

Backpacking Chef

Menu Planning & Food Drying Workbook

Printable worksheets that help you estimate how much food to dry for the recipes you select for your trip.



- ✓ Trip Itinerary
- ✓ Trip Menu Planner
- ✓ Food Drying Estimator Worksheets
- ✓ Quick-Reference Recipe Cards

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Introduction

The ***Backpacking Chef Menu Planning & Food Drying Workbook*** provides printable worksheets and recipe cards that will help you review and customize recipes, plan a menu, and estimate how much food to purchase and dry for your trips. Your reward for spending a little time at the kitchen table making notes and adding things up will be a delicious variety of meals that you will thoroughly enjoy on the trail.

8 Steps to Successfully Plan & Dry Your Backpacking Meals

1. Write down your **Trip Itinerary** – the distance you plan to cover daily and how many days of meals you will need.
2. Review the **Quick-Reference Recipe Cards** and choose the breakfast, lunch, dinner, side, dessert and snack recipes you want to prepare for your trip.
3. Write down your meal selections on the **Trip Menu Plan** worksheet.
4. Refer back to the **Quick-Reference Recipe Cards** and total up all the dried food ingredients from the recipes using the **Food Drying Estimator Worksheets**. After you tally up your entries, you will know much dried ground beef, tomato sauce leather, dried corn, etc. you will need for the recipes you have chosen.
5. Continuing with the **Food Drying Estimator Worksheets**, compare how much dried food you need to the **yield estimates of commonly purchased units of food** provided to estimate how much of each food to purchase and dry. Use the completed form as a shopping list when you go to the store.
6. Dry the food, utilizing all trays of the dehydrator whenever possible for maximum efficiency and time savings. Similar foods such as peas, corn and green beans may be dried at the same time.
7. After your food ingredients are dried, refer back to your menu and recipe cards to combine the dried foods into bagged meals. You can even cut out and enclose the recipe cards with the meals since they include cooking instructions and the amount of water required.
8. Organize the meals and snacks into daily rations which can be bagged together or vacuum sealed for maximum food security and tight packing.

Customizable Worksheets & Recipe Cards

Most of the food items you will need and the estimated yields are listed in the **Food Drying Estimator Worksheets**, but extra blank rows are included so you can add more.

The **Recipe Cards** also have blank rows so you can vary the ingredients and there is a blank column to write down the serving size for two or more people.

Extra blank worksheets and recipe cards allow you to add even more notes and recipes.

Trip Itinerary

Write down the distance you think you will cover each day. The longer the trip and the more aggressive the daily mileage plans, the more likely you will not follow your itinerary exactly. It's a good idea to pack a little extra food in case you fall behind. Record the names of shelters, campsites or hostels you hope to arrive at each day along with any other important information such as lodging telephone numbers, shuttle services and details about your mail drop locations.

Date	Destination	Miles	Notes
1	<i>Begin Low Gap, US Rt. 421 (Saturday PM) End Double Springs Shelter</i>	3.5	<i>Meet Randy in Dalton 7 AM, drive to US Rt 421</i>
2	<i>Vandeventer Shelter</i>	14.4	
3	<i>Laurel Fork Shelter</i>	15.6	
4	<i>Mountaineer Shelter</i>	17.5	
5	<i>Overmountain Shelter</i>	17.4	
6	<i>Greasy Creek Gap Hostel</i>	14.8	<i>Mail Drop, xxxx Greasy Creek Rd. Bakersville, NC 28705 864-230-xxxx, Cee Cee</i>

Trip Menu Planner

Write down the name of each recipe you plan to prepare under the appropriate column. Snacks can be single servings of whatever your heart desires – packaged treats, nuts, pretzels, gold fish crackers, candies, trail mix, sweet potato bark (SP Bark) or pumpkin pie bark (PP Bark) and dried fruit.

