

MAIL-IN CARD FOR FOOD SUBSTITUTIONS

As a crew, we understand if we wish to request food substitutions for medical reasons, religious beliefs or vegetarian needs, a letter needs to be written to Northern Tier explaining the circumstances. This card is for crews to request food substitutions for other reasons.

This card needs to be mailed to the Northern Tier only if we are requesting a food substitution. It must be received no later than 3 weeks prior to the start of your trip. Any substitutions listed on this card pertain to only the crew listed.

Crew number _____ Date _____

Advisor Name _____

City _____ State____ Zip_____

Daytime Phone # _____ Evening Phone # _____

We are bringing ____# Youth + ____ # Adults = _____ Total # people

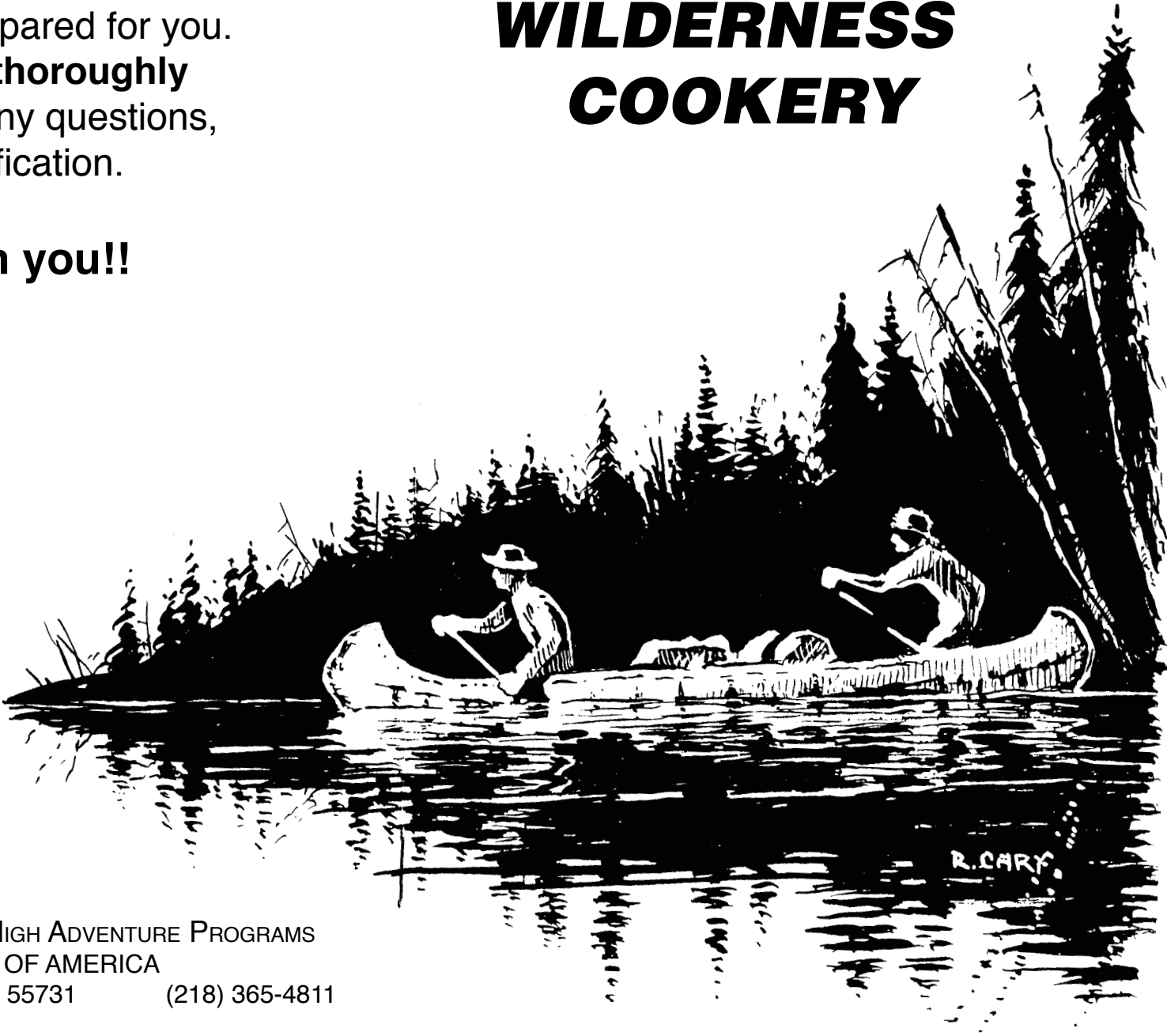
- Instant Grits are available for any breakfast by inserting B9 into the Breakfast Substitute column next to the breakfast number you want Grits.
- Use the table below and the Wilderness Commissary Food List on pages 4 and 5 to write in what meal(s) you want to substitute.

MEAL SUBSTITUTION TABLE					
Standard Breakfast	Breakfast Substitute	Standard Lunch	Lunch Substitute	Standard Dinner	Dinner Substitute
B1		L1		D1	
B2		L2		D2	
B3		L3		D3	
B4		L4		D4	
B5		L5		D5	
B6		L6		D6	
B7		L7		D7	
B8		L8		D8	
		L9			

This book was prepared for you.
Please read it thoroughly
and if you have any questions,
ask for clarification.

Bring with you!!

WILDERNESS
COOKERY



NORTHERN TIER NATIONAL HIGH ADVENTURE PROGRAMS
BOY SCOUTS OF AMERICA
PO Box 509 ELY, MN 55731 (218) 365-4811

BASIC MEASUREMENTS

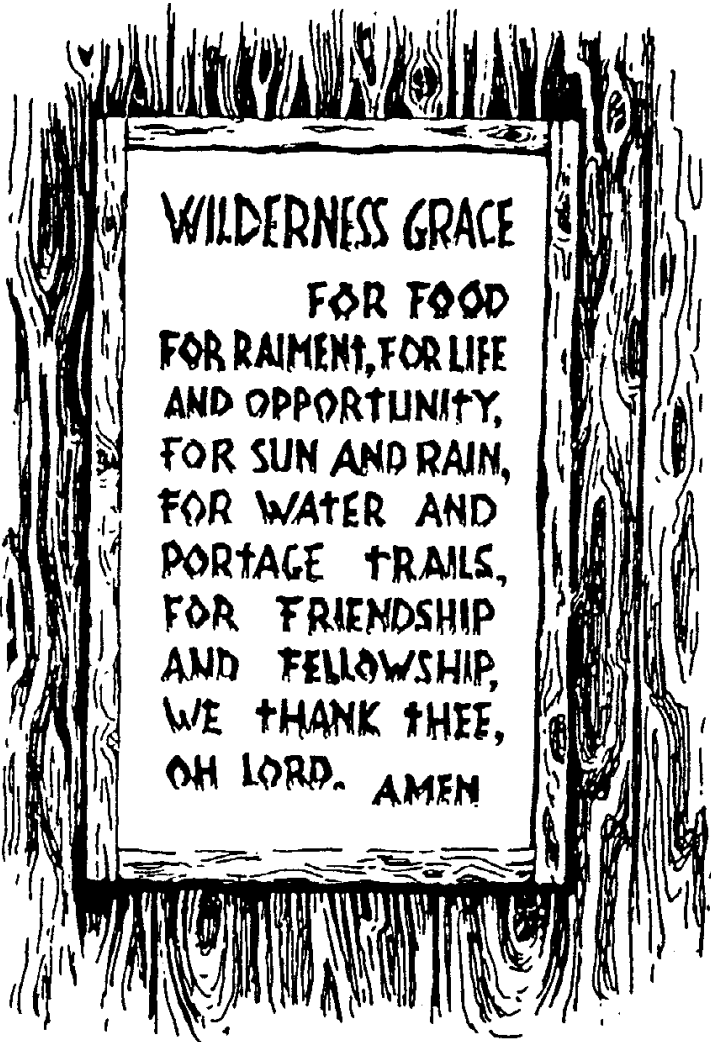
8 oz	= 1 cup
16 oz (2 cups)	= 1 pint (1 pint of flour weighs 1 pound)
32 oz (4 cups)	= 1 quart or 2 pints
64 oz (8 cups)	= 2 quarts or 1/2 gallon
96 oz (12 cups)	= 3 quarts
128 oz (16 cups)	= 4 quarts or 1 gallon
3 teaspoons (tsp.)	= 1 tablespoon (tbsp.)
4 tablespoons	= 1/4 cup
16 tablespoons (tbsp.)	= 1 cup

What is a dash? Recipes often call for a dash of an ingredient. It's a measure of less than 1/8 teaspoon (the smallest amount you can accurately measure using standard measuring spoons. So, when a dash is used, it is for seasoning, and the amount is up to you.

OUTDOOR COOKBOOKS

There are a number of good outdoor cookbooks and cooking references available to help you improve your outdoor cooking abilities and skills.

