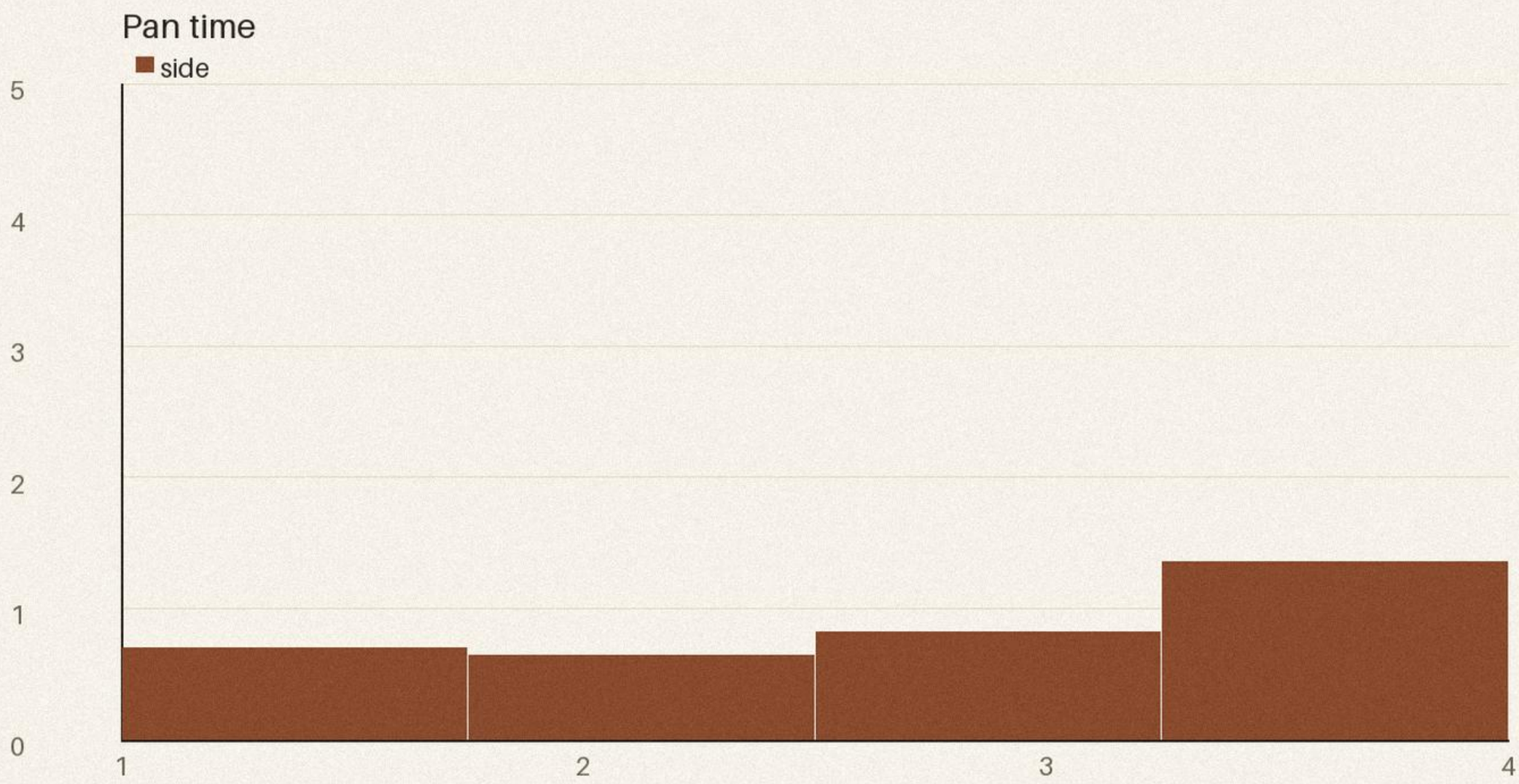
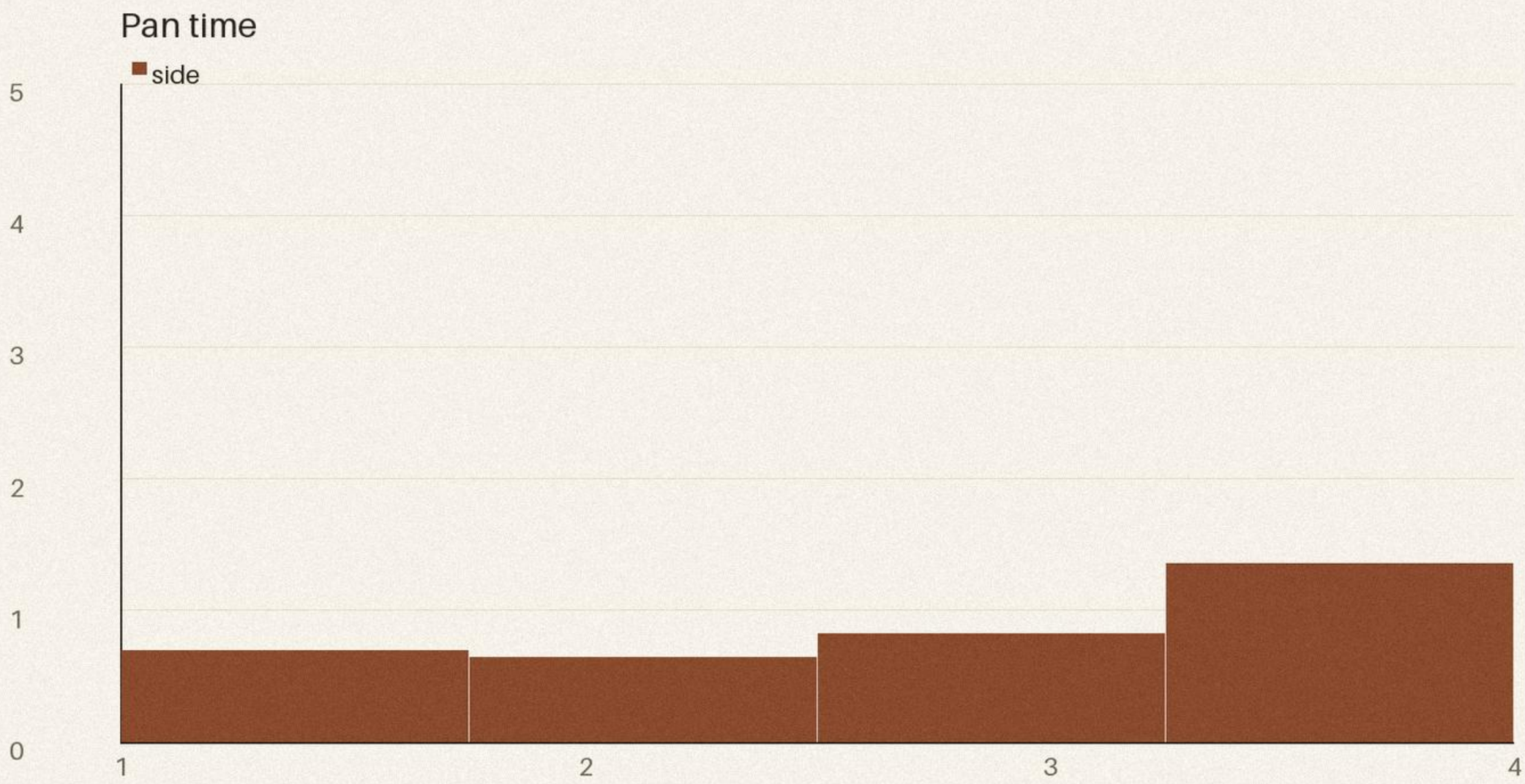
Trail Kitchen Notes



