

# 395jnkY

## Urban Camping & Cooking Menu

### 395jnkY's Backcountry Pheasant Noodle Soup (Dutch Oven Edition - The Preferred Method)

*Because nothing beats a steaming bowl of homemade soup after a long day in the field... except maybe a handful of 395jnkY's Craft Beef Jerky while you wait. Don't forget to stock up.*

**Makes: 4-6 Servings**

**Prep time: 15 minutes**

**Cook time: 1.5 - 2 hours**

**Difficulty: Easy (unless you forgot the jerky, then it's survival mode)**

**Source: Yours truly, @395jnkY**

---

#### **Ingredients:**

- 2 pheasant breasts (or whatever was unlucky enough to cross your path), bone-in for extra flavor
- 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 (because trust me, it works)
- Salt and pepper to taste
- 8 oz egg noodles (or whatever noodles made it to camp unbroken)
- **Bonus trail snack:** A handful of 395jnkY's Craft Beef Jerky—to keep you entertained while the soup simmers

---

#### **Directions:**

##### **1. Sear the Pheasant - Because Flavor Matters**

In a large **Dutch oven** over **medium-high heat**, heat up the oil. Season the pheasant with **salt and pepper**, then sear each side **2-3 minutes** until golden brown. This locks in all that wild, free-range goodness. Remove and set aside.



## 2. Sauté the Veggies - The Soup Foundation

Lower the heat to medium, toss in the **carrots, celery, and potatoes**, and let them **soften for about 5 minutes**. Stir occasionally, but mostly just enjoy the smell of greatness in progress.

## 3. Bring on the Broth - Let the Magic Happen

Return the pheasant to the pot, pour in the **chicken broth**, and sprinkle in your **seasonings and herbs**. Stir it all together, bring to a boil, then reduce the heat to a gentle simmer. Cover and **let it do its thing for about 1.5 hours**.

## 4. Shred the Pheasant - The Best Part

Remove the pheasant from the pot and shred the meat with forks, **discarding the bones**. Take a moment to appreciate your work before moving on.

## 5. Cook the Noodles - Because It's Not Soup Without Them

Add the noodles straight into the broth and cook for about **7-10 minutes**, depending on how much patience you have left. Once tender, return the **shredded pheasant** to the pot and give it all a good mix.

## 6. Serve & Enjoy - But Don't Forget the Jerky


Taste, adjust seasoning if needed, then serve hot. If you really want to **elevate** this meal, enjoy it alongside some **395jnky's Craft Beef Jerky**—because every great soup deserves an equally great snack.

---

### Pro Tip:

This soup is best enjoyed **fireside with a full belly and an empty shotgun shell box nearby**. And if you ran out of **395jnky's Craft Beef Jerky**, fix that mistake before your next hunt.





### Cinnamon Frosting

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 ovrlnx" by Marco A Hernandez.

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