- *The One-Burner Gourmet*, by Harriett Barker, Contemporary Books, Inc.
- *Supermarket Backpacker*, by Harriett Barker, Contemporary Books, Inc.
- *Wilderness Cookery*, by Bradford Angier
- *Cooking the One Burner Way*, by Melissa Gray and Buck Tilton, Globe Pequot
- *BSA's Camper's Guide to Outdoor Cooking*, from BSA Supply Division
- *Cooking the Dutch Oven Way*, by Woody Woodruff, Globe Pequot
- *Basic Essentials of Cooking in the Outdoors*, by Cliff Jacobson, Globe Pequot
- *BSA Camp Cookery for Small Groups*, from BSA Supply Division
- *BSA Dutch Oven Cooking*, from BSA Supply Division
- *The Scouts' Outdoor Cookbook*, by Christine and Tim Connors, Falcon Guides



CUT HERE



Return Address
Crew Number

First Class
Postage
Required

Northern Tier National High Adventure
Boy Scouts of America
P.O. Box 509
Ely, MN 55731-0509

WILDERNESS COOKERY



NORTHERN TIER NATIONAL HIGH ADVENTURE PROGRAMS
BOY SCOUTS OF AMERICA
PO Box 509 ELY, MN 55731 (218) 365-4811

Cover artwork and illustrations by Bob Cary

Table of Contents

Wilderness Cookery	1
Trail Food Substitution Procedures.....	2
Commissary Food List.....	4
Cupboard Items and Essentials	6
Food Preparation Hints and Recipes.....	7
Fish Filleting	13
Preparing Fillets for Cooking	14
Cooking Your Fish, Recipes	15
Baking and Your Trail Oven.....	18
Baking Mix Recipes.....	19
Wilderness Cookery Hints and Suggestions	24
Helpful Cooking & Preparation Techniques.....	26
Extra and Staple Items	27
Dishwashing	28

DISHWASHING PROCEDURE

Protect the health of your crew by thoroughly washing and rinsing/sanitizing your individual dishes, utensils, cooking pots, and drink containers after each meal. Proper methods of dishwashing will prevent diarrhea, dysentery, and a host of other medical problems. Follow the procedure as it is outlined below.

EQUIPMENT NEED FOR DISHWASHING

- ✕ Three pots/containers – One each for washing, sanitizing and rinsing
- ✕ Liquid Soap in plastic bottle
- ✕ Chemical Sanitizing Agent - i.e. liquid bleach in a plastic bottle
- ✕ Two or Three Scouring Pads - i.e. Scotch Brites
- ✕ One nylon non-abrasive cloth for cleaning plastic
- ✕ One stainless steel scouring sponge
- ✕ Hot Pot Tongs
- ✕ Water Container
- ✕ Mesh screening to strain wash water
- ✕ One plastic sheet, 4 ft. x 4 ft. on which to dry dishes. Optional. Could use the bottom of an overturned canoe.

DISHWASHING PROCEDURE

Cleanup Crew does steps 1 to 4 and 8 to 10. Each crewmember does steps 5 to 8.

1. Boil a full pot of water. Pour some into the large pot (after it has been pre-washed) for washing and some in a third container for sanitizing. Use the remainder of the water in the pot for the hot water rinsing.
2. In the washing pot, mix part of the boiling water with cold water and liquid biodegradable soap (a couple of drops of soap goes a long way).
3. The second or middle pot is a pot of lukewarm water with several drops of bleach or sanitizer added.
4. The third pot is a hot water rinse.
5. While the crewmembers wash their personal dishes, the cleanup crew pre-washes the other cooking pots and cooking utensils.
6. Every crewmember wipes off or pre-washes their cup, bowl, and spoon.
7. Each crewmember washes their personal dishes in the wash water.
8. Each crewmember rinses/sanitizes their utensils by dunking them in a pot of hot, sanitized or boiling rinse water for 30 seconds.
9. The dishes are placed on the plastic sheet or the bottom of the canoe to air dry. After the personal eating utensils are washed the cleanup crew washes and sanitizes the crew cooking utensils and pots and puts them aside to air dry.
10. The dirty dish water, sanitized water and rinse water must be disposed of at least 200 feet behind the campsite and at least 200 feet from any water source. Following "Leave No Trace" principles, strain the wash water and dispose of the solid food particles into the garbage bag.
11. After dishes, utensils, and pots are dry, store away in the pack to prevent contamination by flies.

If you are cooking on an open fire, soaping the outside of the cooking pot(s) makes cleaning the pot(s) a lot easier. The person doing the cooking could do this to make sure his or her hands are clean before cooking.

NORTHERN TIER HIGH ADVENTURE WILDERNESS COOKERY

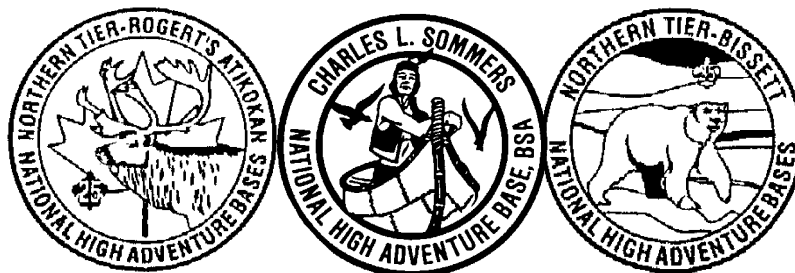
You and your crew are in for a real treat. You will have the best trail food available. On your canoe expedition you will carry all of your food for the entire trek, so planning is important. The meals we provide are nutritious as well as filling, and if your fishing goes well delicious fresh fish can be added to your meals. In an effort to help you prepare for your trip, we are going to make some suggestions for planning and preparation and also give you the opportunity to customize your trip menu to meet your expectations or needs. The meals listed in this booklet are suggestions only. If you want to use the listed ingredients to make your own special meal you are free to do so.

The menu that follows is a sample menu and we will try to follow it as closely as we can. However, food supplies can vary and there may have to be some changes or substitutions made during the summer.

Northern Tier uses a combination of fresh vegetables, fresh fruit, frozen food items, dry and or dehydrated items and military MREs (Meals Ready to Eat).

Since the Boundary Waters Canoe Area Wilderness and Quetico Provincial Park do not allow cans or glass bottles, we have found the military MRE to be the best way to get meat (and protein) into the meals we provide. MREs do not require refrigeration and are legal to take on the trip since they are not a can.

When you arrive at Northern Tier, your trail food will already be packaged. Your Interpreter will review the trail food with you as it gets packed in the food pack. For the most part, we will be using the standard menu and food issue chart found in this book. The Northern Tier menu and food issue provides adequate quantities, variety, and nutrition and has been approved by a registered dietician.



TRAIL FOOD SUBSTITUTION PROCEDURES

- ☐ Food substitutions because of **medical reasons, religious beliefs, or vegetarian needs**: the participant, the leader, or the parent of the youth participant needs to contact Northern Tier **by writing a letter** explaining the situation and to request food substitutions.
- ☐ **This letter must be received a minimum of 45 days before your arrival and contain information on the reason for the food substitution.**
- ☐ Please include **Northern Tier crew number** and the **Advisor's name** on all correspondence.

FOOD SUBSTITUTIONS FOR MEDICAL REASONS AND RELIGIOUS BELIEFS:

Substitutions may be done for a number of reasons. First and foremost substitutions may be necessary for medical reasons. Northern Tier does make an effort to accommodate the individual who requires minor adjustments to the food supplies and menus used in our program for medical and religious reasons. If a participant is allergic to a specific food product such as milk, food coloring, flavoring, wheat/gluten, sugar, peanuts, margarine, etc., substitutions can usually be made. Certain medical situations may require increased/decreased quantities or substitutions of certain foods. If a person is allergic to two or more food products or requires a very specialized diet, suitable trail foods should be purchased at home and brought on the canoe trip. There is no reduction in the fees for food brought from home.

Substitutions can also be made due to religious beliefs. In our experience, we have been successful in meeting the needs of crews who have to make changes due to their religious belief. However, if the crew or participant has very strict dietary needs, the crew/person may need to provide their own foods. There is no reduction in the fees for food brought from home.

In all cases, Northern Tier will only make these changes in items we normally use and have in stock. In many cases vegetarian food items can be substituted for food items in the regular menu. See the list of vegetarian foods in the next section.

▲ **The BWCAW and the Quetico Provincial Park do not allow food items packaged in cans or glass bottles.**

▲ **There is no reduction in Northern Tier fees for privately purchased food.**

SUBSTITUTIONS FOR VEGETARIANS: Food substitutions can also be made for individuals who are vegetarians. In many cases, if there are only one or two vegetarians in a crew, the meals are easy to adjust by adding the meat to

EXTRA AND STAPLE ITEMS

OIL or SHORTENING - Packed in 1 quart jars or bottles. Can be used for frying, pie crusts or as an additive to meal units. The bottles must be returned to the commissary.

SUGARS - Brown, white, and powdered. Make syrup by adding equal amounts of brown and white sugar to boiling water, simmer and stir until the mixture thickens. Remove from heat and add Mapleine (or other flavorings) and serve. Individual sugars are available for coffee, tea, etc.

COFFEE CREAMERS - For coffee drinkers and for adding to powdered milk.

ONIONS - Both fresh and dehydrated. Take as much as you need.

YEAST - Dry yeast for use with baking. Be sure you get the directions for use.

COFFEE - Available in both large filter bags and individual packets. Decaffeinated also available.

TEA - Individual tea bags for hot tea, or sink in the lake over night for iced tea. For spiced tea, add cinnamon, brown sugar, and lemonade or orange drink mix.

MILK - Dry milk - Take as much as you need. The dry milk can be used in many recipes and can be made to taste.. Mix and taste to test. Milk is always best cool or cold.

EGGS - Be sure to take extra for baking purposes.

POPCORN - For a special treat while on the trail.

SPICES

Salt, pepper, garlic powder, garlic salt, cinnamon, oregano, dill, lemon pepper, chili powder, pickling spices (Kala Mojka), sage, seasoning salt, paprika, and many others.

Liquid flavorings: Maple, vanilla, Tabasco.

There are always some extra spices available. If you have special spices or flavorings that you and the crew enjoy please bring them with you.

HELPFUL COOKING & PREPARATION TECHNIQUES

Mix dry milk, sugar, flour, etc. in small amounts of water (or liquid milk) to make a paste. Continue to add dry and liquid for a good mixture.

Cook slowly over a bed of coals or a slow stove whenever possible. Adjust heat by adding finger size (or split) wood. Slower cooking will produce better results and much less clean up.

