

Sommers Canoe Base

Wilderness Canoe Trails Crew Cookbook

1965 Version

Used by Steve Tobin, Hampton, MN during a 10 day trek
into the Quetico Superior Wilderness area IN 1965.

Note: The original cover was lost along the way.

-- INTRODUCTION --

Welcome to the Charles L. Sommers Wilderness Canoe Base You are about to take off on one of the greatest wilderness experiences of your life -- it is truly an adventure for men. Don't think you're doing to starve either, as you will have over 240 pounds of food plus the fish you catch.

Some of the "would be outdoorsmen" talk about how they can rough it. Pile the wood together, light it, bring on the old frying pan with some bacon, boil some mighty strong coffee in an equally old, blackened and battered pot and say, "boy this is the life!" It may be, but not for us!

The purpose of this book is to assist the crew and advisor to carefully plan their menu, select correct and adequate food, so that there will be plenty of it, as well as a good variety for nourishing meals that will be enjoyable too.

By a thorough knowledge of the contents of this book, your crew and you can very well have the difference between good cooking and a successful trip or poor cooking and a very unhappy trail experience.

The secret to outdoor cooking is to develop good food with variety of meals from a few basic items. To accomplish this, it will take the co-operation of all the members of the crew. The guide will demonstrate, advise and assist you and the crew to do good high quality, tasty cooking. Good food on the trail becomes the responsibility of every one pitching in and doing his share.

The recipes included in this book are easy to prepare and have become Wilderness Canoe Trails standbys through years of experimentation with a vast number of food products. Thanks to the many guides, Explorers and leaders for their contribution of these recipes and suggestions.

WILDERNESS COOKING METHODS

The guide is not the cook for the crew but rather acts in an advisory capacity to insure a successful canoe trip. His knowledge of the trails is extremely valuable as are his suggestions and comments concerning crew operation. The guides are usually good trail-cooks, more than willing to help the crews achieve cooking satisfaction and will have many cooking methods to teach the crews plus a few "secrets" concerning a few special dishes. The guide will act as your wilderness instructor but you and your crew will carry out the successful operation of a happy canoe trails experience.

We will present, a few of the many important basic procedures of wilderness cooking preparation which have proven to be the most effective. In turn, it is our hope that the crew will learn - by experience enough knowledge of the out-of-doors, so that they may be able to successfully prepare and carry out a happy worthwhile trip on their own.

Work with the guide very closely during the outfitting and other preparations for the trails in order to be able to understand the reasons and rather unique methods that are used for a successful canoe trip in the wilderness area. Too much food will result in the food packs being overweight, while too little food will of course, mean a few hungry days. Good planning and preparing cannot be over stressed.

It is very important that all of the foods wanted and needed for the trails be properly packed. The dry foods are packed in food bags secured by tie-strings, evenly distributed in four or five food packs braced by a cardboard liner. Also, check carefully that all of the necessary items in the kettle pack are along, including the reflector-oven which will be placed in the bread-pack.

In the selection of a campsite choose an open rock-shelf jutting out into the lake or situated somewhat above the water level. Build an all rock fireplace, half moon shape, about 3 feet high and 3 feet wide. Be certain to lay the fireplace on a solid rock surface at least 10 to 12 feet away from any soil or humus, so that the fire will not ignite the humus and start a dangerous ground fire

Find a dead, sturdy pole 4 or 5 feet long and 1 1/2 inches to 2 1/2 inches thick to serve as a cooking cross-bar. Before placing the pots and frying pan on the fire create a soapy lather and rub this on the pots. This will keep the soot from sticking on the metal surface while cooking and will wash off easily after the meal is over.

Although the Quetico Superior Wilderness area contains a vast forest, only a few types of trees can be utilized for potential fire-wood. Living trees, of course, cannot be cut, and obviously, living trees are much too damp for burning. When trees are lying on the ground, they often absorb moisture and rot easily leaving little potential fuel. However, near all campsites area there are many dead trees that have only partially fallen, and are resting on other trees. These trees are usually dead, but check them to be certain that this is true. "Squaw Wood," found on trees, are lower dead branches and serve very well for tinder. Fuzz sticks are helpful as are pieces of drift wood, usually Northern White Cedar. Jack Pine fuel is most used along with dead branches of the white and red pine. Birch and aspen are usually damp and rot easily. hardwoods are very rare and unfortunately, we can count on very few coals for any cooking purpose.

