

Method	Description	Equipment Needed	Ideal For
Boiling	Heating water to cook food like pasta or rice.	Pot, stove or fire	Cooking grains or instant meals
Steaming	Using steam to cook food.	Steamer, pot with lid, stove	Vegetables and lightweight meals
Frying	Cooking food in oil or fat.	Frying pan, stove or fire	Meat, eggs, and quick meals
Baking	Cooking food with dry heat in an oven or campfire.	Dutch oven, coals, or portable oven	Breads and desserts
Grilling	Cooking food on a grill over direct heat.	Grill, fire or portable grill	Meats and vegetables
Roasting	Cooking food evenly in an oven or over a fire.	Skewers, roasting stick, campfire	Meats and marshmallows
Simmering	Cooking food slowly in liquid just below boiling.	Pot, stove or fire	Soups and stews
Soaking	Pre-soaking food to reduce cooking time.	Water container, tarp for drying	Rice, beans, dried fruits
Nahm cooking	Cooking with aromatic herbs and spices.	Pot, stove or fire	Thai and Southeast Asian dishes
One-pot meals	All ingredients cooked in a single pot to minimize cleanup.	Pot, stove or fire	Casseroles or mixed dishes
Cold soaking	Soaking dried food in cold water to hydrate it over time.	Water container	Quick meals on the go
Batch cooking	Cooking a large quantity at once for several days.	Large pot, stove or fire	Meal prepping for multi-day hikes
Wrap cooking	Using wraps (like tortillas) for easy meals.	Wraps, stove or fire	Sandwich-like meals
Dehydrating	Removing moisture from food to preserve it.	Dehydrator or sun	Snacks and lightweight meals
Pressure cooking	Using a pressure cooker to cook food faster.	Pressure cooker, stove	Beans, tougher meats
Flame roasting	Cooking over an open flame using a fork or skewer.	Skewers, fire	Marshmallows and meats
Stick cooking	Using sticks to skewer food and cook over fire.	Sticks, fire	Vegetables and meats
Solar cooking	Using solar energy to cook food.	Solar oven	Lightweight meals, good weather
Hot stone cooking	Using heated stones to cook food.	Stones, fire or heat source	Vegetables and proteins
Fire pit cooking	Using a fire pit for various cooking methods.	Fire pit, pots, or grill grate	Group cooking and gatherings
Foil pack cooking	Wrapping food in foil and cooking it over heat.	Aluminum foil	Easy clean-up meals
Dutch oven baking	Using a Dutch oven for baking bread or desserts.	Dutch oven, coals	Outdoor baking
Camping stovetop cooking	Using a camping stove for all cooking.	Camping stove, fuel	Versatile cooking options
Alcohol stove cooking	Using an alcohol stove for minimalist cooking.	Alcohol stove, pot	Lightweight meals and boiling
Backpacking stove cooking	Utilizing portable backpacking stoves.	Backpacking stove, fuel canister	Compact meals
Car camping cooking	Cooking at car campsites with larger equipment.	Camp kitchen gear	Family style cooking
Remote cooking	Cooking without traditional methods or electricity.	Portable kitchen tools	Survival and emergencies
Fire box cooking	Using a box to contain fire for cooking.	Fire box, grilling rack	Safe cooking outdoors
Stove top smoking	Smoking food on top of a stove using wood chips.	Smoking box, pot	Flavoring meat and vegetables
Camping microwave	Using a solar or battery-powered microwave.	Portable microwave	Quick meals in a campsite
Eat & heat bags	Eating through heating without equipment.	Self-heating bags	Ready meals on the go
Wok cooking	Cooking in a wok, which uses high heat quickly.	Wok, portable burner	Stir-frying dishes
Skillet baking	Using a skillet to bake items like cornbread.	Skillet, stove	Baking on the go
Portable grill cooking	Using portable grills for outdoor cooking.	Portable grill, charcoal or propane	Grilling meats and veggies
Stone boiling	Using stones heated in the fire to boil water.	Heated stones, container	Making soups or stews
Wooden plank	Grilling food on a soaked wood plank.	Wood plank, grill	Flavoring fish and

grilling			vegetables
Packaged meal cooking	Heating pre-packaged meals with water.	Water pot, heating source	Convenient single servings
Microwavable meals	Heating microwave-safe meals in a camp microwave.	Microwave	Quick, pre-made meals
Stove top steaming	Using a steaming basket over a pot on the stove.	Pot, steamer, stove	Cooking vegetables and dumplings
Beer can cooking	Using a beer can as a cooking vessel.	Beer can, fire	Unique cooking experience
Hand-baked bread	Baking bread in a cast iron pan above the fire.	Cast iron pan, fire	Fresh bread on the trail
Fricass� cooking	Slow-cooking food with moisture for tenderness.	Pot, fire	Stews and moist dishes
Tandoor style cooking	Using a tandoor or similar method for cooking bread.	Tandoor, clay oven	Breads and meats
