



***Delicious meals anytime, anywhere***







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## **Why choose Mountain House?**

Mountain House is the leading brand of freeze dried food in the US and has been the main choice of backpackers, hikers, campers and other outdoor enthusiasts for over 40 years.

When it comes to long term food storage, emergency preparedness and recreational activities like camping, hiking, backpacking and hunting we believe Mountain House has to be the number 1 choice.

That's because Mountain House has been recognised as the best tasting freeze dried meal. Mountain House is convenient, easy to prepare and has a long shelf life. All our meals have been developed in house by **European Freeze Dry** to cater to the specific needs of the end user. We understand the importance of a wholesome, hearty and nutritious meal under extreme conditions and believe our meals deliver on every aspect.





# The success of Mountain House is based upon:

## Fresh Taste and Appearance

Freeze drying removes the water – not the flavour. The meals retain their fresh flavours and their original textures.

## Nutritious Meals

Freeze drying locks in the nutrient content of the food.

## Lightweight Provisions

Mountain House foods are up to 90% lighter in the package than fresh foods and easy to prepare.

## Long Shelf Life

A specially designed, multi-layered foil pouch allows food to be stored at room temperature for years.

Our recommended shelf life is 5 years.

## Convenient Stand-Up Package

Our stand up zipper pouch allows the user to add boiling water, zip, then eat a fresh, hot meal straight from the pouch. No washing up and no additional supervision required.

## Taste the Difference!

Mountain House freeze dried foods taste superior to competitive products because we actually start with fresh or frozen foods, then cook and prepare them, and finally freeze-dry them ourselves. All the goodness, flavour, and taste are locked in just as if you had freshly hand-made them yourself!





# Mountain House Pouches

We have developed a comprehensive range of recipes catering for a large variety of tastes and dietary requirements. We can offer choices for Breakfasts, Main Meals and Desserts.

The meals are formulated with no artificial colours, flavours or preservatives and our hi-tech packaging design delivers a shelf life of from 5 years in the pouches up to 25 years in the tins. We offer meals suitable for those with special nutritional needs including Gluten Free (**GF**), Halal (**H**) and Vegetarian (**V**).

Our meals are currently available in 2 pouch sizes:

**Serves 1** – providing a nutritionally balanced meal for one adult.

**Big Pack** – serving 2 smaller appetites or 1 hearty appetite.

## Mountain House - Breakfast

ITEM	DESCRIPTION	DRY WT NEG (g)	TOTAL Kcal
727100	<b>Smooth Oatmeal with Raspberry</b> <b>H V</b> <i>Hearty porridge with flavoursome raspberry pieces</i>	112g	544
712100	<b>Scrambled Egg, Ham &amp; Crunchy Potato</b> <i>Scrambled egg with pieces of ham and crunchy potato</i>	100g	508

## Mountain House - Desserts

ITEM	DESCRIPTION	DRY WT NEG (g)	TOTAL Kcal
724100	<b>Custard with Apple</b> <b>GF H V</b> <i>Smooth custard with apple pieces</i>	77g	395
725100	<b>Custard with Mixed Fruit</b> <b>GF H V</b> <i>Smooth custard with pieces of blackcurrant, blackberry &amp; raspberry</i>	77g	390
726100	<b>Rice Pudding with Strawberry</b> <b>GF H V</b> <i>Creamy rice pudding with pieces of strawberry</i>	92g	386



