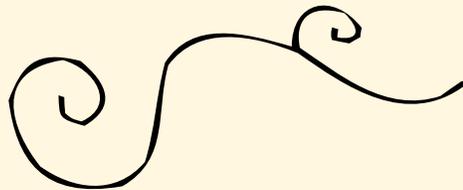


The Traveler's Cookbook



Recipes for Wanderers
(or, How to Cook in a Hostel Kitchen)

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Introduction

The Traveler's Cookbook: Recipes for Wanderers, or How to Cook in a Hostel Kitchen

One of the joys of travel is food: sampling the local cuisine, tasting the street vendors' wares, seeking out the little restaurant gems. Much as I love to eat, I also love to cook. But for all the buzz about travel cooking classes and foodie forays, I still haven't seen anything that inspires travelers to cook *while they're still traveling*.

One of the first things I like to do when I arrive in a new destination is seek out the local market. I love

to see what locals eat and cook with, and when I see unusual or exotic ingredients, I try to learn what they taste like and how to use them. I'm usually inspired to cook something I've never cooked before. Unfortunately, I also usually have to wait until I get home before I can make it.

On my last long trip, I started to miss being able to cook about halfway through. I looked in books, magazines and on the web, but I never found a cookbook or a collection of recipes that addressed

my needs as a long-term traveler. So, I decided to create my own: The Traveler's Cookbook.

Being on the move all the time requires a different style of cooking. Gathered in this cookbook are recipes that address the different requirements that travelers have when they set out to prepare a meal. The recipes contain only a few ingredients, and most of them are fresh and easy to come by. They're also designed to minimize leftovers, both of the finished meal and of the ingredients that went into it. As I



experimented with food and tested my recipes, I developed a set of rules that the recipes had to follow, which would satisfy all of the requirements of the traveler.

Rules for Travel Recipes

- 1. No leftovers.** Not of ingredients or of the finished dish. Who wants to carry smelly leftovers in their backpack? (This is the most important rule. Most of the other rules are just variations on this one.)
- 2. Minimal ingredients.** I didn't really have a limit on ingredients, but I created all of these as single-servings, and too many ingredients equals too much food, which violates rule #1.
- 3. No obscure ingredients.** These are supposed to be doable recipes no matter where you are in the world, so I'm trying to use only what I think are the most ubiquitous ingredients, or the ones that could be interchanged with a local ingredient.
- 4. Mostly fresh ingredients.** Part of the fun of travel is visiting the local markets and seeing what's available. Why not buy the makings of your dinner while you're there? Plus, fresh always tastes so much better.
- 5. Not too complicated.** One cooking style, and mostly stovetop. I can't tell you how many hostels I stayed at that didn't have working ovens, or where only one burner worked on the stove. One-pot meals are ideal.



Tips, Shortcuts and Hacks

On Shopping

- Take extra sugar packets, both white and raw, whenever you visit cafes, to avoid both having to bring sugar with you or having to buy a huge quantity when you only need a teaspoon. 1 packet usually equals about 1 teaspoon.
- When you visit sandwich shops or delis, grab mayonnaise packets (and mustard, if you don't put it in your spice kit), and when you go out to breakfast, grab butter, honey and jam or jelly packets. They'll come in handy later. (You can also grab salt, pepper and vinegar packets at fish & chips shops, if you're not carrying them.)
- Single boneless skinless chicken breasts and pork chops are available at the butcher counter of U.S. supermarkets.
- It's possible in some U.S. supermarkets and all over Europe to buy eggs by the half-dozen. At some farmer's markets, you can assemble your own flat of eggs, in whatever quantity you prefer.
- At supermarkets, sometimes grains and pastas are sold in bulk bins, in addition to the packages on the shelves. You can usually help yourself to your preferred quantity. (1 serving = $\frac{1}{2}$ to 1 scoop, depending on the grain)
- Visit the bakery at supermarkets, and buy fresh rolls, bagels, English muffins or another type of bread—you can usually buy these breads in



smaller quantities, or you can choose the amount you want. (Occasionally half-loaves of bread are available, depending on where you are, and freshly baked loaves are often smaller than the commercial loaves on the shelves.)

- At farmer's markets and outdoor markets around the world, it's often possible to buy smaller quantities of items, since they aren't always packaged or bagged. Even when they are pre-bundled, it never hurts to ask the seller if you can have a smaller quantity. When I used to frequent my favorite farmer's market in Honolulu, I was never turned down when I asked.
- Buy the smallest vegetable or fruit to go in a recipe. It may not seem like enough, but it will be once it's combined with the other ingredients.

