

The Geo-Kitchen Cookbook Volume 3

This book is the third in the series of books
comprised from recipes left in the
The Geo-Kitchen geocache located near Morris, MB.

Thanks to all who have found this cache and left recipes so
far and I hope you are all looking forward to Volume 4 as
much as I am!

Regards!
MHZ

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Z-Geo Pops

by Ztirnats

1 Jello
1 Koolaid
2 cups boiling water
2 cups cold water
1 cup sugar

Substitute splenda, sugar-free Koolaid and sugar-free jello for Diabetics

Omlette in a Bag

by candaceandwill

Great when camping!

- In a ziplock bag break 1-2 eggs. Add desired toppings:
Cheese, ham, green peppers etc.
 - Close bag
- Blend ingredients by squishing bag
 - Drop into a pot of boiling water
 - Cook 5-7 minutes

Caribbean-style Beans and Rice

By Marsha and Silent Bob

4 slices smoked bacon or 1 small ham hock
4 cloves garlic, roughly chopped
1 cup dried red kidney beans, brought to a boil and cooled, drained
5 cups cold water
1 Scotch bonnet, halved and seeded, or 2 serrano chilis
1/4 teaspoon ground cinnamon
1 (14-ounce) can coconut milk
4 scallions, crushed*
2 sprigs fresh thyme
1/4 teaspoon ground allspice
1 tablespoon sea salt
1 teaspoon freshly ground black pepper
2 1/2 cups long-grain rice, washed and drained

Heat a Dutch oven or large, deep pot over medium-high heat. Add the bacon to the hot pot and cook until light brown on both sides. Add the garlic and saute until light brown. Add the drained beans along with the cold water to the bacon and garlic and bring to a boil over high heat. Cover the pot, reduce heat to a simmer, and cook until beans are just tender, about 1 hour. Add the chili peppers, cinnamon, coconut milk, scallions, thyme, allspice, salt, and pepper and bring to a boil. Stir in the rice and, once the mixture has returned to a boil, stir, reduce the heat to low, cover and cook for 20 to 30 minutes, or until the rice is tender and has absorbed all of the liquid. Allow to sit for 15 minutes before serving. Remove the thyme sprigs and Scotch bonnet pepper halves and serve.

**It is traditional to "crush" scallions by placing them on a cutting board and lightly tapping them with the handle of a knife. They can then be removed before serving but still impart their wonderful flavor to the rice and beans.

Original recipe submitted by Marsha and Silent Bob

Take a pickle slice, smear cream cheese on a piece of corned beef, and roll the pickle up inside. It might sound gross but it tastes GRRRRRREAT. Yum!

Fire Down Below Baby Back Ribs

By Arcticabn

Sauce Recipe Ingredients:

3 Habanero chiles, minced fine
1 small onion, minced
1 cup ketchup
1 cup water
1/2 cup cider vinegar
1 tablespoon garlic powder
1 tablespoon Worcestershire sauce
1/8 cup molasses
2 tablespoons hot sauce

Instructions

Chop the habs and onions. Brown onion and habs in some oil. This will help to intensify the heat of the habs. Add remaining ingredients in a medium saucepan. Simmer on medium high. Whisk until smooth. Bring sauce to a boil. Reduce heat and simmer uncovered until sauce has thickened.

The Backs Ingredients:

2 pounds pork baby back ribs
1 (18 ounce) bottle barbecue sauce

Instructions

Tear off 4 pieces of aluminum foil big enough to enclose each portion of ribs. Spray each piece of foil with vegetable cooking spray. Brush the ribs liberally with barbeque sauce and place each portion in its own piece of foil. Wrap tightly and refrigerate for at least 8 hours, or overnight.

Preheat oven to 300 degrees F (150 degrees C).

Bake ribs wrapped tightly in the foil at 300 degrees F (150 degrees C) for 2 1/2 hours. Remove from foil and add more sauce, if desired.

Original recipe submitted by Arcticabn

Slice bread your choice. Hold over flame. Brown to desire.

Star Lake Cookies

By Moe the Sleaze

1 cup shortening
1 cup brown sugar
1 cup white sugar
2 eggs
1 tsp vanilla
1.5 cups flour
1 tsp. salt
1 tsp. soda
3 cups quick oatmeal

Mix ingredients and drop dough onto cookie sheet.
Bake 10 minutes at 350 deg F

Original recipe submitted by Moe the Sleaze:

Boil egg for ten minutes

COQUILLES ST. JACQUES

By JayPeg

1 tsp. lemon juice	1 c. light cream
1/2 tsp. salt	1/2 c. milk
2 lbs. scallops (washed)	1/2 c. white wine
4 tbsp. butter	1 tbsp. lemon juice
1/2 c. chopped onions	Chopped parsley
1/2 lb. mushrooms, sliced	Bread crumbs
1/3 c. flour	1 c. grated Gruyere
Pepper	

Bring to a boil 1 cup water, 1 teaspoon lemon juice and salt. Add scallops; simmer 6 minutes. Drain on towel.

