

HATCH'S GRANOLA

1/2 cup	Flax Seeds
1 1/4 cups	Rye Flakes
1 1/4 cups	Wheat Flakes
7 cups	Thick Rolled Oats
1 1/2 cups	Soy Nuts
2 1/2 cups	Shredded Coconut
1 1/4 cups	Sunflower Seeds
1 cup	Sesame Seeds
1 1/4 cups	Whole Almonds
1 cup	Safflower Oil
1 cup	Honey
2 cups	Diced, Dry Granny Smith Apple Pieces
1 1/4 cups	Golden Raisins
1 1/4 cups	Diced, Dried Apricots
1 1/4 cups	Dried Blueberries
1 1/4 cups	Dried Currants

1. Heat the oven to 350-degree F. In a large kettle combine the first nine ingredients and stir to mix.
2. In a medium bowl whisk together the safflower oil and honey until blended, then pour over the dry ingredients. Stir gently until well mixed. Spread the mixture about 1-inch deep into 2-greased 11x14-inch baking pans.
3. Stirring every 5-minutes, bake for approximately 25-minutes or until you can smell the roasted almonds. Remove from the oven and return the mixture to the large kettle. Stir in the dried fruit and let the mixture cool, stirring occasionally.
4. Store in the refrigerator in glass jars with tight fitting lids or in sealed plastic bags in the freezer.
5. **Yields approximately 6-pounds** (Recipe can be cut in half). Cost ~\$2.50 per pound.
6. Add Granola to Oatmeal for added sustenance.

Note: This recipe is from April 2001 Yankee magazine and is attributed to Hatch's General Store.

MEATLESS PEMMICAN

1/2 cup	Golden Raisins
1/2 cups	Whole Almonds
1/2 cups	Sunflower Seeds
1/2 cups	Diced, Dry Granny Smith Apple Pieces
1/4 cups	Dried Blueberries
1/4 cups	Dried Currants (save for last step)
1/4 cup	Dancing Deer Pumpkin Pancake Mix
1/4 cup	Chocolate Whey Powder
1/2 cups	Cornmeal
1/3 cups	Maple Syrup

1. Make sure the cornmeal is bone dry by spreading it on a thin layer on a cookie sheet and placing it in the oven for 15 to 30 minutes, checking frequently.
2. Combine all the dry ingredients and grind them in a food processor or a hand crank meat grinder. The product will resemble "mincemeat".
3. Using a Kitchen Aid mixer or similar, put all the ground dry ingredients into the mixer and add the corn meal; blend thoroughly.
4. Add the whole dried currants to the mixture, blend thoroughly.
5. Add the maple syrup to the mixture, and blend well.
6. Press handfuls of the mixture into a circle mold (tuna can strainer) and bang on table to release.
7. Store in the refrigerator in sealed plastic bags in the freezer.
8. **Yields approximately 7-9 Pemmican Rounds**

ROUND STEAK BEEF JERKY

- 3 lbs Round Steak Beef, cut 1/8th to 1/16th inch thick; cut with grain of meat
Typically the Butcher needs 24-hours notice for this order because they "freeze" the meat slightly so they can cut it this thin. Be VERY specific with them about the desired thickness and intended use, otherwise they will cut it 1/2 thick and you won't be able to use it for dehydrating purposes.
- 1 mix Jerky Cure & Seasoning; Mandarin Teriyaki

Dehydrate: Round Steak - 1/16th thick, 4-trays, 5-hours = 1 Gallon Bag of Jerky
Round Steak - 1/8th thick, 4-trays, 10-hours = 1 Gallon Bag of Jerky

Preparation: Combine Steak with Jerky Seasoning in glass bowl or dish. NEVER USE METAL BOWLS.
Layer Steak with Seasoning in alternating layers in dish.
After all Steak is covered in Seasoning, tumble the strips in the bowl/dish by hand to attempt even coverage before sealing up and marinating overnight..
Refrigerate/ marinate for 24-hours minimum.

Storage: Keep in the freezer with silica packs to reduce the potential moisture in the bags
You can find food grade silica packs in lots of food items; I just reuse them for the Jerky.

Retailer: The Jerky Spice retailer is:
Hi Mountain Jerky
Riverton, WY 82501
www.himtnjerky.com

LEMON HUMMUS from Jim P.

- 1 can 15 oz. Chickpeas
3 tbsp Tahini
1 clove Garlic
1/4 cup Lemon Juice
1/2 tsp Kosher Salt
1/4 tsp Cumin
1/4 tsp Paprika
1/8 tsp Cayenne Pepper
1/4 cup Water (add in small batches)
1 tbsp Extra Virgin Olive Oil (only add the oil when re-hydrating, not before hand)

1. Process all ingredients together in a food processor.
2. Blend until smooth; 40 seconds or so, scraping the bowl down as needed.
3. Transfer the Hummus to a bowl, cover, and let rest overnight in the fridge.
4. Makes 2 Cups

Dehydrate: Drop in 1/3 cup portions on trays until completely dry.
Once dry, chop in food processor into smooth powder before bagging.

Rehydrate: Place dry food in freezerbag, cover with a little boiling water.
Add 1 tbsp of Olive Oil to bag and mix thoroughly.
Add more water slowly so it does not become runny.