What to cook on a two-burner stove after a day on a long trail.

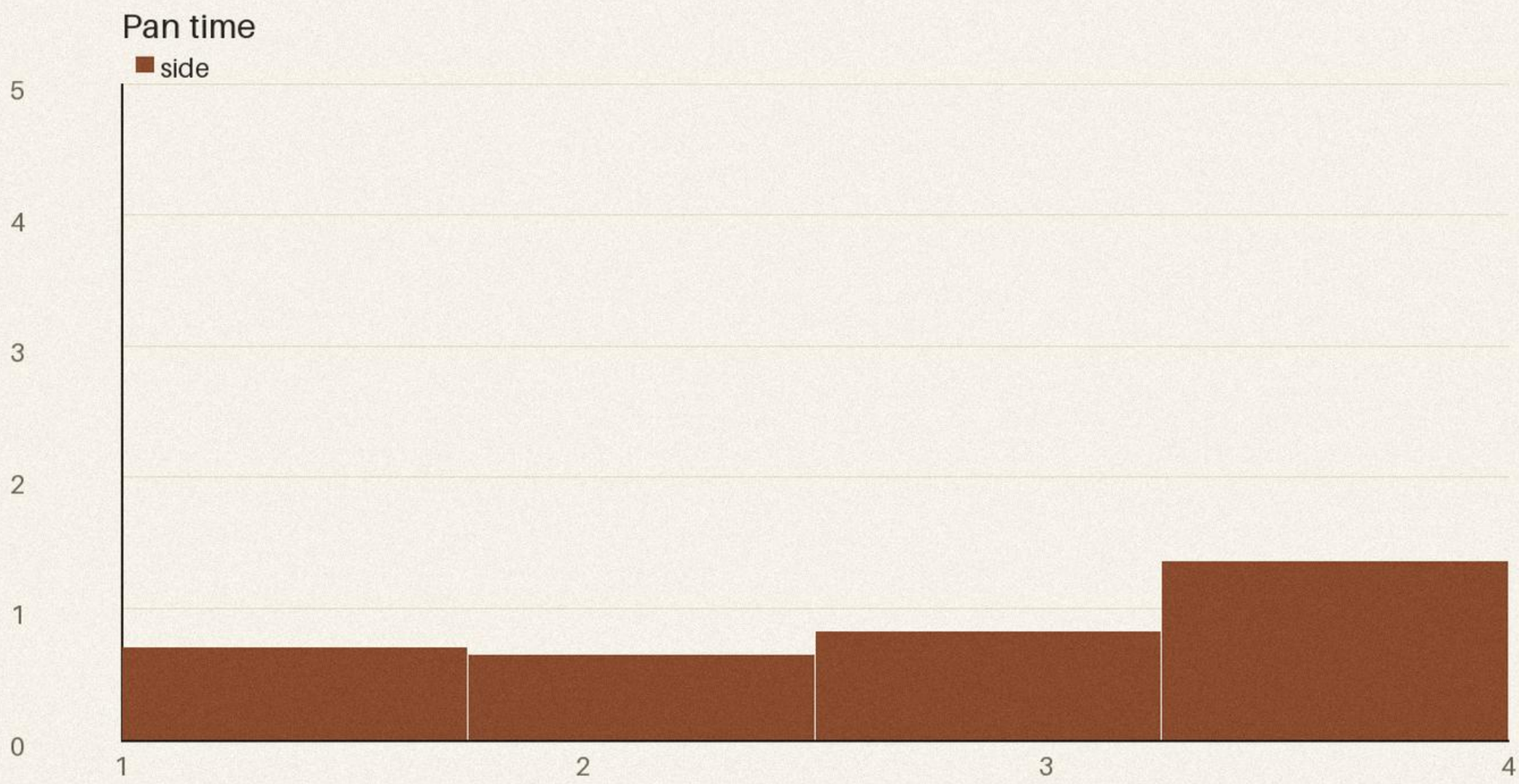
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One pot of flatbread



