

IT's In The Bag Cookbook©

Henry Molinet

***Updated
10/29/2006***

Cuban Chicken and Rice (Arroz con Pollo)

By: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- 2 cups of Minute Rice
- 1 teaspoon salt
- 2 crushed peppercorns
- 1 teaspoons onion flakes
- 1 teaspoon garlic powder
- 1 tablespoon dried red or green **bell** peppers
- 1/2 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cilantro
- 6 threads saffron
- 2 chicken bullion cubes
- 8 to 12 slices of dehydrated tomatoes (or 2 packs of fast food ketchup to be added in camp)
- 2 - 1 gallon freezer bag

Camp

- 2 cups water
- 2- 5 oz. can of chicken
- 1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)
- 1 teaspoon lime juice from fast food (or some lemon grass, or powdered lemon peel)
- 1 package freeze dried peas.

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together.

In camp boil the water to a rolling boil, while the water is boiling open the cans. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.).

Puerto Rican Vienna Sausages and Rice (Arroz con Salchichas)

By: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- 2 cups of Minute Rice
- 1/2 teaspoon salt
- 2 crushed peppercorns
- 1 teaspoon onion flakes
- 1 teaspoon garlic powder
- 1 tablespoon dried red or green bell peppers
- 1/2 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cilantro
- 6 threads saffron
- 2 beef bullion cubes
- 2 - 1 gallon freezer bag

Camp

- 2 cups water
- 2- cans of vienna sausages cut in halves
- 1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)
- 1 package freeze dried peas.
- 4 packs of fast food ketchup, to be added in camp

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.).

Chicken Marsala

By: Henry Molinet

11/1/2005

Ingredients for 4:

Home

- 2 cups of Minute Rice
- 1 tablespoon onion powder
- 4 tablespoons dried portabella mushrooms
- 1 chicken bullion cubes
- 2 packets mushroom gravy mix
- 1 chicken bullion cube
- 1 quart freezer bag
- 2 - 1 gallon freezer bag

Camp

- 2 cups water
- ½ cup of water
- 10 oz. can or packet of chicken
- 1 tablespoon olive oil
- ¼ cup Marsala wine

Preparation:

At home place the mushrooms in the 1 quart freezer bag. Mix the rest of the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the bags and the cans together).

In camp boil a half cup of water and pour into the mushroom bag to hydrate the mushrooms. Boil 2 cups of water, while the water is boiling open the cans. When the water comes to a boil, quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.).

Couscous and Chicken

*By: Henry Molinet
3/1/2002*

Ingredients for 4:

Home

- Use flavored couscous that can be cooked by adding boiling water.
- Follow quantities in couscous package (may need to increase slightly, i.e., five servings instead of four)
- Margarine or oil, per directions
- 1 chorizo per person (vacuumed packed Spanish sausage that does not require refrigeration) or pepperoni.
- Place couscous in freezer bag

Camp

- Water for the servings per couscous package directions
- 1 chorizo per person

Preparation:

At home put the couscous in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together.

In camp boil the water to a rolling boil, while the water is boiling cut the chorizos or sausage. When the water boils, quickly add the oil or margarine to the couscous and the water and the chorizos to the couscous, seal the bag and mix manually. Let sit massaging occasionally until the water is absorbed.

Brazilian Black Beans (fejuada) with white Rice

*By: Henry Molinet
3/1/2002*

Ingredients for 4:

Home

- 2 cups Taste Adventure instant refried black beans
- 2 cups of Minute Rice
- 1/2 teaspoon salt
- 2 teaspoons onion flakes
- 1 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1 tablespoon dried red or green bell peppers
- 1/8 teaspoon oregano
- 2 chicken or beef bullion cube
- 2 - 1 gallon freezer bag

Camp

- 2 cups water
- 1/2 of a 5 oz. can of ham
- 1/2 of a 5 oz. can of chicken
- 1/2 can of vienna sausages
- 2 Chorizos (Spanish sausages) vacuum sealed
- 1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans, and cut the chorizos into 8 pieces each. Add the chorizos to the rice, but not the rest of the ingredients. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.). The mixture will be a little soupy, but that's required to keep the spices from glopping together.

With this recipe, there is nothing sacred about the meats, the more variety, the better. If you don't want to deal with 1/2 cans you can just skip one meat and use a whole can of another.

