat at campsite
- Buy paper plates and cups (not plastic) that can be burned in campfire
- Get Pringles canned potato chips - so the bag won't get crushed
- Pack your bread in a box - so it won't get smushed
- Prepackaged bag 'o salad is a great way to get your fresh leafy greens
- Buy pancake batter that mixes with water only (no eggs or milk needed)
- Only stock beverages in cooler that will be consumed on the first day
- Wrap corn on cob in heavy foil 4-plus times for cooking on fire and rotate often



Campfire

The very first step before building your campfire should always be to confirm that campfires are allowed in the current conditions. This avoids any potential fire hazard.

To begin building a fire, gather the materials and organize them

before ever striking the first match. Stack your firewood upwind and about five feet from where you plan your fire.

Clear the area of excess pine needles, dried grasses or leaves and splash water around the area but not in the planned fire pit.

Create a good founda-

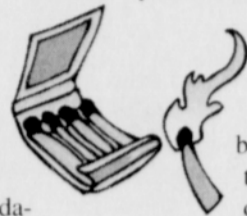
tion by placing rocks in a circle. Then make a bed of fine tinder, such as shavings from dried twigs or pine needles, but do not use leaves.

The simplest and most effective approach is to use fire starter.

Above the tinder bed, place a few larger dry twigs. Have larger pieces of wood at hand. Lay

your tinder beside a short length of stick (three to six inches in diameter), lean the larger twigs over the tinder and against the large stick. Add the stick of wood. Then add larger pieces of wood and you soon will have a good blaze.

As the fire subsides, you will have a fine bed of red hot coals and this is the time to really get to some serious cooking!



Bacon & Egg in a Paper Bag

- 3 thick slices of bacon
- 1 paper lunch bag
- 1 egg
- 1 stick

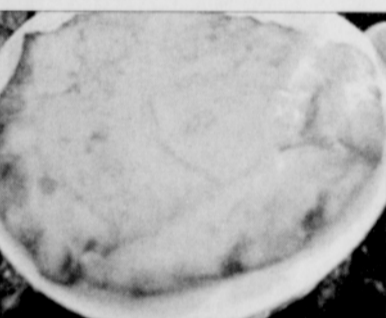
Place bacon in the bottom of the bag, covering the bottom. Crack egg and put in bag on top of the bacon. Fold top of bag down securely. Poke a hole through the top of the bag for the stick. Hold over the hot coals till cooked. *Serves 1*

Strawberry S'more

- 1 roasted marshmallow
- 1 piece of milk chocolate
- 2 graham cracker halves
- 1 strawberry, sliced

DIRECTIONS: Roast marshmallow until golden brown. Place chocolate on one graham cracker half. Add roasted marshmallow, strawberry slices and other graham cracker. Push together and enjoy.

Campy Garlic Fry Bread



"A real crowd-pleaser for kids and adults alike. Perfect with a dinnertime bowl of chili or as breakfast paired with fresh fruit."

- Ingredients**
- 1 3/4-cups all-purpose flour
 - 2 ounces ham, diced
 - 1/2- teaspoon baking powder
 - 3-4 green onions, chopped, including green parts
 - 1/2- teaspoon salt
 - 1 clove garlic, finely chopped
 - 7-Tbs. butter
 - 1-cup milk
 - 1-cup grated sharp cheddar cheese

- Directions**
1. Coat a large skillet with cooking spray and preheat over medium fire or heat.
 2. In a large bowl, combine flour, baking powder and salt. Mix well. Cut in 5-Tbs. of butter a bit at a time, until mixture looks coarse and crumbly. Add milk, cheese, ham and green onions. Stir together until thick dough forms.
 3. Melt remaining 2-Tbs. butter in a metal measuring cup and add garlic.
 4. Drop golfball-size spoonfuls of dough into the hot skillet and promptly flatten with a spatula to about 1/4-inch thick. Cook, turning regularly and basting lightly with melted butter, until onions darken and bread is a deep golden brown. Eat immediately.

Yields: 12
Camp Tip: If you're car camping with a cooler, make the dough and garlic butter before leaving home and transport in plastic containers.

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