Some years back, a few outdoorsmen favored using "Beaver Wood," wood peeled by beavers for their dam and lodge building purposes. This became almost a fad in many outdoor areas. It resulted in the complete destruction of many beaver homes and dams, built with considerable time and effort by these interesting creatures. It is very unscout-like and certainly against the principles of Wilderness and Outdoor Conservation to rob and destroy the valuable beaver's handiwork, and disturbing the proper balance of natural environment. Interestingly enough, beaver wood is often very damp and does not contain pitch necessary for fire-kindling. Driftwood-beaver wood that has been washed up on shore and dried is excellent.

Collect a sizable quantity of wood before attempting to build a fire. The great majority of wood can be simply gathered by hand near the campsite without the use of the saw or axe. If the axe is required, however, select the best and most careful axeman in the crew to do the cutting and splitting work. An accident by a novice could result in serious and permanent injury, as well as the unhappy conclusion of a good canoe trip.

The fire-wood pile should be about a cube of three feet, fairly dense with dry wood. A small even hot flame is suitable for all cooking purposes. The big roaring fires seen at many campsites are dangerous and foolish giving evidence of greenhorns in action.

Baking fires and cooking fires can easily be the same and only one fire is necessary. Simply place sticks up-right near the oven, so that the entire inner area of the oven is evenly heated. For frying scrape a few sticks away from the main fire and place pan over these sticks. Most foods are cooked and baked within thirty-five minutes.

After the cooking is completed, soak the entire cooking area, fire place, fire and surrounding area, with large quantities of water. Use a shovel to stir the ashes and water together. Before leaving a campsite, again completely saturate the entire cooking area with water. The fire area, fire place, and adjoining areas must be entirely wet and cold before leaving the site. Use your hands to stir the ashes to make certain the fire is out, dead.

Only one fire per campsite is the age-old rule of the North Country. Please abide by it. Leave a quantity of wood for the next party, perhaps three to five armloads of usable wood. Do not peel any bark from any trees including birch bark. Do not cut any tree, bush, plant or flower. The Quetico Superior Area like many out-door areas is a Natural Out-door Museum and all of its forms and things found in this area are to be left alone, preserved and respected for all to observe and enjoy. To destroy marks one as an incompetent individual. It

is very wise to use as little wood as possible when camping. Two conservative fires per day is all that is necessary. Many people burn up tremendous quantities of fire wood needlessly, leaving little wood for the next campers. Leave the campsite neat and clean, no trash remaining and the general appearance of the area resembling a natural portion of the Wilderness and not an over used campsite. All cans are burned and sunk in the deeper reaches of the lake.

Food is measured out at the base by pounds. This process cannot be used on the trails, of course, but a Scout cup and Scout tablespoon will serve as adequate means of measurement when preparing the meals. Read the recipes carefully two or three times, have adequate wood ready for the cooking fire plus, necessary utensils and food readily accessible for utilization before mixing and cooking begins.

Good results in cooking are not synonymous with the amount of time spent in the preparation of food. Through organization and a few trail tricks the cooking can add greatly to the day without subtracting time from the other activities which make each day one to be long remembered.

The first and foremost step in cooking is to get all the pots on the fire immediately remembering that they should first be soaped. Be sure the covers are on the pots to avoid ashes falling in the water. For such a simple step it is surprising how much time is lost because we must wait for a not to boil.

Since one hours paddling in the morning is worth two in the afternoon it is important that breakfast be cooked without delay. It is often a help to soap the pots the night before and to have the necessary wood ready. Just getting the pots on the fire is not enough to insure rapid boiling.

The fire should be built up around all pots whose bottoms are resting nearly on the coals, in a log cabin manner nearly to the top of the pots without any sticks projecting above the rim which would cause a difficulty in removing the lid. In this manner the pots boil quickly without heat and time being lost.

All ingredients should be added and stirred while the pot is on the fire since the pot can be raised with a hook. Now for the first time the fire is allowed to decrease for the benefit of the stirrer. Proper care must be taken that all the pots are stirred often.

It is an old rule that the cook who burns the pot washes it! These are just a few tricks that will help you prepare your meal in the shortest time.