Put a little salt in the water and boil before adding starches or cereals. The water boils a little more quickly when the salt is added. Also, a dab of margarine or even cooking oil in the boiling water keeps the starches from sticking together and from sticking to the cooking pot. This also makes the clean up easier.

Stirring a pot of food on a regular basis is good insurance against a burned dinner.

Add the cheese last when fixing cheese dishes. Cooking cheese too long will make it stringy and tough.

Don't peek too soon when baking. You will let out the hot air that is doing the work for you.

Test all baked goods with a thin sliver of wood. Insert the sliver into the center of your baking item. If the wood sliver comes out moist and sticky, the baking item is not done; if the sliver is dry and clean, the baked item is ready to eat.

Plastic containers **MUST NOT** be washed with abrasive pot scrubbers. The plastic will scratch easily and should be washed with hot soapy water and your yellow wash cloth.

Remember a little soap goes a *L-O-N-G* way. When using soap, be sure to rinse well. Also, biodegradable soap is not to be put in the lake. Do not contaminate our drinking water. Do your dishes well away from the lake.

Freeze-dried meats and vegetables are already cooked. The vegetables can be prepared either by adding to the one pot meals or by placing them in hot water. When adding to hot water, test for doneness. When done, drain, season and serve. Freeze dried meats should be added to warm water and reconstituted before use.

Retort or MRE meats/entrees are pre-cooked and ready for use right from the pouch.

The baking mix is probably the most useful item you have. Try to use it often for biscuits, bannock, sweet rolls, coffee cake, etc.

the pot after the vegetarian portions are prepared (i.e. the spaghetti meal would require pulling out the noodles and tomato sauce for the vegetarian before adding the MRE pouch with the meat for every one else). In other cases, meal substitutions can be packed in place of the regular meal.

The following is a list of most of the vegetarian items we will be stocking in the commissary this summer. These items are in addition to items like rice, pasta, egg noodles, and dry sliced potatoes.

DRY ITEMS

Hummus
Lentils

Instant Black Beans
Tortellini

If you want to request food substitutions for reasons other than medical, religious, or vegetarian reasons, please read below and use the mail-in card found at the back of this book

FOOD SUBSTITUTIONS FOR OTHER REASONS: To better meet the needs of you, our customer, we are offering the opportunity for crews to customize their trail menu.

- ▲ If as a crew, you want instant grits on the trail, you can ask for grits to be substituted in place of one or more of the breakfasts by using the code B9.
- ▲ Perhaps as a crew, you may want all cold or quick-cooking breakfasts instead of the scrambled eggs and hashbrowns breakfast.

Review the menu listed in the next section of this booklet. If your crew would like to make a substitution to the standard menu/food issue, mail the tear-out card at the back of this book to Northern Tier. We need to receive this card no later than 3 weeks prior to the start of your trip. If we do not receive a card from you, our staff will pack the trail food following the standard food issue chart.

NORTHERN TIER HIGH ADVENTURE - BSA WILDERNESS COMMISSARY FOOD LIST

▲ When you arrive at the Northern Tier, your food will be packaged with the following meals based on the number of days your trip will last.

▲ Use this chart to determine which meals you will use on your trek:

If on a **6-day trip** you will use Breakfast **B1 - B4**, Lunch **L1 - L5**, and Dinner **D1 - D4**

If on a **7-day trip** you will use Breakfast **B1 - B5**, Lunch **L1 - L6**, and Dinner **D1 - D5**

If on a **8-day trip** you will use Breakfast **B1 - B6**, Lunch **L1 - L7**, and Dinner **D1 - D6**

If on a **9-day trip** you will use Breakfast **B1 - B7**, Lunch **L1 - L8**, and Dinner **D1 - D7**

If on a **10-day trip** you will use Breakfast **B1 - B8**, Lunch **L1 - L9**, and Dinner **D1 - D8**

▲ A dinner and breakfast will be served to you both before your canoe trip and upon your return to base after your canoe trip.

BREAKFASTS: There are four basic breakfasts: Scrambled Eggs, Pancakes, Cold Cereal (granola style) with fruit, and Hot Cereals with fruit. Grits are available as a substitute for one or more of the listed breakfasts.

B1 - SCRAMBLED EGG WRAP

Scrambled eggs with bacon bits and vegetables, tortillas, hash brown potatoes, breakfast bar/granola bar, juice, hot chocolate, and coffee or tea

B2 - TRAPPERS BLEND (HOT CEREAL)

Trappers blend oatmeal hot cereal, dried fruit mix, breakfast bar/granola bar, milk, juice, hot chocolate, coffee or tea

B3 - CASHEW CRUNCH GRANOLA CEREAL (No Cooking required)

Granola Cereal and milk, raisins, breakfast bar/granola bar, juice, hot chocolate, and coffee or tea

B4 - INSTANT OATMEAL (HOT CEREAL)

Instant flavored oatmeal, dried fruit mix, breakfast bar/granola bar, milk, juice, hot chocolate, coffee or tea

B5 - MAPLE ALMOND GRANOLA CEREAL (No cooking required)

Granola cereal and milk, raisins, breakfast bar/granola bar, juice, hot chocolate, and coffee or tea

B6 - INSTANT OATMEAL (HOT CEREAL)

Instant flavored oatmeal, dried fruit mix, breakfast bar/granola bar, juice, hot chocolate, coffee or tea

B7 - PANCAKES W/SYRUP

Pancakes, maple syrup, summer sausage, juice, breakfast bar/granola bar, juice, hot chocolate, and coffee or tea

B8 - RAISIN GRANOLA CEREAL (No cooking required)

Granola cereal, milk, raisins or dried fruit mix, breakfast bar/granola bar, juice, hot chocolate, coffee or tea

LUNCHES: There are a variety of 5 lunches. Each lunch includes powdered Gatorade to mix for lunch. The recommendation is for two - four cups) per person. Mix Gatorade in the large square plastic bucket or your water bottle. A weak mix is usually more thirst quenching.

L1 - FRESH LUNCH SANDWICHES *Meal must be eaten on Day 1*

Turkey and cheese sandwiches, ketchup, mayo, mustard, fresh fruit, nut roll and Gatorade

L2 - PITA WRAP SANDWICHES *Meal must be eaten on Day 2 or 3*

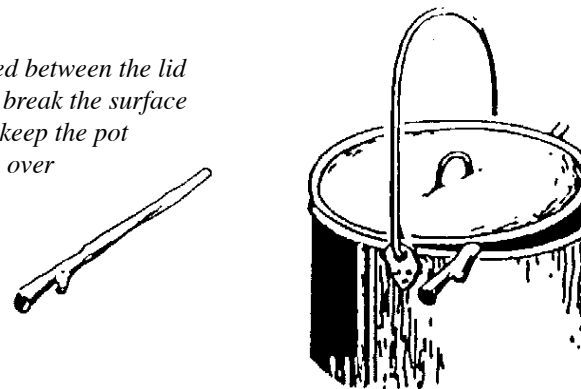
Summer Sausage, cheese, pita bread, trail mix (gorp), and Gatorade

L3 - BAGEL SANDWICH *Meal must be eaten on Day 2 or 3*

Plain bagel, peanut butter, jelly, trail mix, animal crackers and Gatorade

Most meals are made by adding a sauce, freeze-dried vegetables, and a MRE (or retort meat) to the cooked starch. For meals that use a sauce, mix the dry sauce in a cup with hot water. After the starch has cooked for a while and is near to being done, add the dehydrated vegetables and let cook for 5 minutes. Take the cooked starch and veggies from the heat source (drain the water when appropriate for the recipe), add the sauce and mix well and then add retort meat (the retort meats are fully cooked as they come from the pouch). Set aside until the freeze-dried vegetables are reconstituted. If necessary, the dinner can be returned to the heat source, just be careful not to over cook.

A stick placed between the lid and pot will break the surface tension and keep the pot from boiling over



OVER COOKING WASTES MORE FOOD THAN ANYTHING ELSE

DESSERTS

Most of the desserts are packaged to be used with the liner pan of the trail oven. Check the directions carefully. Be innovative, there are blueberries, raspberries, and strawberries available for the picking. Just remember to wash them before adding them to a dessert.

Also use frosting mixes and sauces for cakes and puddings. Follow the package directions or use the powdered sugar recipe listed under the baking section. Use your imagination to give your homemade frosting different flavors/colors. For citrus flavored frosting add some lemon or orange flavored drink crystals, for chocolate flavored add a package or two of hot chocolate. Vanilla and maple extract added to the basic frosting mix works well also.

GRAHAM CRACKER CRUMB CRUST - (used with cheesecakes and puddings). Add a little sugar and enough liquid margarine to your crumbs to hold them together. A suggestion is to use about 1/4 cup per person. This can either be put in the bottom of the liner pan (save a little to sprinkle on top). Or line the bottom of each person's cup with graham cracker crust and then pour the cheesecake or pudding on top. Allow time for the dessert to set up. You can add fruit (especially blueberries or raspberries) or any other topping. When you use the liner pan, the crust can also be baked. Just make sure the crust doesn't burn.

WILDERNESS COOKERY HINTS AND SUGGESTIONS

The fresh vegetables really add to your first “big” meal on the trail. An old Canoe Base adage has been “fill ’em up the first night.” A good start on the trip really sets the pace.

Consider saving some of the fresh vegetables such as onions, green peppers, etc., to use with an omelet the next morning. You will be glad you did. Lightly cooking the vegetables before adding them to an omelet is always a good idea.

The breakfast fruit juice can be mixed the night before, put in a plastic bottle, and placed in the lake “refrigerator.” This can be done by lowering the filled container (with an additional weight attached) to the bottom of the lake. The water temperature below about 15 feet is usually around 40 degrees, just about that of your refrigerator at home. When preparing your juice, figure one cup of juice per person. Your milk can also be prepared in the same fashion and is cold for use the next morning. When preparing the milk some crews like to add coffee creamer and a little sugar, and possibly a little vanilla flavoring, before putting the milk in the “refrigerator.”

