

Cookbook Index Sample for Cheryl Landes

Beyond Gorp

Published by The Mountaineers Books

NOTES:

1. *This is my final edited version of this index, which was submitted to the publisher.*
2. *This index contains main entries only because of the limited space allocated for it.*

A

Adirondack Sweet Rolls, 42-43
Alaska Glop, 120
Alaska Smoked Salmon Pasta, 118
altitude, effects on cooking time, 13, 88
Anderson, Lloyd and Mary, 136-137
Angry Moose Scrambled Eggs, 18
apple cider, 171, 230
Apple Logan Bread, 60-61
Apple-Orange-Rum Compote, 153
Approach March Malaise, 237-238
Apricot Nut Loaf, 64-65
Ash Cakes, 189-190
Austrian Pancakes, 38-39

B

Backpack-Gardener's Salad, 90-91
bagels, 51-52
baguettes, 215
Baked Squirrel in Foil, 193
bannock, 71, 244
Beckey, Fred, 227
beef hash, 148
Benoliel, Doug, 181
bergamot, 183
berries, 187
beverages, 167-177, 244-245
Bigfoot Wine and Cheese Snowshoe Tour,
217-218
biscuitroot, 189
biscuits, 71
Blueberry Buckle, 66-67
Boiled Fiddlehead Ferns, 185-186
Boiled Tuktú, 198
Bonington, Chris, 34-35
bracken fern, 185-186
bread, 47-84, 208-209, 215, 244
breakfast recipes, 15-45, 17, 226-227
broccoli, drying, 240
Brooke, Rainer, 193
Bryson, Sandy, 194-195
Buchanan, Lynn, 103-104
bulgur pilaf, 114
Byhre, Helga, 140-141

C

cabbage, 225
Cahill, Tim, 169
cake, 53-54, 62-63, 66, 152, 189-190

camp cooking tips, 12
Camp Four Curry, 112-113
candy, 154-155
Canyon Crostinis, 95
carbohydrates, 216
caribou, 198
carrots, drying, 241
Carter, H. Adams, 160-161
Cascade Morning Couscous, 17
Cashew-Ginger Chicken and Rice, 97
cattail roots, 189-190
Celebration Couscous, 101
cereal recipes, 17, 24-27, 227
chapatis, 208-209
Character-Assessment Gorp, 74
Charlton, Paul, 19-20
cheese, 217-218
Cheese Crust Sandwich, 183-184
cheese, macaroni and, 192
cheesecake, 152
Chelan Corned Beef Hash, 148
Cheney, Mike, 202-203
chicken, 97, 109-110, 142, 241-242
chile relleños, 102
Chimi Churi, 206
chocolate chip cookies, 164
chocolate, hot, 169, 176-177
Cholatse Chowder, 127-128
Chouinard, Yvon, 206-207
chowder, 127-128
cider, 171, 230
Clinch, Nicholas B., 235-236
coffee, 170
coffee cake, 66
Coffee Can Cheesecake, 152
Colpitts, Mike, 143-144
Comfort Pudding, 156-157
compote, 153
Conn, Herb and Jan, 60-61
Connally, Eugenia Horstman, 182
Cooked Stinging Nettle, 181
cookies, 162-164
cooking time, effects of altitude on, 13, 88
cooking tips, 12, 210-238
Coombs, Colby, 214
Coon, Barbara, 102
corned beef hash, 148
corned beef sandwiches, 145
Cornmeal Flat Bread, 72-73

Cookbook Index Sample for Cheryl Landes

Beyond Gorp

Published by The Mountaineers Books

Courtney, Esther, 148
couscous, 17, 99-101
Croft, Peter, 225
crostinis, 95
curry, 112-113
Curtis, Sam, 69-70

D

Day Lily Soup, 182
Deep-Fried Trout Crispiers, 196-197
dehydrated dinners, 65
desserts, 149-165
dinners, 93-148
Donna's Gado-Gado Spaghetti, 121
drinks, 167-177, 244-245
drying food, 215, 239-242
duck, 196-197
Dudleys, 26-27
dumplings, 158-159