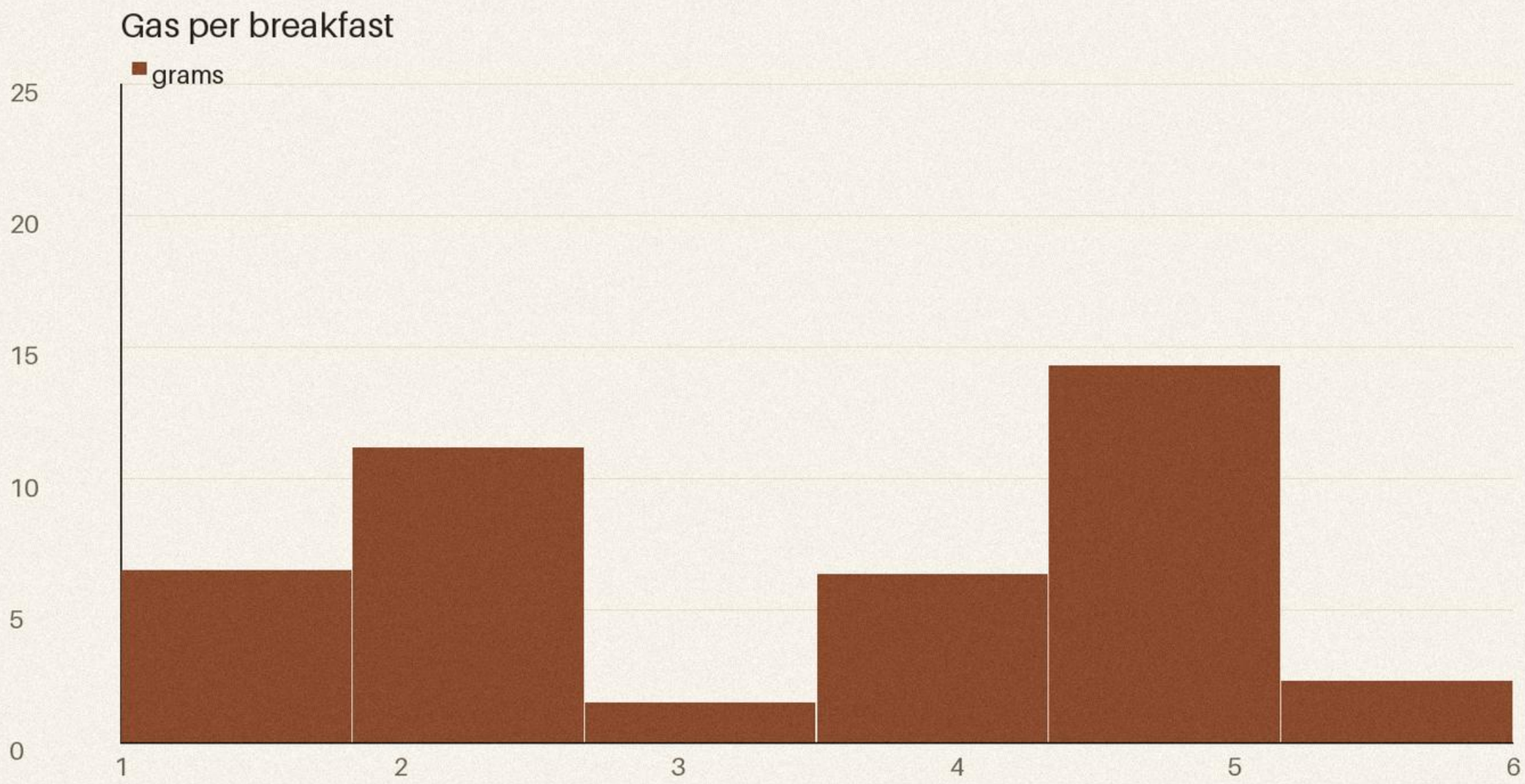
Flour, water, a pinch of salt, and a dry pan.

One pot of flatbread



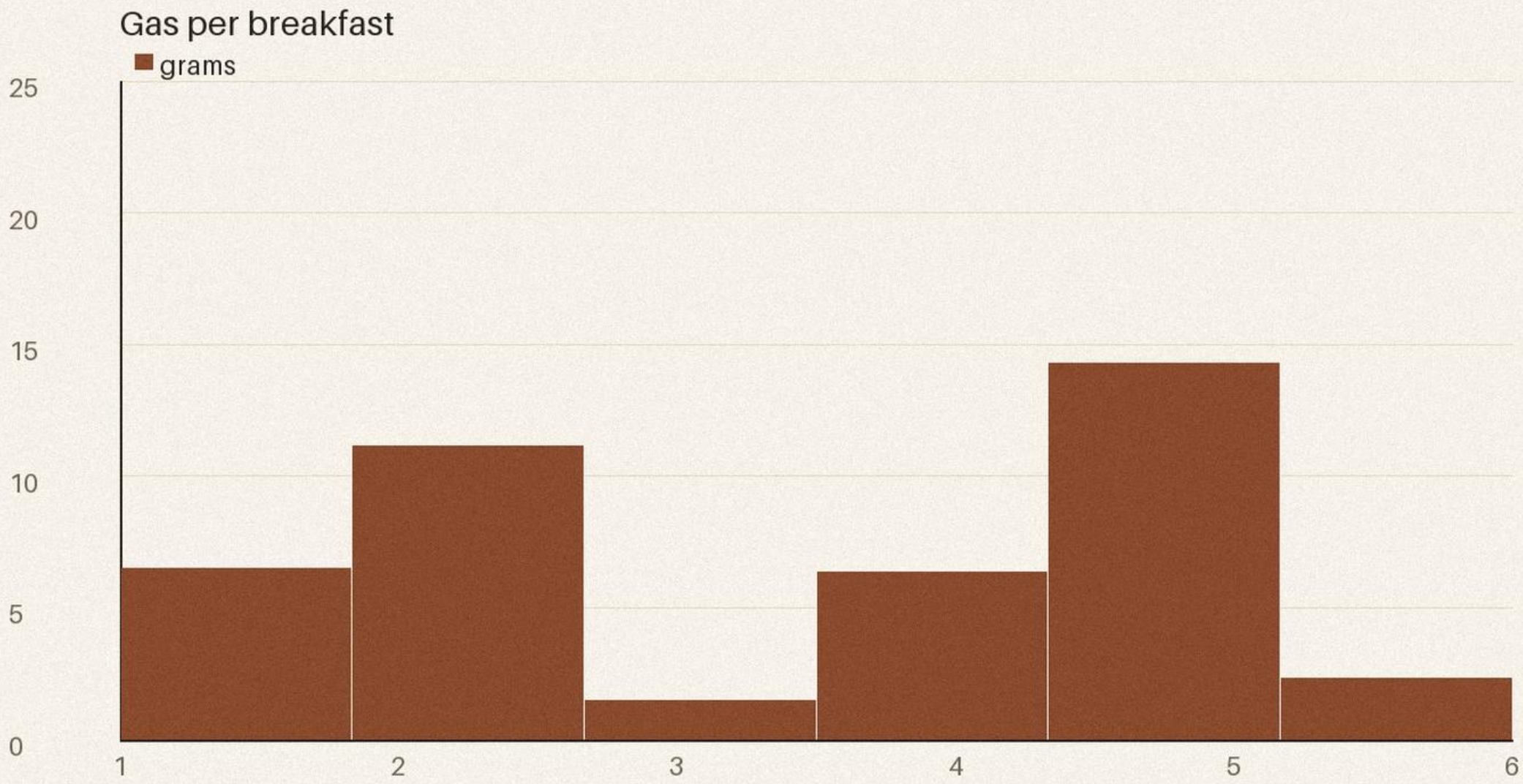
A stiff dough pressed thin cooks in a dry pan in about two minutes a side. It is not bakery bread. It is enough to hold a spoonful of lentils.

