

## STORE-BOUGHT FOODS (Ray Burns)

The following foods can generally be obtained at any superstore or supermarket with bulk bins. Several recommended smaller food stores with specialty items are as follows

1. Scoop and Weigh located at Grant and Highway 90. This is an excellent store with a wide variety of grains, dried foods, powdered egg, nuts etc mostly in bulk bins.
  2. Natural Bakery 808 Logan. A good source of dense German breads.
  3. Tenderloin Meat and Sausage. 1483 Main Tasty dried beef jerky
  4. Wilderness Supply 623 Ferry. Power Bars
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Philosophical Comment: My personal preference when planning a meal for canoeing or backpacking

1. Keep the cooking process as simple as possible and keep an eye on ease of cleanup.
2. If possible avoid cans and especially bottles
3. Avoid pack foods that have strong smells
4. Look for a protein/carbohydrate balance in a meal. Breakfast meals especially often lack a protein content and this shows up when people become hungry an hour or so after eating.

### BREAKFASTS

#### *Red River Cereal*

**Everyone's favourite!!!**[just kidding ] Cooking is quick and cleanup is simple. Add some dried apricot while cooking and almonds when serving. For a special treat bring along a small Nalgene bottle of maple syrup – it goes a long way. Serve with camp coffee. [To make camp coffee boil coffee grounds in a pot watching that the contents do not overflow-let pot stand until grounds have settled somewhat before pouring a cup.]

[Nalgene is a brand of container that is supposed to be break proof and leak proof]

#### *Oatmeal*

*Oatmeal in packets.* It comes with different flavours and is simple and quick to prepare but I personally hate oatmeal in packets.

*Enriched Oatmeal* – I like this recipe

- 1 cup rolled oats
- 1 cup quick cooking barley
- 1 cup bulgar
- 1 cup dried cranberries
- ½ cup sliced almonds
- 1/3 cup sugar
- 1 tablespoon cinnamon

cook as usual with two parts water to one part cereal mix

#### *Milk from powdered milk packets*

#### *Powdered juice packets*

*Fresh Fruit-* heavy and bulky but for a short trip this may be ok and a fresh orange at breakfast is popular. On a longer trip a single apple on day 6 chopped up in slices and portioned out is a moral booster/treat.

*Dried fruit from bulk bins.* [Note that the dried fruit in the bulk bins has not been dehydrated as thoroughly as is possible so adding to weight] -Dried fruit reconstituted and served hot is a breakfast supplement.

*Nuts from bulk bins* – remember nuts are heavy

*Peanut Butter* in a leak proof container

### ***Cream of Wheat. \ Cream of wheat in individual packets***

***Pancakes made from powdered mixes-*** the kind of mix that asks only for water to be added. Make a syrup from brown sugar or if any of the maple syrup is left use that or make up a mix of re-hydrated fruit.

**Note:** A pancake breakfast is difficult to make so that a larger group eats at the same time and has almost no protein which means that everyone will be looking for granola bars etc in no time. Consider putting peanut butter out to put on the pancakes.

### ***Cheese and Cheesecloth***

Cheese can be kept from going off by use of cheesecloth. Pour vinegar into a bowl and immerse a piece of cheesecloth into the vinegar. Remove the cheesecloth from the vinegar and squeeze out the vinegar. Wrap the cheese in the cheesecloth.

***Breads:*** Unsliced Dense German Bread [Try Multi grain unsliced loaf from Natural Bakery  
Bagels, Rye Vitas

Breads go stale and are bulky to pack but are convenient and save on having to cook. Dense German bread in particular lasts several days in quite good shape and when sliced moderately a loaf will go a long way.

Melted cheese on toasted bread/bannock/bagel. The cheese melts when sitting on a hot -just turned over in the pan –bagel.

### ***Powdered eggs***

Powdered eggs can be obtained at Scoop and Weigh. Reconstituting powdered eggs is a trial and they do not seem to go far but creating an omelet or a scramble is simple and gives a break from porridge.  
Serve on rye vita

## **LUNCHES**

Lunches are next to breakfast a difficult meal to be creative about. Generally they are made when you are on the move and must be simple to prepare. For some people lunch is an important meal. Sometimes if a group is traveling day after day in cold difficult conditions a good lunch is vital. On such a trip consider assigning two people to look after lunch as their only job.

A formula method for developing a lunch plan for such conditions could be to make sure each lunch has a protein, a carbohydrate, a vegetable or fruit- something crunchy, liquids such as soup and tea, and a treat

***Root crops*** such as turnip/carrot

***Powdered instant soups***

***Tinned fish***

***Bulk bin candy***

Possible lunch scenarios

**Day 1** Bread, vacuum packed sandwich meats frozen before bringing on trip, powdered instant soup, Apple chopped up to share, tea, treat such as one candy from bulk bin

**Day 2** Bread, Sardine from tin, Orange chopped up, soup, tea, treat

**Day 3** Bread, cheese, carrot – chopped up, soup, treat, tea.

.. and so on

Note the use of root crops by day 3. All root crops keep well and provide a crunch with a meal. A turnip is a good alternative to carrots. By day 10 of a long trip the bread would be long gone, and bannock would have to be made the night before or at breakfast

**Day 10** Bannock, tin of salmon, soup, turnip, tea, candy treat.

Also useful and popular at lunch are peanut butter and squeeze tubes of jam, mustard, etc.