Menu Suggestions

Following are a few suggestions for menus: dinner plus dessert, dinner plus tomorrow's breakfast, dinner plus tomorrow's lunch, or all three. The menus and recipes are designed to be used with the spice kit, so no spices or oils are included in the shopping lists.

Menu 1: Chicken with Mustard Sauce

Shopping List

- 1 boneless, skinless chicken breast
- 1 shallot or small onion
- 1 mushroom
- Small bunch spinach or chard

Recipes

- Chicken with Mustard Sauce
- Spinach Salad (without optional ingredients) with Mustard Sauce as Dressing

Leftovers

None!



Menu 2: Tropical Fajitas

Shopping List

- 1 small onion
- 1 red bell pepper
- 1 mango (or other tropical fruit)
- 1 package tortillas (half-dozen or less)
- 1 small tomato
- 1 jalapeno
- 1 lime

Recipes

- Tropical Fajitas
- Tropical Pico de Gallo
- Cinnamon Tortillas

How to Avoid Leftovers

Use $\frac{2}{3}$ or so of the onion, bell pepper and mango in the fajitas. Use the rest in the Pico de Gallo. If you make Cinnamon Tortillas for dessert, you'll only have a few tortillas left over. Make a wrap instead of a sandwich for lunch, or spread peanut butter on one for a snack.

Tropical Fajitas

1 Serving

Even if you're not in a tropical location, you can still make fruity fajitas. Use another juicy tropical fruit, or leave the fruit out all together if you're looking for a more savory flavor.

1/2 - 2/3 small onion, thinly, vertically sliced
1/2 - 2/3 red bell pepper, thinly, vertically sliced
Mango or other tropical fruit, thinly sliced
Olive oil
1/2 small spoonful chili powder
1/2 small spoonful cumin
Pinch black pepper
2 flour tortillas

1. Heat olive oil in small skillet. Add onion and bell pepper. Stir until veggies are coated with oil, and add spices. Cook until onion and peppers are

soft. Add mango and heat through. Remove from heat.

2. Heat a clean, dry skillet on medium. Place tortillas in pan one at a time and heat until just crisp on both sides. Remove from heat and fill with onion mixture. Serve warm.

You'll have **onion**, **bell pepper** and **tortillas** left over. See the Menus page for meal and leftover suggestions.



Tropical Pico de Gallo

1 Side Serving

$\frac{1}{3}$ - $\frac{1}{2}$ onion, chopped

$\frac{1}{3}$ - $\frac{1}{2}$ bell pepper, chopped

1 small tomato, seeded and chopped

$\frac{1}{3}$ mango, chopped

$\frac{1}{2}$ jalapeno, ribbed, seeded and minced

Juice from half a lime

Dash chili powder, optional

Toss the veggies and fruit together and drizzle with lime juice. Let sit for a few minutes for flavors to meld. Serve as a salad alongside Tropical Fajitas, or as a filling or dip for tortillas or tortilla chips.



Green Salad

1 Side Serving

Torn curly leaf lettuce or salad greens

Thinly vertically sliced red onion, optional

$\frac{1}{2}$ to 1 tomato, chopped, optional

$\frac{1}{2}$ zucchini, optional

$\frac{1}{2}$ small carrot, optional

Place lettuce, sliced onion and tomatoes in a large bowl; toss gently to combine. Drizzle with Red Wine or Lemon Vinaigrette, or Garlic Dressing.





Ginger Yogurt Dip

1 Serving

½ single serving plain or vanilla yogurt cup
½ small spoonful fresh ginger
chopped pineapple or other fruit

Chop and smash, or place in a (clean) garlic press.

Add juice and some pulp to yogurt and mix well. Drizzle over pineapple or serve as a dip.

Alternative suggestions

If plain yogurt isn't sweet enough for you, add a small spoonful honey or sugar.



Cinnamon Tortillas

1 Serving

1 sugar packet
pinch of cinnamon
2 tortillas

Heat pan or skillet on stove. Place tortilla in pan and

sprinkle sugar and cinnamon over the top. Let tortilla warm and then fold. Heat for 1 minute more on each side, or until sugar melts and tortilla crisps. Serve hot.



Fruit Salad with Sweet Wine

1 Serving

Use any fruit in this salad.

1 kiwi, sliced
1 apple, chopped
¼ - ½ cup sweet or dessert wine

Place fruit in bowl and gently toss. Drizzle wine over fruit and let stand for 5 minutes. Serve.

