

395jnky

Urban Camping & Cooking Menu

395jnky's Backcountry Pheasant Noodle Soup (City Slicker Instant Pot Edition)

Because sometimes you don't have all day to let soup simmer over the campfire... but you still want it to taste like you did. If you're in a hurry, at least slow down long enough to grab a bag of 395jnky's Craft Beef Jerky while you wait.

Makes: 4-6 Servings

Prep time: 15 minutes

Cook time: 30 minutes (because we're using modern conveniences now)

Difficulty: Easy (unless you try to explain why you didn't make it the Dutch oven way)

Source: Yours truly, @395jnky

Ingredients:

- 2 pheasant breasts (or whatever was easiest to harvest... or buy)
- 1 tablespoon oil
- 3 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, diced
- 8 cups chicken broth
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 bay leaf
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 tablespoon parsley
- ½ teaspoon cumin (yes, really—trust me)
- Salt and pepper to taste
- 8 oz egg noodles (or whatever noodles were on sale)
- **Bonus fuel:** A handful of **395jnky's Craft Beef Jerky**, because every great meal deserves a great appetizer

Directions:

1. Sear the Pheasant - Because Even Instant Pot Users Deserve Flavor

Set your **Instant Pot** to **Sauté** mode and heat the oil. Season the pheasant with **salt and pepper**, then sear each side for **2-3 minutes** until golden brown. (Yes, this step still matters. You



don't get a free pass just because it's an Instant Pot.) Remove and set aside.

2. Load It Up - One Button Cooking Magic

Toss in the **carrots, celery, and potatoes**. Stir for a couple of minutes, then place the **pheasant back in the pot**. Pour in the **chicken broth** and sprinkle in the **seasonings and herbs**.

3. Pressure Cook - Because Patience is Overrated

Close and lock the lid, set the Instant Pot to **Pressure Cook (High) for 20 minutes**, and let modern technology do its thing. Take this time to reflect on how much better this would taste cooked in a Dutch oven over an open fire.

4. Shred the Pheasant - Instant Gratification

After a **10-minute natural release**, quick-release the rest of the pressure. Carefully remove the pheasant and shred the meat with forks, **discarding the bones**.

5. Cook the Noodles - The Final Stretch

Set the Instant Pot back to **Sauté** mode, add the noodles, and let them cook for **5-7 minutes** until tender. Return the **shredded pheasant** to the pot and mix everything together.

6. Serve & Enjoy - Preferably Outdoors, So It Feels More Authentic

Taste, adjust seasoning if needed, then serve hot. If you really want to make up for skipping the slow simmer, pair this with some **395jnky's Craft Beef Jerky**—because real food should still have a little grit.

Pro Tip:

If you find yourself apologizing for using an Instant Pot instead of a Dutch oven, just casually mention you *did* use wild pheasant and call it even. But next time, do yourself a favor—**cook it the right way**. Oh, and don't forget to restock your **395jnky's Craft Beef Jerky** while you're at it.





Makes: Enough to frost 1 batch of rolls plus a little extra
Prep time: 5 minutes
Cook time: 5 minutes
Difficulty: Easy

Source:

Instagram: [@family_adventures_overlanding](#)
Facebook: [Family_adventures_overlanding](#)

Ingredients:

2 ounces of cream cheese, softened
2 Tablespoons of butter, softened
1 Cup of confectioners sugar
1/2 Tablespoon of cinnamon (more or less if you'd like)
1 teaspoon of vanilla
Milk, optional



Directions:

Cream the cream cheese and butter together with a hand mixer.

Add in the sugar, cinnamon, and vanilla.

If the frosting is too thick add some milk to thin it out, if it isn't thick enough add more sugar until you reach the thickness you want.

Steak and Crispy Brussel Sprouts

Makes: 2 Servings

Prep time: 10 minutes

Cook time: 15 - 20 minutes

Difficulty: Easy

Source:

Instagram: [@lisalove421](#)

Instagram: [@i_am_dan88](#)

Ingredients:

2 Steak cuts of your choice

1 Pound of whole Brussel sprouts

2 Tablespoons balsamic glaze

1/4 Cup vegetable oil

Directions:



Cut ends off of Brussel sprouts and cut in half.

Add oil to Skottle and heat until shimmers.

Add Brussel sprouts with salt and pepper to taste. Stir minimally to allow them to get crispy. Once soft, move to the outer rim of Skottle to keep warm.

Add steaks to the center of Skottle and season with salt and pepper. Cook to preferred temperature.

Remove steaks and Brussel sprouts from Skottle and plate.

Drizzle Brussel sprouts with balsamic glaze.

Crispy Chicken Tacos

This amazing recipe and many others can be found in "the overland cook - food on the trail with ovrlndx" by Marco A Hernandez.

You can get his cookbook here: <https://www.blurb.com/b/9645834-the-overland-cook>