Here is a suggestion for a quick start in the morning. Calculate the amount of water needed for your hot cereal (add a cup or so) and heat. When the water is hot add some brown sugar and the breakfast fruit mix. You can also add some other spices as well. Heat until the fruit is soft and then add the cereal. After preparing, let the hot cereal stand for a few minutes, serve the individual crew members. They can then add additional seasoning and margarine - ENJOY!!

Midday meals can be eaten all at one time or as some prefer, munch the way from mid-morning to mid-afternoon. You choose the method that works best for the crew.

Don't forget to drink plenty of water. To stay well hydrated, you need to drink almost three quarts of water and/or juice each day. “Red-eye” (fruit flavored drink) is used at both the midday and evening meals. The suggested serving for each meal is two cups (16 oz +) at each meal. You will find that the “Red-eye” is usually more thirst quenching if mixed a little on the thin side. That's just a suggestion, you decide how your crew likes it.

Most of the dinners are one pot dishes or meals. The starches: rice, potatoes, and noodles should be added to boiling (lightly salted) water. Never add any of the starches to cold water. Add the starches slowly and stir constantly to prevent sticking. A stick placed between the lid and the pot, like the drawing shows, will help break the surface tension and keep the pot from boiling over. Check often for doneness. Remember that starches continue to cook in the hot water after they are removed from the heat so a little underdone is usually best.

L4 - HUDSON BAY BREAD

Hudson Bay Bread, peanut butter, jelly, trail mix, and Gatorade

L5 - CRACKERS AND SAUSAGE

Crackers, summer sausage, cheese, trail mix, and Gatorade

L6 - HUDSON BAY BREAD

Hudson Bay Bread, peanut butter, jelly, trail mix, and Gatorade

L7 - CRACKERS AND CHICKEN SALAD

Crackers, chicken salad, cheese, trail mix, Twizzlers and Gatorade

L8 - HUDSON BAY BREAD

Hudson Bay Bread, nutella, trail mix, and Gatorade

L9 - CRACKERS WITH HUMMUS AND CHEESE SPREAD

Crackers, hummus, cheese spread, salted nut roll and Gatorade

TRAIL MIXES MAY INCLUDE: Fruit and nut mix, Fruit, Raisins, Chocolate Chip Mini Cookies, Granola Bars, Salted Nut Rolls, Peanuts, Sesame Corn mix, Cookies, etc.

EVENING MEALS: The evening meals are listed in the order of issue. If substitutions are necessary, please notify Northern Tier.

FISH MEALS: If you plan to have fish meals be sure to take the necessary items, these will include fish breading, shortening, extra corn meal, etc.

D1 - VOYAGEUR FAJITA - A meal with fresh foods.

Frozen pre-cooked chicken strips seasoned and sautéed with fresh onions and green peppers served on a flour tortilla, black beans, white rice, salsa, cheese, Kool-Aid, and chocolate pudding

D2 - KRAFT WALLEYE - A meal with fresh fish (if you catch 'em!)

Macaroni and cheese, tuna (if you don't catch the fish), peas, Kool-Aid, and cheese-cake

D3 - KAHSHAPIWI DELUXE

Beef with potatoes and vegetables, Kool-Aid, and fresh baked cake with frosting

D4 - NORTH WOODS SPAGHETTI

Rotini noodles served with spaghetti meat sauce, diced carrots, Kool-Aid, and brownies

D5 - POO BAH BURGEOO

Creamy wild rice chicken soup, peas, corn bread, Kool-Aid, and pudding

D6 - BEEF STROGANOFF - A perennial favorite

Beef stroganoff served with egg noodles, carrots, Kool-Aid, and fresh baked muffins

D7 - SPICED RICE WITH MEAT

Spiced rice with chicken, corn, Kool-Aid, and fruit cobbler or lemon pie

D8 - KEKAKABIC SUPREME

Escalloped potatoes with pork, cheese sauce, mixed vegetables, Kool-Aid, and fresh baked muffins

All evening meals include the **SUGAR-FREE FRUIT FLAVORED DRINK**. This drink mix is sweetened with Nutra Sweet.

CUPBOARD ITEMS & ESSENTIALS

The following items are available for issue. The Interpreter will have many of these items packed. Use this list to double-check what the Interpreter has packed.

STAPLES

FLOUR	SUGAR, WHITE	CORN MEAL MUFFIN MIX
CORN MEAL	SUGAR, BROWN	TRAIL BAKING MIX (BANNOCK)
POPCORN	SUGAR, POWDER	EGGS and MILK for baking
ONION FLAKES	LIQUID MARGARINE	FISH FRY / HUSH PUPPY MIX
VEGETABLE SHORTENING		GRAHAM CRACKER CRUMBS

FISH FRYING STAPLES

▲ If you plan to catch fish be sure to have fish frying and cooking staples along.		
FISH FRY/HUSH PUPPY MIX		VEGETABLE SHORTENING
FLOUR	CORN MEAL	LEMON PEPPER

BEVERAGES

- ▲ Hot Chocolate will be issued for each breakfast at 1 pouch per person.
- ▲ Spiced cider can be substituted for hot chocolate if an individual in the crew is allergic to chocolate and/or milk products. Be sure to notify Northern Tier in writing by letter if there is this allergy or any other food allergy.
- ▲ Tea Bags are available for tea drinkers.
- ▲ Coffee, regular and decaffeinated, is available in both instant as well as filter pack. If your crew has coffee drinkers, be sure to double check that coffee has been packed in enough quantity for your trek. Also check for creamer and sugar if the coffee drinkers use them.

ORANGE FLAVORED BREAKFAST DRINK - EACH BREAKFAST MEAL

FRUIT FLAVORED DRINKS - LUNCHESES AND EVENING MEALS

HOT CHOCOLATE - INDIVIDUAL - 1 per PERSON per BREAKFAST

COFFEE (INSTANT - INDIVIDUALS - regular and decaffeinated.)

COFFEE (8 CUP FILTER PACKS - regular)

TEA BAGS

SPICED CIDER

SPICES

- ▲ A Spice Kit is very important to have along on your expedition. This is a list of the spices available to put into a spice kit.
- ▲ If you don't see a desired spice or special flavoring in this list you are welcomed and encouraged to bring it from home*.

SALT	PEPPER, BLACK	CURRY POWDER	NUTMEG
BAKING POWDER	BAKING SODA	BAY LEAVES	SAGE
CINNAMON	GARLIC POWDER	GARLIC SALT	TACO SAUCE
ONION SALT	GRD. OREGANO	SPANISH PAPRIKA	BASIL
PARSLEY FLAKES	PEPPER, WHITE	PEPPER, RED CRUSH	GINGER
LEMON PEPPER	SEASONED SALT	PICKLING SPICE	YEAST, DRY
CAJUN SEASONING	DILL WEED	DEHY. ONION	LEMON JUICE
MAPLE EXTRACT	VANILLA EXTRACT	CHILI POWDER	

*The BWCAW and Quetico Provincial Park do not allow food items packaged in cans or glass bottles. If you bring any spices or food items from home be sure they are packaged appropriately.

ESSENTIAL

- ▲ TOILET TISSUE - Rolls of toilet paper are issued through the commissary for your use on the trail. Check and double-check to make sure the Interpreter has packed this essential item.

drink mix) or a teaspoon of the sugar free lemonade mix could be added. For **PEANUT BUTTER FROSTING** prepare as above except use peanut butter instead of butter. Add additional milk, if necessary, to get a smooth consistency.

POWDERED SUGAR ICING

- 1 cup powdered sugar (sifted if possible)
- 1/4 tsp. vanilla
- 1-1 1/2 tbsp milk

In a mixing bowl stir together powdered sugar, vanilla, and enough milk to make of drizzling consistency (about 1 1/2 tablespoons). Drizzle over the top of cake or rolls.

FRESH BERRY PIE - During the summer months fresh berries are usually bountiful in the North Country. Blueberries, raspberries, and strawberries ripen at different times during the summer. Making a fresh pie in the trail oven is a special treat for all in the crew. The following is a recipe that can be used for all three types of berries.

FRESH BERRY PIE

- 3/4 cup sugar
- 3 tbsp. all purpose flour
- Dash salt
- 4 cups of fresh blueberries, raspberries or strawberries
- Pastry for Double -Crust Pie (see recipe below)
- 1 tbsp. butter or margarine

In a mixing bowl (or small red bucket) combine sugar, flour, and salt. Add sugar mixture to fresh berries; toss to coat fruit. Fill a pastry-lined 8 inch trail oven pan liner with the berry mixture; dot with butter or margarine. Put on and adjust top crust. Seal and flute edge. Bake in a 375° oven for 40 - 50 minutes. Cool before serving. Makes 5-6 servings.

PASTRY FOR DOUBLE-CRUST PIE RECIPE

- 2 cups all purpose flour
- 1 tsp. salt
- 2/3 cup shortening or lard
- 6 - 7 tbsp. cold water

In a mixing bowl (or small red bucket) stir together flour and salt. Cut in shortening or lard until pieces are the size of small peas. Sprinkle 1 tablespoon of water over part of the mixture; gently toss. Push to side of bowl. Repeat until all is moistened. Divide dough in half. Form each half into a ball. On a lightly floured surface flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto an 8" pan liner. Ease pastry into pan liner, being careful not to stretch pastry. Trim pastry even with rim. For top crust, roll out remaining dough. Cut slits for escape of steam. Place desired pie filling in pie shell (liner pan). Top with pastry for top crust. Trim top crust 1/2 inch beyond edge of pie plate. Fold extra pastry under bottom crust; flute edge. Bake as directed in individual recipe.