In 4 tablespoons of hot butter, saute onions and mushrooms. Remove from heat, stir in flour and pepper until blended. Gradually stir in cream and milk.

Bring to boiling, stirring. Reduce heat and simmer until thick, 4-5 minutes. Add cheese and stir until melted.

Stir in wine, lemon juice and parsley; add scallops.

Sprinkle bread crumbs over scallops.

Broil 4 inches from heat until golden brown.

Death by Chocolate

by gmbgr

Cake:

2 cups flour	2 cups light brown sugar
2 tsp. baking soda	3 eggs
1/2 tsp. salt	1 1/2 tsp. vanilla
1/2 tsp. baking powder	3/4 cup sour cream
3 squares unsweetened chocolate	1/2 cup strong coffee
1/2 cup butter	1/2 cup Kahlua

Melt chocolate and cool. Sift flour, baking soda, salt and baking powder together and set aside. In a large bowl beat butter, brown sugar and eggs (1 at a time). Beat in chocolate and vanilla. Add flour (in fourths) and alternate with sour cream (in thirds). Add coffee and Kahlua. Pour into two 9 inch greased pans. Bake at 350°F for 30-35 minutes.

Filling:

1 cup whipping cream
2 Tbsp. icing sugar
1 1/2 cups strawberry jam
Beat whipping cream until stiff. Add the icing sugar 1 tablespoon at a time. Refrigerate. Slice cakes in half. Place one layer cut side up and spread with 1/2 cup jam and whipping cream. Repeat with remaining layers.

Icing:

1 1/2 cups semi-sweet chocolate chips
3/4 cup sour cream
Dash of salt
Melt chocolate chips (about 4 minutes on high in microwave). Add sour cream and salt to melted chips and stir to blend. Spread on cake -- cover top first, then work up and down the sides. Garnish with fresh berries, chocolate curls, etc.

Bacon-Broccoli Cheese Ball

By Dragonfreys

- 1 package (8 ounces) cream cheese, softened
- 1 cup finely shredded cheddar cheese
- 1/2 teaspoon pepper
- 1 cup finely chopped broccoli florets
- 6 slices of bacon, cooked and crumbled

Beat cream cheese, cheddar cheese and pepper until smooth.
Stir in broccoli. Shape into a ball, then roll in the
bacon. Chill about one hour then serve with crackers.

Dump Bars

By Clan Lonewolf

- 1 cup melted margarine
- 2 cups sugar
- 4 eggs

Beat together.

- 1 3/4 cup flour
- 1 tsp. salt
- 1 tsp. vanilla
- 1/2 cup cocoa

Add rest of ingredients and mix together.
Pour into 9x13 pan. Sprinkle top with chocolate chips.
Bake at 350°F for 20-25 mins.

Scotcheroos

By joe tulips

1 cup sugar

1 cup karo syrup

1 cup peanut butter

Put all these in a good sized pot and heat until it just begins to bubble, some say to let it bubble a full minute, I never do. Take off the heat.

Add 6 cups rice krispies.

Stir until coated. Spread in a 9x13 pan

Melt 6 oz. of chocolate chips

and 6 oz. of butterscotch chips together.

Spread over the top of bars!

I always cut them while they are still warm. It is easier then when they have cooled.

Greek Pasta Salad

By junglehair

1 box small shell pasta (cooked)

1 container cherry tomatoes

1 english cucumber (cubed)

8 oz feta cheese (crumbled)

black olives

1/2 bottle Kraft Greek with Feta & Oregano dressing

Combine all ingredients and serve.

I like this recipe for picnics because it has no mayo in it so you don't have to worry about it going bad if it sits out for a long time.

Perfect Popcorn

By Cache and Cary

3 tablespoons peanut oil

3 ounces popcorn kernels, approximately 1/2 cup

1/2 teaspoon popcorn salt

3 tablespoons unsalted butter

Place the oil, popcorn and salt in a large, 6-quart, metal mixing bowl. Cover with heavy-duty aluminum foil and poke 10 slits in the top with a knife.

Place the bowl over medium heat and shake constantly using a pair of tongs to hold the bowl.

Continue shaking until popcorn finishes popping, approximately 3 minutes.

Remove the bowl from the heat and carefully remove the foil. Stir in any salt that is on the side of the bowl.

Melt the butter in the microwave. Slowly drizzle over the popcorn, while spinning the bowl.

