

Outdoor Odysseys Sea Kayak Camp Cuisine Recipes

Many of our guests have been so enamored with the food served on our overnight tours that they encouraged us to put together a cookbook. While the kudos is certainly appreciated, we have this sneaking suspicion that the world is already populated with enough cookbooks.

However, in deference to our gentle guest entreaties we have included a few of our favorite recipes. In preparing, cooking and eating these dishes our hope is that it will bring back a flood of fond memories of our time spent together kayaking, camping, and enjoying the incredible beauty of the San Juan Archipelago of Washington State...

Stuart Island Apple Pear Crisp

12 Servings

One of the northern most islands we paddle on our tours, Stuart Island is only accessible by boat. The island boasts numerous rocky, forested coves and inlets, sweeping views and numerous bald eagle nests. We use our trusty Dutch oven to bake this delicious dessert but you may also use your oven at home.

Fruit

- 8 apples, unpeeled, cored and sliced
- 3 ripe pears, sliced and cored
- cinnamon and nutmeg to taste
- 2 t. of vanilla

Crisp Topping

- 2 C. oatmeal
- 2 C. flour
- 1/2 C packed brown sugar (or maple sugar)
- 1 stick butter

Cream Topping

- 1 pint whipping cream
- sugar

Light briquettes for Dutch oven. In bowl slice apples and pears for crisp. Sprinkle a bit of sugar or maple syrup over the sliced apples and pears. Add vanilla and spices.

In a separate bowl cut flour and butter together and then add brown sugar (or syrup) and oatmeal for topping. Lay fruit into Dutch oven and spread flour mixture over top.

Put whipping cream into container with sugar and shake until thickens. Serve over crisp.

Jones Island Smoked Salmon Pesto Linguine

12 servings

Another jewel in the Washington State Parks system, we frequent Jones on our 5-day 3Eagles and Orcas2 tours. Home of bald eagles and river otter as well as harbor seals and dall porpoise, it boasts some of the most scenic campsites in the islands. It also has a species of prickly pear cactus - a true indication of the rain shadow effect of the islands. This entree is also a superb vegetarian meal - just omit the smoked salmon.

Linguine noodles (3 oz./person)

garlic

4 zukes

2 red or yellow peppers (not green -we're looking for color here, folks!)

2 onions

1 can kalamata Greek olives

1 1/2 lb. smoked salmon

dried basil

handful of fresh basil

2 handfuls of sun dried tomatoes

rice vinegar

8 oz. parm. cheese

Rehydrate tomatoes by soaking them in water. Slice the veggies. Boil up pasta water, 1/4 salt water and other 3/4 fresh water. In frying pan add olive oil, dried basil, garlic, onions. After onions soften, add sliced zukes. Wait for a bit then add peppers, rice vinegar, rehydrated tomatoes with their juice, olives, salmon and fresh basil. Cook but not overly so...You want the peppers to stay nice and crisp. Let your guests add their own parmesan cheese.

Mexican Bean Salad

3-4 cans of black beans

2 cans of corn

1/2 red onion *or*

1 small left over cabbage

2-3 roma tomatoes

1-2 cans of chilies

1-2 cans of black olives

Cumin

Chili powder

Salt and pepper

Tapatio sauce

1/2 tortilla per person

1/2 lb. Jalapeno cheese

1/2 lb. cheddar cheese

1 jar of salsa

1-pint sour cream

Drain beans and corn. Chop veggies. Stir together with chilies, olives and spices. Grate or slice cheese. Serve on tortillas with cheeses, salsa and sour cream

Greek Salad

3-4 cucumbers	2 pkgs of feta cheese
4-5 roma tomatoes	3-4 limes
2-3 red, yellow or orange peppers	Dried thyme
4-5 stalks of celery	1/2 pieces of pita bread per person
1 red onion	
1 can of Kalamata olives	

Chop veggies

Drain olives and mix with vegetables and add crumbled feta cheese.

Mix lime juice with thyme and stir into other ingredients.

Serve with pita fruit and cookies.

Reserve your space for a one-of-a-kind San Juan island sea kayak adventure!
Call us at 800-647-4621 or reserve online at www.outdoorodysseys.com.