

Wilderness Cabin & Family Festivities Gourmet Recipes

Special thanks to all AMC volunteers for making cooking tremendous fun

My Cooking Celebrates Three Elements

1. Honoring great American cooking traditions passed on by Pilgrims & future settlers, who learnt from American Indians about wonderful new ingredients like Maple Syrup, Molasses, Cranberries, & Huckleberries.
2. Enjoying the fantastic variety of foods and ingredients available in today's America, that represents almost every culture of the world.
3. Rejoicing my Asian-India heritage, of the world's oldest civilization, going back to 8000 BC, where I learnt to enjoy international foods.

My deepest gratitude to many very special people who've taught me the most about family fun & entertaining - my father Late Mr. Satish Chandra Gupta, my mother Mrs. Krishna Gupta, all my aunts & uncles, my godparents Mr. & Mrs. Kamte & Mr. & Mrs. Day, & my dear friend Jana Volavka.

Ravi Gupta

My idea of a good wilderness recipe is one in which everything is mixed together, put in the oven, stirred a few time, ... and later a world-class gourmet meal is served! Each of these recipes helps to do exactly this!

- **Chicken With Plums, Olives, Capers, & Pine Nuts;
In A Sauce Of White Wine, Tarragon, Oregano,
Maple Syrup, & Red Wine Vinegar**
- **Chicken In A Sauce Of Thyme, Lemon, Zest
Grapefruit Juice, Ginger, & Yogurt**
- **Baked French Toast With Fresh Blueberries,
Strawberries, Cinnamon, & Molasses; And Real
Maple Syrup On The Side**
- **Baked Omelet With Portobello Mushrooms, Grape
Tomatoes, Green Peppers, Sharp Cheddar &
Parmesan Cheese**
- **Variety Of Salads & Vegetable Dishes**

Have a fabulous time

... change the recipes to add your distinctive touch

... & I'd love to hear about your experience

**Appalachian Mountain Club Connecticut Chapter, 2003 Gatherings
Annual Executive Committee Retreat ❖ Wilderness First Aid & CPR Course**

1. Breakfast

- Baked Omelet With Portobello Mushrooms, Grape Tomatoes, Green Peppers, Sharp Cheddar & Parmesan Cheese
- Baked French Toast With Blueberries, Strawberries, Molasses. Served with real Maple Syrup
- Plain Scrambled eggs
- Coffee & Tea,
- Sugar (white & brown)
- 2% Milk, & Half-&-half
- Orange Juice & Apple juice
- Cereal (Raisin Bran)
- Bread (multi grain & white) + bagels (poppy seed, sesame seed, plain, raisin)
- Mixed muffins
- Butter & margarine,
- Jam (grape or strawberry)
- Fresh Fruits (bananas, apples, oranges)

2. Mid-Morning & Late

Afternoon Snack

- Cookies – chocolate chip, oatmeal raisin, peanut butter

3. Lunch

Make-you-own-Subs

- Hero rolls
- Meats – Turkey, Ham, Roast Beef
- Cheese – American, Swiss, Provolone
- Vegetable Med lay – carrots, celery, cucumbers, tomatoes.
- Cal-Tex Salad – corn, black beans, red onions, cilantro, mango-peach salsa

- Lettuce Romaine Salad, red cabbage, mandarin oranges
- Potato Chips
- Butter, Mayonnaise, Salad dressing (oil & vinegar, ranch, blue cheese)
- Mustard (American + grey poupon)
- Fresh fruit (apples + oranges + bananas)
- Brownies

4. Happy Hour

- Hot Apple Cider
- Peanuts
- Cheese dip + crackers

5. Saturday Dinner

- Chicken With Plums, Olives, Capers, & Pine Nuts; In A Sauce Of White Wine, Tarragon, Oregano, Maple Syrup, & Red Wine Vinegar
- Mashed Potatoes
- French beans + sweet red peppers in a dressing of lemon zest & a hint of butter
- Mushrooms in a herb tomato sauce
- Warm Apple pie
- Cream (real & fat-free,)

6. All Day Throughout Event

- Cookies – Oatmeal & Raisin, Chocolate chip, Peanut Butter
- Fruit – Apples, Oranges, & Banana
- Sodas - diet cola & sprite, regular cola & sprite
- Juices – orange & apple
- Coffee & Tea



