

The Art of Airstream Cooking

Enjoying our Airstream travels means preparing meals that are healthy (must keep up our energy for all that hiking!) and quick, so there is more time for adventure. It also means making do with less ingredients than our home kitchen. Learning how to substitute is key, as well as keeping a supply of basics that can pull dual duties. Ingredients and supplies that are multi-purpose, such as a cast-iron skillet and a cast-iron Dutch oven for instance. These can be used in the oven, on the stove, in a fire or on a grill. Prep work before you leave is helpful, and something you probably know. But there are tricks that make preparation easier and add flavor without refrigeration or bulk, such as dried onion powder and dried mushrooms or mushroom powder. More on this later. For this month, let's make a healthy, fast, easy and kid-friendly quesadilla. It can be made in a skillet on the grill, the stove or over a fire. You can leave out what you don't have or substitute something else. It is delicious and clean-up is a breeze. One bowl, one pan, one spatula, a grater. There is also no measuring 😊

Zucchini, Corn and Black Bean Quesadillas

8 large burrito-size tortillas

Corn (1 can or part of a frozen bag)

Black beans (1 can or beans you cooked at home)

Cheese, grated (any kind, any amount you choose)

Red onion, grated (about ¼ to ½, depending on the size of the onion)

Jalepeno or sweet peppers, any color, chopped or grated (about ½ of a pepper)

1 small zucchini (grated, drained on paper towel)

Chili powder (about one tsp but I usually just shake some in)

Mix everything into a large bowl. Add salt if you want but it really doesn't need it. Place 1 burrito on lightly oiled skillet, heat to medium hot. Fill one side with about ½ cup (eyeball it) of healthy yumminess. Fold over other side to cover filling. Heat until golden brown and cheese starts to melt. Flip, repeat. Eat. Very good with sour cream or cilantro or salsa if you have any. If not it's still delicious. You can pack it in foil and take on a hike.

*Adapted from Quick from Scratch

PIZZOCCHERI VALTELLINESI

(Cabbage and Potato & Pasta Boil)

This is a favorite dish from the valleys of the Valtellina in Lombardy Italy, using mountain cheeses such as Casera or Bitto, but in the U.S. these are difficult to find. Fontina is a good replacement. Traditionally made with Savoy cabbage and potatoes, which is the classic way, but you can use regular green cabbage as well. It is best made with small new potatoes, unpeeled. The pasta used in Italy is buckwheat pasta, which unless you make your own, you'll have to use something else. Pasta is easy to make at home, but making in your Airstream is a little messy, but not impossible if you have a vacuum for the flour mess you'll make!

1. Start a large pot of water to boil on the stove. Add a bit of salt.
2. Mince or slice **4 garlic cloves**. Melt **1/2 stick butter** in a small fry pan. Add garlic and warm. Set aside.
3. Chop up cabbage into relatively bite-size pieces. You can also shred on the large holes of a grater or slice in a food processor. If using new potatoes, just wash, don't peel. The larger ones can be cut into bite-size pieces. The small ones can be cut in half or thrown in whole and unpeeled. If using large, older potatoes, peel and cut into bite-size pieces. To go with a whole **Savoy cabbage (or half a head of regular cabbage)**, use about **2 cups of potatoes**.
4. Drop potatoes and cabbage into boiling salted water in a large pot. Boil on medium heat for 8-10 minutes (potatoes should be soft, but not falling apart) and then add about **4 oz of pasta (larger egg noodles work well)**. Add slowly so the water continues to boil after each addition. Keep the heat up high during this phase so you can keep adding pasta without waiting too long in-between. Boil for another 4 -5 minutes or until pasta in al dente.
5. Drain the pan into a colander and put into a casserole dish. Pour garlic butter over the entire thing and add some **ground pepper**. Sprinkle **shredded Fontina cheese** on top. The amount is up to you. Eat now, while warm. If there is any left it reheats well. If taking to a rally, it keeps well in a crock-pot on low.

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