## Mountain House - Main Meals "Serves One"

ITEM	DESCRIPTION	DRY WT NEG (g)	TOTAL Kcal
<b>701100</b>	<b>Spaghetti Bolognese</b> <i>Minced beef in a herby tomato based sauce with spaghetti</i>	142g	716
<b>702100</b>	<b>Pasta with Lasagne Sauce</b> <i>Minced beef &amp; pasta in a rich tomato sauce with mozzarella, ricotta &amp; cheddar cheese</i>	117g	603
<b>703100</b>	<b>Chicken Korma with Rice</b> <b>GF H</b> <i>Diced chicken breast with rice in a creamy korma curry sauce</i>	108g	564
<b>704100</b>	<b>Chicken Tikka with Rice</b> <b>GF H</b> <i>Diced chicken breast with rice in a spicy tikka curry sauce</i>	108g	547
<b>705100</b>	<b>Vegetable Tikka with Rice</b> <b>GF H V</b> <i>Mixed vegetables with rice in a spicy tikka curry sauce</i>	112g	495
<b>706100</b>	<b>Sweet and Sour Chicken with Rice</b> <b>H</b> <i>Diced chicken breast &amp; vegetables with rice in a tangy sweet &amp; sour sauce</i>	112g	480
<b>707100</b>	<b>Chilli Con Carne with Rice</b> <b>GF</b> <i>Minced beef, red kidney beans &amp; onions in a chilli tomato sauce with rice</i>	100g	478
<b>708100</b>	<b>Salmon and Potato in Dill Sauce</b> <b>GF H</b> <i>Potato &amp; smoked salmon in a creamy dill sauce</i>	110g	609
<b>710100</b>	<b>Mediterranean Vegetable Pasta</b> <b>H V</b> <i>Tasty vegetables and black olives with pasta shells in a creamy herb sauce.</i>	100g	530





## Mountain House - Main Meals “Big Pack”

ITEM	DESCRIPTION	DRY WT NEG (g)	TOTAL Kcal
<b>701200</b>	<b>Spaghetti Bolognaise</b> <i>Minced beef in a herby tomato based sauce with spaghetti</i>	236g	1190
<b>702200</b>	<b>Pasta with Lasagne Sauce</b> <i>Minced beef &amp; pasta in a rich tomato sauce with mozzarella, ricotta &amp; cheddar cheese</i>	194g	1000
<b>703200</b>	<b>Chicken Korma with Rice</b> <b>GF H</b> <i>Diced chicken breast with rice in a creamy korma curry sauce</i>	179g	935
<b>704200</b>	<b>Chicken Tikka with Rice</b> <b>GF H</b> <i>Diced chicken breast with rice in a spicy tikka curry sauce</i>	179g	907
<b>705200</b>	<b>Vegetable Tikka with Rice</b> <b>GF H V</b> <i>Mixed vegetables with rice in a spicy tikka curry sauce</i>	186g	822
<b>706200</b>	<b>Sweet and Sour Chicken with Rice</b> <b>H</b> <i>Diced chicken breast &amp; vegetables with rice in a tangy sweet &amp; sour sauce</i>	186g	797
<b>707200</b>	<b>Chilli Con Carne with Rice</b> <b>GF</b> <i>Minced beef, red kidney beans &amp; onions in a chilli tomato sauce with rice</i>	166g	794
<b>708200</b>	<b>Salmon and Potato in Dill Sauce</b> <b>GF H</b> <i>Potato &amp; smoked salmon in a creamy dill sauce</i>	183g	1115
<b>710200</b>	<b>Mediterranean Vegetable Pasta</b> <b>H V</b> <i>Tasty vegetables and black olives with pasta shells in a creamy herb sauce.</i>	166g	880
<b>712200</b>	<b>Scrambled Egg, Ham &amp; Crunchy Potato</b> <i>Scrambled egg with pieces of ham and crunchy potato</i>	166g	843

We are continually working on new recipe ideas and meal solutions – please check our website for news of new product launches and range developments:

**[www.MountainHouse.eu](http://www.MountainHouse.eu)**



# How do I prepare Mountain House Meals?

## Pouches

The wholesome, warm and nourishing meals can be prepared in 4 easy steps:

1. Tear open the pouch.
2. Remove the oxygen scavenger (a non-flammable sachet containing iron oxide).  
**See Fig. 1.**
3. Add hot water and stir the contents.  
**See Fig. 2.**
4. Reseal the pouch to re-hydrate the meal in less than 10 minutes.