## HAPPY HOUR

*Rum/wine* in a Nalgene bottle

*Crystal drink mixes*

**HORS D'OEUVRES** – something nice to eat with your happy hour drink

*Hummus mix.* Available in all supermarkets and in bulk at scoop and weigh this is a savoury easy to make snack food best served on crackers. Light to carry in powder form and simple to make

*Eggplant mix.* Available at Scoop and Weigh. Savoury and of the ‘add water to powder’ design.

## SUPPER

Superstore has a line of **Presidents Choice** meals which are of the “add water and cook in one pot for 15 minutes” style. A good example is the *Moroccan style Pasta and Beans*.

*Fantastic Foods* puts out a whole line of packaged foods of the above type – Scoop and Weigh carries this line as does Vita Health and some supermarkets

For example ‘*Vegetarian Chili*’

*Spaghetti / powdered spaghetti sauce mix.*

A wide range of pastas and powdered mixes exist in every supermarket

Other varieties of noodles with spices and sauces; look for the following trade names

*Lipton Side dishes*

Pastas and noodles-Fettuccini Alfredo; Garlic and Herb; Tomato and Herb; Honey garlic Noodles ; Singapore Curry. These are marketed as side dishes but could be a dinner

*Uncle Ben's line*

Curried Rice and Raisins and Almonds - add a handful of almonds to up the protein content and a handful of shredded cabbage to give the mixture more colour and crunch.

*Betty Crocker line*

Tuna Helper- bring along a tin of tuna

*Knorr Kitchen Creations*

Creamy Primavera – bring along small can of chicken

Teriyaki with oriental rice – tin of chicken

*Kraft dinner*

An old favourite but now comes in all kinds of variations ( cheddar ,Velveeta ,cheese and tomato , and the original)- needs a tin of tuna

*Lundgren Farms*

‘**rice and lentils**’ – comes with spice package

*Knorr soups*

Consider texturized vegetable protein[available at scoop and weigh] as a replacement for the tins of chicken/tuna

*Meals from Bulk bin grains and spices*

## **SOME RECIPES:**

### **RICE AND LENTILS (two servings)**

Prepackage:

1 cup basmati rice	1 cup lentils
2 tablespoons onion flakes	1 teaspoon salt
1 teaspoon cinnamon	1 teaspoon ginger
1 teaspoon nutmeg	4 whole cloves
2 bayleaves	Pinch cayenne
Take along oil (4 Tbsp.)	Need 5 cups water.

- 1) sauté all dry ingredients for a few minutes.
- 2) add water. Cover pot and simmer 30 minutes.

### **LENTIL CHILI (two servings)**

Prepackage:

1 cup lentils	1 teaspoon cumin
1 teaspoon oregano	2 tablespoons corn meal
1 teaspoon salt	1 tablespoon chili powder
1/8 teaspoon garlic salt	1 tablespoon onion flakes
3 tablespoons spaghetti sauce powder (tomato)	
Need 4 cups water.	

Combine all ingredients with 4 cups of water; bring to boil and simmer 30 – 40 minutes.  
Serve with bannock.

### **CURRIED COUSCOUS (two servings)**

Prepackage:

2 teaspoons curry powder	2 teaspoons chicken broth powder
¼ teaspoon black pepper	1 teaspoon parsley flakes
Take along 2 tablespoons oil and 1 cup couscous. Need 1 ½ cups water.	

- 1) Heat oil. Add the seasonings and cook one minute.
- 2) Add 1 ½ cups water and bring to a boil.
- 3) Slowly add the couscous and bring back to boil while stirring.
- 4) Cover, remove from heat and set aside for 10 minutes.
- 5) Fluff with fork and serve immediately

### **MACARONI AND CHEESE COLORADO (two servings)**

1 14 oz package Macaroni and Cheese (Alfredo is good)	
1 6 oz. can tuna	1 teaspoon chili powder

- 1) Follow directions on package (need powdered milk, 1/3 cup water and oil).
- 2) Add chili powder when stirring in sauce.
- 3) Mix in (optional) tuna before serving.

Fry some cabbage in a pan and at the last minute add almonds. Good side dish.

Any of the above would be happy to see fresh caught fish.

### **BASIC BANNOCK**

3 cups flour [white, whole wheat, triticale, etc]  
2 tablespoons baking powder  
package in zip lock bag  
before cooking in fry pan, add 1 and ½ cups of water and ¼ cup oil to mixture in zip lock bag,  
knead mixture in bag/squeeze onto hot greased griddle, cook until brown on both sides

### **DESSERT**

Dream Whip – add blueberries, Chocolate bars/granola bars

## **KITCHEN ETHICS (Ray Burns)**

Some points for discussion

1. Are wood fires ok?
2. Where should a fire ring be placed?
3. Should only wood on the ground be used for a fire?
4. Should plastic wrappers be burned?
5. So nobody liked your meal!! What about leftover food? What to do?
6. You have washed the dishes? What do you do with the dish water?
7. What about all those empty cans?
8. Any others?