Jambalaya

By: Henry Molinet

8/7/2002

Ingredients for 4:

Home

- 2 cups of Minute Rice
- 1/2 teaspoon salt
- 2 teaspoons onion flakes
- 1 teaspoon garlic powder
- 1 tablespoon dried red or green bell peppers
- 1/2 teaspoon thyme
- 1 tablespoon parsley
- 4 crushed peppercorns
- 2 chicken or beef bullion cube
- 12 slices of dehydrated tomatoes (or 2 packs of fast food ketchup to be added in camp)
- 2 - 1 gallon freezer bag

Camp

- 3 cups water
- 1/2 of a 5 oz. can of ham
- 1/2 of a 5 oz. can of chicken
- 2 Chorizos (Spanish sausages) vacuum sealed
- 1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together.

In camp boil the water to a rolling boil, while the water is boiling open the cans, and cut the chorizos into 8 pieces each. Add the chorizos to the rice, but not the rest of the ingredients. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.). The mixture will be a little soupy, but that's required to keep the spices from glopping together.

With this recipe, there is nothing sacred about the meats, the more variety, the better. If you don't want to deal with 1/2 cans you can just skip one meat and use a whole can of another.

Shrimp & Grits

By: Henry Molinet

4/1/2003

Ingredients for 4:

Home

- 2 cups instant cheese grits
- 4 tablespoons parmesan cheese (if using plain grits)
- 1 teaspoons onion powder
- 1 teaspoon garlic powder
- 2 tablespoon dried red or green bell peppers
- 1/8 teaspoon oregano
- 4 crushed pepper corns
- 3 chicken bullion cubes
- 2 - 1 gallon freezer bag

Camp

- 3 cups water
- 2- 5 oz. can of shrimps
- 1 teaspoon olive oil (nice to have)
- 2 teaspoons lemon peel
- 1 teaspoon green Tabasco

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans. When the water boils quickly add the water and the rest of the ingredients to the grits, seal the bag and mix manually. Let sit massaging occasionally until the grits are done (about 5 min.). The mixture will be a little soupy, but that's required to keep the spices from glopping together.

Tips: Using cheese grits or adding cheese to the recipe will improve the recipe.

Cuban Cornmeal Mush (Tamal en Cazuela)

By: Henry Molinet

8/7/2002

Ingredients for 4:

Home

- 2 cups of Instant yellow corn meal
- 1 teaspoon salt
- 2 crushed peppercorns
- 1 teaspoons onion flakes
- 1 teaspoon garlic powder
- 2 tablespoon dried red or green **bell** peppers
- 2 beef bullion cubes
- 2 - 1 gallon freezer bag

Camp

- 4 cups water
- 1- 5 oz. can of ham
- 2 Chorizos (Spanish sausages) vacuum sealed
- 1 package freeze dried peas.

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together.

In camp boil the water to a rolling boil, while the water is boiling open the cans. When the water boils quickly add the water and the rest of the ingredients to the corn meal, seal the bag and mix manually. Let sit massaging occasionally until the lumps are worked out of the corn meal (5 - 10 min.).

Tips: Different corn meals require different amounts of water to achieve the same consistency, the consistency for this recipe should be about the same as "runny grits", so you may want to test the water/corn meal ratio at home.

Updated: 4/18/03

Turkey with Stuffing

*By: Henry Molinet
3/1/2002*

Ingredients for 4:

Home

- 1 1/4 cups of stuffing (if lactose intolerant, read the stuffing package contents to make sure that the stuffing doesn't contain whey or other dairy product)
- Margarine or oil, per directions
- 2 - 4 oz. can of Turkey
- Place stuffing in freezer bag

Camp

- Stuffing
- 4 cups water
- 2 – 4 oz. can of Turkey

Preparation:

At home put the stuffing in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the spam can. When the water boils, quickly add the oil or margarine to the stuffing then the water and the turkey Spam to the stuffing, seal the bag and mix manually. Let sit massaging occasionally until the water is absorbed.

You may use turkey Spam instead of the two 4 oz cans of chicken.

Updated 4/18/03

Mashed Potatoes and Ham

By: Henry Molinet

3/1/2003

Ingredients for 4:

Home

- Use instant, flavored mashed potatoes that can be cooked by adding boiling water.
- Follow quantities in mashed potatoes package (need to double the size of the serving size, i.e., 4 servings only serves 2)
- 2 - 5 ounce cans of ham
- Place mashed potatoes in freezer bag

Camp

- Water for the servings per mashed potatoe package directions
- Canned ham

Preparation:

At home put the mashed potatoes in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans of ham. When the water boils, quickly add the water and the ham to the mashed potatoes, seal the bag and mix manually. Let sit massaging occasionally until the water is absorbed.

