

Trail Baking

Have you ever wished you could have a hot biscuit or muffin in the morning but not carry a ton of weight or a huge pot? You can!

Smooth out a new windscreen and lay your kettle on top. Traced the shape and then using scissors, cut it out. Trim it down a bit so that it will fit in your pot. You want it so you can drop it in, about 1/4" smaller than your pot inside.



Using a ruler trace a grid of 1/2" squares on it. Use a tiny Phillips head screwdriver to do this. All you have to do is gently drag the screwdriver on the metal to leave a light line. You want one that is small, such as for jewelry work. A small punch would work as well.

Find a scrap piece of wood to set your circle on top of. Use the screwdriver to punch a hole carefully at the corner of each square on the grid and also in the center of each grid.

Cut another piece of the metal 14" long and 1" wide. It can be as long as you wish. This is what sits at the bottom of the pan, and is spiraled, to hold the circle up off of the bottom.



When ready to start baking, put the spiral in the pan. Put water in until it is almost to the top of the spiral. Top with the circle.

Prep the mix in a small freezer bag and then arrange the bag so that the opening is at the top. Do not seal. Place bag in pan.



Put the pan on your stove and bring it to a boil. As soon it is boiling lower the stove heat to where it is barely burning and put the lid on the pan. Start the timer for 15 minutes. With the low amount of water in the pan it will continue to gently simmer/boil and conserve fuel use. When the time is up, turn the stove off and let it sit for 5 minutes.

Do not take the lid off of the pan while cooking items that raise (biscuits, cakes, etc) as the cold air can cause the items to flop.

While it doesn't get browned, it will be perfectly cooked through, moist and tender as well!



You can use Bisquick mix.

- 1 serving recipe
 - 1/4 cup + 2 Tbsp biscuit mix
 - 2 Tbsp water

Place the ingredients in a freezer bag and seal it. Mix it by kneading the bag. Open up the bag and put it in the pot. You can put paper muffin liners in a bag and fill them with the dough before baking. This way gives you a nice clean muffin/biscuit. If you use aluminum muffin liners, you can skip the bag and place the aluminum liners directly on the disc.

The Betty Crocker mixes for muffins that call for just water work well also. Split the pouch in half into two quart freezer bags.

15 minutes seem perfect for cooking time, along with a 5 minute rest. The weight is less than 1/4 of an ounce.

For a strawberry shortcake variation:

- 1 serving recipe
 - 1/4 cup + 2 Tbsp biscuit mix
 - 3 Tbsp water
 - 2 tsp powdered milk
 - 1 1/2 tsp sugar

Place the ingredients in a freezer bag and seal it. Mix it by kneading the bag. Bake as outlined above. Rehydrate some dehydrated strawberries and mix up some milk from powdered milk mix to go with the shortcake for a delicious treat.

Baking Cakes on the Trail?

Betty Crocker Warm Delights mix makes a great cake for on the trail. Mix it with 1/4 cup water and put into your pan as described above. Cook for about 15 minutes and let it sit for a couple more minutes.



Hot Chocolate Trail Cakes

In a snack sized bag put 3 Tbsp chocolate cake mix and 1 tsp dry milk

You will also need your stove, pan, 1 aluminum cupcake liner and your baking set.



Add 2 Tbsp water to the mix, seal and carefully knead the bag till the batter is mixed up. Use your knife and cut off a corner of the bag. Pipe the batter into the muffin liner.

Using the previous directions, get your baker ready for use. Put the filled muffin liner on top of the disc. Put your pot on the stove and turn on. Bring the pot to a boil. Turn the stove down to its lowest setting and put the lid on the pan,. Let it steam gently for 15 minutes. Turn off your stove and open your pot carefully.

Carefully pop out your muffin.



Let cool for a minute or so. The liner peels off easily.

Pizza Muffins



Serves: 4

Ingredients

- 3/4 cup Bisquick baking mix
- 1/4 cup mozzarella cheese
- 1 Tbsp tomato powder
- 1 tsp Italian seasoning
- 6 Tbsp water

Instructions

1. Pack all the dry ingredients into a quart freezer bag.
2. Add the 6 Tablespoons of water to the bag; seal and knead the bag until well mixed. Be sure to get the corners as well. Divide the dough between the 4 muffin liners.
3. Using the previous directions, get your baker ready for use. Put the filled muffin liners on top of the disc. Put your pot on the stove and turn on. Bring the pot to a boil. Turn the stove down to its lowest setting and put the lid on the pan,. Let it steam gently for 10 minutes. Turn off your stove and open your pot carefully.
4. Carefully pop out your muffin.