Chicken With Plums, Olives, Capers, & Pine Nuts; In A Sauce Of White Wine, Tarragon, Oregano, Maple Syrup, & Red Wine Vinegar

This is delicious served hot or cold

(Chicken Mirabella is a famous Spanish dish and this is my version of it)

Basic Recipe Ingredients 11"x13"cooking dish serves 10-12	For 35 -40 people 2 Large aluminum cooking-pans. Divide all the ingredients equally in the two pans.
7 ½ lbs chicken (I use boneless chicken thighs, but whole chicken with bones will work just as well).	17 to 18 lbs chicken (3 trays of boneless chicken thighs from Costco)
2 cups dried & pitted plums (dried prunes work very well)	6 cups dried & pitted plums (or dried prunes)
5 cloves of garlic peeled & pureed	15 cloves of garlic peeled & pureed
½ teaspoon salt & pepper	1½ teaspoon salt & pepper
1 tablespoon dried tarragon	3 tablespoons dried tarragon
¼ cup dried oregano	¾ cup dried oregano
½ cup red wine vinegar	1 cup red wine vinegar (reduced by ¼ cup)
½ cup olive oil	1 cup olive oil (reduced by ¼ cup)
1 cup pitted green olives	3 cups pitted green olives
½ cup capers	2 cups capers
1 cup maple syrup, molasses, or brown sugar	3 cups maple syrup, molasses, or brown sugar
1 cup white wine	3 ½ cups white wine
½ cup flat parsley for garnishing	1 cup flat parsley for garnishing
¼ cup pine nuts for garnishing	1 cup pine nuts for garnishing

Cooking Steps:

1. In a large bowl combine all the ingredients - chicken, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves.
2. If you have the time (and space in the fridge), cover chicken and marinate it overnight in the fridge. Otherwise mix it all and cook immediately,
3. Preheat oven to 350°
4. Baste frequently with pan juices, and bake for 50 minutes to 1 hour.
5. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow juice.

Chicken With Plums, Olives, Capers, & Pine Nuts; In A Sauce Of White Wine, Tarragon, Oregano, Maple Syrup, & Red Wine Vinegar (continued)

Serving Suggestions

Camp-Cabin or Informal-Family Style:

- Stir the chicken in the pan in which it was baked & leave it in the same pan.
- Sprinkle generously with parsley.
- Garnish generously with pine nuts.

Formal Banquets & Fine Dining:

- With a slotted spoon transfer chicken on to a large serving platter.
- Elegantly arrange prunes, olives and capers around the chicken.
- Moisten chicken with a few spoonfuls of pan juices.
- Sprinkle generously with parsley or cilantro.
- Garnish generously with pine nuts.
- Serve extra sauce in a sauce-boat on the side
- Arrange edible flowers around the dish.

If you want to get really-really-...-really fancy, flambé this dish at the table!

If you flambé, then do not garnish with parsley or pine nuts as they will burn

Variations:

This chicken is equally good when served hot or cold. Therefore, it's particularly good for serving to large groups. Serve this dish hot for one meal. Later, serve the leftovers cold, which saves the hassle of reheating and that also prevents over cooking.

When serving this dish cold, be sure to take it out of the refrigerator early enough so that it is at room temperature before serving. Also, before putting it on the table, be sure to stir it well.

Acknowledgement: This recipe is adapted from the Silver Palate by Julee Rosso & Shela Lukins.



Chicken With Thyme & Lemon Zest In A Sauce Of Grapefruit Juice, Ginger, & Yogurt (This is delicious served hot or cold)

Recipe Ingredients
(9"x13" pan Serves 10 to 12 people)
12 chicken thighs (6 to 7 lbs tray of Costco chicken thighs)
2 large shallots or 6 small shallots (onions work fine)
6 tablespoons ginger
2 teaspoons lemon zest
2 c grapefruit juice
1 tablespoon dried leaves or, 4 tablespoons fresh thyme leaves stripped from the stalk and coarsely chopped
1½ teaspoons salt
Garnish with a chopped flat parsley or cilantro

Cooking Steps:

1. Finely dice shallots or onions, and grate the ginger.
2. Blend yogurt, diced onions, grated ginger, lemon zest, & thyme leaves
3. Mix chicken and (if possible) marinate in refrigerator for 2 hrs.
4. Bake in 425 degrees oven for 55 mins. Until corners of the chicken start browning
5. If gravy is too thin, thicken it with corn starch

Variations:

This chicken is equally good when served hot or cold. Therefore, it's particularly good for serving to large groups. Serve this dish hot for one meal. Later, serve the leftovers cold, which saves the hassle of reheating and that also prevents over cooking.

