

Whether cooking for yourself,  
your family, or a large group of friends,  
the 80 recipes in this cookbook are a must-have  
for planning your next camping adventure.



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# HUNGRY CAMPERS

WILLIAMS



Gibbs  
Smith

# HUNGRY CAMPERS

COOKING OUTDOORS FOR 1 TO 100



ZAC WILLIAMS

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## INTRODUCTION: SAVOR SIMPLICITY

Camping provides an opportunity to step out of our day-to-day lives and to experience nature more closely. For me, sleeping outdoors tends to simplify what's most important. Camping takes me back to the basics of comfort. A dry bed, good company, and of course, great food are all that's needed to enjoy the wild. Delicious food is where this cookbook comes in. By focusing on simple, easy-to-prepare meals, I hope to help campers make the most of their time outdoors.



## OVERNIGHT CAMPING MENU

DINNER	BREAKFAST	LUNCH
ZIP-BAG SALAD	BROWN BAG CAMPFIRE BREAKFAST	CAMPFIRE NACHOS
PIZZA PITA WITH GARLIC BREAD	CINNAMON TWIRLERS	SLICED FRUIT
BAKED CARAMEL APPLE	HOT COCOA	FRUIT PUNCH
SIMPLE S'MORES	ORANGE JUICE	

## CONSTRUCTING A COOKING FIRE

Successful campfire cooking starts before you strike a match. It is important to build a proper fire to create an even bed of hot coals quickly. A good fire requires heat, fuel, and oxygen. A log cabin-style fire, where wood is successively stacked in a square much like a pioneer's log cabin, allows for plenty of air circulation as well as an even spacing of fuel. This type of fire also creates a perfect bed of coals. Wood used in a fire should be dry and preferably seasoned, meaning it comes from a dead tree or was cut months earlier. Hardwoods, such as trimmings from fruit trees, make better coals than softwoods like pine and fir. When starting the fire, tinder of crumpled paper, wood shavings, or other loose flammable material should be ignited under the bottom layer of the fire. Many effective commercial fire-starting products are available that allow for a hot ignition. A properly built fire won't require much tending to create a hot, even bed of coals.

## TEMPERATURE OF A COOKING FIRE

Old-timers could easily tell the temperature of cooking coals by holding a hand above the fire. While cooking over a fire takes practice, here is a suggested guideline to estimate the temperature of a fire. Most people can hold their hands 3 to 4 inches above the coals of a high-temperature fire, which is above 400°F, for about 2 seconds. On average, a person can hold a hand above medium-hot coals of about 350°F for 4 seconds, while 6 seconds is an indicator of low-heat coals of 300°F or less. The color of the coals is also an indicator of temperature. More orange signals a higher temperature, and more gray-and-white ash indicates a lower temperature. Most foods cooked directly on the coals in foil do well at medium to low heat to prevent charring, while direct grilling for steaks and chops requires higher temperatures.

## CAMP CLEANUP

Besides making camping more pleasant, a clean camp is important for health reasons. Wash hands frequently with biodegradable soap. Take care if you are washing with non-drinkable water, such as what you might find in a stream or lake. Never use soap directly in natural waterways. A well-equipped camp kitchen should include an alcohol-based waterless hand sanitizer to be used after washing with water. Allow the hand sanitizer to evaporate before handling food to prevent unpleasant tastes from transferring.

It's also important to establish a dishwashing procedure that sanitizes dishes and utensils. A simple setup uses two portable washbasins. Scrape off all food residue and wash dishes in hot, soapy water in the first washbasin. In the second rinse basin, add 1 ounce (2 tablespoons) of Clorox per 2½ gallons of water to sanitize. Rinse the dishes and dry.

# BROWN BAG CAMPFIRE BREAKFAST

SERVES 1

3 strips bacon  
2 eggs  
1/2 cup frozen hash  
brown potatoes,  
thawed

Salt  
Ground black pepper  
Hot pepper sauce  
(optional)

**EQUIPMENT**  
Campfire coals  
Brown paper bag  
(lunch size)  
Stick or marshmallow  
roasting fork

**1.** Place bacon in the bottom of the bag. Crack eggs into the bag over the bacon. Add hash brown potatoes. Season with salt and black pepper to taste.

**2.** Fold and roll down the top of the bag until about 3 inches above the potatoes. Insert a stick through the folded portion and cook 5 to 6 inches over low coals for about 10 minutes. It helps to prop up the stick with rocks.

**3.** Carefully tear off the top of the bag to serve. Season with hot pepper sauce, if desired.



# SUNNY-SIDE SANDWICH

SERVES 1

2 eggs  
2 slices thick Texas  
toast, or bread  
of choice  
1 slice cheddar cheese

1 or 2 single-serve  
mayonnaise packets  
Salt  
Ground black pepper

**EQUIPMENT**  
Campfire coals  
2 large waxed paper  
cups filled with water  
Barbecue tongs with  
a long handle  
Heavy leather gloves  
Heavy-duty  
aluminum foil

**1.** Place each egg into one of the cups filled with water. Using the tongs and gloves, carefully place each cup on the hot coals. Allow the water to boil for 6 minutes, until the eggs are soft-boiled.

