

# Men's Journal

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Get Fit Or Die Trying

INSIDE THE HOTTEST TREND IN EXERCISE

Harrison Ford

# Take the Challenge

10 Real Adventures for Mere Mortals

PLUS: CHOOSE THE RIGHT SAFARI  
EXPLORE THE ARCTIC  
BUY YOUR FIRST MOTORCYCLE

HOW TO STAGE A Coup D'Etat

Do Drugs, Save Your Marriage  
A JOURNEY INTO PERU'S PSYCHEDELIC JUNGLE

## NOTEBOOK



■ Paella, chef David Waltuck's answer to glop, tastes even better over an open fire.

## COOKING

### TRAILSIDE GOURMET

Backpacking cuisine need not start with gorp and end with freeze-dried pasta. Six top chefs reveal how to eat well on the trail. by JOSH FULMER

**Michael Chiarello**  
Host, Food Network's Everyday Entertaining

**PASTA ALLA AMATRICIANA**  
"The ingredients for this dish are perfect for the trail. I have been backpacking all my life, and we always pack along some aged cheese and some kind of cured meat because they last. Pasta is hearty and it will keep you moving."

**THE RECIPE:** Heat 2 tablespoons extra-virgin olive oil and add 1/3 pound sliced pancetta.

Once pancetta has been partially rendered (cook at a temperature high enough to melt some fat), add 2 chopped garlic cloves and 1 chopped onion. Cook until garlic is lightly browned and onion is soft. Add 1/4 teaspoon red pepper flakes and 2 teaspoons dried oregano, 3-1/4 cups crushed tomatoes, and several tablespoons water. Simmer to blend. Reserve the sauce in skillet, then cook 3/4 pounds dry rigatoni. Mix pasta into sauce well, then shower with grated pecorino cheese. Serve with crostini, which you can prepare at home in advance, and a hunk of pecorino.

**HIS ESSENTIAL BACKCOUNTRY INGREDIENT:** "Tecate in a can. Beer is a little heavy to carry in your pack, but the more you drink, the lighter it gets."  
**HIS FAVORITE HIKE:** "Going into the backside of Yosemite and finally dropping into Yosemite Valley is just awesome."

**David Waltuck**  
Chanterelle, New York

**BACKPACKING-STOVE PAELLA**  
"The paella just felt right for something like this because it's a complete meal. It's a hearty

and satisfying dish with a lot of flavor. You really don't need anything else. And it's very simple. You just throw it together and let it cook."

**THE RECIPE:** Reserve 2 cups warm water (from preparing your breakfast oatmeal or coffee) in a water bottle and add 1 cup sun-dried tomatoes to soak for at least an hour. Remove tomatoes and dissolve 3 crushed chicken bouillon cubes in the water. Heat 3 tablespoons olive oil in a pot over high heat and add 1 cup chopped onion. Add 1 cup rice and let it brown slightly, then

## NOTEBOOK



■ Salmon croquettes from Franklin Becker of Brasserie

add 1/4 teaspoon each cumin and pimentón and 1/2 teaspoon saffron. Add sun-dried tomatoes, 1 teaspoon tomato paste, and the bouillon. Stir occasionally until most of the liquid is absorbed but the rice is still slightly crunchy, then add 8 ounces chorizo cut into 1/4-inch slices and 2 6-ounce cans medium shrimp. Cover and continue to cook until all liquid is absorbed, and the rice has softened, adding more water if necessary.  
**HIS ESSENTIAL BACKCOUNTRY INGREDIENT:** "Chinese five-spice powder. It's a trail-ready blend of spices that you can use sparingly, but to great effect, in a variety of stir-fries, meat dishes, and marinades."  
**HIS FAVORITE HIKE:** "I'm not much of a backpacker, I'm more of a hotel kind of guy. But I like to walk down to Hudson River Park and watch the boats go by."

**Franklin Becker**  
Brasserie, New York

**SALMON CROQUETTES OVER LINGUINE**  
"This is actually my mother's recipe, but it was easily adaptable for the backcountry. It's a favorite on the trail because it's a simple and balanced meal — plus it reminds me of home."

