

Dry mix recipes for yachties, kayakers, campers

By Genie Shearsmith



Brian at the helm with Helmut Hof on Prime Number

In memory of my husband Brian Shearsmith

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Ingredient availability (as of August 2022)

Photograph

This will interest those of you who sail the WA coast with minimal refrigeration and limited water.

I collated these recipes for a kayaking trip out of Dampier into the designated remote territory of Murujuga.

We had to take everything needed for the entire trip; camping gear, food, cooking gear, and water all packed into the kayaks.

All of which seems applicable to yachties, as well as hikers and those on camping holidays.

The food we took had to:

- * Mostly be prepared before leaving home
- * Not need refrigeration
- * Be of minimal weight
- * Consume all the liquid that is used in the cooking
- * Easy to label with a permanent marker
- * Be tasty and easy.

These days there are a huge number of pre-prepared mixes on the market, however if you would prefer to make your own, and hopefully save a little money in the process, give these recipes a go.

These recipes were created to fit a three litre saucepan and lid.

Unless otherwise noted each recipe should make three servings.

Use Zip lock bags sized 22 cm x 25 cm to contain the dry mixes, smaller bags when ingredients have to be separated, and mini food containers for any liquid sauce required.

Abbreviations are as follows:

t – teaspoon

T – tablespoon (metric – 15 mls)

C – cup

mls – milliliters

L – litre

gms - grams

Meat / Chicken / Cheese / Vegetables

For absolute ease I have written these recipes to use dried meat and chicken.

You can however substitute fresh meat for dried. If you do this, you will just need to reduce the quantity of water used.

If you would prefer fresh chicken, then the day prior to setting out, buy a roast chicken. Take out all the bones and package the chopped chicken into zip lock bags (approx 300gms) - Freeze.

If you have no refrigeration at all, this will be dinner on the first night out.

I have written some of these recipes using dried cheese. If you prefer, you can use shelf stable cheddar and parmesan.

However, once opened, they must be eaten in short order, or refrigerated.

Vegetables. Be aware that some vegetables are sold precooked (eg Campers Pantry peas) and others dehydrated but not cooked (eg Woolworths peas). So do take this into consideration when creating your dry mixes.

I hope you enjoy them –

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Jambalaya Rice with Sun-Dried Tomato & Sausage

(4 hearty serves)

An easy and popular dish, the ultimate flavour depends on the sausage.

Ingredients

3 C White long grain rice

16 Sun dried tomatoes, slice (dry – NOT in oil or any other liquid)

½ C Freeze dried sliced green beans

1 ½ t Chicken stock powder

4 Bay leaves

1 ½ t Thyme

1 ½ t Oregano

1 ½ t Paprika

1 t Salt

½ t Pepper

½ t Turmeric

¼ t Hot chilli powder (optional)

¼ t Garlic powder (NOT garlic salt)

100 gms Hard dry sausage chopped (mild) *

80 gms Hard dry sausage chopped (spicy) *

7 C water

At Home

Place the dry ingredients into a zip lock bag before leaving home

To Cook

Bring the 6 C of water to the boil

Add the dry mix

Bring to the boil

Cover and cook over a low heat for 15 minutes, stirring occasionally. If the cover is not tight you may find all the liquid has been absorbed after

about 10 minutes. If this occurs add a little more water and cook for an extra minute or two.
Remove from the heat and let stand for 5 minutes
Fluff with a fork and serve

Note: The sausage needs to be one of those that you used to see hanging above the counter (not needing refrigeration) in Italian Delis. If the sausage seems at all moist, it should be packed separately and added to the pot when making the dish.

Keema Curry (3 serves)

This is a mildly flavoured and lemony curry. Chilli can be increased if you would like a bigger hit.

Ingredients

2 C Rice
1 t Cumin
1 t Garlic powder
½ t Ground ginger
6 Cloves
1 t Garum masala
½ t Chilli (optional)
1 t Turmeric
1 t Beef stock powder
1 ½ t Salt
½ t Black pepper
100 gms Dried peas
2T Onion flakes
100 gms Dried ground beef

4 C Water

¼ C Lemon juice

At Home

Pack the dry ingredients into a zip lock bag and pack alongside the lemon juice.