Day	Breakfast	Lunch	Dinner & Side	Dessert & Snacks
1		<i>Corn Bark Stew - Ham</i>	<i>Baked Bean Bark Stew Green Beans</i>	<i>Trail Angel Cake Gorp, Nuts, Goldfish, SP Bark, Bananas</i>
2	<i>Green Grits & Ham</i>	<i>Seafood Raminara</i>	<i>Hawaiian Shrimp & Rice Corn</i>	<i>Apple Pie Gorp, Nuts, Goldfish, PP Bark, Apples</i>
3	<i>Apple Raisin Oatmeal Milk</i>	<i>Mexican Beef & Rice</i>	<i>Lasagna Cheddar Mashed Potatoes</i>	<i>Pineapple Upside Down Cake Gorp, Nuts, Goldfish, SP Bark, Melon</i>
4	<i>Pizza Grits Supreme</i>	<i>Crab Chowder</i>	<i>Mashed Potatoes with Ham & Veg. Beets</i>	<i>Banana Nut Bread Pudding Gorp, Nuts, Goldfish, PP Bark, Pears</i>
5	<i>Sweet Potato Bark Porridge</i>	<i>Red Beans & Rice</i>	<i>Ham & Cheese Macaroni Broccoli</i>	<i>Mud Pie Gorp, Nuts, Goldfish, SP Bark, Mango</i>

Quick-Reference Recipe Cards

The recipe cards have four recipes per page so they are easy to view when deciding which meals you want to put on the menu. To save space, we don't use the word "Dried" in front of each ingredient since all of the ingredients in the recipes are dried. The exception is rice, since you might use instant or precooked and dried rice in the recipes. We also abbreviate the names of some ingredients when necessary such as Gr. Bn. for green beans.

Customize the recipe cards: Use the extra blank rows to write in your favorite combinations of meats and vegetables. For example, the recipe may call for ground beef and broccoli, but you may want to make it with ham and green beans. Use the third blank column to calculate the quantity needed for two or more people using addition or multiplication.

The quantity for each dried ingredient is listed for both a regular serving and a large serving for one person. The large serving is about 50% larger than the regular serving. It's a good idea to make some practice meals and decide which portion meets your needs. If you include a side of vegetables with your dinners, the regular serving may work fine.

The main ingredients are expressed in fractions of cups. ($\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup, $\frac{3}{4}$ cup, 1 cup) and flavoring powders are expressed in teaspoons or tablespoons. (1/2 tsp, 1 tsp, 1 Tbsp, 1½Tbsp) (3 tsp = 1 Tbsp, 1½Tbsp = 1 Tbsp + 1 tsp)

Use the conversion table at right as a reference to figure the ingredients needed for two to four people:

Baked Bean Bark Stew	Servings		
Ingredients:	1 Regular	1 Large	
Dried or Instant Rice	½ Cup	¾ Cup	
Ground Beef or Deli Ham	¼ Cup	⅓ Cup	
Mixed Veg.- Corn, Peas, Carrots, Gr. Bn.	¼ Cup	⅓ Cup	
Baked Bean or BBQ Bean Bark	¼ Cup	⅓ Cup	
Water to Rehydrate	1¼ Cups	1¾ Cups	
Approx. Calories	432	602	
H: Pack all ingredients in one bag.			
T: Soak all ingredients 5 min., light stove & bring to boil 1 min., wait 10 min.			
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Ingredient Conversion Table

1 Person	2 People	3 People	4 People
¼ cup	½ cup	¾ cup	1 cup
⅓ cup	⅔ cup	1 cup	1½ cups
½ cup	1 cup	1½ cups	2 cups
¾ cup	1½ cups	2¼ cups	3 cups
1 cup	2 cups	3 cups	4 cups
1¼ cups	2½ cups	3¾ cups	5 cups
½ tsp	1 tsp	1½ tsp	2 tsp
1 tsp	2 tsp	3 tsp	4 tsp
1 Tbsp	2 Tbsp	3 Tbsp	4 Tbsp
1½ Tbsp	2 Tbsp + 2 tsp	4 Tbsp	5 Tbsp + 1 tsp

Food Drying Estimator Worksheets

Each ingredient used in the recipes is listed down the first column.