The meal can be eaten straight from the bag or served on a plate if desired.



**Fig. 1**



**Fig. 2**

For occasions where you do not have access to adequate water measuring equipment, please see overleaf for a visual guide for use with Mountain House Pouches.



# Mountain House Pouches - Visual Fill Levels

For occasions where you do not have access to adequate water measuring equipment, please use the the diagram (right) as a visual guide for use with Mountain House Pouches.

Pour boiling water slowly into the pouch to the Fill Line level, evenly coating the dry contents.  
Mix thoroughly.  
Extra water and seasoning can be added to taste according to individual preference.

Big Pack Main Meals  
**Fill Line C**

Single Serve Main Meals  
**Fill Line B**

Single Serve Breakfasts and Desserts\*  
**Fill Line A**

\*Exception being Smooth Oatmeal & Raspberry:  
use **Fill Line B**

Outdoor Enthusiasts have been enjoying Mountain House Pouches for over 20 years. Prepared from quality ingredients, Mountain House Pouches are a convenient, nutritious, and delicious meal option for outdoor enthusiasts.

Nutrition Information Næringsinnhold Näringsinnehåll Ernæring værdier		
Typical Values	Per 100g Dry	Per Pack prepared
Energy, Energi, Energi, Energi (kJ)	2307kJ	4644kJ
	554kcal	1115kcal
Protein, Protein, Protein, Protein (g)	16.4g	33.0g
Carbohydrate, Karbohydrater, Kolhydrater, Kulhydrater (g)	40.8g	82.1g
Of Which Sugars, Herav Sukker, Varav Socker, Heraf Sukker (g)	10.1g	20.3g
Fat, Fett, Fett, Fett (g)	36.1g	72.7g
Of Which Saturates, Herav Mettet, Varav Mättat Fett, Mättade Fettsyre (g)	11.5g	23.1g
Fibre, Fiber, Fiber, Fiber (g)	0.5g	1.0g
Sodium, Natrium, Natrium, Natrium (mg)	0.4g	0.9g

**GB/IRE:** Store in a cool dry place.  
**NO:** Lagres tørt og kjølig.  
**SE:** Uppbevaras tørt och kyligt.  
**DK:** Opbevares tørt og køligt.

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Mountain House freeze-dried food for over 40 years. Why? Because Mountain House tastes so good! Mountain House gives you the delicious meal that you deserve after a day of outdoor activities.

### **FREEZE DRIED MEAL - POTATO AND SMOKED SALMON IN A CREAMY DILL SAUCE**

**INGREDIENTS GB/IRE:** Potato (31%), Milk, Onions, Smoked Salmon (10%), Cream (10%), Vegetable Oil, Cornflour, Dill, Pepper, Salt

**CONTAINS: MILK, FISH**

### **FRYSETØRRET MAT - POTET OG RØKT LAKS I EN KREMET SAUS DILL**

**INGREDIENSER NO:** Poteter (31%), Melk, Løk, Røkt Laks (10%), Rømme (10%), Vegetabilsk Olje, Mel, Dill, Pepper, Salt

**INNEHOLDER: MELK, FISH**

### **Preparation Instructions**

### **Forberedelse Instruksjoner/Tillagningsanvisninger**

### **Forberedelse Instruktioner**



**GB/IRE:** Open the pack at the tear notch. Remove and discard the oxygen absorber from the pouch. Carefully add 500ml boiling water to the pouch. Stir thoroughly and close zipper. Let stand for 8-9 minutes. Stir, season to taste and serve from the pouch

### **FRYSTORKAD MAT - POTATIS OCH RÖKT LAX I EN KRÄMIG DILLSÅS**

**INGREDIENSER SE:** Potatis (31%), Mjölk, Lök, Røkt Lax (10%), Grädde (10%), Vegetarisk Olja, Mjöl, Dill, Peppar, Salt

**INNEHÅLLER: MJÖLK, FISK**

**NO:** Åpne posen ved avrivningsmerket. Fjern oksygen-absorberen i posen og kast den. Fyll forsiktig 500ml kokende vann i posen. Rør godt rundt og lukk lynlåsen. La stå for 8-9 minutter. Rør rundt, tilsett eventuelt krydder etter smak og server direkte fra posen.

