

## Canoe Trip Food

Examples from Adrian Johnston, March 2004

	<b>Basics</b>	<b>Other</b>
Breakfast	Porridge, brown sugar and dried fruit (stewed)	Coffee, tea, juice
	Pancakes and slab bacon (early on)	Syrup
	English muffins (early on)	Jam, peanut butter
	Dried ham cubes and Dehydrated hash browns	Hard margarine
	Back bacon wrapped in vinegar cloths (lasts longer)	Canola oil
	Biscuit mix	Powdered milk
Lunch	Dried soup mix – very important on cold days	Drink crystals
	Dried sausage chubs (more expensive but less spoilage)	
	Beef jerky	
	Cheese blocks, cream cheese, Imperial cheese	
	Pita bread (molds in 3-4 days)	
	Ryvita crackers (bulky but good) or bannock from breakfast	
	Canned salmon	
	Carrots and cucumbers	
Supper	Rice, pasta, instant potatoes, scallop potatoes	Onion flakes
	Stove top stuffing	Dried mushrooms
	Dry your own frozen vegetables (peas and corn best)	Tofu sticks
	Dry your own pasta sauce and salsa	Bacon bits
	Dry your own cooked extra lean beef or venison hamburger	Spices
	Dry your own cooked and thinly sliced chicken breast	Fish breading
	Burrito wraps for tacos	Lemon pepper
	Gravy and sauce mixes (store bought)	Lemon juice
	Dehydrated refried beans (from Nutters)	
Desserts	Rice pudding, cream pudding, Sauce'n'Cake	
	If you have an "out-back" oven you can bake cookies, buns, cake, etc.	
Snacks	Personal choice: hot chocolate, candy (avoid chocolate), booze, etc.	

### Meal examples

#### **Breakfast** (boiled coffee and juice every day)

- Porridge with brown sugar and dried fruit (set out night before to re-hydrate and boiled up in morning) and milk.
- Bannock (made with Bisquick mix) with P-butter and jam.
- Pancakes with syrup and bacon. If out in July-August Saskatoons and blueberries are great in pancakes.
- Slab bacon and eggs early on in the trip. I have never tried powdered eggs?
- Ham cubes and hash browns.

#### **Lunch**

- Soup cooked on a small gas stove when cold or desired.
- Pita with sausage and cheese, carrots.
- Ryvita crackers with cream cheese and canned salmon and cucumber.
- Bannock cooked that morning with dried sausage and cheese.
- Cooked cold fish from the night before – always a favorite.
- Taco wraps, Imperial cheese and fresh fish with lemon juice when the fishing is good and you have time at lunch.

#### **Supper**

- **Goulash:** Re-hydrated burger, onion flakes, mushrooms, corn and pasta sauce, served over instant potatoes.

- **Curry chicken:** Re-hydrated chicken breast, tofu sticks, onion flakes, mushrooms and peas in a spicy Indian curry paste (store bought), served over rice.
- **Mexican night:** Re-hydrated burger with taco mix, re-hydrated salsa, corn, re-fried beans and fresh grated cheese and a diced onion in burrito wraps.
- **Fried fish** with rice or potatoes, and re-hydrated vegetables – lots and often!
- **Chili** made with re-hydrated hamburger, kidney beans, corn and onion flakes, using a packaged chili spice mix.
- **Turkey dinner:** re-hydrate ground turkey in lots of water, and once ready use this water to make stove-top stuffing and a turkey gravy mix. Serve with instant potatoes and re-hydrated peas. Can also re-hydrate some dried cranberries with the turkey (lots of pots but a great celebration meal).
- **Spicy poached fish:** place fish fillets in foil, cover with re-hydrated salsa, seal foil and cook quickly over coals, serve with rice cooked with a bouillon cube and re-hydrated vegetables.
- **Pasta** served with re-hydrated tomato sauce or packaged Alfredo sauce. Option: tofu or dried burger for protein.
- **Soup** with pasta or lentils or tofu or fish cubes if available, re-hydrated humus and crackers (rainy day).

#### ***New meals I plan to try in 2004:***

- **Fish chowder:** potato flakes, onion flakes, dried corn, chicken stock, large egg noodles, (AJ - bacon bits). Add enough water to achieve the right consistency, boil until noodles almost cooked before adding raw fish cubes for final 5 minutes. Recipe from Ric Driediger, CRCO. Nutter's also has a clam chowder base that may work here.
- **Vegetable chowder:** I plan on pre-cooking lentils, or using canned cooked lentils, and then drying them. These will be mixed with some dried canned kidney beans, vegetables, spices, dried onion and green & red peppers and dried tomato sauce. Served with rice or potatoes.

#### **Other thoughts and suggestions**

- I always take the time to search through stores like Nutters when traveling. They have an abundance of dried food products which could be used on canoe trips.
- The ethnic and vegetarian food section of large stores has a large selection of sauce and spice mixes which enhance the meals. I try them at home first to avoid disappointment on the trip.
- Always buy name brand frozen vegetables to dehydrate, you will taste the difference. The same applies to pasta sauce, kidney beans and salsa.
- Do not over-cook the chicken breast when roasting it prior to slicing (VERY THIN) and drying.
- Stove-top stuffing is a great starch for a meal. While it is a bit salty, it is filling and flavorful when served with "less than flavorful" food.
- On the first few nights of the trip we often eat fresh meat (steak on day 1, cryovac packed ham steak on day 2 and cryovac packed smoked sausage on day 3), along with fresh vegetables cooked in foil (potatoes, carrots and onions). This is especially tempting when you don't have too many portages early on. Only problem is if you catch lots of fish you have to cook this food and carry it for lunch the next day.
- At home, I pre-package all components of a supper meal in plastic and zip lock bags, and then combine them in a plastic grocery bag and label it to avoid having to unpack all the supplies to find your meal.
- Never throw out a plastic container before making sure it cannot be used on a future canoe trip to hold products securely. I use Kraft salad dressing and spring water bottles for cooking oil and soy sauce, plastic chutney jars for jam. Peanut butter jars are great storage containers.
- As you have noticed from the above, you need a food dehydrator if you are planning to pack light, or are planning a long trip. Another option is using your oven (a convection oven is the ultimate) with your food placed on a piece of metal (not fiberglass) window screen. Be sure and pre-measure your portions before drying – you end with such a small amount it is misleading and leads to disappointment when you re-hydrate too much.
- In 2003 I traveled with some folks that had an "Outback oven". This is a great option for baking items on the top of a stove, from lasagna to cakes – I was very impressed. It also doubles as a fry pan.
- There are many ways of organizing your food preparation. I have always used a group kitchen, with different people looking after specific meals or days. I have traveled with people who cooked in groups of 2, and where a group of 18 was split into three groups of 6. In my experience, cooking for more than 8 becomes a challenge.
- Finally, you may want to take along some favorite canned foods to leave in your vehicle for a meal on the way home at a roadside camp site – helps when you arrive back late and local restaurants are closed, or when returning to a remote location.