Assemble: Spread on tortilla, or eat like soup.
Excellent combination with the Spinach and Bean Mix

Portions: 1/3 cup of Wet Hummus = 3 tbsp Dry Hummus
1 cup of Wet Hummus = 1/2 cup + 1 tbsp Dry Hummus

OSWEGATCHIE SPINACH AND BEAN TACO

- 1 large Onion
- 2 cloves Garlic
- 2 tsp Lemon Juice
- 1/2 tsp Pepper
- 1/2 tsp Salt
- 1 pinch Spices; Cumin, Cilantro, Chili Powder
- 1 bag Spinach
- 1/2 can Cannellini Beans

- 3 Flour Tortillas
- Grated Cheese

1. Chop Onion and Minced Garlic, then quick puree Onion and Garlic in food processor.
2. Saute' together until soft. Then add Lemon Juice.
3. Stir in seasonings of choice, then add the spinach and the drained, rinsed beans.
4. Stir until the spinach wilts and is tender, but do not overcook.
5. If dehydrating, crush most of the beans slightly to break the skins.

Dehydrate: Spread thinly on trays until completely dry, then chop into small pieces before bagging.

Re-Hydrate: Place dry food in freezerbag, cover with boiling water to the level of the food.

Put bag into "cozy" and leave for 15-minutes. NO PEEKING.

Assemble: Spread fresh or rehydrated mixture on tortilla, top with cheese and fold in half.

Saute' tortilla on both sides in olive oil or butter to lightly brown and melt cheese.

Variation: Cook 1/2-pound of bacon till crisp, drain and set aside.

Saute' the onion in 2-tsp of bacon fat, crumble bacon with spinach before dehydrating.

SANTANONI SPAGHETTI

- 1 pound Angel-hair Spaghetti Pasta
- 12 fresh Mushrooms
- 3 cloves Garlic
- 1 large Onion

- 1 can Diced Black Olives
- 1 can Red Beans
- 1 or 2 jars Spaghetti Sauce
- 1/2 tbsp Crushed Red Pepper
- Salt and Pepper to taste
- 1/2 cup Freshly Grated Parmesan Cheese

If you want "meat sauce" add dehydrated ground beef before rehydrating spaghetti.

1-pound 85% ground beef with 1/2 cup of bread crumbs worked into meat.

Brown in skillet, drain off any fat.

Dehydrate: 5-hours, 1-pound = 2 cups

1. Break one pound of thin spaghetti pasta into smaller pieces and cook till done, set aside.
2. Dice and put the mushroom, garlic, and onions into a food processor to finely chop. Put the mixture in a skillet and saute' with olive oil on med/low heat for 20-minutes to soften the onions.
3. Puree the olives, red beans and then add to jar sauce. Add red pepper and season to taste.
4. Combine the mushroom, garlic, onions mixture with the sauce mixture and simmer for 10-minutes to blend the flavors
5. Add the freshly grated parmesan cheese to the sauce, then combine with the pasta.

Dehydrate: Let pasta mix rest overnight in refrigerator. Then thinly spread on trays for 12-hours

One-pound wet spaghetti = One-Gallon Ziploc bag of dry spaghetti

Re-Hydrate: Place dry food in freezerbag, cover with boiling water to the level of the food.

Put bag into "cozy" and leave for 20-minutes. NO PEEKING.

SPICY VEGGIE MAC-N-CHEESE

- 3 cups Cooked Macaroni ("Back to Nature" White Cheddar Spirals)
Prepare the pasta as instructed on the box; drain and mix with dry cheese powder and reduced butter amount

- 1 packet White Cheese Powder
- 1 1/2 tsp Butter

DEHYDRATE THE PASTA WITH CHEESE POWDER BEFORE ADDING OTHER DRY INGREDIENTS. ONCE THE PASTA-CHEESE MIX IS FULLY DRY, ADD:

- 1 cup Dried Cherry Tomatoes Slices
- 1 cup Dried Mixed Peppers, Onions, and Mushrooms
- 1 pinch Dry Red Pepper Flakes

- 4 tbsp Powdered Milk
- 1 tbsp Taco Seasoning

Dehydrate: Spread pasta mix thinly on trays until completely dry.

Cherry Tomatoes - Sliced 1/8-inch thick, 7-hours, 1 pint = 1 cup

Mixed Peppers - Chopped 1/2" square cubes, 10-hours, 4 peppers = 1 cup

Mushrooms - 1/8-inch thick, 7-hours, 10-oz container = 1 cup

Preparation: Combine Macaroni Mix, Vegetables, Powdered Milk, Seasoning and Red Pepper in plastic bag

Re-Hydrate: Place dry food in freezerbag, cover with boiling water to the level of the food.

Put bag into "cozy" and leave for 20-minutes. NO PEEKING.

HAM AND CHEESE MACARONI

SAME PREPARATION AS ABOVE, BUT ADD:

- 1 cup Dried Deli Ham
- 1 cup Mixed Vegetables - Dried Corn, Carrots, Peas, and Green Beans

Dehydrate: Thick Cut Ham - 1/16th thick, 98% fat free, 6-hours, 1-pound = 1 1/2 cup

BEEF STEW

- 1 Mountain House or similar freeze-dried Beef Stew Dinner
- 1 cup Mixed Vegetables - Dried Corn, Carrots, Peas, and Green Beans
- 1 cup Dry Mushrooms
- 1 pinch Dry Red Pepper Flakes

Preparation: Combine Macaroni Mix, Vegetables, Powdered Milk, Seasoning and Red Pepper in plastic bag

Re-Hydrate: Place dry food in freezerbag, cover with boiling water to the level of the food.

Put bag into "cozy" and leave for 20-minutes. NO PEEKING.