When serving this dish cold, be sure to take it out of the refrigerator early enough so that it is at room temperature before serving. Also, before putting it on the table, be sure to stir it well.



Baked French Toast With Fresh Blueberries, Strawberries, Cinnamon, & Molasses; And Real Maple Syrup On The Side

Basic Recipe Ingredients 9"x13" metal pan Serves 10 to 12 people	For 35 -40 people Two 10½" x 14½" metal cooking pans. (In each pan put the following amounts of each ingredient. In total you will need double the quantities listed below.)
10 cups of sturdy white bread cubed into 1-inch pieces. A good bread is Pepperidge Farm Hearty White Bread which has 16 slices of (1-ounce each)	15 cups of sturdy white bread cubed into 1-inch pieces. 16 slices (1½-ounce each) Pepperidge Farm
8 Ounce cream cheese	12 Ounce cream cheese
12 eggs	18 eggs
1 cup heavy cream	1½ cups heavy cream
1¼ cups whole milk	1½ cups whole milk
½ cup Molasses or maple syrup	1 cup Molasses or maple syrup
½ teaspoon vanilla extract	1 teaspoon vanilla extract
1 small carton Blueberries	2 small cartons Blueberries
1 small carton Strawberries	1 medium carton Strawberries
Cooking spray	Cooking spray
Maple syrup	Maple syrup

Cooking Steps:

1. Preheat oven to 375 degrees F. Grease the pan and set aside.
2. Beat cream cheese, milk, cream (or half & half), eggs, and vanilla essence. Preferable use a wire whisk (but this requires a lot of arm strength) or use an electric beater.
If you use a wire whisk, the cream cheese will break up into very tiny particles but the mixture will not be creamy-smooth. This is good.
3. After getting a smooth mixture add the molasses and give it a quick whisk.
4. Spread the bread in the pan in an even layer.
5. Pour liquid mixture over the bread, and place in the oven.
6. Bake until a knife inserted in the center comes out clean.
7. Wash the berries & slice the Strawberries
8. Before serving cut the French toast into cubes & spread the Blueberries & Strawberries on top.

Light Version

Baked French Toast With Fresh Blueberries & Strawberries, Cinnamon, & Molasses; And Real Maple Syrup On The Side

Basic Recipe Ingredients
(9"x13" pan Serves 10 to 12 people)
10 cups of sturdy white bread cubed into 1-inch pieces. A good bread is Pepperidge Farm Hearty White Bread which has 16 slices of (1-ounce each)
8 Ounce cream cheese -less-fat
8 eggs
cups half-&-half
1½ cups 2% reduced fat milk
¼ cup Splenda
½ teaspoon vanilla extract
1 small carton Blueberries
1 small carton Strawberries
Cooking spray
Light Maple syrup

Cooking Steps are the same as the regular version recipe on the previous page.

NOTE: The light version recipe is an adaptations of a a recipe from the magazine Cooking Light, April2000, Touché Soufflé, Page 104, by Maureen Callahan, M.S.,R.D., who develops health recipes fro Harvard Medical school, and is a former editor of Cooking Light



Baked Omelet With Portobello Mushrooms, Grape Tomatoes, Green Peppers, Sharp Cheddar & Parmesan Cheese

Basic Recipe Ingredients (9"x13" pan Serves 10 to 12 people)	For 35 -40 people (Two 10½" x 14½" metal cooking pans. You will need to double the quantities listed below. In each pan put the following amounts of each ingredient.)
12 eggs	18 eggs
½ cup heavy cream	½ cup heavy cream
½ cup milk	½ cup milk
1 cup mushrooms (mixed inside)	2 cups mushrooms cut into pieces
½ cup green peppers diced	¾ cup green peppers diced
½ cup tomatoes diced	¾ cup tomatoes diced
½ cup shredded Cheddar cheese	¾ cup shredded Cheddar cheese
½ cup shredded Parmesan	¾ cup shredded Parmesan
½ teaspoon seasoning salt & pepper	½ teaspoon seasoning salt & pepper
Cooking spray	Cooking spray
Garnishing with a tablespoon each of Cheddar cheese, Parmesan cheese, and diced Tomatoes.	Garnishing - ¼ cup Cheddar cheese, ¼ cup Parmesan cheese, ¼ cup Tomatoes diced