THE SET OF NESTING POTS THAT WE USE ARE AS FOLLOWS:

- #1 = 1 qt filled to rivets
- #2 = 1 1/2 qt. filled to rivets
- #3 = 2 1/2 qt. filled to rivets
- #4 = 4 qt. filled to rivets
- #5 = 6 qt. filled to rivets
- #6 = 8 qt. filled to rivets
- #7 = 11 qt. filled to rivets

Also carried along for cooking purposes; the reflector oven, mentioned before, necessary cooking spoons, pie tins, cake tins, mixing bowls, mountain kit, spices, and seasoning, kitchen fly, K.P. essentials and matches all included in the kettle pack. Be careful that no items are missing at the end of each meal and check before departing from the campsite that no utensils are remaining. Pots and cooking gear should be washed immediately after each meal and boil utensils at least once a day to insure absolute sanitation.

WILDERNESS TRAIL FOOD LIST

The following list will provide an idea of food taken on the trails by the average crew (10 Explorers, 1 advisor and the Guide). When the crew is larger or smaller amounts will vary.

Read the list very carefully as you plan your menus. When you pack your food, be certain that the food bags are properly marked and the food packs ready to be utilized for packing.

<u>Food Items</u>	<u>Number of Pounds</u>
Apples.....	4
Apricots.....	3
Prunes	4
Raisins	4
Bacon	8
Corned Beef.....	10
Spam	6
Salami	5
Cheese	5-6
Barley	1
Flour	7
Macaroni.....	4
Potatoes.....	8
Rice	7
Spaghetti.....	4
Bread	2 loaves per man
Hol-ry.....	8-10 boxes
Cornmeal	3
Bulger	2
Oatmeal.....	8
Wheat Cereal.....	6
Cornbread mix	2
Cake mixes.....	2 per mix
Pudding mix	3 per kind
Gravy mix	1
Pancake mix	6

<u>Food Items</u>	<u>Number of Pounds</u>
<u>Spices</u>	
Baking powder	8 oz.
Cinnamon	2 oz.
Mapleine	2 oz.
Saccharin	50 (1 grain tablets)
Salt	2 lbs.
Black Pepper	2 oz.
Chili Powder	2 oz.
Cocoa mix	15
Lemonade	2 1/2
Soup mix	2 (each kind)
Milk (dried).....	3 1/2
Milk (canned) (small)	5

Milk (canned) (large)	2
Butter	6
Coffee	2
Tea	1/2
Peanut butter	4 - 5
Jam	4
Punch mix.....	5 boxes
Dehydrated onions	1
Dehydrated peas	3 - 4 pkgs.
Dehydrated green beans	1 1/2
Dehydrated carrots	1
Dehydrated spinach	1
Tomato Paste	10 -15 cans
Lard	4 - 5
Sugar, white	12
Sugar, brown	14
Tomato paste	

Extra, Essential Items

Soap	3
Chore girls	5
Toilet paper	2
Matches	1/2 box
Bon Ami Soap or Ajax.....	1

Average Total Weight: 240 Pounds

SUGGESTED NINE DAY TRAIL MENU

(Seven full days, two-half days on trails)

The purpose of the following suggested menu is to assist the crew in working out the adequate day-by-day menu plan. This menu is by no means required, only inserted to relate to the crews the possibilities of crew menu planning and actual cooking participation. Such factors as weather layover days, animals and other unforeseen circumstances might cause a change in the best planned menu.

FIRST-DAY

<u>Breakfast</u> (at the base)	<u>Lunch (First meal on trails)</u>	<u>Supper</u>
	Bread and butter	Boundary stew
	Peanut butter and jelly	Rice pudding
	Cheese or salami	Cocoa, coffee
	Grape punch	Corn bread
	Candy	

SECOND-DAY

Oatmeal	Bread and butter	Potatoes and gravy
Cocoa	Cheese	Fried Spam or Treet
	Hol-ry	White cake or spice
	Lemonade	Apple sauce
	Jam and peanut butter	
	Raisins	

THIRD-DAY

Prunes	Bread and butter	Spanish rice
Farina	Peanut butter and jam	Apple pie or
Bacon	Cheese, Hol-ry	Chocolate pudding
Cocoa	Lemonade	Cocoa and coffee

FOURTH-DAY

Fruit stew	Bread and butter	Macaroni and cheese
Cocoa	Jam and peanut butter	Spice cake
Pancakes	Hol-ry	Cocoa and tea
	Apricots	
	Punch	