Oats that do not scorch



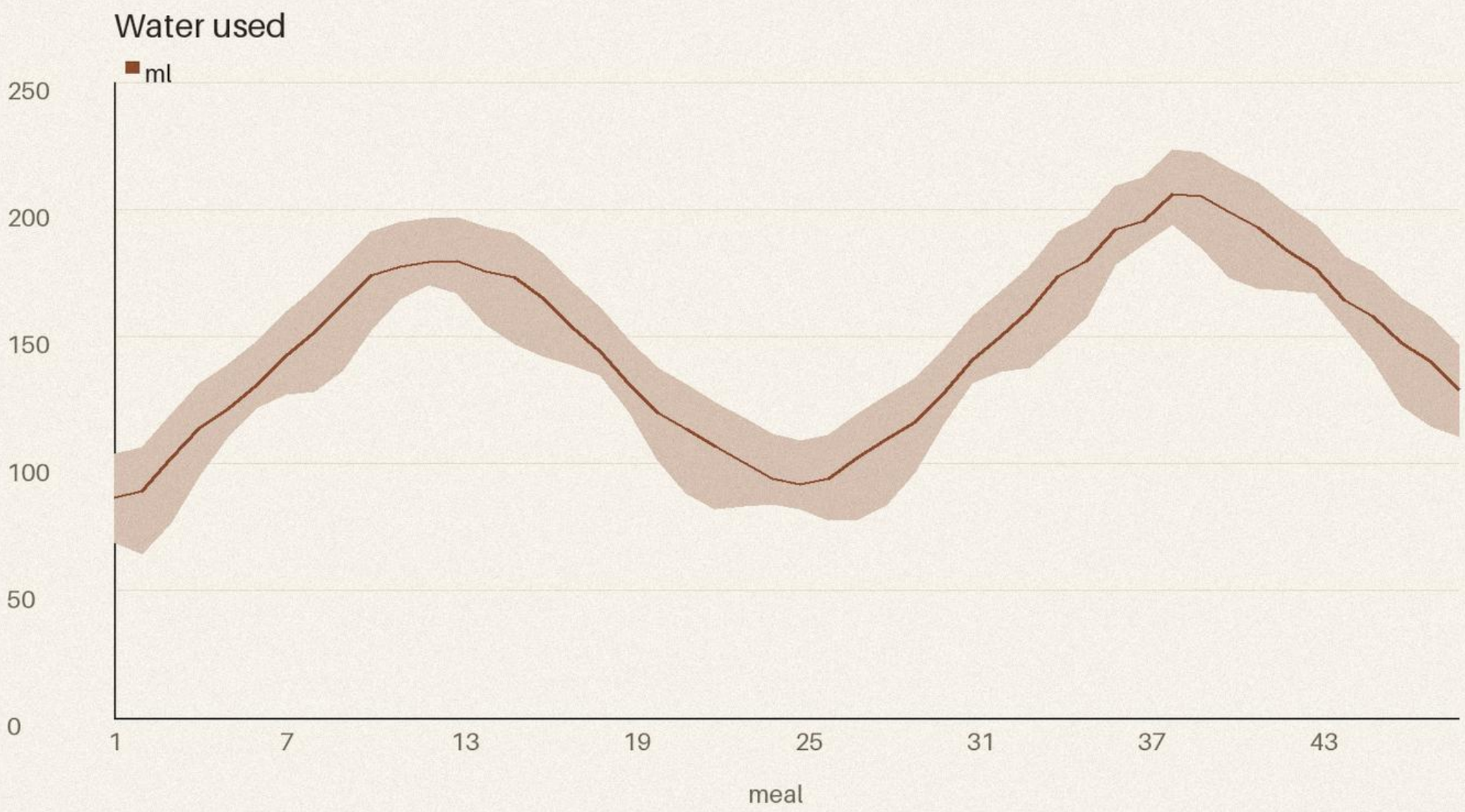
Low flame and a lid beat stirring.

