

395jnkY

Urban Camping & Cooking Menu

395jnkY's Ironwood Crispy Honey Pheasant Stir-Fry

Because nothing tastes better than a meal cooked under the open sky...except maybe my craft beef jerky.

Makes: 2-3 Servings

Prep time: 20 minutes

Cook time: 15 minutes

Difficulty: Easy (unless you forget the jerky, then it's a tragedy)

Source: Yours truly, @395jnkY

Ingredients:

- 2 pheasant breasts (or whatever you managed to harvest), sliced thinly
- 2 tablespoons soy sauce
- 4 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 bell pepper, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- Salt and pepper to taste
- Cooked rice or noodles (to serve)
- **Bonus flavor boost:** A handful of **395jnkY's Craft Beef Jerky**, finely chopped (trust me, it's a game changer)

Directions:

1. Marinate Like a Pro:

In a bowl, mix soy sauce, honey, olive oil, and cornstarch. Toss in the pheasant slices and let them marinate for at least 20 minutes (or as long as it takes to sip some bourbon and admire the view).

2. Prep Your Trailside Kitchen:

While the pheasant soaks up all that flavor, slice your bell pepper and onion, and get your garlic and ginger ready. This is also the perfect time to snack on some beef jerky—fuel for the chef.

3. Fire Up the Skottle:

Heat some oil on the Tembo Tusk Skottle over medium-high heat. Once it's sizzling, add the marinated pheasant and cook until golden brown and crispy (about 5-7 minutes). The honey will caramelize and create that Ironwood crisp. Remove from heat and set aside.



4. Stir-Fry the Good Stuff:

Add a little more oil if needed, then toss in garlic and ginger. Stir-fry for about 30 seconds until fragrant (and making everyone jealous). Add the bell pepper, onion, and and stir-fry for another 3 minutes until tender-crisp.

5. Bring It All Together:

Return the pheasant to the pan, toss everything together, and season with salt and pepper to taste. Now's also the time to throw in that chopped beef jerky for an extra hit of smoky, savory goodness (J/K - Don't do it. - This was just a shameless plug).

6. Serve & Brag About It:

Spoon the stir-fry over rice or noodles, snap a picture for IG (tag me, obviously), and enjoy the ultimate overland meal.

Pro Tip:

If you don't already have some of my craft beef jerky, fix that mistake before your next adventure. Your taste buds (and camp crew) will thank you. 🔥



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 ovrlndx" by Marco A Hernandez.



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

