

Brown Rice Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

Good for lunch with cheddar cheese. These cakes can also be made in camp.

Ingredients:

- 1 cup brown rice
- 3 cups water
- 1 teaspoon salt
- 1 carrot, grated
- 1 onion, chopped fine
- ½ to 1 cup greens, chopped (spinach, mustard greens, sorrel, watercress)
- 1 tablespoon olive oil
- 1 teaspoon ground ginger

Instructions:

Cook rice in water with salt and allow to cool. Mash well with hands, then add rest of ingredients and continue to mix and mash with hands. If too moist, add a little soy flour. Form into patties and bake on a cookie sheet for 30 to 45 minutes at 300 F, turning once. If making these in camp, use wild onions or greens. Form into patties and fry in a little oil. These cakes are good with fish. Sprinkle soy sauce or spread mustard on top if desired.

Lentil Rice Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

These cakes are good with peanut butter, cheese, sauces, soups, or plain.

Ingredients:

- 2/3 cup brown rice
- 1/3 cup lentils
- 3 cups water
- 1 teaspoon salt
- 1 small onion, chopped fine
- 1 small carrot, grated
- 1 garlic clove, minced
- 1 tablespoon parsley, minced
- 1 tablespoon olive oil
- 1 teaspoon tamari soy sauce

Season with one of the following:

- 1 teaspoon cumin, ground
- ½ teaspoon rosemary, ground
- 1/8 teaspoon cloves, ground

Instructions:

Cook the rice and lentils in water with salt, for about 45 minutes (all water should be absorbed), and allow to cool. Mash well with hands, then add rest of ingredients and mix well. Form into patties; place on cookie sheet, and bake at 300 F for 30 to 45 minutes. Turn once to allow underside to cook.

Polenta Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

Because they contain fresh vegetables, these Polenta Cakes are like small casseroles. They are good accompaniments to soups or fried fish for supper or with cheese for lunch. They always seem to be the first to go out of your pack.

Ingredients:

- 1 cup polenta or corn meal
- 2 tablespoons soy grits
- 1 teaspoon salt
- 4 cups water
- 2 onions, grated or chopped fine
- 2 carrots, grated
- 2 zucchini, grated or chopped fine
- 1 garlic clove, minced
- 4 tablespoons sesame butter
- ½ cup sunflower seeds
- 3 tablespoons honey (optional)
- 2 teaspoons chia seeds (optional)
- ¼ cup milk powder (optional)

Instructions:

Cook polenta and grits in salt and water until very thick, approximately 15 minutes. Meanwhile, saute vegetables until browned. Combine all ingredients and allow to cool. Form into patties, place on cookie sheet, and bake in slow even (300 degrees) until firm and golden brown, about 30 to 45 minutes.

Variations: Use nut butters in place of sesame butter; use leftover vegetables (mash before adding); use nuts or pumpkin seeds in place of sunflower seeds; season with herbs such as basil, oregano, savory, chervil, or tarragon.

Potato Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

Ingredients:

- 6 large raw potatoes, with peels, grated
- 2 carrots, grated
- 2 onions, chopped
- 1 garlic clove, minced
- 2 eggs, beaten
- 3 tablespoons melted butter
- 2 teaspoons salt
- pinch cayenne
- ¼ to ½ cup whole wheat bread crumbs

Instructions:

Chop and grate vegetables in one bowl and drain. Stir in remaining ingredients; mix with hands. Spread in 8-inch square pan. Bake at 350 degrees for 1 hour. Cut into squares; cool. Wrap individually in wax paper.

Seed Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

A different-tasting cake, good with peanut butter and honey, cheese, hot mustard, any sauce or gravy or just plain.

Ingredients:

- ½ cup polenta or corn meal
- 2 tablespoons soy grits
- 2 cups water
- 1 cup sunflower seeds
- 2 tablespoons chia seeds
- 2 tablespoons sesame seeds
- ½ teaspoon salt
- 1 teaspoon honey

Instructions:

Combine water, polenta, and soy grits in a saucepan and bring to a boil. Reduce heat and cook slowly until thick enough to hold a mound, stirring occasionally. Meanwhile, grind all seeds except the chia seeds and a few sunflower seeds. When the polenta mixture is done and cooled enough to handle, add seeds, salt, and honey. Mix well with hands and form into patties approximately 2 ½ inches in diameter. Bake on a cookie sheet at 300 F for 30 minutes.

Soybean Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

These are especially good with a mild cheese such as Jack or Swiss.

Ingredients:

- 1 cup dry soybeans, soaked overnight and cooked
- 1 onion, chopped fine
- 1 garlic clove, minced
- 1 tablespoon fresh parsley, minced
- 1 tablespoon olive oil
- 1 tablespoon miso
- 1 teaspoon tamari soy sauce

Instructions:

Mash beans well in a suribachi (a ceramic bowl with serrated lines on the inside surface, sometimes found in Japanese or natural food stores) or put through a food grinder or ricer. Add remaining ingredients and mix well. The mash should be very thick and hold well when shaped into a ball. Form into patties and bake on a cookie sheet in slow over (300 F) for about 30 minutes. Turn once while baking. Cakes are done when they feel solid. They will be crusty on the outside and soft inside.

Variations: Add leftover cooked grains; carrots are a good addition; season with oregano; pour hot chili sauce over the cakes.

Spicy Winter Squash Cakes

(Simple Foods for the Pack by Vickki Kinmont and Claudia Axcell)

Crispy on the outside, soft on the inside. A good winter food with spice to warm you up.

Ingredients:

- 1 to 1 ½ cups cooked winter squash
- ½ cup dry garbanzo beans, soaked overnight and cooked
- ½ cup corn flour or whole wheat flour
- 1 ½ teaspoons cumin, ground
- 1 ½ teaspoon parsley flakes
- ½ teaspoon salt
- ½ teaspoon garlic granules
- ¼ teaspoon cayenne
- 1 teaspoon olive oil

Instructions:

Mix all ingredients well and form into patties (about ½ inch thick and 2 ½ inches across) on cookie sheet. Bake at 375 F for 30 to 40 minutes. Good with cheese or cold Peanut Butter Gravy.