Cowboy coffee brewing	Brewing coffee directly in a pot over fire.	Pot, ground coffee, fire	Simple coffee brewing
Stone oven baking	Baking in a stone oven or pit.	Stone oven, wood	Breads and dishes needing even heat
Instant meal preparation	Pre-prepped meals needing only water.	Instant meal packets	Fast meals on the trail
Smokeless cooking	Cooking using smoke-free methods or appliances.	Electric smokeless grill	Health-conscious cooking
Salt block grilling	Using a heated salt block for cooking.	Salt block, grill or fire	Enhancing flavor in meat
Baking in coals	Baking using embers and coals for even heat.	Container, coals	Game baking, various foods
Potbake	Using a covered pot in the coals for slow cooking.	Heavy pot, coals	Comfort food while camping
Squash cooking	Using squash as a vessel for baking or roasting.	Squash, grill or coals	Vegetable creativity
Beer can chicken	Cooking chicken over a beer can for moisture.	Beer can, grill	Flavorful, juicy chicken
Cobb cooking	Layered meals in a pot or pan.	Skillet or pot, heat source	Hearty, layered dishes
Cereal cooking	Heating instant cereals or oats with water.	Container, heating source	Quick breakfast options
Classic tin foil dinners	Meals wrapped in foil and cooked over fire.	Tin foil, coals	Easy and fun meal prep
Seafood cooking	Special methods to cook seafood properly.	Steamer, grill or pot	Freshly caught dishes
Pressure canning	Canning food while camping for preservation.	Pressure canner, stove	Long-term meal storage
Bannock cooking	Making traditional bannock bread over fire.	Flour, water, baking powder, fire	Campsite bread-making
Braziers cooking	Using a brazier for cooking with charcoal.	Brazier, charcoal	Traditional methods
Heat pouch cooking	Cooking pre-packaged food in heat pouches.	Heat pouch, boiling water	Easy and compact meals
Ramen cooking	Quickly preparing ramen-style meals with boiling water.	Ramen packs, heating source	Lightweight meals
Liquid smoke cooking	Cooking with liquid smoke flavoring for meats.	Liquid smoke, grilling or smoking setup	Enhanced flavor profile
Whiskey barrel cooking	Using whiskey barrel planks for grilling.	Whiskey barrel, grill	Unique flavor infusions
Herb-infused cooking	Infusing meals with fresh herbs to enhance flavor.	Herbs, boiling or grilling	Flavor-rich dishes
Cooking with honey	Using honey in recipes for sweetness and moisture.	Honey, various cooking equipment	Flavorful and moist results
Preserving meals	Methods for preserving food using salt or sugar.	Salt, sugar, vacuum bags	Long-lasting meals
Charcoal kettle cooking	Using a charcoal kettle grill for direct cooking.	Charcoal kettle, charcoal	Traditional grilling methods
Rotisserie cooking	Rotating meat on a spit for even cooking.	Rotisserie apparatus, fire	Juicy and even cooking
Wood fire cooking	Cooking directly over a wood fire for traditional flavor.	Wood fire setup, grill or pan	Authentic flavor experiences
Cold cooking	Preparing meals that don't require heat at all.	Non-perishable items, container	Very lightweight options
Sous vide	Sealing food and cooking at precise	Sous vide device, cooler	Perfectly cooked

cooking	temperatures.	Good heat retention, cooler	proteins
Cooking with cast iron	Using cast iron cookware for heat retention.	Cast iron skillet, fire or stove	Durable, even cooking
Instant pot cooking	Using an instant pot or pressure cooker.	Instant pot, electric source	Fast cooking methods
Stewing	Slow cooking food in liquid over low heat.	Stew pot, fire or stove	Rich, hearty meals
Charring	Quickly cooking food to create a charred flavor.	Grill or hot surface	Intense flavor enhancements
Campfire stew	Making stew directly over the campfire.	Pot, fire, meat, and vegetables	Traditional camp meals
Twap cooking	Using a two-layer cooking method for steaming or boiling.	Top layer pot, bottom layer pot	Efficient cooking technique
Water storage cooking	Using water to cook or hydrate various food types.	Water containers, cooking setup	Sustainable methods
Baking on a fire	Baking directly over a fire using elevated methods.	Baking cans or pots, fire	Unique outdoor baking experiences
Open fire cooking	Cooking directly in the flames for rustic meals.	Fire, skewers or pot	Authentic camping experience
Hand-rolled pasta cooking	Making pasta dough and cooking it fresh.	Pasta tools, pot	Fresh pasta experiences
Food dehydrating	Removing moisture for food preservation before cooking.	Dehydrator	Long-lasting snacks
Split cooking	Halving ingredients and preparing in portions.	Knife, pot, cutting board	Created manageable meal sizes