To Cook

Bring the water to the boil, remove from the heat and stir in the dry mix.

Allow to soak for 10 minutes.

Bring back to the boil and cook for 20 minutes or until the rice is cooked.

Add the lemon juice to taste.

Fluff with a fork and serve

Pasta Beef Stroganoff (serves 3)

Ingredients

100 gms Dried beef steak
½ t Garlic powder
½ C Dried beans
¼ C Dried mushrooms - broken into pieces
¼ C Onion flakes
1 t Thyme
1 ½ t Salt
½ t Pepper
2 t Beef stock powder
240 gms Elbow pasta (a little over 2 C)
2 T Gravox powder
½ C Dried milk powder
2 t Dried parsley

2 T Worcestershire Sauce in a small container

6 C Water

At home

Package the beef in a separate zip lock bag
Place the remaining dry ingredients in another zip lock bag.

To Cook

Bring the 6 C water to the boil. Remove from the heat and add the dried steak. Soak for 5 minutes. Add the remaining ingredients. Stir well to ensure there are no lumps,
Bring back to the boil and cook, stirring frequently, for 10 - 15 minutes until pasta is cooked.
Take off the heat and allow to stand for 10 minutes while the pasta absorbs the remaining liquid.
Serve.

Pasta with Sun Dried Tomatoes in Bolognaise Sauce (serves 3). A quick version of a classic dish.

Ingredients

1 t Garlic powder
½ C Dried mushrooms, broken into pieces
½ C Onion flakes
2 t Oregano
¼ t Hot chilli powder (optional)
¾ t Salt
½ t Pepper
2 sachets Tomato soup mix (Continental is quite good)
2 t Parsley
240 gms Elbow pasta (a little over 2 cups)
½ C Sun-dried tomatoes
100 gms Dried ground beef

2 sachets (100 gms) Tomato paste, **unopened until cook time**

40 gms Parmesan cheese (for serving)

9 C water

At home

Place all the dry ingredients except the parmesan cheese in a zip lock bag.

To Cook

Soak the dry ingredients in 9 C water for 15 minutes. Add the tomato paste and stir through. Bring to the boil and cook for 10 minutes or until the pasta is cooked. Allow to stand for 5 minutes while the pasta absorbs the remaining liquid. Serve with Parmesan cheese.

Taco Mac and Cheese (serves 3)

Mexican inspired and tasty

Bag 1

6 T Dried Cheddar Cheese (chopped)

4 ½ T Powdered Milk

3 t Taco Seasoning

Bag 2

2 ¼ C Macaroni

1 C Freeze dried Ground Beef

1 C Dried onions, mushrooms, tomatoes

3 - 4 slices Dried Chilli (optional)

¾ t Salt

½ t Pepper

5 C Water to rehydrate

At Home

Place the bag 1 ingredients into a small zip lock bag.

Then enclose the bag 2 ingredients in a larger zip lock bag.

To Cook

Bring the 5 C water to the boil, remove from the heat and add the bag 2 mix.

Soak for 10 minutes.

Bring to the mixture back to the boil and cook for 5 - 10 minutes, adding a little extra water if the mixture looks too dry. Check to make sure the pasta is cooked.

Remove from the stove, stir in the bag 1 mix.

Insulate the pot and wait 10 minutes for the pasta to absorb the remaining liquid.

Serve and enjoy.

Green Tree Frog and Rattlesnake Soup

(3 hearty serves)

I have thrown this one in for fun but my tasting panel agree it's OK!

Ingredients

4 sachets of pea and ham soup mix -

(2 packets)

1 tin (340gms) of reduced fat Spam

4 C of water

At home

Pour the contents of all 4 serves of pea soup into 1 bag. Seal

Carry the unopened Spam separately

To Cook

Chop the spam into small pieces. Bring the 4 C of water to the boil. Add the soup mix and Spam and stir until hot and slightly thickened. Then serve.

Indian Lemon Chicken (3 hearty serves)

Check lemon to salt ratio for your taste.