Cooking Steps:

1. Preheat oven to 400 degrees F. Grease the pan and set aside.
2. In a frying pan sauté the green peppers then add mushrooms and sauté for a little longer. Set aside to cool
3. Beat together the eggs, cream, and milk into a smooth mixture.
4. Add salt, pepper, both cheeses, mushroom & pepper mixture, & tomatoes.
5. Pour egg mixture into baking dish & with a fork spread out the mushrooms all over the pan.
6. Bake uncovered for 50 minutes. When the omelet is fully cooked it should still be moist.
7. Cut into squares and garnish with cheese & tomatoes.

Variations:

Can add 1 cup of ham, or sausage, or bacon (broken into pieces); and reduce the quantity of mushrooms accordingly. Also, can add onions.

If serving for lunch or dinner, garnish with parsley.

Light Version

Baked Omelet With Portobello Mushrooms, Grape Tomatoes, Green Peppers, & Parmesan Cheese

Basic Recipe Ingredients (9"x13" pan Serves 10 to 12 people)
12 eggs
½ cup 2% milk and ½ cup sour cream or 1 cup 2% milk
½ teaspoon seasoning salt & pepper
¾ cup shredded Cheddar cheese
¾ cup shredded Parmesan
1 cup mushrooms
Cooking spray

Can substitute cholesterol free egg substitute for eggs.

Cooking Steps are the same as the regular version recipe on the previous page.



Salads & Vegetables - I was amazed how popular these were

Cal-Tex Salad

- 4 ½ Can Corn
- 2 Cans Black bean (1 lb 13 Oz each)
- 1 large Onions
- 2 containers Mango Salsa with Peach (3 lbs each)
- Lemon juice
- Cilantro (optional)

Cut onions, mix everything together.

French Beans

- 10 lbs (2 Costco Bags)
- 1 packet red peppers (Costco)
- 1 large packet Butter
- 3 tablespoons Tarragon (or 2 teaspoons crushed garlic)
- Juice of three lemons
- Salt to taste

Slice red peppers into strips. Heat butter add tarragon (or garlic), & sauté peppers, add beans, and salt.

Mushroom In A Herb Tomato Sauce

- 4 ½ Can Mushrooms
- 1 container Tomato Salsa
- Balsamic vinegar
- Olive Oil
- Basil (optional)

Mix everything together!

New England Salad

- 2 lbs. Carrots
- 1 bunch Celery
- 3 Cucumbers
- Fresh Basil (optional)

Peel & cut vegetables into fine slices, & mix. Serve dressings on the side.

Romaine Lettuce

- 1 large packet Romain lettuce (from Costco or 2 grocery store bags)
- 1 packet shredder red cabbage
- 1 Can Mandarin Oranges

Cut lettuce and garnish the dish with shredded red cabbage & Mandarin Oranges. Serve dressings on the side.

Trail-Slaw

- 1 medium Cabbage (shredded)
- 1 tin Oranges or grapefruit
- 1 cucumber diced
- 1 small green pepper diced
- 2 cups Bean Sprouts
- ½ teaspoon cumin powder or Celery seeds
- Lemon Juice
- 1 teaspoon sugar
- salt
- Pumpkin seeds for garnishing

Mix together. Garnish with Pumpkin seeds.

Salads & Vegetables - I was amazed how popular these were (continued)

Mixed Vegetable Medley

Mixed Veg (Costco Bags)
2 tablespoons Olive oil
1 teaspoon crushed Garlic (optional)
1 table spoon Thyme
Balsamic vinegar

Heat the oil & sauté garlic, then add thyme, give a quick stir and add the vegetables. Add just enough water to slightly-soften vegetables. Add balsamic vinegar & serve

Popular Dressings

Virgin Olive Oil & Balsamic Vinegar
Ranch
Thousand island
Blue Cheese

Accompaniments

Sunflower seeds
Pumpkin seeds
Croutons
Shredded Parmesan Cheese



The following recipe embodies everything my cooking represents; & was developed for an article I wrote in 2001 – *“Tribute To America & To The New Millennium's First Thanksgiving”*



Millenium Cranberry Sauce



The Millennium Recipes are my tribute to the diversity of America at the start of the 21st Century.