Other Alternatives: You may substitute the ham with 1 chorizo per person (vacuumed packed Spanish sausage that does not require refrigeration), pepperoni, chicken or Spam.

Chinese Fried Rice

By: Henry Molinet

10/29/06

Ingredients for 4 - 6:

Home

- 3 cups of Minute Rice
- 1 package Kikkoman Fried Rice Seasoning Mix
- ½ Cup dehydrated peas
- 2 - 1 gallon freezer bag

Camp

- 3 cups water
- 5 oz. can or package of ham
- 5 oz. can or package of chicken or shrimp
- 4 Slim Jims or other meat sticks vacuum sealed
- 1 teaspoon oil (nice to have, but adding a little extra water will also work to keep rice from sticking)

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans, and cut the meat sticks into 8 pieces each. Add the meat sticks to the rice, but not the rest of the ingredients. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.). The mixture will be a little soupy, but that's required to keep the spices from glopping together.

With this recipe, there is nothing sacred about the meats, the more variety, the better. If you don't want to deal with 1/2 cans you can just skip one meat and use a whole can of another.

Hummus

By: Henry Molinet

3/1/2003

Ingredients:

Home

- Use “Fantastic” Original Hummus, or similar instant hummus mix.
- Follow quantities on package
- 1 or 2 Pita breads per person
- Place hummus in freezer bag and note directions with Sharpie

Camp

- Water for the servings per package directions
- Pita bread

Preparation:

At home put the hummus in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks, it can also be used to carry the first bag).

In camp if water is very cold, warm some water, when the water is warm, add the water to the hummus, seal the bag and mix manually. Let sit, massaging occasionally until the water is absorbed. Serve by cutting a small hole in a corner and squeezing onto the pita bread.

Refried Beans

By: Henry Molinet

3/1/2003

Ingredients:

Home

- Use "Fantastic" Instant Refried Beans, or similar instant bean mix.
- Follow quantities on package
- Doritos or other tortilla chips
- Place hummus mix in freezer bag and note directions with Sharpie

Camp

- Water for the servings per package directions
- Doritos or other tortilla chips

Preparation:

At home put the refried beans in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks, it can also be used to carry the first bag out cleanly).

In camp boil the water to a rolling boil, when the water boils, add the water to the refried bean mix, seal the bag and mix manually. Let sit, massaging occasionally until the water is absorbed. Serve by cutting a small hole in a corner and squeezing onto the tortilla chips.

Other Alternatives: You may substitute the tortilla chips with soft tortillas, you can also replace the refried beans with Fantastic Instant Black Beans, but make sure to adjust the water to achieve the same consistency as the refried beans.

Chocolate Mousse

By: Henry Molinet

4/1/2004

Ingredients:

Home

- Use "Nestle" European Style Mousse Mix.
- Follow quantities on package. Size of serving has to be doubled from the serving size recommended on package.
- Powdered milk
- Place mousse mix in freezer bag and note directions with Sharpie

Camp

- Water for the servings per package directions

Preparation:

At home put the mousse mix and powdered milk in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks, it can also be used to carry the first bag out cleanly).

In camp add the recommended amount of purified water required to reconstitute the powdered milk to the powdered milk and mousse mix, seal the bag and mix manually. Let sit, massaging occasionally until the water is absorbed. Serve by cutting a small hole in a corner and squeezing onto spoons.

Fried Rice

By: Henry Molinet

6/13/06

Ingredients:

Home

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Notes

Menu Items:

Breakfast

- Coffee
- Tea
- Hot chocolate
- Oatmeal
- Grits
- Pancakes
- Pre-cooked bacon
- Ham
- Jerky
- Pop Tarts
- Breakfast Bars
- Raisins

Lunch

- Pita bread
- Tortillas
- Crackers
- PB & J
- Hoaggies (first day)
- Salami
- Cheese
- Jerky
- Poweraid or Gatorade
- Fruit Leather
- Dried Fruits
- Cookies
- Ready Made Pudding

Snacks

- GORP
- Power Bars
- Jerky
- Granola Bars
- Slim Jims (or other meat sticks)

Dinner

- Cheese
- Hot chocolate
- Instant Soup
- Refried Beans
- Tortilla Chips
- Hummus
- Pita Bread
- Tortillas
- Instant Pudding
- Cobbler (Using Bakepacker oven)
- Cheesecake
- Cookies

Tips

General:

- Only need plastic bowl and spoon for eating