2 cups flour
2 tsp. baking powder
1 tsp. salt
2 tbsp. liquid margarine
1 cup liquid milk

Mix the dry ingredients. Add the margarine. Make a bowl-like hollow in the center. (Have everything ready, these dumplings should take only about 8 - 10 minutes, and then the meal should be served. Have a broth from the stew or one pot dish simmering above the solids so that the dumplings will not sink below the surface.) Now pour the milk in the hollow of the mix, mix quickly and gently with a folding rather than a stirring or whipping motion. Moisten a large spoon in the broth. Use it to place large spoonfuls, apart from one another, on top of the stew or one pot dish. Cover the pot tightly. You will want to turn the dumplings after 4 -5 minutes. Do this quickly and carefully. Re-cover immediately and continue simmering until light and fluffy. Serve as soon as possible.

DARN GOODS - This is a historical recipe from Carl Chase. Carl was the man who took the first Scout trip through the area. This first trip was in 1923, it started at an abandoned logging mill on Fall Lake at Winton. The trip was very successful and trips followed each summer, these later became known as the Region Ten (X) Canoe Trails and are now Northern Tier National High Adventure Programs.

DARN GOODS

3 1/2 cups baking mix (see previous section)
1 cup water

Combine the mix and water. Mix until you have soft dough. Place on a floured board and roll dough to a thickness of 1/2 inch. Cut into doughnuts and drop into HOT shortening and cook like doughnuts until nice and brown. Roll in sugar or sugar/cinnamon mix and serve.

Alternative: Drop balls of dough into the HOT shortening and cook like doughnut holes.

FROSTING MIX - Frostings can be used for cakes and almost any of your baked items. Frosting can be made using powdered sugar and a little margarine or even a little warm water. Any flavoring can be added to the following recipe.

BUTTER FROSTING

1 1/2 cup powdered sugar,
3 tbsp. margarine
1 1/2 tbsp. milk

Add small amount of desired flavoring. (See directions below)

Prepare by blending the sugar and margarine together. Stir in milk until smooth. For MAPLE, VANILLA, or PEPPERMINT FROSTING add a small amount of maple extract, vanilla extract, or peppermint extract. (Amount would be approximately 1/2 tsp. of the desired extract.) For CHOCOLATE FROSTING a partial to full packet of hot chocolate mix would be added. The amount of milk may need to be adjusted upward to get a smooth consistency. For LEMON or ORANGE FROSTING a tablespoon or two of lemon OR orange drink mix (if using sugar sweetened

TRAIL FOOD PREPARATION HINTS, SUGGESTIONS, AND RECIPES

The following are some hints and suggestions on the preparation of your trail foods. Use your own recipes and outdoor cookbooks for a greater variety. The trail foods that you have with you are easy to prepare, filling and tasty. Don't hesitate to experiment.

Northern Tier's commissary has spices and bottles available to use while on your trek. Spices are particularly helpful for any extra baking you plan on doing and to further flavor the meals to each individual's taste. Be sure to return the bottles to the Commissary at the end of your trek so others can use the same bottles.

BREAKFASTS

There are four basic breakfasts: hot cereals, cold cereals, pancakes and scrambled eggs. There are several types of hot cereals and several flavors of whole grain granola cereals. Both hot and cold cereals are served with fruit or fruit mix. This fruit can be stewed (cooked) or served "as is." On layover days you may want to have pancakes, French toast, or other specialty items. What you eat on the trail is limited only by your imagination and the supplies you have brought with you. We suggest that you make a habit of reconstituting your milk and breakfast fruit juices the night before and use the lake "refrigerator" overnight. This will allow you to have cold milk and juice each morning. See the Wilderness Cookery Hints & Suggestions section on Page 24 of this booklet.

Breakfast meats vary from sausage, bacon bits to fresh fish. They can be used alone or preferably with your eggs for a real special omelet.

EXTRA ITEMS YOU MAY WANT TO CONSIDER FOR BREAKFASTS

Vegetable shortening, fish breeding supplies, margarine, coffee, tea, sugar, creamers, extra milk, corn starch for thickening, special spices that you and the crew enjoy, brown sugar and maple flavoring to add to white sugar for a special maple flavored syrup, and powdered sugar. Don't forget those extras for the eggs; onions (either fresh or dry flakes), cheese, vegetables, etc.

BREAKFAST RECIPES AND PREPARATION SUGGESTIONS

On layover days we suggest having fresh-caught fried fish, pancakes, or French toast. If you want pancakes, be sure to bring "baking mix" or Bisquick along as an extra from the Commissary. Baked items such as biscuits, sweet rolls, coffee cake, and that old specialty "Darn Goods" (a quick and easy trail doughnut) are all excellent ideas to bake. Recipes are included in this handbook.

FRUIT SOUP OR STEW - This delicious specialty can be made to serve alone or can be added to cereals. One simple method is to add the dry breakfast fruit to a mixture of hot water, brown and white sugar, then enough cornstarch to thicken. Flavor with maple extract, cover, and simmer until the fruit is tender.

MILK - Preparation: Prepare by following the directions on the package. When making less than one quart, mix to taste. Reseal the pouch properly.
Suggestions: Prepare milk for cereal by placing one quart of cold water and dry milk in a plastic bottle. To make the milk taste more “real” flavor the milk with a coffee creamer, a teaspoon or so of sugar and a little vanilla.

TRAPPERS BLEND HOT CEREAL – Preparation: For each cup of dry cereal, use 2.5 cups of water. Bring the water to a rolling boil, add the dry cereal, reduce heat, cover and simmer 10 -15 minutes, stirring occasionally. Flavor the cereal to the desired taste using brown sugar, dried fruit/raisins, cinnamon, nutmeg, butter, etc. For a richer taste, powdered milk can be stirred in also. NOTE: This NOT an instant hot cereal.

PANCAKES - Preparation: Follow directions on package or basically measure equal measurements of pancake mix and water into a bowl. Stir just enough to moisten all the mix. Do not over mix. Preheat the griddle or skillet to medium high heat. Grease lightly with vegetable oil. The griddle is ready when a few drops of water will dance and disappear on the griddle. Pour batter onto the heated griddle. Turn pancakes once the tops of the pancakes get bubbly and the edges begin to look dry.

HASH BROWNS - Preparation: Cover dry hash browns with warm water for at least 20 - 30 minutes (until soft), drain completely. Push out as much water as possible. Fry in trail oven or griddle.

Suggestion: Use plenty of shortening. Make sure the pan and shortening are HOT before adding the raw potatoes. Add diced fresh or reconstituted onions. Prepare only one pan at a time, you will find it will go much faster.

LUNCHES

Your midday meal should be very simple, quick, and easy to prepare. The first lunch is a fresh lunch of lunch meat, cheese, condiments, bread and fresh fruit. The second and third lunches will include a combination of fresh items such as pita bread, bagels, summer sausage, cheese, and items that do not require refrigeration such as peanut butter, jelly, and/or cheese spread. These two lunches must be eaten on the second or third day since the pita bread and bagel will not stay fresh after the third day.

The balance of your lunches will include Hudson Bay Bread, crackers, summer sausage, cheese spread, tuna or chicken salad, peanut butter, jams, jellies, and honey. There are a variety of trail snacks such as fruits, fruit and nuts, and nut mixtures, miniature cookies, special bars, and candy bars. You can supplement your lunches with several types of breads and bannock that you bake yourself while on the trail. Many years ago, it was customary to make extra pancakes at breakfast to have for lunch.

Drinking lots of liquids while on your canoe trek is very important. Plan for at least 12-16 liquid ounces (about 2 cups) for this meal. Collect your water in your large plastic bucket or use your water bottle, add the water-purifying agent (Polar Pure or bleach), wait the required time for the purifier to work, and then add your drink

This recipe comes from Hudson Bay region of Canada by way of the Arctic Trading Company in Churchill, Manitoba.

BANNOCK

4 cups of flour
1/2 cup currants or raisins
1/2 cup dry fruit mix (your breakfast fruit mix will work just fine)
2 eggs or the dry equivalent
4 tbsp. baking powder

Preheat the oven to 350 degrees. In a large cast iron frying pan (your trail oven liner pan will work), add 2 tablespoons of shortening (one tablespoon for the liner pan) and put it in the hot oven. Combine all of the above ingredients into a large bowl and stir. Add enough water to make the mixture sticky (but not like a batter). Take the frying pan (or liner) out of the oven and place the mixture into it. Return the fry pan (liner) to the oven and bake for half an hour or so on each side.

HOMESTEAD MILLS BANNOCK

2 cups Bannock mix
2/3 cup water

Slowly add water to mix stirring until dough is sticky. Form into a ball and place on a floured surface. Flatten and knead 8-10 times on this floured surface. Press until dough is 1 inch thick. Place in a liner pan and bake in your trail oven until golden brown. For variation add raisins or other dried or fresh fruit to dough.

CORN BREAD - The Native Americans taught the early colonists to parch corn and mix it with boiling water... and also to bake it into thin cakes. These were used by hunters and trappers on their journeys into the backcountry. Hence the name “Journey Cake” later to be called “Johnny Cake.” Almost as many different types of corn breads have been developed as there are different regions in our country. The following is just one idea.

CORN BREAD

1 cup cornmeal
1 cup flour
1/2 tsp. salt
2 tsp. baking powder
1 egg (or dry equivalent)
1 cup milk
1/4 cup shortening or liquid margarine

Mix the cornmeal, flour, salt, and baking powder as thoroughly as possible. Mix the egg powder and other ingredients with a wire whip or fork. Then combine everything, stirring just enough to moisten. Pour into greased liner pan(s). Bake in the trail oven at least 30 minutes.