Thanksgiving, from the first time it was celebrated in 1621, has always been a contemporary “modern” celebration. It has always reflected the lives of the people celebrating it and depicted the times in which they have lived. The Pilgrims celebrated with the best of what they had, and every successive generation of Americans has done the same – enjoyed the best of their times. We too will enjoy the wonderful bounty of all that is available to us.



Ingredient

¾ cup Maple Syrup

1 (12 Oz) pkt Fresh Cranberries
1 tin crushed Pineapple
1 cup Orange juice
Zest of one Lime finely grated
½cup Wild Huckleberries
(or 1 tablespoon Huckleberry jam)
¼cup White Wine
Fresh Mint
3 inch Cinnamon stick

Representing

Pilgrims & Wampanoag Indians (*whose help was invaluable to Pilgrims for surviving their first winter*)
Eastern most USA, New England
Western most USA, Hawaii
Southern most & Western USA, California & Florida
Southern most & Western USA, California & Florida
Northernmost USA, Alaska, Montana, ...

Europe and Latin America
Africa and Middle East
Asia

Cooking Steps:

- Clean Cranberries, wash and towel dry
- Combine together Orange Juice, Maple Syrup, Lemon Juice, ½the pineapple, & cinnamon
- Bring mixture to a boil over high heat, uncovered.
- Reduce heat, lemon zest, and simmer uncovered for 3 minutes until mixture reduced by 1/2
- Remove cinnamon, add Cranberries, continue simmering until skin pops on the berries
- Add Huckleberries, bring to boil, remove from heat, and add Mint leaves
- Chill & serve

Interesting Tit-Bits About Healthy Eating

1. American Dietetic Association finds ***“More than 70 % of people who successfully eat-healthy & maintain appropriate weight do so by developing their own approach & not following “professional-plans”***
Lesson 1 – its not about the food, but about what, how much, & when you eat.
Lesson 2 – don't follow media hype!
2. FAT is GOOD – its all about balance. Fat is necessary every day for the body to assimilate essential nutrients. In extremconditions, like Winter Hiking, fat is one of the most efficient providers of emnergy & vitality to the body. It's all about what you eat and when you eat it
3. At all meals where foods with high fat are served, there are also vegetables & fruit. Only you can decide what's a good balance for you.
4. I set about become more healthy in 2001. I lost 35 pounds, have kept it off, and along with regular exercise, became fit enough to go on multiple Winter White Mountain Hikes!!
5. In my experience, healthy eating is not about deprivation, but about balanced-fun
6. You are the best judge to determine what's best for you, your tates, & life style.

Ravi C. Gupta has had a life-long passion for good food & gourmet cooking. One of his most memorable moments was being asked to cook an Italian meal (from recipes that he developed) for 460 outdoor enthusiasts, many of who were accomplished chefs including one for Martha Stewart!

Ravi is also an outdoors enthusiast, wilderness/adventure writer, and nature photographer. He has explored the American national parks from Acadia in Maine; to the Cascade Loop in the Pacific North West; to Sand Key that is the southernmost tip of the Florida Keys. Internationally, he has explored the Canadian Rockies; the English & French countryside; and the African wilderness in Nigeria. He is a trained environmental conservation leader at the Appalachian Mountain Club.

Professionally, Ravi is a 20-year specialist in helping businesses & nonprofits to excel in achieving their growth objectives. He is the Managing Principal of Momentum Business Development. They have helped to expand businesses of all sizes, from Fortune 500 corporations, like Johnson & Johnson; to startup-ventures, like PrisMedical in Silicon Valley. He has led business development throughout the USA as well as in Canada, Europe, Asia, Latin America, & Africa. He is also a mentor at the Columbia University Business School. In 1999, he was selected by the Pan-European Business Development Conference as one of the worlds leading experts in rapidly commercializing latest innovations and establishing new businesses. Earlier, in 1986, Forbes magazine featured him in an article on The Best & Brightest in America.

Ravi has volunteered for community development & social change causes from the age of 11 when he started a group to educate poor children in Urban areas. In 2000 he became a founding mentor at the Goldman Sachs & Berkley University Social Ventures Program and has advised many ground breaking ventures to help transform society. Recently he was appointed a Director on the Board of the LGBTQ Center of New York. At the 2002 National-Security conference he was volunteer-chairman of the session on rapidly developing strategic alliances between different government agencies (Police, Fire, EMS, & Public Health); as well as public-private partnerships for ensuring the best response for protecting citizens.