E

edible wild plants, 179-197
eggs, 18, 242
elevation, effects on cooking time, 13, 88
Emperor's Scrambled Pancakes, 28-29
Enchantment Granola, 23
energy nuggets, 49-50
ethnic foods, 199-209

F

Fat Cocoa, 169
Felkley, Dave, 217-218
ferns, 185-186
fiddlehead fern, 185-186
Firey, Joan, 80-81
Fischer, John, 82
fish, 194-197
Five-Pound Fudge, 154-155
flapjacks. See pancakes
flat bread, 72-73
Flavored Cowboy Coffee, 170
Fleming, June, 32-33, 87, 159, 170
Foil Stew, 136-137
food-drying tips, 239-242
Forman, Kathee, 62-63, 66
French toast, 40-41
fried rice, 109-110
Frost, Ted, 21-22
fruit bars, 55-56
Fruit-Nut Pemmican, 83-84
Fruit-Nut Rolls, 80-81
fruitcake, 53-54
fudge, 154-155

Fuhrer, Hans, 183-184

G

Gadd, Will, 222
garlic, 142
gelatin, 175
Girl Scouts, 248
Glacier Granola, 19-20
glop, 120, 138-139
Glue Stew, 131
go-atter, 191-192
good old raisins and peanuts. See gorp
gorp, 52, 74-75, 195, 230, 244
Gosselin, Guy, 124-125
Grand Canyon Chile Rellenos, 102
granola, 233-234
granola recipes, 19-23
Grasegger, Anni, 28-29
grog, 176-177, 244-245
Guild, Ben, 185-186

H

Halfmoon High Trout, 194-195
ham, 146-147, 242
hash, 148
haybros, 214
Hayden, Merrill, 122-123, 133
Hechtel, Sibylle, 112-113
Helga's Stew, 140-141
Herreid, Gordon, 246
Hessey, Charles D., 44-45
High-Energy Fruit Bars, 55-56
Himalayan Chapatis, 208-209
Hindu Kush Salad, 89
history, trail food, 243-248
Homemade Granola, 21-22
Horn Creek Bannocks, 71
Hornbein, Thomas F., 116-117
Hostetter, Kristin, 17, 98, 126
hot chocolate, 169, 176-177
hot dogs, 225
hotcakes. See pancakes
huckleberries, 230
Huevos Rancheros, 206-207
Humphrey, Corinne, 105-106, 153

I

ice cream, 160-161
Icicle Canyon Sandwiches, 145
Igloo Creek French Toast, 40-41
ingredients, measuring, 12-13
Ittner, Ruth, 64-65

Cookbook Index Sample for Cheryl Landes

Beyond Gorp

Published by The Mountaineers Books

J

Jell-O, 175
Jenkins, Morris, 83-84
Johnson, Jerry, 120
Josendal, Victor, 246
Juneau Icefield Go-Atter Stew, 191-192
June's Easy Trail Coffee, 170
juniper berries, 183

K

kabobs, 105-106
kasha, 219
Katie's No-Bake Energy Nuggets, 49-50
keftas, 105-106
Kemsley, Bill, 71
Kirghiz Kumiss, 175

L

LaBastille, Anne, 57-58
lamb, 204, 206
Larson, Arnör, 231
Lead Bread, 82
legends, trail food, 243-248
Lew, Peter, 219
Lewon, Dennis, 95, 151
Lloyd, Darryl, 67-68
Logan Bread, 67-68, 246
Lokey, William, 30-31
lore, trail food, 243-248
Lower Saddle Skardu, 239
lunch recipes, 47-84
Lyman Lake Hotcakes, 44-45
Lyon, Gary, 40-41