Serve immediately.

Apple Crisp

By OHMIC and Nat

1/3 cup brown sugar
1/2 cup oatmeal
1/4 cup flour
1/4 cup butter (room temp.)

Mix and sprinkle over sliced apples with cinnamon in a baking pan.
350°F for 40 minutes.

Easy Shrimp Cocktail Sauce

By TeamViper

1 cup ketchup
2 Tbsp. horseradish (or more to taste)
mix and chill and serve.

Texas Chili

By skyhawks

Fry 1/3 lb bacon (cut into pieces)
Add 1 lb beef steak (cubed)
Once browned, add;
1 tin pork and beans
1 tin red kidney beans
1 large tin tomatoes (puree/blend in blender)
2 or 3 Tbs. chili powder
1 tsp. cumin
2 or 3 garlic cloves (diced)
3 hot peppers (diced) (jalapeno, habenaro, red hot chili pepper)
(1 of each or all of the same)
Simmer on low heat and server with your favorite side dish.

Chicken Monterey

By Shane & Bobbi

6 pieces boneless skinless chicken breasts	1 tsp. pepper
1 cup French Dressing	½ tsp. garlic powder
3 Tbsp. white vinegar	½ tsp. onion powder
1 Tbsp. oil	

Place all ingredients in a large Ziploc bag. Mix thoroughly to coat chicken. Refrigerate overnight or at least 3-4 hours. BBQ chicken until done. Discard leftover marinade. Cover and let rest for 5 minutes. Serve and drizzle with fresh French Dressing.

BBQ Sauce

By Times2

In a sauté pan, sauté 1 clove of garlic with 2 tbsp olive oil. Add 1 bottle of Jack Daniels original BBQ sauce. Let cook for 10 minutes. Add 3 Tbsp brown sugar, ¼ cup ketchup, (2 Tbsp bourbon – optional). Let simmer 10 minutes. Coat favorite meat and cook normally. Enjoy!

Sloppy Joe Squares

By prairie trackers

Prepare Sloppy Joe as you would usually. Line the bottom of a 9x13 cake pan with 1 roll of Pillsbury crescent rolls. (Do not separate them). Top with Sloppy Joe mixture and shredded mozzarella cheese. Cover with another roll of Pillsbury crescent rolls. Bake at 350°F for 15 minutes or until golden brown. Enjoy!

Tromelin's Sangria Mix

By Tromelin

2 parts red wine (cheap will do)
1 part 7up/Sprite (fruity flavour version is better)
(so 2 litres wine for 1 litre soda)
small fruits (raspberries, strawberries, blue berries)

In a large drink container, mix berries/fruit with wine. Let sit overnight (or as long as you can stand not drinking it that day). Mix in the soda. Served chilled in tall glass and enjoy. Variation: I was initially given the recipe as 1/3 wine, 1/3 soda and 1/3 fruit juice.

KD Special

By pa_bottle

Take a box of KD. Mix in tuna and peas. For extra you can use celery as well.

Mike's Chip Dip

By glacier_ice

1 cup Mayo (Miracle Whip)

1 cup ketchup

1 Tbsp relish

¼ tsp garlic salt

¼ tsp onion salt

¼ tsp celery salt

¼ tsp cayenne pepper

¼ tsp chili powder

Pineapple Squares

By Cuzin J

Crust: 1 cup flour

1 Tbsp sugar

¼ cup butter

Bake

Filling: block creamcheese

½ cup sugar

1 can crushed pineapples drained

Spread over filling

Use juice with 1 Tbsp cornstarch, 1 Tbsp sugar.

Microwave until thick and spread on top.

Kielke

By rjfunk

3 eggs
½ cup milk
2 cups flour
pinch of salt

Mix together milk and eggs and add salt. Gradually add flour until it's a firm dough. Roll out dough, slice into thin strips and drop in boiling salted water for 7minutes. Drain and enjoy!

Greek Pasta Salad

By Short Cache

3 cups spiral pasta, uncooked
1 cup spinach
½ cup feta cheese
1 cup chick peas
1 cup halved cherry tomatoes
Kraft Greek with feta and Oregano salad dressing

Cook Pasta according to directions. Cool. Add the rest of the ingredients. Cool slightly or serve immediately. Tastes best on the first day.

Cheesy Dip

By burchil

½ cup mayo
½ cup diced onion
½ cup sharp cheddar

Mix, bake at 350°F for 20 minutes.
Serve with crackers and/or veggies

Mantario Wilderness – Rock Tripe Hot and Sour Soup

By buirchil

Rock Tripe is a common group of lichens (*Umbilicaria* spp or *Gyrophora* spp) found on the rock outcrops and cliffs around Mantario. The lichen looks like a large leathery leaf or dry leather attached by the centre to the rock. It may be brown or gray and usually has a black velvety back. When dry it is stiff and brittle, after a rain or when the lichen is wet it becomes soft and rubbery.