DUMPLINGS - Here is another dumpling recipe. Dumplings are excellent with the Boundary Stew or for that matter with most one pot meals. Use either the baking mix as shown earlier or make your own with this recipe.

DUMPLINGS

- 4 cups baking mix
- 1 1/4 cups of COLD water

Bring stew or one pot meal to a boil. Prepare the batter with mix and water. Scoop the batter into the stew, leave some room between the dumplings. Cook uncovered for 10 minutes, put on cover and cook 10 more minutes.

A QUICK BREAKFAST COFFEE CAKE

- 5 cups baking mix
- 1/2 cup sugar
- 1 1/2 cups of liquid (reconstituted) milk
- 1/2 cup eggs (prepared from dehydrated)

Mix sugar, milk, and eggs with a wire whip or a fork. Gradually add the dry mix until you have a smooth batter. Pour into the greased liner pans.

BUTTER CRUMB TOPPING (for the coffee cake)

- 1 1/2 cup brown sugar
- 1/2 cup margarine
- 3/4 tbsp. cinnamon

Mix ingredients together until crumbly, then sprinkle over the top of the coffee cake. Bake 20 - 30 minutes. Test with a wood sliver. If sliver is moist or batter clinging to it, the cake needs more baking.

SWEET ROLLS

- 4 1/2 cups baking mix
- 1/4 - 1/2 cup sugar (personal preference)
- 1/4 tsp. nutmeg
- 1 pkg. dry yeast or the equivalent
- 1/4 cup WARM water
- 1/2 cup eggs (liquid - reconstituted)

TOPPING

A "Sprinkle" made with brown sugar, nutmeg, and cinnamon.

Combine baking mix, sugar, and nutmeg. Place yeast and warm water in a container (cup) for five minutes. Add yeast, milk, and eggs to the baking mix. Mix until the dough is soft. Put in a warm place to rise. Roll out on a floured board and cut into strips, sprinkle with topping. Shape into rolls and bake for 30 minutes.

ADDITIONAL BAKING IDEAS & RECIPES

There are many types of "trail breads." **BANNOCK** is probably the one that is most often associated with the North Country. There were about as many ways to prepare bannock as there were cooks baking it. Here are two recipes.

mix. The fruit punch or Kool-Aid historically has been called "Red-eye." We find that mixing the "Red-eye" a little "weak" is more thirst quenching. Red-eye was the name used by the early loggers for their fruit flavored drinks.

Over the years the words Red-eye and Hol-ry (which is a dry Scandinavian-style flatbread or cracker) have been used as a way for Northern Tier crews to greet each other on the trail. It is tradition for one crew to hail or yell out "HOL-RY" to the other crew and for the other crew to respond with a loud, bold "RED-EYE." So if you are on the canoe trail and hear "HOL-RY" yelled out, be sure to answer with "RED-EYE!"

EVENING MEALS

Remember the only constraint with the evening meal is to use the frozen meat the first night. Other than that your menu is only a suggestion - mix or match any way you want. We hope you will try to have a fresh fish meal at least a couple of times on your trip. Remember to bring the fish fry "fixin's."

The supper meals are designed to be made as one pot meals, however to do otherwise is up to you and the crew. Using the same ingredients and "robbing" items from other meals, such items as pizza, Kala Mojakka (fish stew), and other "exotic trail meals" can be made. It's all up to you and the crew as to what to do.

The directions/recipes for the desserts are with each item. About half of the desserts will be non-bake while the other half will require baking. The baked desserts are packaged to fit a trail oven liner pan and should serve five. Extra baking supplies are available through the commissary. Recipes for additional baked items are in the BAKING SECTION of this handbook.

PREPARATION SUGGESTIONS FOR EVENING MEALS

HINTS ON PREPARING THE STARCHES - POTATOES, RICE, PASTA

- CHICKEN AND MEXICAN FLAVOR INFUSED RICE – 1 cup flavored rice = 2 cups cooked rice. Using a 1 – 2 ratio, add your dry flavored rice to 2 times the amount of cold water. Add 1 Tbsp of margarine and stir well. Bring to a vigorous boil. Remove from heat, cover tightly and let stand 15 minutes or until water is gone. Serve.
- RICE - 1 cup rice = 3 cups cooked rice. Add rice to cold water (Use 3 cups of water per 1 cup of uncooked rice). Bring water to a boil for one minute, stir, and turn heat down to a simmer and cook until tender (usually 15 - 20 minutes). When rice is tender, drain if needed and add other ingredients for the meal.
- PASTA - 1 cup uncooked pasta = 2 cups prepared pasta. Always add pasta to salted water at a rolling boil. (Use 2 cups of water per 1 cup of uncooked pasta.) Add a little shortening or liquid margarine to keep the pasta from sticking together. Boil rapidly until almost tender (10 minutes or so - test often). When the noodles are tender, drain if needed and add other ingredients for the meal.
- POTATOES - The dry potatoes can be prepared in much the same way as pasta and usually have similar yield. Be sure to check any special instructions. It is not necessary to rinse potatoes after preparation.

FREEZE DRIED VEGETABLES (PEAS, CORN CARROTS, AND MIXED VEG-

ETABLE BLEND) Preparation: Vegetables can either be added to the one pot dish or prepared by themselves. Preparation is very simple. When using in a one pot meal, just add the vegetables to the pot when you put the rice, pasta or potatoes into the water. (The diced carrots will take longer to rehydrate.) Make sure there is ample liquid still in the pot.

To prepare separately, add to quickly boiling water and remove from heat, wait until tender and drain. After draining, then add margarine and spice to taste. You may also want to make a white sauce or cheese sauce to pour over the vegetables. See the recipe for white and/or cheese sauce at the end of this section.

VOYAGEUR FAJITAS WITH BLACK BEANS AND RICE - Ingredients: green peppers, onions, frozen pre-cooked fajita chicken strips, fajita seasoning packet, flour tortillas, and salsa.

Preparation: HEAT 1-2 tablespoons oil in large pot over medium-high heat for 1 minute. Add sliced onion and sliced green pepper, sauté, stirring frequently, for 1-2 minutes or until vegetables are crisp-tender. Add the chicken strips and heat until they are warm. STIR in fajita seasoning mix and 1/3 cup water. Bring to a boil. Reduce heat to low; cook uncovered for 2-3 minutes or until mixture is thickened.

SERVE with warmed flour tortillas.

INSTANT BLACK BEANS - Preparation: Place 3 cups of Instant Black Beans in a medium pot. Add 2 Tbsp oil to beans and stir. Add 4 cups boiling water, stir well, cover 5 minutes and serve. (Makes eight 1/2 cup servings.)

MEXICAN RICE - Yield - 1 cup dry equals 2 cups cooked. Add 2.25 cups of dry rice to 4.5 cups cold water. Add 1 Tbsp oil or margarine and stir well. Bring to a vigorous boil. Remove from heat, cover tightly and let stand 15 minutes or until water is gone. Serve.

INSTANT SOUR CREAM MIX - Put one cup of cold water in bowl. Add sour cream mix and stir until smooth. Add additional water if needed. Serve.

MACARONI AND CHEESE "KRAFT WALLEYE" - This is a traditional meal on the canoe trails. We hope you catch some fish for this dinner, but if you don't the macaroni and cheese with tuna fish will certainly carry you over, giving you some more time to catch those fish. Ingredients: Macaroni, powdered cheese, tuna fish or preferably fish, and peas.

Preparation: Add measured amount of macaroni and peas to salted boiling water that has one tablespoon of shortening or liquid margarine added. Boil until the macaroni is tender. Remove from heat. Quickly add the cheese and stir. After the cheese has melted, add the tuna. Set aside for 4 - 5 minutes and serve.

Suggestions: Milk can be added if desired. Spices can either be added to the pot or to the individual servings. Paprika or other spices will add a little color as well as taste.

While using either method, have patience and don't peek too soon. The Dutch Oven cookbooks in the trading post are all helpful for your baking projects. When cooking for a large crew you will probably want to take two ovens with your cooking outfit. This is really no more of a problem than cooking with one. Stack the ovens close together and they work just fine.

BAKING MIX RECIPES

The following is a dry mix that you can make at home. Using this mix and some of the suggested recipes is an excellent way to learn the techniques of simple trail baking. The suggestions come from an excellent outdoor cookbook called WILDERNESS COOKERY by Bradford Angiers.

DRY BAKING MIX

1 cup all-purpose flour
1 tsp. double acting baking powder
1/4 tsp. salt
3 tbsp. margarine
2 tbsp. dry powdered milk

Your baking mix can be used for any general baking. (This recipe would be similar to Bisquick.) With this mix, you can make biscuits, pancakes, sweet rolls, coffee cake, dumplings, etc.

RECIPES USING THE DRY BAKING MIX

BISCUITS

3 1/2 cups baking mix
1 cup water

Combine the mix and water. Mix until you have a soft dough. Place on a floured board and roll dough to a thickness of a little less than 1/2 inch. Cut into biscuits and bake for about 12 - 15 minutes (if the oven is good and hot).

RAISED BISCUITS

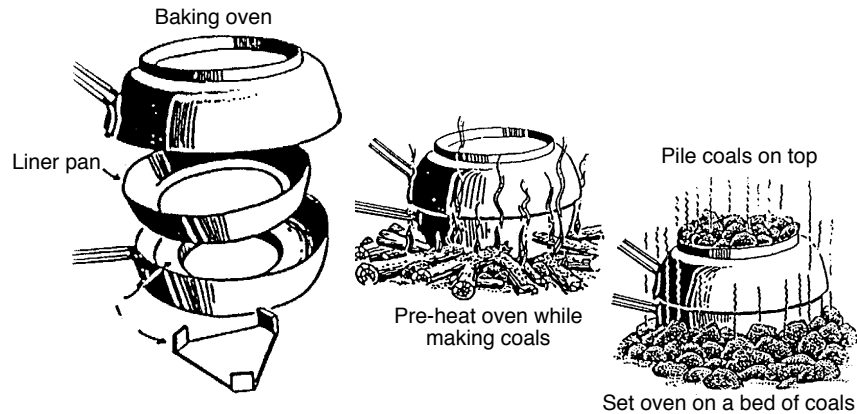
Use the above recipe but add the equivalent of one package of dry yeast to the mix. Let rise (must be in a warm place). Roll out and cut. Bake as above. The raised biscuits will usually take 15 - 20 minutes, check after 15 minutes.

