

## Food Tips and Menu Planning For canoe trips, Jo Ann Walker

- Shorter trips are obviously easier to plan for in terms of fresh food (fruit, veggies, and meats which will keep)
- For longer trips pack some fresh stuff for earlier use ending with more dehydrated and foods that take longer to prepare in the sense that they are dried and uncooked i.e. beans, rice, lentils
- When buying meats leave time to preorder so they can be flash frozen and vacuum packed. They will stay frozen longer.
- Smoked meats and sausages can be used later on in the trip because again they keep longer.
- More beans and grains can be added to dishes as the trip extends to keep up the protein content.
- Use salamis that are dryer and with less fat content.
- Cheeses should also be older, dryer and again with less fat.
- Breakfasts should be hearty with grains and fruit for needed protein and carbohydrates with the scale tipped towards protein. Your energy levels will be sustained longer.
- Lunches work best when they can be prepared and served quickly and easily for those days when you don't have time for a shore lunch
- Snacks that you have on hand should again provide sustained energy and not just a quick sugar fix; so trail mix, whole grain energy bars, nuts and fruit leathers, solid cookies made with whole grain, nuts and carob.
- To make preparing bannock, biscuits and cornmeal breads easier have all the ingredients measured out into a zip lock bag so only water needs to be added. Makes it much easier for mixing and kneading and less mess to clean up.
- Crackers like stone wheat thins and ryvita are harder and sturdier therefore stand up better. Bagels can be left at home because they mold very quickly because of the high fat content.
- Use heavier whole grain breads.

### Meal Ideas

#### Breakfast:

- Porridges of 7 grain, 9 grain, millet or cooked oatmeal, add dried apples, cranberries, and apricots to them.
- Eggs for first couple of days can be done safely, scrambled with onions, red & green peppers or with cheese and ham chunks.
- Loafs and muffins prepared with whole grain flour, nuts and fruit to be used early.
- English muffins toasted also for earlier on.
- Bannock can be made fresh any day in biscuit or pan form.
- Pancakes or biscuits served with fresh stewed low bush cranberries, mmm good.

### **Lunch:**

- Pitas pockets filled with barley salad, see fall SCC newsletter for recipe.
- Always have some veggies; cucumbers, carrots keep well.
- Ryvita or stone thins with hummus (pkg. Just add oil & water).
- Beef sticks or jerky, salami and cheeses.
- Fruit like oranges or apples keep longest, dark big plums are not bad if eaten early.
- Pan bagné eaten first or second day; see fall SCC newsletter for recipe.
- Canned ham on crackers, imperial cheese.

### **Supper:**

- Skinless, boneless chicken breasts cooked whole with a covered pot. Rice & seasonings added after meat is browned. Can also add, corn, peas, or almonds.
- Basmati rice or 9-grain rice has lots of flavor or add small can salsa, nuts or soup mixes for flavoring to plain rice, bulgur wheat, or couscous.
- “Kassler” or smoked pork chops keep well and can last 3- 4 days.
- Northern Sask. Lobster – fresh fish pieces boiled in salted and vinegar water and dipped in melted butter.
- Small baby potatoes, onions and carrots cooked in Dutch oven with sausage browned in pan first.
- Lentil stew with sausage and carrots served with hot corn meal bread.
- Packaged dehydrated veggie chili and veggie burgers not bad for last days of the trip. Small cans of black beans, corn etc, can be added.
- Pasta and pasta sauces can be jazzed up with tomato basil or pesto spices and dried sauces.