Cook-off challenges	Competing in cooking events with outdoor gear.	Assorted gear as per rules	Social and competitive cooking
Rice cooker cooking	Using a portable rice cooker for easy grains.	Rice cooker, electric source	Convenient rice preparation
Wrap and bake dishes	Wrapping ingredients in doughs to bake.	Dough, fillings, heat source	Baked creations
Cold infusion cooking	Infusing flavors in cold dishes.	Jars, cold ingredients	Refreshing culinary styles
Salt crust baking	Baking food surrounded by salt for flavor retention.	Salt, food, heat source	Unique cooking crust
Chili cooking	Creating chili dishes in a single pot.	Large pot, fire or stove	Filling meals perfect for sharing
Braise cooking	Cooking food slowly in a small amount of liquid.	Heavy pot, lid, heat source	Tender, flavorful meats
Gourmet camping meals	Elevated meals made with gourmet techniques.	Assorted cookware	High-end outdoor dining experiences
Camping feasting	Making large, shareable meals for groups.	Assorted pots and dishes	Community gathering dining
Portable BBQ cooking	Using portable BBQ grills for outdoor cooking.	Portable BBQ, tools	Quick and easy method
S'mores preparation	Using a fire to create s'mores with marshmallows and chocolate.	Fire, graham crackers, chocolate	Sweet camp treats
Sous vide steak	Cooking steak in a vacuum-sealed bag using precise temperatures.	Sous vide machine, cooler	Perfectly cooked steak
Pre-follow meals	Meals that are prepared in advance and stored for easy cooking later.	Containers, meal prep tools	Prepped eating
Wild edibles cooking	Cooking using foraged local plants and herbs.	Wild gathering tools, stove or fire	Sustainable nature experiences
Snack style cooking	Preparing bite-sized or easy snackable foods.	Mini cooking tools	Ideal for quick energy sources
Sea vegetable cooking	Utilizing sea vegetables in meals for health benefits.	Seaweeds, stove or fire	Unique nutrition options
Fireless cooking	Techniques that don't require an open flame.	Portable meal heaters, water	Campfire-free methods
Camping breakfasts	Creating simple breakfast meals with limited gear.	Assorted gear for breakfast	Quick start meals for hiking
Trail snacks preparation	Making quick snacks for hiking journeys.	Snacking containers, simple prep tools	Easy-to-carry snacks
Mixing bowl meals	Combining ingredients in a bowl for easy preparation.	Bowls, cooking gear	Simple meal combinations
Feldgrill cooking	Camping cooking style involving grilling on a flat surface.	Flat grill, fire or stove	Versatile grilling methods
Combustion cooking	Using combustion heat for cooking various meals.	Combustion stove or fire	Simple outdoor cooking technique
Flavor infusion	Building layers of flavor through various	Assorted ingredients, stove or	Flavor-rich culinary

cooking	cooking methods.	fire	delights
Liquid seasoning cooking	Cooking with an array of liquid seasonings for meals.	Liquid seasoning containers	Elevated flavor dishes
Curry cooking	Simplified methods for quickly making curries during trips.	Curry ingredients, pot	Hearty and flavorful meals
Wrap meals	Creating wraps with various fillings and local ingredients.	Wraps, fillings, heat source	Easy on-the-go meals
Stuffed meals	Cooking meals that are stuffed with various ingredients.	Ingredients for stuffing, heat source	Hearty main dishes
Simple stir-fry	Quickly frying chopped vegetables and protein in a fast manner.	Wok, stove or fire	Wholesome quick meals
Weber cooking	Using a Weber grill for various cooking styles.	Weber grill, charcoal or propane	Grilling techniques
Family style meals	Cooking dishes meant to be shared among families.	Various pots, cooking gear	Gathering and sharing
Hydration cooking	Cooking that emphasizes hydration through techniques.	Water containers	Water-focused meals
Sandwich meals	Preparing sandwiches using cold or heated methods.	Bread and fillings	Snack-style meals
Noodle meals	Making various forms of noodle dishes while camping.	Noodle ingredients, pot	Comfort food on the trail
Breakfast burritos	Creating burritos filled with breakfast items.	Wraps, breakfast ingredients, heat source	Portable breakfasts
Soups and broths	Making various soups and broths using simple methods.	Pot, assorted ingredients	Comfort in a cup
Chafing dish cooking	Using chafing dishes to keep meals warm during gatherings.	Chafing dishes, heating source	Great for group meals
Cobbler preparation	Making simple cobblers using fruit and dough ingredients.	Assorted baking tools, fire or stove	Dessert while camping
Nut-based meals	Utilizing nuts for added protein in quick meals.	Assorted nuts, mixing bowls	Nutrient-dense meal options