The **Common Purchase Quantity Before Drying** column and the **Approx. Yield Dried** columns to the right of the ingredients show the approximate yield of dried food you get from a common quantity purchased before drying. For example, one pound of sliced deli ham yields approximately 2 cups dried.

The **Dried Food Quantity Needed Tally** column is where you tally the quantities of each ingredient needed from the recipes selected for your trip menu.

- Write down the quantity of each dried ingredient from each recipe in the wide tally column. Suggestion: Convert the fractions to decimals, so it's easier to add them up at the end. For example, write down .25 for $\frac{1}{4}$ cup. If you are good at adding fractions you could just write down the fractions.
- Decimal Conversions: $\frac{1}{4}$ cup = .25, $\frac{1}{3}$ cup = .33, $\frac{1}{2}$ cup = .5, $\frac{3}{4}$ cup = .75, 1 cup = 1. For recipes that call for three vegetables combined in a $\frac{1}{4}$ cup or $\frac{1}{3}$ cup, counting each vegetable as .11 will give you a close enough estimate.
- For powdered milk and cheese, enter 1 for 1 Tbsp, 1.3 for $1\frac{1}{3}$ Tbsp, 1.5 for $1\frac{1}{2}$ Tbsp, etc.

When you finish transferring all the ingredients to the tally columns of the worksheets, add up the rows of each ingredient and enter the total in the **Total Dried Food Needed** column. Round up the amount to the nearest $\frac{1}{4}$ cup. Most people will be able to add up the numbers in their head.

Compare your **Total Dried Food Needed** figures to the **Common Purchase Quantity** and **Approx. Yield Columns** and write down an estimate of how much food to purchase in the **Quantity Needed Before Drying** column. For example, if you need $2\frac{3}{4}$ cups of dried chicken and you know that a 12.5 ounce can of chicken yields approximately 1 cup dried, you would need to buy three 12.5 ounce cans.

Once complete, you can take your **Food Drying Estimator Worksheets** to the store and use as a shopping list.

Food	Common Purchase Quantity Before Drying	Approx. Yield Dried	Notes or Dried Food Quantity Needed Tally	Total Dried Food Needed	Quantity Needed Before Drying
Meat & Beans			BackpackingChef.com		
Ground Beef	1 lb. + bread crumbs	2 cups	.25, .25, .25, .25, .25, .25, .25, .25, .25, .25, .25, .25, .25	3 cups	$1\frac{1}{2}$ lb.
Deli Sliced Ham	1 lb.	2 cups	.25, .33, .33, .25, .25	$1\frac{1}{2}$ cups	$\frac{3}{4}$ lb.
Canned Chicken	12.5 oz. can	1 cup	.25, .25, .25, .25, .25, .25, .25, .25, .25, .25, .25	$2\frac{3}{4}$ cups	3 cans
Canned Tuna	6 oz. can	$\frac{1}{2}$ cup	.33, .33, .33, .33	$1\frac{1}{3}$ cups	3 cans
Frozen Shrimp	1 lb. peeled	2 cups	.25, .25, .25, .25, .25, .25	$1\frac{1}{2}$ cups	1 lb.

Food Drying Estimator Worksheets, continued

Extra blank rows are included under each food category if you want to add new food items from your own recipes.

Blank Food Drying Estimator Worksheet

- Use the blank worksheet if you need to add more food items.
- Print out as many worksheets as you need.

Dehydrating Log

- Another use for the blank **Food Drying Estimator Worksheet** is to keep a log of your dehydrating activities.
- Write down the food in the first column, how much you started with in the second column, and what your yield was when it was dry in the third column. In the wide middle column, write down any notes or observations such as temperature setting and time it took to dry. This information will be very valuable to you as a reference every time you dehydrate similar items in the future.