Oats that do not scorch



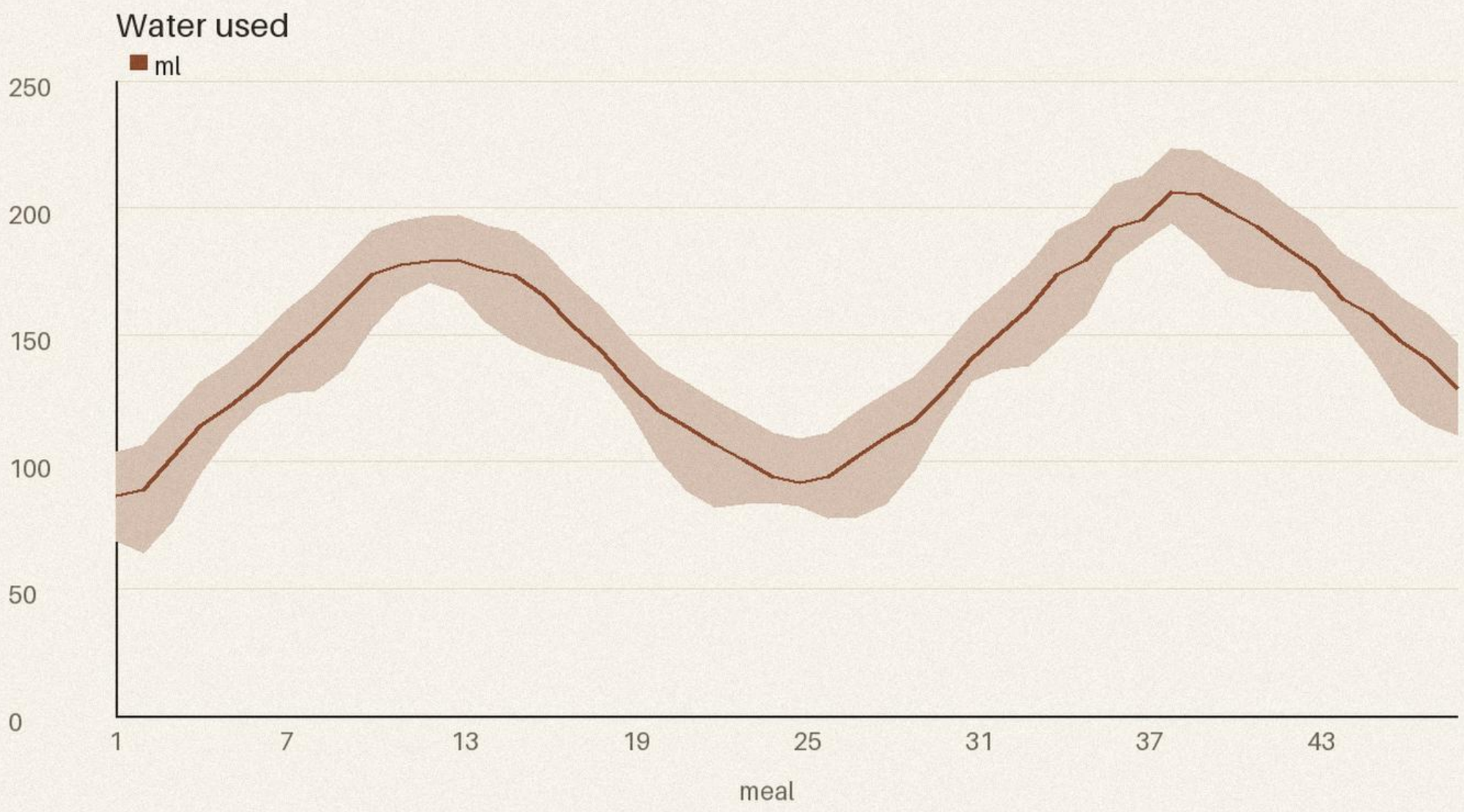
A thin pot on a canister stove scorches oats if the flame is left high. Half the usual flame and a lid for four minutes gives the same bowl and uses less gas.

