



Tips: Menu Food Ideas,

by Kerry

When gearing up for a multiday or overnight trip, certain consideration needs to be taken when deciding on what food to pack. The requirements should be nutritious, to fuel your active body, easy to prepare, light weight, but most important is the taste! The staff at The Wilderness Shop have tried it all over the years and we recommend the following favourites:

Kerry: Blue Lake, Kosciuszko Ice Climbing. Meal: *Tasty Bite* Madras Lentils

Very filling poured over Deb (mashed potatoes). Simply immerse sachet in boiling water for 10 minutes. You can then use the boiled water to mix up your mash! I wipe my bowl clean with some chunky fruit loaf. Other varieties: Bombay Potatoes, Agrua Peas.

Weight: 285g, serves 2, price: \$3.95, available at Coles/Safeway

Andrew: Cathedral Ranges bushwalk. Meal: *Chefsway* Lamb Couscous

This dehydrated meal has no preservatives, is Australian made and very yummy. Simply add contents of pack into boiling water and simmer. Follow instructions on pack. Other Chefsway meals include Mushroom Risotto, Beef Curry.

Weight: 200g, serves 2, price: \$12.95, available from the Wilderness Shop.

Glenn: Tasmania fishing trip. Meal: Beer Damper with Baked Fresh Fish

Fresh fish caught from the river, baked with lemon, alongside damper straight from the hot coals. Recipe variation taken from *The Outdoor Gourmet* cookbook. Simply replace water with beer (unless you drink it all). You can cook your damper either in a camp oven or wrapped up in aluminium foil. Have your ingredients measured out and ready to use when your carrying your gear in a rucksack to avoid unnecessary weight.

The Outdoor Gourmet Cookbook available from The Wilderness Shop, price: \$22.95

Richard: Grey Mare Hut, ski tour. Meal: Spaghetti Bolognese

Using Backcountry cuisine “freeze dried mince” along with pasta, tomato paste (in sachet) semi dried tomatoes and crushed walnuts from the supermarket. Pour 2 cups of boiled water straight into packet of mince and let stand for 10 minutes, meanwhile boil your pasta. Then simply add all the ingredients together, mix well and serve. Measure amounts to suit the number of people and their appetites! Other *Back Country Cuisine* meals include roast lamb & vegetables, cooked breakfast and apple pie.

Back Country Cuisine Beef Mince, weight: 160g, price: \$10.95, available at The Wilderness