M

macaroni, 115
macaroni and cheese, 192
Mack, Mrs. F.D. (Harriet), 158-159
Mahre, David, 55-56
Mahre, Ruth, 132, 162-163
Makemwait Mushrooms, 96
Markoskie, Steve, 187-188
Marler, Chet, 23
Mary's Fantastic Bulgur Pilaf, 114
mashed potatoes, 132
maté, 205
Maxwell, J. Alex, 131
McCue, Gary, 24-25, 201
measuring ingredients, 12
Merry, Wayne, 220-221
Milan, Ted, 18
milk, 175
milkweed, 182

Millan, Ted, 96, 109-110, 239-242
Miller, Dorcas, 97
Miller, Maynard, 204-205
Molenaar, Dee, 75
mono-menus, 219
Moroccan Keftas, 105-106
Mount Adams Logan Bread, 67-68
Mount Olympus 1951 Breakfast, 27
Mountain Mandelbrodt, 78-79
Mountain McMuffins, 30-31
Mountain Sushi, 143-144
Mouse Soup, 189-190
muffins, 30-33
Multitude-of-Sins Sauce, 124-125
Mushroom Garlic Chicken Dinner, 142
mushrooms, 96, 240-241

N

Newcomb, Rod, 219
Noodles Plus, 134-135
North Star Ginger Dumplings, 158-159
Norton, Charlie, 196-197

O

Off-Piste Pesto Pasta, 126
Old Goats' One-Pot Ginger Cashew Chicken
Fried Rice, 109-110
Olde English Plum Pudding, 76-77
Olsen, Larry Dean, 189-190
omelets, 88
onions, drying, 241
Ooey-Gooey Flapjacks, 59
Oregon Grape Syrup, 187-188
outdoor cooking tips, 12, 210-238
oven temperatures, 12-13

P

pak, 25
Palaschinken (Austrian Pancakes), 38-39
pancakes, 28-29, 34-37, 44-45, 59
Papaya-Licorice Gorp, 74
pasta, 115, 118, 120-126, 134-135, 223
Peach Fluff Cake, 62-63
Peach Pancakes, 34-35
Peak Peppernuts, 165
Pearson, Claudia, 49-50, 114, 121
peas, drying, 241
pemmican, 83-84, 246-248
Pennsylvania Dutch Salad, 88
peppernuts, 165, 248
peppers, drying, 241
perishable ingredients, 13
pesto, 122-123, 126

Cookbook Index Sample for Cheryl Landes

Beyond Gorp

Published by The Mountaineers Books

pike, 196
pilaf, 114
pineapple weed, 183
pinto beans, 191
Poison Ivy Pesto with Shrimp, 122-123
popcorn, 43
porridge, 24-25
Porter, Stephen C., 198
portobello mushrooms, 96
Porzak, Glenn, 89
potatoes, 103-104, 132, 194-195, 241
pots, 13
Powell, Jack, 223
Prater, Eric, 164
Prater, William N., 176-177
Prather, Barry, 191-192
Protein Power Muffins, 32-33
pudding, 156-157
Purma Topgay Sherpa, 202-203

Q

Quick & Easy Indian Dinner, 133
Quick Health Bread, 57-58
Quick Mountain Glop, 138-139

R

Rainier Rice, 19
Rainier Spotted Dog, 103-104
ramen noodles, 134-135, 223
Real Nepali Chiyaa (Chai), 201
Red-Hot Jell-O, 175
refried beans, 111
relleños, chile, 102
Renner, Jeff, 53-54, 171
rice, 19, 97-98, 111, 119-120, 124-125,
129-130, 146-147, 240
Rice, Chester T., 88
Richins, Judi, 130, 142
Richins, Paul, 129-130, 142, 172
Roberts, Dianne, 224
Rodeo Rice, 98
rolls, sweet, 42-43
Romano, Craig, 51-52
rose hips, 183
Rugge, John, 42-43
Russian Tea Mix, 173-174

