



Bear Grylls may eat bugs, but you don't have to stoop that low on your next outdoor adventure. Go gourmet with these four recipes.

No stove? no problem

By Jake Lemkowitz for USA TODAY

Mimal camping is about more than just how far you can hike into the wilderness. It's about the flicker of feeling that so many backpackers experience, a blissful phantom memory of what it means to be truly wild. To put it simply: The lighter the pack, the greater the adventure.

Omelet in a bag

COOKING TIME: 10 MINUTES

Cooking breakfast in a paper bag might sound like a bad magic act, but it works every time. With the right ingredients, the results taste great.

INGREDIENTS:

- Paper bag
- Thick-cut bacon strips
- Dehydrated hash browns
- Avocado
- Eggs

1. Begin by greasing the inside of a paper lunch bag with a piece of thick-cut bacon. Then fully line the base of the bag with bacon strips.
2. Sprinkle in dehydrated hash browns, add half a sliced avocado, and crack a few eggs into the mix.
3. Tightly fold down the top of the bag and use a stick to hold it over your campfire. As the bag's contents cook, the bacon fat miraculously protects the paper bag from bursting into flames.
4. After about 10 minutes, the eggs will be over-easy perfection. The avocado will be creamy. The bacon will smell incredible, and the hash browns will fuse the flavors together.

You can eat the omelet right out of the bag and burn your plate in the fire when you're done.



Ember-roasted vegetable sandwich

COOKING TIME: 1 HOUR

Forget rusty Forest Service grills. You can safely barbecue directly on the campfire coals. It's a primal, satisfying way to cook that requires little attention. All it takes to make this terrific hot sandwich is fire and time.

INGREDIENTS:

- Garlic bulb, Onion, Pepper, Portobello mushroom, Slices of Grana Padano cheese, Bun

1. Start by lopping the top off a garlic bulb. Place it in the campfire's ashes as far from the flames as possible. Make sure to turn the garlic every once in a while.
2. Ten minutes later, toss in an onion.
3. Ten minutes after that, place a red pepper near the flames. Rotate the pepper so each side gets blackened.
4. Ten minutes later, drop a portobello mushroom onto the coals. The mushroom reaches perfection quickly, and it even has its own built-in handle.
5. About 10 minutes later, take all of the vegetables out of the fire. When they've slightly cooled, strip the blackened skins off the pepper and the onion, and roughly cut them up along with the mushroom.
6. Squeeze the butter-sof-roasted garlic onto a bun. Add a few big slices of Grana Padano, which is a hard Italian cheese that can go a week without refrigeration. Toast the sandwich by wrapping it in foil and laying it by the fire for a few minutes.
7. Take out the bread and pile on all the vegetables with their juices. Enjoy the deliciously charred, sweet, cheesy, messy sub.

Yet even outdoors addicts are reluctant to leave behind their bulky camp stoves, fuel, and cookware. After all, there's nothing better than a hot meal at the end of a long hike. No one should be forced to live on gorp and Tang alone. Never fear. It's possible to eat like a king in the woods without having to pack a frying pan.

Hobo bread

COOKING TIME: 45 MINUTES

Something about baking fresh bread in a tin can makes you feel like a self-sufficient scamp living by his wits. That's a good thing.

INGREDIENTS:

- 4 cups flour
- 4 tsp. baking soda
- 1 tsp. salt
- 3 cups raisins
- Cinnamon, nutmeg, and chopped nuts to taste

- 2 cups water
- 3/4 cup oil
- 2 14-ounce cans of frozen juice

1. Before you leave home, mix the dry ingredients for a loaf of raisin bread in a big plastic freezer bag.

2. Bring along two metal cans of frozen juice. The cold cans act as a refrigerator for your other food on the first day of camping.
3. When it's time to bake and you have a good fire going, add water and oil to the freezer bag of dry ingredients. Mix with your hands to form a batter.

4. Make the juice. What you really want are the empty cans. Oil the insides, then pour in the raisin bread batter. Seal the top of the cans with heavy-duty foil and set them in or near the campfire embers.

5. Remember to rotate the cans once or twice. After about 45 minutes, your hobo bread will be piping hot and ready to eat.

6. Take the can out of the embers with a pair of tongs, or use a pair of leather gloves as makeshift campfire oven mitts.



Foil-packet fish

COOKING TIME: 10 MINUTES

If you bring a lightweight rod while backpacking and manage to actually catch a fish, then you just hit the jackpot. You are about to enjoy one of life's best meals. Cleaning a fish is messy but easy. If you can, practice on a whole fish at home first so you know the routine.

INGREDIENTS:

- Fresh, cleaned fish
- Oil
- Lemon
- Herbs
- Salt
- Pepper

1. Place the cleaned fish in the middle of a big piece of heavy-duty foil.

2. Rub the fish with oil and stuff it with lemon and fresh dill or an herb of your choice. Add salt and pepper. That's it. It doesn't matter if the main ingredient is trout or striped. When food is this fresh, you can't go wrong with a preparation this simple.

3. Fold the foil into an envelope around the fish, making sure to firmly double-seal each edge.

4. Place the envelope in the campfire coals. Cook for 5 minutes on each side, then carefully remove the foil from the fire.

5. Unwrap and hungrily devour the fish with your bare hands.



Even though no further than a mile or so, fish cooked in the great outdoors. Bear Grylls would agree.