Side dish preparation	Creating side dishes that complement main meals.	Assorted cooking gear	Balanced outdoor meals
Quick hydration meals	Prepped meals that require minimal water for hydration.	Dried food packets	Concentrated meals
Themed camp meals	Curating specific camp meals based on themes or cuisines.	Assorted themed ingredients	Unique camping experiences
Family recipe meals	Recreating family recipes while camping.	Recipe materials, traditional cooking gear	Nostalgic ambiance
Fireside desserts	Preparing desserts directly over the fire.	Dessert ingredients, fire setup	Sweets while camping
Outdoor gourmet cooking	Elevating meals to gourmet level outdoors.	Gourmet tools, specialized ingredients	Fine dining outdoors
Eco-friendly cooking	Using methods that minimize environmental impact.	Biodegradable containers, local produce	Sustainable eating
On-the-go cooking	Methods that allow cooking while on the move.	Portable cooking gear, hydration sources	Quick prep on trails
Layered meals	Making layered meals using different ingredients.	Stacking pots, cooking methods	Visual and flavor dimensions
Salad preparation	Creating fresh salads with foraged or carried ingredients.	Assorted greens, containers	Light, refreshing meals
Grilled desserts	Creating desserts using grilling methods.	Grill, dessert ingredients	Sweet endings to gratin meals
Event cooking	Cooking for larger gatherings or events with multiple meals.	Event-sized cooking gear	Community and celebration meals
Flavor explosion meals	Making dishes full of dynamic flavors using multiple elements.	Assorted spices and sauces, various cooking gear	Intense culinary experiences
Historical cooking	Making dishes from historical recipes outdoors.	Historical ingredients, cooking gear	Connecting to history
Allergen-free cooking	Creating meals that avoid common allergens.	Substitution ingredients, various cooking tools	Inclusive meal planning
Cold beer cooking	Using beer in cooking for flavor and moisture.	Beer, various food ingredients	Flavor enhancement in meats
Gluten-free meals	Making meals that are gluten-free and hearty.	Gluten-free ingredients, various cooking tools	Diet-sensitive dining
Hiking meals	Simple, nutritious meals designed for hikers.	Nutritious ingredients, prep	Energizing meal focus

		containers	
Protein-rich dishes	Preparing meals that focus on bringing protein along.	High-protein ingredients, cooking gear	Muscle recovery during trips
Portable meal kits	Creating customizable meal kits for trips.	Containers, local ingredients	Meal-prepping for versatility
Travel cooking	Focusing on meals that are easily transportable.	Travel-friendly gear, assorted ingredients	Suitable for everywhere
Live-fire roasting	Roasting meats or vegetables using direct flame methods.	Fire setup, grilling tools	Roasting fresh meats and veggies
Elemental cooking	Cooking characterized by elemental methods (fire, water).	Basic gear for elemental cooking	Essence of elements merged in meals
Rugged individual cooking	Creating meals with truly rugged ingredients and methods.	Individual cooking gear, local produce	Tough and variable environments
Trail-friendly desserts	Simplified desserts suitable for travels.	Trail ingredients, simple cooking tools	Sweet on-the-go options
Portable food stalls	Setting up portable food stands in outdoor spaces.	Portable cooking setup	Community-accessible food
Harvest cooking	Cooking inspired by local harvest seasons.	Locally sourced food, cooking methods	Connecting with local agriculture
Travel-friendly recipes	Recipes optimized for travel and easy preparation.	Travel containers, simple prep ingredients	Easily managed meal kits
Vegan camping meals	Creating plant-based meals for camping.	Vegan ingredients, various cooking gear	Health-conscious camping
Minimalist cooking	Preparing food with as few tools and ingredients as possible.	Few essential items	Simplicity in meal preparation
Utility camping meals	Meals designed for utility and function with less emphasis on presentation.	Utility ingredients, basic equipment	Practical culinary approaches
Alpine cooking	Using higher cold methods or equipment suitable for alpine conditions.	Alpine setup and cold gear	Weather-oriented cooking
Sustainable meal creation	Creating sustainable meals with foraged or local produce.	Sustainably sourced gear	Environmental focus in cooking
Fire-roasted snacks	Making quick snacks roasted directly over flames.	Portable snack ingredients, fire setup	Quick energy sources
Personalized meals	Creating personalized one-person meals for varied tastes.	Measured ingredients, personal gear	Individual preferences catered to