Round up Your Estimates

Food drying yields may vary slightly from load to load and one person may squeeze more dried tomatoes into a quarter cup than another. The food drying yields provided in the workbook give you a close approximation and you will add to your knowledge base as you record your own results.

It's a good idea to round up the quantities of food you need to dry. For long trips where you dry a lot of food, you might improvise what goes into the last few meals if you run out of one ingredient and have extra of another. The meats and vegetables in the recipes are interchangeable, so you can easily substitute green beans for okra or chicken for beef. Any leftovers can be saved for your next trip or added to a soup.

Workbook in Microsoft WORD

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Comments Welcome

Please send Chef Glenn any comments or suggestions about this workbook to workbook@backpackingchef.com.

Food Drying Estimator Worksheets (1 of 7)

Food	Common Purchase Quantity Before Drying	Approx. Yield Dried	Notes or Dried Food Quantity Needed Tally	Total Dried Food Needed	Quantity Needed Before Drying
Meat & Beans			©BackpackingChef.com		
Ground Beef	1 lb. + bread crumbs	2 cups			
Deli Sliced Ham	1 lb.	2 cups			
Canned Chicken	12.5 oz. can	1 cup			
Canned Tuna	6 oz. can	½ cup			
Frozen Shrimp	1 lb. peeled	2 cups			
Imitation Crab	1 lb.	1¾ cups			
Beef & Bean Chili	1 Pot (RFA Recipe)	4 cups			
Canned Black-eyed Peas	15-oz. can	¾ cup			
Canned Beans (any kind)	15-oz. can	1 cup			

Quick-Reference Recipe Cards (1 of 17)

Cheddar Mashed Potato (Side)	Servings	
	1	1
Ingredients:	Regular	Large
Potato Bark	½ Cup	¾ Cup
Powdered Milk	1½ tsp	2 tsp
Cheddar Cheese Powder	2 tsp	1 Tbsp
Water to Rehydrate	¾ Cup	1 Cup
Approx. Calories	275	410
H: Pack powders separately.		
T: Soak bark 5 min., light stove & bring to boil 1 min., stir in powders, wait 10 min.		
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Potato Vegetable Bark Stew	Servings	
	1	1
Ingredients:	Regular	Large
Potato Vegetable Bark	½ Cup	¾ Cup
Ham	¼ Cup	⅓ Cup
Green Beans or Peas	¼ Cup	⅓ Cup
Water to Rehydrate	1¼ Cups	1¾ Cups
Approx. Calories	400	570
H: Pack all ingredients in one bag.		
T: Soak all ingredients 5 min., light stove & bring to boil 1 min., wait 10 min.		
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Mashed Potatoes, Veg. & Meat	Servings	
	1	1
Ingredients:	Regular	Large
Potato Bark	½ Cup	¾ Cup
Meat:	¼ Cup	⅓ Cup
Vegetables:	¼ Cup	⅓ Cup
Seasonings- Garlic Powder, Salt & Pep.	Pinch	Pinch +
Water to Rehydrate	1¼ Cups	1¾ Cups
Approx. Calories	422	601
H: Pack all ingredients in one bag.		
T: Soak all ingredients 5 min., light stove & bring to boil 1 min., wait 10 min.		
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BBQ Beef Stew	Servings	
	1	1
Ingredients:	Regular	Large
BBQ Potato Bark	½ Cup	¾ Cup
Ground Beef	¼ Cup	⅓ Cup
Vegetables - Corn and Okra or Gr. Beans	¼ Cup	⅓ Cup
Water to Rehydrate	1¼ Cups	1¾ Cups
Approx. Calories	516	746
H: Pack all ingredients in one bag.		
T: Soak all ingredients 5 min., light stove & bring to boil 1 min., wait 10 min.		
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