



Pink Caterpillar Rolls

Tart strawberries and creamy avocado fill this tasty roll.

- 1 pouch Uncle Ben's Boil-in-Bag instant rice (from 7.9-oz. box)
- 1 pouch albacore tuna (2 oz.)
- 1 firm avocado, sliced into long, narrow strips
- ½ cup strawberries (dried or fresh)
- 2 sheets nori, a dark-green paper-thin sheet of shredded sea vegetables used to roll sushi
- 10-inch square sushi mat (weighs only 2 ounces)
- 3 tablespoons Japanese rice vinegar
- 2 tablespoons plain white sugar
- 2 teaspoons salt

At home Mix rice vinegar, sugar, and salt into a small plastic container. Shake until sugar and salt are dissolved. Pack avocado in a paper bag.

At camp Cook instant rice according to package directions. Let it cool. Line up nori with bottom of sushi mat. Press wet, clean fingers over nori until it's damp. Cover nori sheet with a thin layer of rice. Drizzle rice with vinegar mixture to make sticky. Place avocado strips on center of nori in a single horizontal line, making sure line goes to edges of nori. Arrange seven or eight strawberries above avocado. Below avocado, create another horizontal line with 1 ½ tablespoons of tuna. Lift bottom edge of mat and fold once, pressing firmly. Pull mat off top of the sushi and repeat until the roll is complete. Form the roll into a circle or square using the mat. Makes 1 roll; repeat process for second roll. Serves 2.

Rising Sun Cuisine

4 Japanese meals adapted—and enhanced—for the trail

Add exotic elegance to your backcountry menu with these simple, easy-packing recipes. And to make these hearty dishes even better for hikers, we punched up the protein and fat to provide the nutrition you need to recover from big-mile days.

Rice and Egg Domburi

Pack in the protein with this hearty breakfast bowl.

- 2 pouches Uncle Ben's instant rice
- 1 pouch Chicken of the Sea Smoked Pacific Salmon (3 oz.)
- 1 small sweet potato
- 1 package powdered eggs (3 oz.)
- 3 tablespoons Japanese rice vinegar
- 2 tablespoons plain white sugar
- 2 teaspoons salt

At home Pack potato in paper bag. Mix rice vinegar, sugar, and salt into a small plastic container. Shake to dissolve sugar and salt.

At camp Cook rice according to instructions, let cool in serving bowls. Cut potato and



salmon into ¼-inch-wide cubes. Add water to powdered eggs and fry with potato and salmon in small pan over medium heat until all are cooked. Serve over hot rice, adding rice vinegar mixture for flavor. Serves 2.

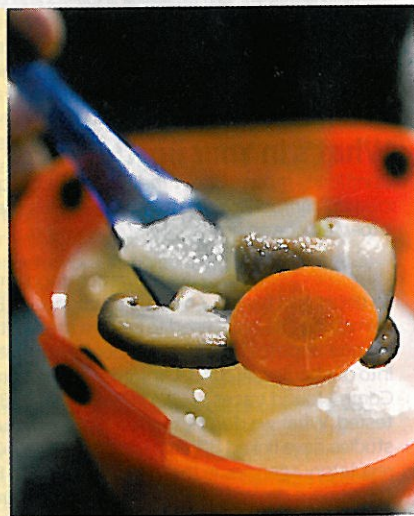
Macho Miso

Carrots, daikon, and shitake mushrooms add heft to this nutritious soup.

- 2 pouches of tofu miso soup mix (½ oz.)
- 5 small shitake mushrooms
- 1 carrot, sliced
- 1 daikon radish, sliced into strips
- 1 ½ cup water

At home Combine carrot and daikon in a zip-top bag. Pack mushrooms in a small plastic container.

At camp Slice carrots and daikon. Add mushrooms, carrot, and daikon to water; boil for 5 minutes. Add miso soup mix. Serves 2.



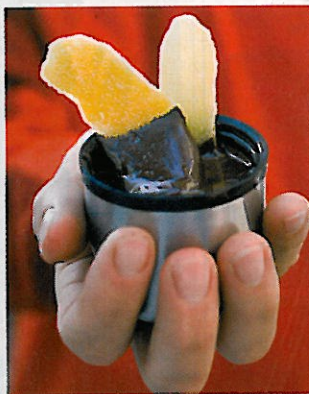
Chocolate-Dipped Ginger and Mango

A sweet and savory dried-fruit dessert.

- 1 package semisweet baking chocolate (7 oz.)
- 10 pieces crystallized ginger
- 10 slices dried mango
- 2 tablespoons peanut oil

At home Pour peanut oil into a small plastic bottle. Place mango and ginger in zip-top bag.

At camp Fill a pan three-quarters full of water. Place on stove over medium heat. Place chocolate in a metal cup or small pot in pan (this prevents chocolate from burning). Pour in peanut oil. Stir until chocolate melts. Dip mango and ginger slices into chocolate, eating as a fondue. Serves 2.



SUSHI SKILL TO AVOID LAYERING TOO MUCH RICE ON THE NORI, MAKE SURE YOU CAN SEE THE GREEN TINT OF THE NORI THROUGH THE RICE.