S

salads, 85-91
salmon, 118, 129-130, 224
sandwiches, 30-31, 145, 183-184
sauce, 124-125
scallions, drying, 241

Scandinavian Macaroni, 115
Schaller, George, 213
Schmarren (Austrian Pancakes), 38-39
Schneider, Steven and Anne, 78-79
Schoening, Peter and Mell, 26-27
Schurman Hut Ham-And-Rice, 146-147
Scott, Heather, 51-52
scrambled eggs, 18
Secor, R.J., 74, 111, 152
Selters, Andy, 127-128
shepherd's pie, 107-108
Sherpa Grog, 176-177
Sherpa Soup, 202
Sherpani Cookies, 162-163
shrimp, 122-123
Shyakpa, 202
Sicilian Bagels, 51-52
Sierra Slush, 172
Simac, John, 146-147
Simer, Peter, 72-73
Siri, William E., 237-238
Ski Tour Chili Rice, 119
slush (beverage), 172
smoked salmon, 118
s'mores, 248
S'Mores Bars, 159
snack recipes, 47-84
Snow Cake, 53-54
soup, 116-117, 127-128, 182, 189-190, 202.
See also stew
Sourdough Hotcakes, 36-37
spaghetti, 121
Spike's Mountain Spuds, 132
spring beauty, 181
Spring, Bob and Ira, 138-139
sprouts, 90-91
squirrel, 193
Staley, Mary, 145
Stanley, Fred, 175
starter, sourdough, 36-37
Steck, Allen, 38-39
stew, 99-100, 131, 136-137, 140-141,
191-192. See also soup
stinging nettles, 181
studentenfutter, 29
stuffed potatoes, 194-195
Suharee, 215
Sumner, Bill, 215
Superfast Jumbo Jet All Morning Organic
Porridge, 24-25
sushi, 143-144
Sweet & Spicy Moroccan Stew Over Couscous,
99-100

Cookbook Index Sample for Cheryl Landes

Beyond Gorp

Published by The Mountaineers Books

sweet peppers, drying, 241
sweet rolls, 42-43
Swenson, Bill, 36-37
Syrian Bread, 72-73
syrup, 187-188

T

Takeda, Pete, 134-135
Tasty Wild Plants, 182
tea, 173-174, 183-184, 201, 204-205
temperatures, oven, 12-13
Thomas, Dian, 226
Tibetan Tea, 204-205
Tilton, Buck, 107-108, 118
time (cooking), effects of altitude on, 13, 88
tiramisu, 151
toast, 40-41, 95
tomatoes, drying, 241
tortillas, 119
Townsend, Chris, 59, 115, 119
Trail Cider, 171
Trail Coffee, 170
trail food lore, 243-248
Trail-Happy Salad, 87
Trail Tiramisu, 151
trout, 194-197
tsampa, 25, 213
Tucker, Richard J., 76-77

U

Uber, Ralph, 165
Ugly But Good Chocolate Chip Cookies, 164
Unmentionable Brew, 116-117
Unsoeld, Willi, 229
Uzbek laposhkee, 215

V

Van Diver, Bradford B., 173-174
Van Zyle, Jon, 154-155
Vegetable, Salmon, and Rice Dinner, 129-130
Vernon, Edward, 245
Vision Quest Refried Beans & Rice, 111

W

Walley, Jay Zane, 90-91
Washburn, H. Bradford Jr., 228
water, 216
water chestnuts, drying, 241
Waterman, Laura, 101
Wentworth, Jane, 99-100, 156-157
wheat pilaf, 114
Whittaker, Lou, 216
Whittaker, Tim, 232

Whole-Wheat Backpacking Bread, 69-70
Wickwire, Jim and Mary Lou, 233-234
wild food, 179-197
Wild Herb Tea Mix, 183-184
Willden, Gary, 230
Wind River Ice Cream, 160-161
Wind River Spicy Shepherd's Pie, 107-108
wine and cheese outings, 217-218

Y

yarrow, 183