Many sources report individuals or groups of people surviving on rock tripe as a subsistence or emergency food. Before eating most lichens they should be treated to remove or neutralize the bitter acids which can cause stomach and bowel complaints and nausea - even when treated some lichens should not be eaten. Treat the rock tripe by soaking the collected material in water with a teaspoon of baking soda for each liter of water. Simmer the rock tripe for 30 min with at least one change of water. The material should be rinsed with clear water when finished.

Hot and Sour Soup

- 4 cups water
- 1 chicken breast cut into small pieces or shredded. Replace with firm tofu if necessary.
- 1 onion (substitute several wild onions)
- 1 carrot, 1 celery stalk
- Add any other vegetables that you like in your soup... including stinging nettle tops and leaves, shoots of fireweed, thistle roots, cattail rhizomes, etc....
- Garlic
- Ginger - finely chopped or grated (substitute a smaller amount of wild ginger)
- Rock tripe (substitute any large edible mushroom)
- Diced red pepper
- 3 hot peppers or 1 tsp hot pepper paste.
- Chili pepper, cayenne pepper
- 2 tbsp soya sauce
- 1/4 cup brown sugar or molasses

Bring the water to a boil and simmer above ingredients for 10-15 minutes.

- 1 tbsp cornstarch
- 1 tsp sesame oil
- 2 Tbsp vinegar
- 1 egg

Mix cornstarch in a little water and stir into the soup. Add the oil and vinegar and simmer for a few minutes. Beat the egg and stir into the soup. Cook for another couple of minutes.

Lasagna

By Sol3

1 pound ground beef	1 small onion, finely chopped (optional)
½ cup dry red wine	1 large eggplant, sliced
1 – 19 ounce can crushed tomatoes	2 medium zucchini, sliced
1 – 14 ounce can diced tomatoes	2 cups ricotta cheese (or cottage cheese)
2 tsp dried oregano	1 egg
2 tsp dried basil	½ cup parmesan cheese, grated
2 cloves garlic, minced	1 pound mozzarella cheese, grated (low fat if preferred or leave out for a low fat lasagna)

Brown beef in a pan on medium high heat. Drain if necessary once it is well browned. Add red wine and reduce until almost gone. Add tomatoes, oregano, basil, garlic, and onion. Reduce heat to medium low and simmer sauce.

While sauce is simmering, place eggplant and zucchini on a cookie sheet. Lightly sprinkle veggies with salt and let rest 5 to 10 minutes. Place cookie sheets in preheated 350°F oven for approximately 10 minutes to help release some of the moisture from the veggies.

In a small bowl combine ricotta cheese with egg and parmesan cheese. Add a bit of salt if desired.

Place a very small amount of meat mixture on the bottom of a 9”x13” pan, Layer approximately six zucchini “noodles” on meat, then half of the remaining meat, then ricotta cheese mixture. Sprinkle with a little mozzarella cheese. For the next layer use the eggplant “noodles”. Pour on the remaining meat mixture, then zucchini and top with the remaining mozzarella cheese. You can sprinkle a little oregano and parmesan cheese on top, if desired.

Place in the oven and bake for 30 minutes. Let rest for 10 to 15 minutes before cutting.

Serves 6.

Tips and Variations:

Leave out ground beef for a great tasting vegetarian lasagna.

If you love either zucchini or eggplant but not the other use all zucchini or all eggplant for the noodle layers.

Low fat Lasagna: Use low fat cheeses and cut the amount of cheese you use in half.

Cabbage Rolls

By BBrown94

1 large head of cabbage	1 egg, lightly beaten
1 to ½ pound lean ground beef	½ cup finely chopped onion
½ cup instant rice or cooked rice	½ to 1 tsp cinnamon, divided (more or less, to taste)
½ tsp salt	1 can (10 ½ ounces) tomato soup
1/8 tsp ground black pepper	1 can (14.5 ounces) tomatoes

Preparations:

Tear the leaves off the cabbage and cook in boiling water or steam until wilted enough to be flexible. Cool. Mix ground beef, rice, egg, onion, and salt, pepper, and 1/2 teaspoon of cinnamon together. Form a few tablespoons of the mixture into a cylinder, then roll up in a cabbage leaf. Secure rolls with toothpicks. Combine the soup and tomatoes in a Dutch oven. Place cabbage rolls in the Dutch oven. Sprinkle with about 1/2 teaspoon of cinnamon. Cover and simmer for 1 1/2 to 2 hours.

Serves 6.