PANCAKES

4 cups baking mix
2 1/4 cups milk
1/2 cup eggs (prepared from dehydrated; instruction on package)

Blend eggs and milk with a wire whip or a fork. Add mix gradually to the liquid. Mix until you have a smooth batter. Use a griddle or oven top for preparation. Cook until bubbles form and then turn the pancake over. Be sure to either grease the cooking surface or better yet add melted shortening (a tablespoon or so) to the batter.

BAKING AND YOUR TRAIL OVEN



We suggest that you bake at least once each day (the more you bake the more experience you get — the more experience, the better the products). There are a variety of mixes and ingredients to choose from so plan to bake as often as you want. Bannock, biscuits, corn bread, sweet rolls, and many desserts can be baked. Make sure that you have flour with you as well, it works for all of your baking. Baking does take experience, but once you master the oven you will find it to be one of your best outdoor friends. Remember that the temperature of a well prepared oven is about 350° F (this is referred to as a moderate oven). Since the oven is moderate you will want to be sure that you don't make baking mixes and batters too thick. You will have to experiment, start thin and move up, not the other way around. In preparation for baking be sure that you heat the oven and the liner pan. Always "grease" and lightly flour the liner pan when baking bread, biscuits, cakes, etc..

There are two ways of using the trail oven. The first way is using fire and/or coals. Assemble the oven as shown in the diagram. Preheat the oven while making coals. Once coals are made, you are ready to put the baking mix in the liner pan. Put the filled liner pan in the oven and place the oven on a small flattened pile of coals. Put most of the coals on the top of the oven. Add additional coals on top as needed. When using fire and coals, the majority of the heat needs to be from the top.

The second method is using a backpacking stove. Assemble the oven as shown in the diagram. Fill the lower pan of the oven with 1/2 inch of water. (The water will moderate the oven). Insert the liner pan. Place the other half of the oven on the lower part. Preheat oven over a medium or low flame. While the oven is preheating, mix your baking mix. After the oven is preheated, pour your mix into the liner pan and place in the oven. **Keep the stove on low or medium flame to prevent the oven from getting too hot.**

KAHSHAHPIWI DELUXE - Ingredients: Beef stew seasoning, sliced potatoes, mixture of dried vegetables, and beef.

Preparation: Add dry potato slices and dried vegetables to salted boiling water. Cook until tender, testing frequently. Drain water if necessary and add the seasoning packet and meat. Remove from heat and let sit for 4-5 minutes before serving.

NORTHWOODS SPAGHETTI - Ingredients: Pasta, meat or MRE, tomato sauce, and spices.

Preparation: Prepare pasta (rotini, etc.) as per instructions. Heat the sauce and meat in a separate pan and season to personal preference.

INSTANT TOMATO PASTE MIX - Put 1 to 1 1/2 cups of water in a bowl. Add tomato powder and stir until all powder is mixed in and you have tomato paste. Add "tomato paste" to one pot meal and thoroughly mix.

POO BAH BURGGOO -

Ingredients: Wild rice soup mix, chicken flavored rice, peas, and chicken breast chunks.

Preparation: Prepare soup mix according to directions on package. Add the chicken flavored rice and dried vegetable at the same time. Cook for about 20 minutes. Add the chicken breast chunks and heat for a few minutes. Remove from heat.

BEEF STROGANOFF - This meal is a perennial favorite. Ingredients: Egg noodles, stroganoff sauce, sour cream sauce, beef with mushrooms MRE, and carrots.

Preparation: Add noodles and carrots to salted boiling water. Cook until tender, testing frequently. Drain if necessary. Add sauces as per directions on the packages. Add meat last. Set the meal aside for 4 - 5 minutes before serving.

BUFFALO CHICKEN AND RICE - Ingredients: Chicken flavored rice, Chicken in buffalo sauce, sour cream, and vegetable.

Preparation: Chicken flavored rice – 1 cup uncooked Chicken flavored rice = 2 cups cooked. For a crew of 9 people, there should be 3 cups of rice added to 6 cups of cold water (or a 1 to 2 ratio of rice to water). Add a Tbsp of margarine or oil and stir well. Add the dehydrated vegetables. Bring to a vigorous boil. Add sour cream sauce mix and meat. Cover tightly and remove from heat. Let stand 15 minutes.

Suggestion: Use vegetable as a side dish.

KEKEKABIC SUPREME - Ingredients: Dry sliced potatoes, cheese sauce, ham or pork, vegetables, spices, and seasonings.

Preparation: Add dry potato slices and vegetables to salted boiling water. Cook until tender, testing frequently. Drain water if necessary and add cheese sauce, and meat.

Suggestions: A little shortening or margarine in the hot water helps to keep the potatoes from sticking together. If desired, a white sauce (see directions at the end of this section) could be used instead of the cheese sauce. The vegetable could be served on the side instead of in the meal.

WHITE SAUCE - These recipes can be used with vegetables or with other creamed dishes.

- 1 tbsp. margarine
- 1/2 to 1 tbsp. flour (use smaller amount when using for vegetables)
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 cup liquid milk

Melt margarine over a very low heat in a pan. Blend in flour and seasonings. Continue to cook over low heat, stirring mixture until smooth and bubbly. Remove from heat and stir in milk. Bring to a boil, stirring constantly (this is very important). Boil 1 minute. This recipe makes about 1 cup of sauce.

CHEESE SAUCE - Make the white sauce as described above but use:

- 2 tbsp. margarine
- 2 tbsp. flour (use smaller amount when making sauce for vegetables)
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 cup liquid milk

To the prepared sauce add :

- 1/4 tsp. dry mustard
- 1/2 cup grated cheese or cheese powder.

Blend in the 1/2 cup of cheese or cheese powder. Stir until the cheese is melted.

MAKE SURE YOU PACK YOUR FOOD WELL. The Commissary food list should be filled out and carried with on you the trip. **DO NOT FORGET TO TAKE YOUR FRESH FOOD MEALS.** Be sure to take the time to check and double check your food supplies prior to starting your trek. Having meals or other supplies missing from the food issue is no fun. The adult leader is responsible for checking and signing the food issue sheet stating he/she has received the food supplies necessary for their wilderness trek.

POACHED BASS AU GRATIN

- | | |
|----------------------------------|-------------------|
| 8 or more small bass fillets | 16 cups water |
| 8 cups dehydrated potato slices | 1/4 lb. margarine |
| 1 1/2 cups powdered cheese sauce | salt and pepper |
| 2 1/2 cups dry milk | parsley flakes |

Pour dry potatoes into 8 quart pot, add powdered cheese sauce, 8 cups boiling water, 1 cup dry milk and a third of the margarine. Heat to boiling, stir steadily, move to edge of fire and simmer with cover for 30 minutes, stirring occasionally.

Add other cup of dry milk to 3 cups of water. Melt half of remaining margarine in frying pan. Add milk and heat until it begins to steam. Salt and pepper fillets both sides and place in buttered milk, but do not turn over while cooking. Instead, baste top with spoonfuls of hot milk. When fillets are white clear through, sprinkle with parsley flakes. Split potatoes between eight plates. Put a fillet on each stack of potatoes and a pat of butter on top of each fillet.

POOR MAN'S LOBSTER - Taken from a 1987 Advisor Handbook

Slice Northern Pike fillets into finger-sized sections. Prepare a pot of heavily salted (1Tbsp. Per Quart) boiling water. Drop the fillets in, reduce heat and simmer for about ten minutes or until done. Remove and let cool for several minutes.

While the fish is simmering, prepare a small saucepan of melted butter with paprika. When the "lobster" has cooled, use your fingers to dip the "lobster" in the butter and eat. Bon Appetite!!

HUSH PUPPIES - This is a name applied to many different items. Most of them are made from cornmeal and/or cornmeal and flour with eggs, onions, and spices. They are usually fried with fish and served as a complement to the fish. The recipes make a thick batter that can be spoon dropped into the fish frying shortening.

- | | |
|--------------------------|-------------|
| 2 cups of cornmeal | 1 tsp. salt |
| 3/4 cup flour | 1 cup water |
| 2 1/2 tsp. baking powder | |

Mix to make a medium thick dough or batter. Drop from a spoon into HOT shortening. Cook to a rich golden brown, turn while cooking.

SECOND HUSH PUPPY RECIPE (recipe from Wilderness Cookery 1955)

- | | |
|-----------------|---------------------------|
| 2 cups cornmeal | 1 tsp. baking powder |
| 1 tsp. salt | 4 tbsp. of dry egg powder |

Add 1/2 cup of boiling water to make a stiff dough or batter. The hush puppy mix must be soft enough to hold on a spoon. Add a small grated onion (or dry onion that has been reconstituted) and bake or fry with your fresh fish in HOT shortening.

UNCLE WAYNE'S FISH FRY AND HUSH PUPPY MIX is available in the Wilderness Commissary.

KALA MOJAKKA (Minnesota "Finnish" fish stew) - The following is a historical recipe from an old Canoe Base "Wilderness Cookery," circa 1955. Mojka is primarily a stew made with potatoes, milk, onions, and fish. Try your own concoctions and let us know how they work. Kala is a "Finnish" word for fish and mojka a word for a type of stew.

