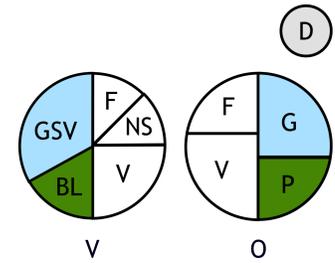


STOVE OR FIRE



“Actual” Pasta

Serves 7

This recipe was contributed to Alamo Area Council Pack 601 by the Wagner family. The name refers to that this was their actual pasta recipe, as opposed to their mac and cheese recipe.

Tools

Camp stove with fuel or 1 bag of charcoal

Large pot

Frying pan

Spatula

Plate or bowl

Measuring cups

Colander

Cooking spoon

Ingredients

14.5-oz box farfalle pasta

1 lb. ground plain, sage, or Italian sausage, plant or animal

6-8 oz container plain or marinated Feta, garlic and herb or tomato basil, either dairy or vegan

1/4 cup of olive oil

If using unflavored sausage or Feta, Italian herb seasoning

At Camp



1. Arrange a relatively clean cooking preparation area with separate sub-areas for handling animal meat and the rest of the ingredients (if you chose animal meat) and wash your hands.



2. Put a pot of water on the stove/fire to boil.



3. While the water heats to boiling, brown the sausage. If it's plant sausage, you may need to add a little oil from the cooking tub to keep it from sticking. If it's meat sausage, make sure it's been heated to 160°F.

4. Once browned, move sausage to a plate covered with a paper towel to help drain some of the grease. Let the sausage drain while finishing preparation.

5. When the water boils, add the box of pasta. Use the guide on the box to determine how long to boil pasta.

6. When pasta is done to preferred firmness, drain pasta in a colander over sink or previously identified appropriate greywater disposal area.



7. Return pasta to pot and combine all remaining ingredients, including Italian seasoning if either sausage or Feta was plain.

8. Mix and serve warm.

9. Put any leftovers into food storage containers and watertight plastic bags and then into the cooler as soon as the food is at ambient temperature.

