

COURAGEOUS COOKERY

(Why Not Enjoy Backpacking?)

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Once the convert backpacker has accepted the subtle gustatory nuances associated with sustained operations beyond the chrome, he should try the advantages of ultra fringe living so that he will realize what he is paying for his nested pots and pretty pans carried so diligently and brought home so dirty after every "wilderness experience."

The following system works. It is dependable and functional. It works on the big rock. It even works when the weather has gone to the dogs, you are wet and cold, and the wind is blowing a Dirty Degan right down the back of your hairy neck. It is not for the timid. It consists of a six-inch sauce pan, a Primus stove, a plastic cup, and a soup spoon. If you insist on a metal cup, you must never fail to mutter, "I'm having fun, I'm having fun," every time you burn your lips and spill the soup on your sleeping bag.

Breakfast: Instant wheat cereal - sugar and powdered milk added - ready 2 minutes after the water boils. Eat from the pot. Do not wash pot. Add water, boil, add powdered eggs and bacon bits. You'll never taste the cereal anyway. In 3 minutes, eat eggs. Do not wash pot. Add water or snow and boil for herb tea. Do not wash pot. Most of the egg residue will come off in the tea water. Make it strong and add sugar. Tastes like tea. Do not wash pot. With reasonable technique, it should be clean. Pack pot in backpack and enjoy last cup of tea others are dirtying entire series of nested cookware. Enjoy sunrise or take morning stroll while others are washing, in cold water, entire series of nested cookware.

Lunch: Boil water for pot of herb tea. Have a snack of rye bread, cheese, and dried beef. Continue journey in 10 minutes if necessary.

Supper: Boil pot of water. Add dry soup mix and dehydrated TVP. Eat from pot. Do not wash pot. Add water and make potatoes from dry potato flakes. Add gravy mix to taste. Eat potatoes and gravy from pot. Do not wash pot. Add water and boil for tea. Do not change the menu. Variation only recedes from the optimum. Beginners are allowed to wash pot once a day for three consecutive days only. It is obvious that burning or sticking food destroys the beauty of the technique.

If you insist on carrying a heavy pack, make up the weight you save with extra food. Stay three days longer.