Washing up with one cup of water



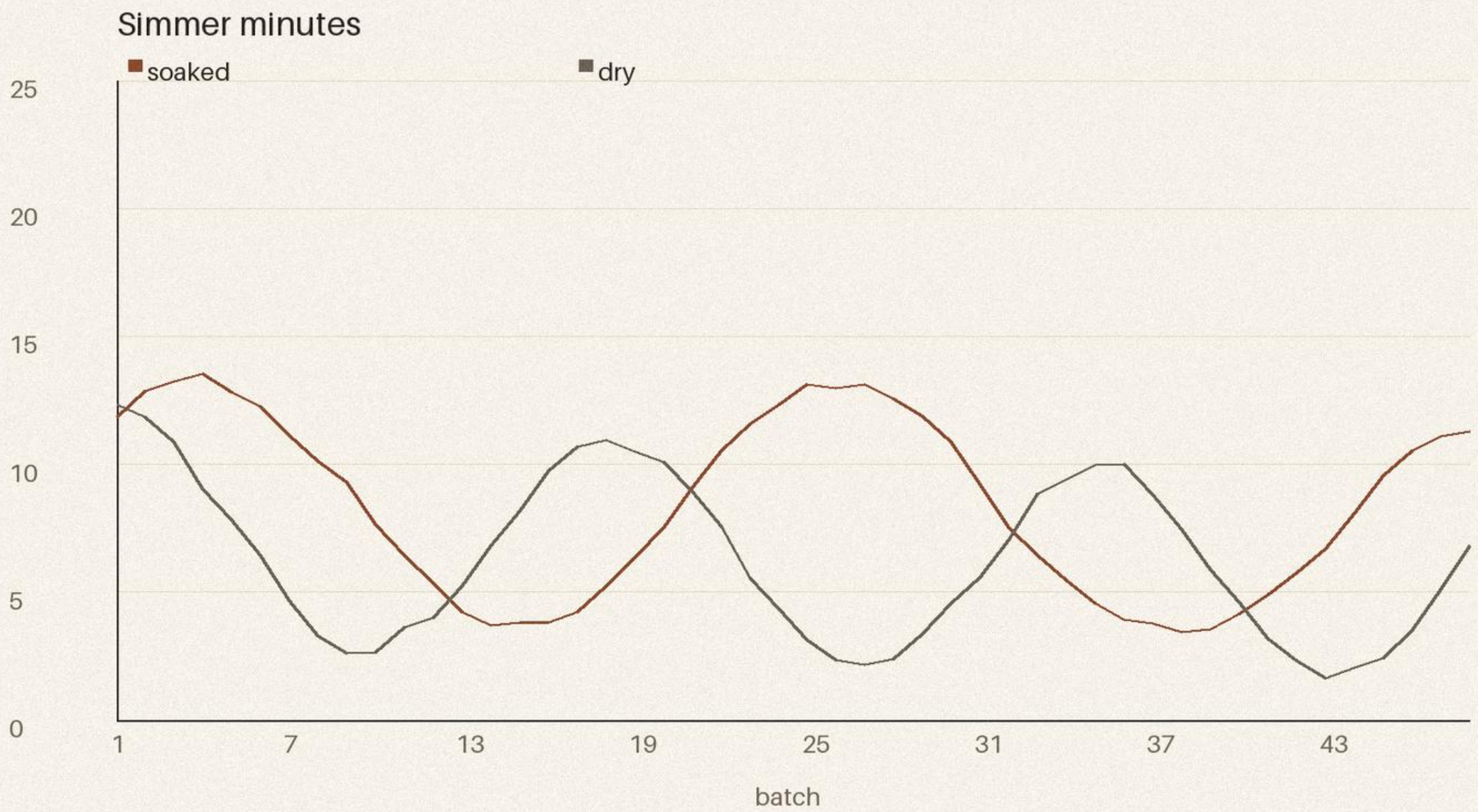
Hot water first, sand never.