**SE:** Öppna påsen vid avrivningsmarkeringen. Avlägsna oxygenabsorberaren från påsen och släng den i soporna. Häll försiktigt 500ml kokande vatten i påsen. Rör om innehållet ordentligt och stäng påsen med förslutaren. Låt stå i 8-9 minuter. Rör sedan runt ytterligare, tillsatt eventuellt kryddor och servera direkt från påsen.

### **FRYSETØRRET MÅLTID - KARTOFLER OG RØGET LAKS I EN CREMET DILD SAUCE**

**INGREDIENSER DK:** Kartoffel (31%), Mælk, Løg, Røget Laks (10%), Fløde (10%), Vegetabilsk Olie, Majsmel, Dild, Peber, Salt

**INDEHOLDER: MÆLK, FISK**

**DK:** Åben posen ved indhakked i toppen. Fjern og kassere fugtjerneren fra posen. Tilsæt forsigtigt 500ml Kogende vand i posen. Rør indholdet i posen igennem og luk lynlåsen. Lad posen stå i 8-9 minutter. Rør herefter indholdet igennem og smag til. Kan spises fra posen.



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[www.mountainhouse.com](http://www.mountainhouse.com)



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# Fill Level Breakdown by Item

## Mountain House - Breakfast

ITEM	DESCRIPTION	FILL LINE
727100	Smooth Oatmeal with Raspberry	B
712100	Scrambled Egg, Ham & Crunchy Potato	A
712200	Scrambled Egg, Ham & Crunchy Potato	B

## Mountain House - Main Meals *"Serves One"*

ITEM	DESCRIPTION	FILL LINE
701100	Spaghetti Bolognese	B
702100	Pasta with Lasagne Sauce	B
703100	Chicken Korma with Rice	B
704100	Chicken Tikka with Rice	B
705100	Vegetable Tikka with Rice	B
706100	Sweet and Sour Chicken with Rice	B
707100	Chilli Con Carne with Rice	B
708100	Salmon and Potato in Dill Sauce	B
710100	Mediterranean Vegetable Pasta	B



## Mountain House - Main Meals “Big Pack”

ITEM	DESCRIPTION	FILL LINE
701200	Spaghetti Bolognese	C
702200	Pasta with Lasagne Sauce	C
703200	Chicken Korma with Rice	C
704200	Chicken Tikka with Rice	C
705200	Vegetable Tikka with Rice	C
706200	Sweet and Sour Chicken with Rice	C
707200	Chilli Con Carne with Rice	C
708200	Salmon and Potato in Dill Sauce	C
710200	Mediterranean Vegetable Pasta	C

## Mountain House - Desserts

ITEM	DESCRIPTION	FILL LINE
725100	Custard with Mixed Fruit	A
724100	Custard with Apple	A
726100	Rice Pudding with Strawberry	A



## Mountain House - Emergency Food Tins

Our Freeze Dried meals are not just for outdoor use in fact we recommend that all homes keep a supply of tins in for times of emergency. Their long shelf life and robust packaging means if they are kept under dry, sanitary conditions - such as the larder, garage or basement – the meals last for up to **25 years** (tins). Ensuring the tins avoid any damage such as punctures, dents or rust guarantees you will have emergency food when you need it.

Emergencies of all types can happen at any time and by their very nature they often happen without warning. With a little planning ahead you can help reduce the stress of such situations for you, your family and those around you by keeping a contingency supply of Mountain House Meals. Keeping food on hand for emergencies protects you in the same way as car insurance or house insurance does. With a supply of Mountain House freeze dried foods on hand, you can be ready for just about any unexpected crisis. Imagine what a lifesaver these foods would be if your electricity supply was knocked out for several days by a storm or flood.