Ingredients

1 C freeze dried chicken

1 C dried sliced green beans

1 $\frac{3}{4}$ C Couscous (plain)

1 $\frac{1}{2}$ t Salt

$\frac{3}{4}$ t Turmeric

$\frac{3}{4}$ t Fenugreek seeds

$\frac{3}{4}$ t Mustard seeds

$\frac{3}{4}$ t Cayenne pepper

(or $\frac{1}{2}$ t hot chilli powder) Optional

$\frac{1}{4}$ t Ground fennel

$\frac{1}{2}$ t Garlic powder (NOT garlic salt)

$\frac{1}{2}$ t Ground Ginger

1 $\frac{1}{2}$ t Chicken stock powder

$\frac{1}{4}$ C Slivered almonds

5 $\frac{1}{2}$ C water

$\frac{1}{2}$ C Lemon juice

At home

Place the dried chicken and green beans into a zip lock bag and the remaining dry ingredients into a separate bag.

To cook

Bring the 5 $\frac{1}{2}$ C of water to the boil Remove from the heat, add the chicken and green beans and soak for 10 minutes

Bring back to the boil, remove from the heat, add remaining dry ingredients and lemon juice. Stir.

Cover and let stand for 5 – 10 minutes.

Taste for salt and lemon, adjusting as necessary.

Fluff with a fork & serve.

Mulligatawny (serves 3)
a hearty Indian flavoured soup

Ingredients

100 gms Dried chicken
6 Cardamom pods
1 t Coriander
1 t Cumin
1 t Garlic powder
1 t Black pepper
1 t Salt
1 t Chicken stock powder
½ t Cloves
2 t Curry powder
1 t Turmeric
¼ t Chilli (optional)
2/3 C White rice
2 T Onion flakes
50 gms Coconut milk powder

Lemon juice to taste

7 C water

At home

Package the chicken in a zip lock bag. Place all remaining dry ingredients in a 2nd zip lock bag

At Cook

Bring the 7 C of water to the boil, remove from the heat, add the chicken and soak for 5 minutes.

Bring back to the boil. Add all the dry ingredients and cook for 15 - 20 minutes or until the rice is cooked. Stir occasionally to ensure it doesn't stick. Add more water if needed. Stir and serve.

Chicken Chow Mein Rice (serves 3)

An easy Asian touch this time. Goes down quite nicely

Ingredients

1 ½ C Freeze dried chicken
6 T Dried peas
1 ½ - 2 sachets Chow Mein Powder
2 ¼ C Rice
3 t Dried garlic
3 T Dried fried shallots

4 ½ C water

At home

Pack all the dry ingredients into a plastic bag

To Cook

Soak the ingredients in the 4 ½ C of water - (10 minutes if the water is warm or 1 Hour if the water is cold)

Bring to the boil and cook until the peas are soft and the rice is cooked - about 15 minutes. Fluff and serve.

Simple Seafood Curry (serves 3)

Another favourite.

Ingredients

1 ½ C Long grain rice

3 t Curry powder

3 T Coconut milk powder

¼ C Dried beans

1 sachet Tomato paste (50 gms)

2 x 100 gm sachets of salmon (or tinned salmon in spring water. Drain water from the tin before cooking)

3 ½ C water

At home

Place the first 5 ingredients in a zip lock bag, **leaving the tomato paste sachet unopened.**

To Cook

Add the dry mix and tomato paste to the 3 1/3 C of water.

Bring to the boil and cook for 10 minutes or a little more so that the rice is fully cooked. Add the fish and stir to heat.

Allow to stand for 10 minutes so that the rice absorbs more of the liquid. Fluff with a fork. Serve.

Tuna Mornay (3 hearty serves)

Ingredients

3 C Small shell pasta
½ C Full cream milk powder
1 C Dried beans or cauliflower
4 T Onion flakes
4 t Dried chives
4 t Dried parsley
2 Tuna Mornay Sauce Sachets
(Continental is a good brand)

4 Sachets Tuna or 1 tin (370 gms) in spring water (drain liquid before use)

8 C Cold water

100 gms Cheddar cheese, chopped.

This cheese must be eaten or refrigerated once opened.