Washing up with one cup of water



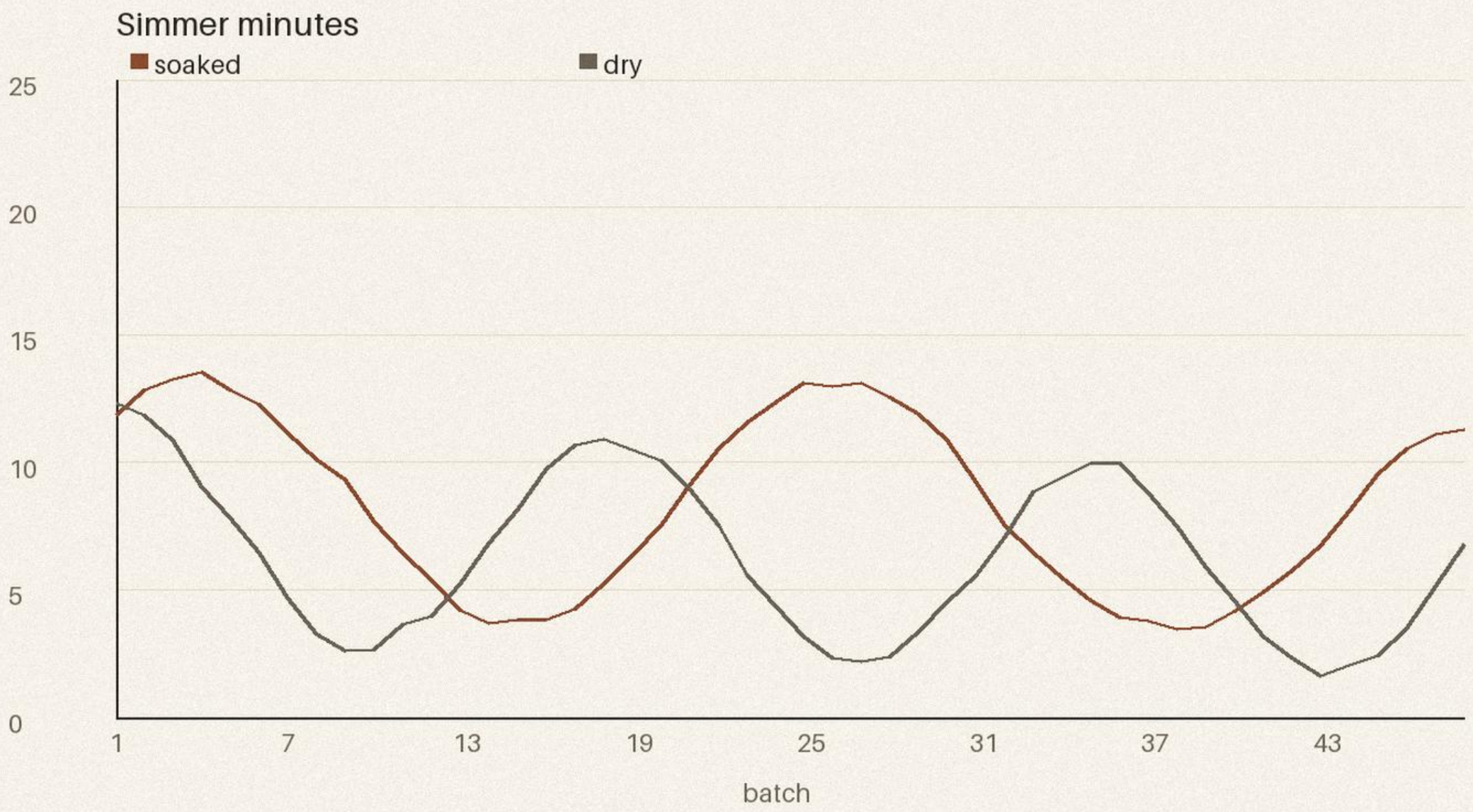
A cup of the pasta water, still hot, lifts most of the starch. Sand scratches the pot and then rides along into the next meal, so it stays out of the kit.

Lentils that rehydrate overnight



Soak at lunch, simmer at camp.

Lentils that rehydrate overnight



Red lentils soaked in the water bottle since lunch need about eight minutes at camp instead of twenty. The pot stays cleaner and the fuel canister lasts another evening.