**2.** While eggs are boiling, place the slices of bread on a sheet of aluminum foil, shiny side facing up, and toast at the edge of the fire for 5 minutes.

**3.** Carefully remove eggs from the fire with the tongs. Crack and serve between the slices of toasted bread with the cheese and mayonnaise. Season with salt and black pepper to taste.



# TACORITTOS

## 12 SERVINGS

3 pounds lean ground beef, crumbled  
 3 packages taco seasoning  
 3 (15-ounce) cans pinto beans, undrained  
 3 (10-ounce) cans Rotel diced tomatoes and green chiles, undrained  
 24 ounces shredded Mexican-style cheese  
 1 regular bag nacho cheese Doritos  
 6 cups shredded iceberg lettuce  
 16 ounces sour cream

## 25 SERVINGS

6 pounds lean ground beef, crumbled  
 1 cup taco seasoning  
 1 (#10) can pinto beans, undrained  
 6 (10-ounce) cans Rotel diced tomatoes and green chiles, undrained  
 3 pounds shredded Mexican-style cheese  
 2 regular bags nacho cheese Doritos  
 12 cups shredded iceberg lettuce  
 32 ounces sour cream

## 50 SERVINGS

12 pounds lean ground beef, crumbled  
 2 cups taco seasoning  
 2 (#10) cans pinto beans, undrained  
 12 (10-ounce) cans Rotel diced tomatoes and green chiles, undrained  
 6 pounds shredded Mexican-style cheese  
 4 regular bags nacho cheese Doritos  
 24 cups shredded iceberg lettuce  
 64 ounces sour cream

## EQUIPMENT

Camp stove  
 Large, deep, heavy skillet (large recipe may require 2 skillets)

1. Brown ground beef in the skillet over medium-high heat. Drain off any excess fat. Add taco seasoning, pinto beans, and tomatoes and green chiles. Continue simmering for 8 to 10 minutes to reduce liquid.
2. Stir in shredded cheese and Doritos until cheese is melted. Serve topped with shredded lettuce and sour cream.

**VARIATION:** For a Navajo taco, make the recipe without adding Doritos and serve over scones with lettuce, salsa, and sour cream.

# QUICK CINNAMON ROLLS

SERVES 6 TO 8

1 loaf frozen bread dough, thawed (substitute Outback Rolls dough [page 84] if you prefer to make from scratch)  
1 stick butter, melted  
1 cup brown sugar

1 teaspoon cinnamon  
 $\frac{1}{2}$  cup chopped pecans  
1 cup raisins (optional)

## GLAZE

2 cups powdered sugar  
2 to 4 tablespoons milk  
 $\frac{1}{2}$  teaspoon vanilla extract

## EQUIPMENT

Parchment paper  
Charcoal briquettes or campfire coals  
12-inch Dutch oven, 10 coals on bottom, 16 coals on top, 350°F

- 1.** Roll out bread dough out lengthwise on a sheet of parchment paper or wax paper until it is about 10 inches wide by 20 inches long. Spread with melted butter, sugar, cinnamon, pecans, and raisins, if desired. Roll up from the long edge and cut rolls into  $1\frac{1}{2}$ -inch sections.
- 2.** Place the rolls in a greased Dutch oven and allow to rise in a warm area for about 1 hour. Bake with heat on top and bottom for 20 to 25 minutes.
- 3.** Prepare glaze by whisking together the powdered sugar, milk, and vanilla, adding more milk 1 tablespoon at a time to reach your desired consistency. Drizzle over hot cinnamon rolls and serve.



# HIKER'S CEREAL

SERVES 1 TO 2

2 cups granola  
1/3 cup dry  
powdered milk

1/2 cup dried  
cranberries  
1/4 cup brown sugar

1 cup cold water

Pack all ingredients in a quart-size resealable freezer bag. When ready to prepare, add the cold water and shake. Put everything into a bowl—or eat it straight out of the bag.

Use your imagination to add other dried fruits, nuts, and spices to the mix to create your own custom breakfast bowl.



# GORP

MAKES 11 CUPS

4 cups Cheerios  
2 cups raisins

2 cups salted peanuts  
2 cups M&M candies

1 cup chocolate chips

Combine all ingredients in a large mixing bowl. Separate into individual resealable sandwich bags.

# BREAKFAST WRAPS

SERVES 1

1 cup dehydrated  
hash browns  
1 cup boiling water  
2 flour tortillas

1/4 cup shredded  
cheddar cheese or  
cheese powder  
2 strips precooked  
bacon

1 small packet ketchup  
or picante sauce  
Salt  
Ground black pepper

Rehydrate the hash browns by adding boiling water. Set aside for 15 minutes until hydrated, then divide them evenly between the tortillas. Top with the cheese, bacon, and ketchup. Season with salt and pepper to taste. Wrap and eat.