With Mountain House products on hand, a camping stove or candle to heat water and a tin opener **you can still enjoy a hot, satisfying meal in less than 10 minutes.**

Your dietary needs during a crisis are very different from your regular diet as your body requires **high energy** foods and foods **rich in protein**. Our meals have been specially developed to be both high in calorie and protein enriched to provide a slow, sustained energy release rather than quick sugar fixes.

We have developed the range of Mountain House Meals in tins for this very purpose as they have a proven shelf life of 25 years. **The tins are airtight, watertight and extremely robust.** They have the additional convenience of a plastic lid to provide an airtight seal keeping the contents fresh for up to 7 days after opening.

To rehydrate the contents simply measure a portion, add boiling water, leave to stand for 8 - 10 minutes, stir and you have a delicious meal in minutes.

## ***Prepare for the worst with***



## Mountain House Tins

ITEM	DESCRIPTION	DRY WT NEG (g)	PORTION
701300	Spaghetti Bolognaise	650g	6
702300	Pasta with Lasagne Sauce	750g	7
703300	Chicken Korma with Rice	800g	8
704300	Chicken Tikka with Rice	900g	9
705300	Vegetable Tikka with Rice	800g	8
706300	Sweet and Sour Chicken with Rice	900g	9
707300	Chilli Con Carne with Rice	900g	9
708300	Salmon and Potato in Dill Sauce	750g	7
710300	Mediterranean Vegetable Pasta	600g	6
712300	Scrambled Egg, Ham & Crunchy Potato	800g	8
740300	Diced Chicken	600g	12
741300	Sweetcorn	450g	9
742300	Garden Peas	550g	11
743300	Minced Beef	800g	16
744300	White Rice	700g	14
745300	Shrimps	325g	7

For more information about our range of Mountain House Meals in tins please  
visit our website on:

**[www.MountainHouse.eu](http://www.MountainHouse.eu)**

***the best... Mountain House***



## Why choose freeze dried products?

Freeze drying provides unique advantages over other food processing methods. Frozen foods maintain fresh flavour, but they must be kept frozen. Dehydrated and canned foods are shelf stable, but high-temperature processing reduces their flavour, texture, colour, and nutrients. Freeze drying combines the best of these processing methods, using today's science and technology to lock in the flavour, nutrient content, colour, texture, and aroma of food while providing shelf-stable convenience. It's easy to cook up a delicious meal in minutes wherever you go!

## How does freeze drying work?

Fresh or cooked foods are flash frozen, then placed in vacuum chambers as cold as -40°C. As low-level heat is applied, the ice evaporates without going back through the liquid phase. This process, called *sublimation*, removes approximately 98% of the product's moisture, which prevents the food from spoiling.

At **European Freeze Dry** the finished product is immediately packed in Mountain House's "moisture & oxygen" barrier packaging to preserve the food's flavour, texture, colour and nutrients. To ensure freshness, an oxygen-absorber packet (consisting of iron oxide) is placed in each pouch to absorb the oxygen. This oxygen absorber is not harmful to your health, but should not be eaten.





## Where can I purchase Mountain House?

The full EU range of Mountain House meals can be purchased on line throughout Europe at:

**[www.MountainHouse.eu](http://www.MountainHouse.eu)**

For more information about a retailer in your local area please contact our regional distributors:

Finland – Biwak  
[www.biwak.fi](http://www.biwak.fi)



Scandinavia – Cirdan  
[www.cirdan.no](http://www.cirdan.no)

**CIRDAN**

UK - DB Outdoor Systems  
[www.dboutdoor.com](http://www.dboutdoor.com)



Holland & Benelux – Technolyt  
[www.technolyt.nl](http://www.technolyt.nl)





Your Local Retailer:



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