KALA MOJAKKA - (recipe from Wilderness Cookery, 1955) Fill the number seven pot to the rivets (this was an 11 quart pot, your largest is now 8 quarts)

- 2 cups of dry potatoes
- 1 cup rice
- 1 cup peas
- 1/2 cup of white flour
- 1/2 cup of dry milk powder
- 1 onion - diced small
- 2 tbsp. butter
- Good sized chunks of fish (any kind)
- 1 can tomato paste
- Salt and pepper

In boiling water, add potatoes, rice, peas, and onions. Boil until soft. Add chunks of boneless fish. Boil until soft. Remove from fire. Add tomato paste, flour, milk, butter, salt and pepper. Cover and simmer for 10 minutes before serving.

A mojakka is an excellent way to prepare fish in the canoe country. The fish retain their flavor and there is very little waste. The name is derived from the Finnish language meaning "winter stew." This stew was popular since quantities of fish were frozen for use in the winter.

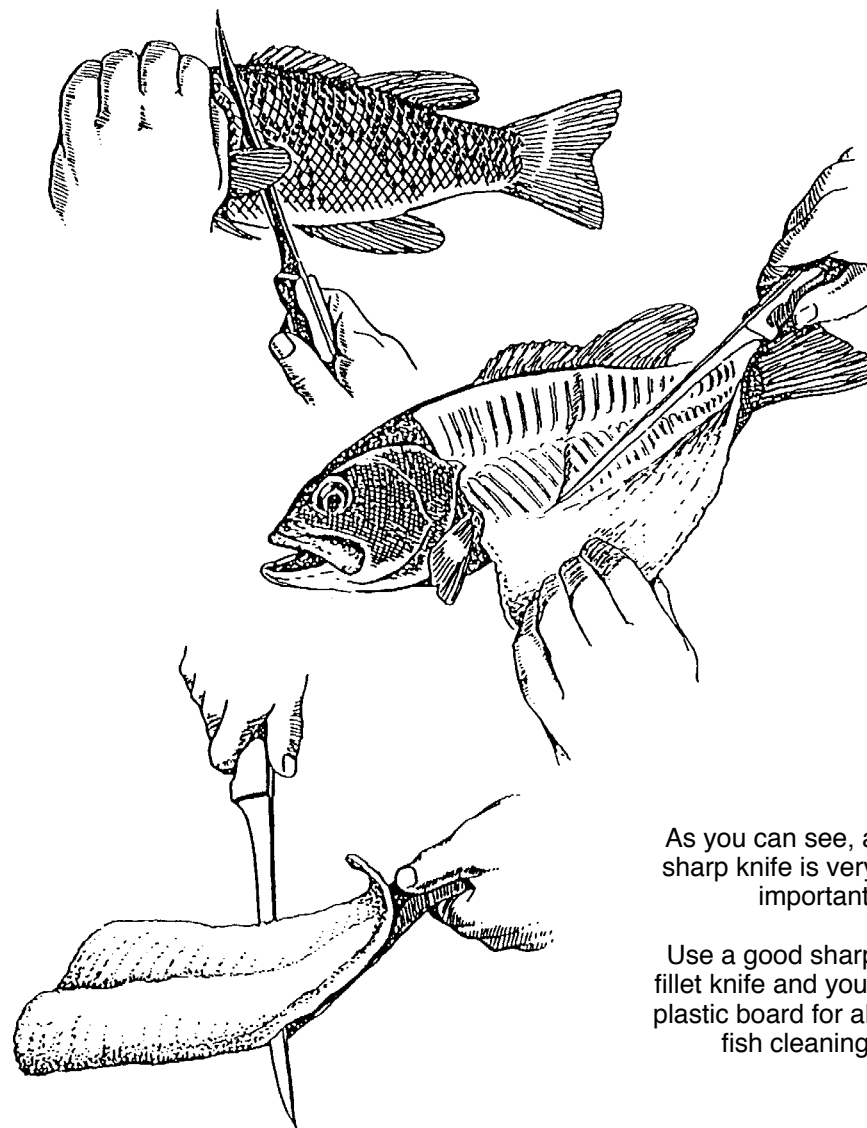
Here is another version of the famous fish stew:

- 3 pounds of fresh caught fish, cut into boneless fillets
- 5-6 potatoes or the equivalent dry potato slices
- 1 onion diced small (or dry equivalent)
- 1 tsp. salt
- 5 Allspice (or hang a bag of pickling spice in the pot while cooking, remove before serving)
- 6 cups of water
- 2 cups of "thick" liquid milk
- 2 - 3 tbsp. margarine

Combine the potatoes, onions, salt, Allspice (pickling spice) and water. Bring to a boil over medium heat, then simmer until the potatoes are done. Remove the pickling spice. Cut the fillets into small pieces (1 1/2" - 2"). Carefully add the fish to the stew. Cover and simmer until the fish is tender. Add milk and margarine and serve immediately.

POACHED BASS AU GRATIN - From a 1987 Trail Foods Advisor Handbook. This recipe would use potato slices and cheese sauce from your food supplies. "Don't get poked in the eye with a flying elbow" as people try to get seconds.

NORTH COUNTRY FISH FILLETING

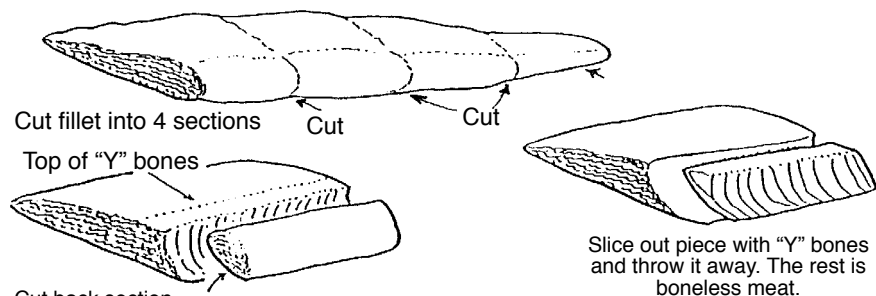


As you can see, a sharp knife is very important.

Use a good sharp fillet knife and your plastic board for all fish cleaning.

PREPARING THE FILLETS FOR COOKING

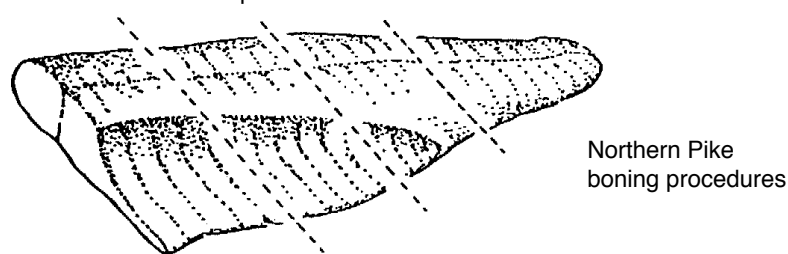
It is very important to cook all fish thoroughly. One simple method is to cut all fillets in small strips. You will find that this works very well and tastes great!



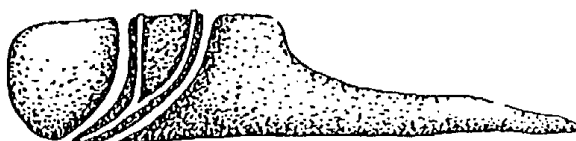
Cut back section outside the row of "Y" bones. This is boneless and good meat.

ONCE THE "Y" BONES ARE REMOVED FROM THE FILLET, THE MEAT IS EXCELLENT EATING.

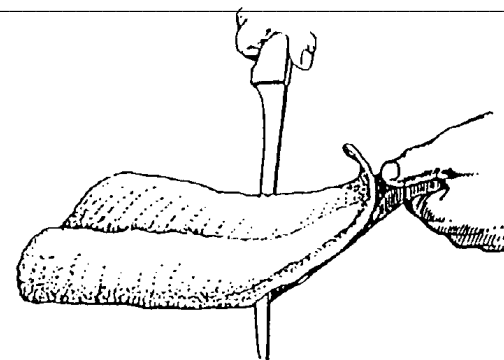
Cut fillet into 3" strips.



1st cut "Y" bones 2nd cut



COOKING YOUR FISH



Fishing is up to you and your crew. Make sure you take the necessary tackle and equipment. Cooking fish is also important and the "fixin's" are again up to you and the crew. Make sure you take what you need to fix the fish the way you like. The Base furnishes breading mixes, cornmeal, spices, Hush puppy mix, shortening, etc. YOU and the crew make the decision on what you will take.

FRIED FISH - Prepare the fish fillets. Be sure to cut into small pieces or strips to make preparation easier and faster. The fish then can be prepared in many different ways.

- Wash the fillets in water and roll in dry crumbs or mix, fry in HOT shortening.
- Wash the fillets and use special breading mixes, fry in HOT shortening.
- Wash the fillets and then dip in a mixture of liquid (reconstituted dry) milk and egg powder. In preparing the milk and egg mixture, add to water and whisk together completely. Dip the fillets in the milk and egg mixture and then roll or dip in the breading mix, fry in HOT shortening.
- The breading mixes can also be used as a batter. Add water or liquid milk until you have a batter similar to very thin pancake mix. Dip the fillets in the batter and fry.

You may have your own method you prefer. Remember to wash the fillets, cut into small pieces, and use very hot shortening.

BAKED FISH - You can bake your fish in the Trail Oven. Lake trout and walleye are especially tasty prepared in this manner. Lake trout would be baked whole minus the head, tail and entrails. Spread a mixture of margarine and lemon pepper in the body cavity and bake over a low to medium hot fire/stove. Wall-eye fillets would be layered in the liner pan two layers deep with margarine and lemon pepper mixture spread over the fillets. Bake until the fish is white, opaque and flaky.