At home

Combine the first 7 ingredients in a zip lock bag before leaving home. Pack alongside the tuna and cheddar cheese.

To Cook

Place the 8 C of water into the pot and add the dry mix. Stir to ensure there are no lumps of the powdered ingredients. Soak for 10 minutes in warm water. Bring to the boil, stirring continuously until thickened. Cook for 5 minutes or until both the pasta and veg are cooked. Add the tuna and stir for another minute to warm through. Open and chop the cheddar cheese, serve atop the tuna mornay. Note: this dish should be creamy when completed. If necessary add a little more water to achieve that result.

Kickin' Veggie Macaroni and Cheese (serves 3)

A little Mexican flavour and a chilli hit make all the difference .

Ingredients

Bag 1)

1 C Dried tomatoes, chopped

1 C Dried onions, mushrooms

1 C Dried beans

4 - 6 Slices dried jalapeño chillies (optional)

½ t Cayenne pepper

2 C Macaroni

Bag 2)

¼ C Dried cheddar cheese, finely chopped

¼ C Parmesan cheese

4 T Powdered milk

2 t Taco seasoning

5 C water

At home

Combine the listed ingredients into 2 zip lock bags.

Bag 2 should be smaller

Enclose the small bag inside the larger bag and seal.

To Cook

Add the dry ingredients in bag 1 to your pot with the 5 C of water. Allow to hydrate for 10 minutes.

Bring to the boil, and continue cooking for about 5 minutes, until the macaroni is almost cooked.

Stir in the bag 2 mix, cook briefly until thickened.

Remove from heat, cover and stand for 10 minutes before serving.

Pasta with Sun-Dried tomatoes and Mushrooms

(3 hearty serves)

Ingredients

3 C Elbow pasta

1 t Garlic powder (NOT garlic salt)

½ C Dried mushrooms, broken into pieces*

½ C Sun Dried tomatoes - cut into pieces

(NOT in oil/liquid)

½ C Dried onion flakes

2 t Oregano

¼ t Hot chilli powder (optional)

1 t Salt

½ t Pepper

2 t Dried Parsley

2 sachets of Tomato soup mix (Continental soup works well)

2 sachets of tomato paste (100 Grams)

(DO NOT open until you are ready to cook)

8 C water

6 T Parmesan cheese (shelf stable, not refrigerated).

At Home

Combine the first 11 ingredients in a zip lock bag.

To Cook

Bring the measured 8 C water to the boil. Add the dry mix and stir. Add the tomato paste and stir until mixed into the liquid. Cook for 10 minutes or until pasta is cooked.

Allow to stand, covered, for 5 minutes while the pasta absorbs the remaining liquid. Serve topped with Parmesan cheese.

*Note: a combination of ½ Porcini and ½ Shiitake mushrooms gives excellent flavor.

Marinated Fruit Salad with hot custard*

Ingredients

300 gms Traditional dried fruit salad
(Angus Park is a good brand)
1 C Orange juice
1C Fruity red wine

At home

Cut the fruit up and transport in a zip lock bag that is large enough to later accommodate the orange juice and wine.

At sea

Add the orange juice and the red wine to the zip lock bag and leave to marinate for at least a couple of hours – but preferably all day while you are sailing.

Serve with hot Custard

Custard *

Ingredients

5 Rounded T Custard Powder (Birds is a good brand)
1 Rounded T Vanilla Sugar (or a vanilla bean packed in with the sugar)
2 rounded T Sugar
1 C Full Cream Milk Powder

4 C Cold water

At home

Combine all dry ingredients in a zip lock bag.

To cook

Place measured cold water into the cooking pot and add the dry mix

Mix well, making sure that there are no lumps

Bring to the boil stirring constantly

Once boiling and thickened serve with the marinated fruit salad.

* Note: This recipe makes 1 litre of custard, sufficient for eight ½ cup servings.

Cranberry Walnut Couscous Pudding (serves 3)

This creamy couscous recipe can be served for breakfast or dessert

Ingredients

2 C Couscous (plain)
2 C Full cream milk powder
1 C Dried cranberries
1 C Chopped walnuts
 $\frac{3}{4}$ C Brown Sugar
2 t Cinnamon
 $\frac{1}{2}$ t Salt

5 C Water

At Home

Combine the dry ingredients in a zip lock bag.

