

Chef Justin's Camping Recipes

Camping is amazing family adventure. As with any style of cooking, it is important to cook as fresh as possible. Camping poses many challenges when it comes to cooking fresh. Most campground cooks utilize canned and heavily processed shelf stable food items as a mainstay. Most all processed foods contain excess amounts of sodium as well as preservatives. These simple ideas and recipes made with fresh ingredients will keep you fueled up for amazing adventures. So use these recipes next time you want to do some outdoor cooking.

Florida honey-soy marinade

- 2 tablespoons canola oil
- 1/3 cup low sodium soy sauce
- 2 tablespoons Florida honey
- 1 tablespoons white wine
- 1 teaspoon fresh ginger, grated or 1/2 teaspoon dried
- 2 cloves garlic, crushed
- Sea salt and fresh ground pepper to taste

Combine all the ingredients. Place the items to be marinated in the marinate and let it sit for 1 hour to 2 days.

Florida seafood marinade

- 1/3 cup Florida orange juice
- 1/3 cup low sodium soy sauce
- 3 tablespoons Oil
- 3 tablespoons ketchup
- 1 tablespoon Florida honey
- 1/2 teaspoon fresh ginger, grated
- 3 cloves garlic, crushed
- Sea salt and fresh ground pepper to taste

Combine all the ingredients. Place the items to be marinated in the marinate and let it sit for 1 hour to 2 days.

Florida herb marinade

- 1 tablespoon Paprika
- 1 tablespoon Rosemary
- 2 tablespoon fresh parsley, chopped
- 2 tablespoon oregano, chopped
- 2 tablespoon Thyme, chopped
- 1 cup virgin olive oil
- 3 cloves garlic, chopped
- 3 tablespoon white vinegar
- Sea salt and fresh ground pepper to taste

Combine all the ingredients. Place the items to be marinated in the marinate and let it sit for 1 hour to 2 days.

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Blanching vegetables to be frozen

Thoroughly wash vegetables, and cut them into bite sizes for freezing.

The blanching process starts with a big pot of lightly salted boiling water.

Add a small amount of vegetables at a time to the rapidly boiling water.

Boil the vegetables until they just begin to become crisp-tender. Each kind of vegetable will have a different cooking time.

It is important to test for doneness several times during the cooking process.

Remove the vegetables with a strainer and immediately plunge them into ice cold water.

As soon as the vegetables have completely cooled, strain them from the cold water.

Use a clean towel to drain off any excess moisture.

Portion out your vegetables and mix the different kinds at this point.

Place the vegetable mixes in airtight freezer bags and be sure to mark the bags with the vegetable name and date you froze it.

Place it in the freezer immediately.