**THE RECIPE:** Combine 2 cups water with 2 ounces dehydrated milk, then add 4 ounces potato flakes. Heat the mixture just long enough to thicken the potatoes, then remove from heat. Add a 14.5-ounce can of

salmon and 2 tablespoons bread crumbs and form into cakes. Season cakes with salt and pepper and dredge in another 6 tablespoons bread crumbs, then set aside. Cook 8 ounces linguine (do not drain), then add 4 ounces sliced sun-dried tomatoes, 1/4 ounce dehydrated garlic, 1/2 ounce dehydrated onion, and 1/4 ounce dried basil. Pan-fry cakes for 2-3 minutes per side. Drain pasta, add olive oil, and heat through on the stove. Serve croquettes over linguine.  
**HIS ESSENTIAL BACKCOUNTRY INGREDIENT:** "Salt, pepper, something that's acidic like tomatoes or vinegar, and sugar. With those ingredients you can make anything taste good."  
**HIS FAVORITE HIKE:** "The Appalachian Trail near Newburgh, New York."

**Kerry Simon**  
Simon at Palms Place, Las Vegas

**STIR-FRIED QUINOA**  
"Quinoa is a protein-rich whole grain that has a creamy texture and a nutty flavor."

**THE RECIPE:** Bring 1-1/4 cups water to boil. Add 1/2 cup quinoa, 1/4 cup dehydrated mixed vegetables, 2 tablespoons golden raisins, and 6 ounces diced prepackaged smoked ham. Cover, reduce heat, and allow to cook for 18-22 minutes. Remove from heat and keep covered to steam. Combine 6 tablespoons water with 3 tablespoons dried egg powder and set aside. Sauté 2

tablespoons chopped peanuts and 1 tablespoon diced fresh jalapeño in 2 teaspoons each of canola and sesame oils. Add in egg mixture and scramble, then add quinoa mixture. Fluff to combine. Finish with soy sauce and jalapeños to taste.  
**HIS ESSENTIAL BACKCOUNTRY INGREDIENT:** "Peanuts or mixed nuts. They taste great by themselves, are full of protein, and they add interesting texture when incorporated into a dish."  
**HIS FAVORITE HIKE:** "Red Rocks. It's about 15 minutes from where I live."

**Steven Chiappetti**  
Viand, Chicago

**CAMPFIRE CASSOULET**  
"This dish is very hearty and it's got a lot of flavor. Different types of meat are always great; you can use pheasant, duck, pork — whatever you want. It's a good choice for the trail because most of the ingredients are already prepared for you. You can put it together in about 15 minutes."

**THE RECIPE:** Let 6 ounces pancetta render in a pan, then brown 6 cloves of chopped garlic. Add 1 can of diced tomatoes, one can of great northern beans, 4 ounces of dried morel mushrooms, 10 ounces of smoked sausage, and 4 confit duck legs (buy them precooked at a good grocer or through dartagnan.com; if it's warmer than 40 degrees outside you should prepare this dish on the first night of your trip). Season with thyme,

bay leaves, add salt and pepper to taste, then cover and simmer for about 15 minutes.  
**HIS ESSENTIAL BACKCOUNTRY INGREDIENT:** "Soy sauce is incredibly versatile. It works as a marinade, seasons anything, and adds a great salty flavor."  
**HIS FAVORITE HIKE:** "Starved Rock State Park outside of Chicago."

**José de Meirelles**  
Le Marais, New York

**FLAMED CHORIZO AND RICE**  
"This is a classic, simple Portuguese dish that's fun to make with grappa. And you can always bring a little extra grappa to keep you warm!"

**THE RECIPE:** Sear chorizo sausages in a small amount of olive oil and add chopped peppers, onions, and tomatoes. Turn stove off and add a splash of Portuguese grappa, then light it with a match. Continue to cook for 5-6 minutes in the flames, then set aside the chorizo and vegetables. Without draining the pan, add 1/2 cup rice and cook over high heat for 1 minute. Add 1 cup water and 1 can drained red beans and cook for another 12 minutes. Season with salt and serve with chorizo, vegetables, and remaining grappa.  
**HIS ESSENTIAL BACKCOUNTRY INGREDIENT:** "Chorizo or another smoked meat."  
**HIS FAVORITE HIKE:** "To be honest, the closest I get to hiking is a walk down to Soho or the West Village in New York."



■ Flamed chorizo and rice from José de Meirelles of Le Marais