To Cook

Bring the measured 5C of water to the boil
Remove from the heat, add the dry mix and stir briefly. Let stand for 10 minutes
Fluff with a fork and serve

Note: when complete this dish should be creamy, you may need to add a little extra water if necessary.

Creamy Rice Pudding (Serves 3)

You will remember this as a yummy from your childhood I'm sure

Ingredients

Bag 1

3/4 C Medium grain rice

1/4 t Salt

Bag 2

1 C Castor sugar

1 1/2 C Full cream powdered milk

1 vanilla pod

Pinch of Nutmeg

4 C Water

At home

Pack the rice and salt in zip lock Bag 1

Pack the remaining ingredients in a separate zip lock bag - Bag 2

To Cook

Bring the 4 C of water to the boil, add the contents of Bag 1.

Cook stirring over a medium - low heat, for 20 minutes until the rice is tender.

Remove the vanilla pod from Bag 2.

Stir in the Bag 2 contents. Increase the heat to medium high and bring to the boil. Boil for 2 minutes or until the rice is soft and the mixture thickens.

Serve immediately

Ingredients availability

To find these ingredients you may often have to look on the top or bottom shelves of the supermarket. They are generally cheaper than the pre-prepared mixes that the supermarkets would prefer you buy.

Campers Pantry - the only online Australian store that sells dried proteins and vegetables that I have found. They do have pre-made mixes but I have not ventured into that section of their web site. I can say their deliveries are prompt and the products are good.

Protein

Chicken - dried: camperspantry.com.au

Ground beef - dried: camperspantry.com.au

Diced steak - dried: camperspantry.com.au

Spam - Woolworths, Coles

Italian Sausage - hard, dry - the best selection found in Galatis Fremantle & Gilberts Hilton

Tuna/Salmon sachets - Woolworths, Coles sometimes

Cheese - shelf stable cheddar and Parmesan: Woolworths, Coles (must be eaten once opened)

Dried cheese - camperspantry.com.au

Cranberries: Woolworths near the tinned fruit

Onion flakes: Woolworths, Coles (near the spices)

Mushrooms: Woolworths, Coles (in the Asian section)

Peas: Woolworths, Coles (dehydrated, need cooking)

Peas: Cooked and freeze dried

camperspantry.com.au

Shallots: Woolworths, Coles (in the Asian section)

Sun-dried tomatoes: Woolworths, Coles
camperspantry.com.au sell the vegetables below

Beans: Broccoli: Mushrooms: Peas, Red onions

Sauces

Chow Mein Powder: Woolworths (recipe bases section)

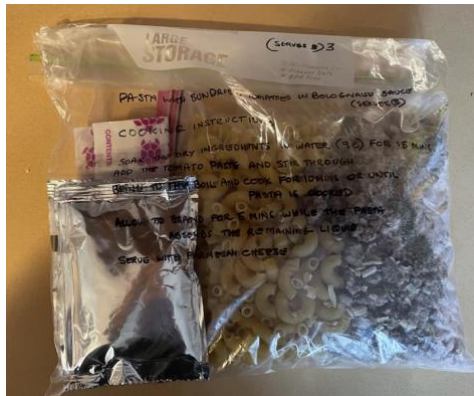
Tuna mornay sauce: Woolworths (recipes bases section)

Other

Pea Soup - Coles have their own brand

The remaining ingredients are readily available.

Pics of recipes ready for use & some ingredients



Sadly Genie passed away on 7 October 2022.



Genie was an excellent cook having cooked in France, USA and had Italian influences.

Over a period of 20 weeks Genie cooked all the recipes in the book and tested them out on girlfriends Carolyn Jupp and Jill Kyle who thoroughly enjoyed 'Monday Dinners' at Genies.

We are so pleased that she finished the book. Her aim had been to give it free to yachties, kayakers, campers.

In particular, the yachties due to sail in the FSC Fremantle to Exmouth in May 2023.

Electronic copies can be emailed by contacting Carolyn Jupp on 0409 888 279