FIFTH-DAY

Apple sauce	Bread and butter	Creamed corned beef on biscuit
Farina	Hol-ry	Rice pudding
Cocoa	Punch	Apple cake
	Jam and peanut butter	Coffee and tea
	Salami	

SIXTH-DAY

<u>Breakfast</u>	<u>Lunch</u>	<u>Supper</u>
Peaches	Jam and butter	Pack sack stew
Baking powder	Bread	Apple sauce
biscuits	Lemonade	Ginger bread cake
Bacon	Cheese	Butterscotch pudding
Cocoa	Hol-ry	Cocoa and tea
Pancakes		

SEVENTH-DAY

Prunes	Bread and butter	Spaghetti Italiane
Oatmeal	Jam and peanut butter	Chocolate cake
Corn bread	Hol-ry	tea and coffee
Cocoa	Punch	
	Raisins	

EIGHTH-DAY

Fruit stew	Bread and jamb	Potatoes Au Gratin
Oatmeal	Hol-ry and cheese	Fried beef and gravy
Bacon	Punch	Rice pudding
Cocoa		Cocoa and tea

NINTH-DAY

Peaches	Bread and jam	at the base
Oatmeal	Peanut butter	
Cocoa	Punch	

Lunches could vary greatly on layover day.

The amount of food each crew takes allows for the following meals-8 breakfasts, 9 lunches, and 8 suppers The number of meals possible from the food list using the basic food would include rude:

<u>Breakfast</u>	<u>Lunches</u>	<u>Suppers</u>	<u>Desserts</u>
4 oatmeal	sandwiches	3 - 4 potatoes	1 of each
3 farina	punch	1 spaghetti	cake
1 bulgar	raisins, cheese	1 macaroni	1 of each
1 pancake	or salami	1-2 rice	pudding
	hol-ry	1 Pizza	

The basic ingredients can be easily varied in taste by the use of different meats and vegetables. Using this basic outline and the recipes in the cookbook the crew is urged to plan their own menu.

ARE YOU READY?

You will have over 240 pounds of food in your care for the trip. How are you going to pack it? Carry it? Protect it from water - bears - and poor cooks?

It is up to you to learn how to take care of your food supply, so that you will not just survive but really enjoy this wilderness canoe trip. The guide will be very happy to make suggestions and demonstrate techniques that will help you and the crew become accomplished voyageurs.

Before you arrive at the base, you should develop these basic cooking skills. Your mom can be a real help, as well as some real practice by you and the crew in preparation for this trip.

Breakfast preparation should include stewing fruits, cooking cereals and pancakes. Lunches include making lemonade, punches, sandwiches of peanut butter, jam, cheese or salami. Also by saving and serving left-overs such as pancakes, or fried fish, from break fast can really make a new and interesting lunch.

Supper menu calls for salting and boiling of macaroni, spaghetti, rice, potatoes and other foods. Frying canned meats, fresh fish, or baking pies, cakes, cookies' cornbread, biscuits, blueberry muffins all call for some "know how" that can be acquired before going on the trail. How to make tea, coffee, cocoa, etc., all make a good meal even better.

The control of the fire, salting what should be salted - and sweetening whatever needs sweetening -- just right -- is the skill of a true camper and voyageur.

WILDERNESS TRAIL RECIPES

The following recipes include measurements and quantities for twelve persons including the guide. This number is the average crew size that we service at our Base for canoe trail trips.

THE SET OF NESTING POTS THAT WE USE ARE AS FOLLOWS:

- #1 = 1 qt filled to rivets
- #2 = 1 1/2 qts filled to rivets
- #3 = 2 1/2 qts filled to rivets
- #4 = 4 qts filled to rivets
- #5 = 6 qts filled to rivets
- #6 = 8 qts filled to rivets
- #7 = 11 qts filled to rivets

All recipes listed can be somewhat altered to suit individual crew tastes and needs

1. JUICES

Apple Juice -To 4 quarts of water, add 3-4 cups of dried apples. Stew for 35 minutes, remove from fire, drain off juice, add 1/2 cup of white sugar to juice. Let juice partially cool while mixing sugar with the addition of a pinch of lemon powder for extra tang. Eat apples in cup with milk or on top of spice cake.

Tomato Juice -To 3 quarts of water, add 2 cans of tomato paste. Mix well, and add 2 tablespoons of salt for taste.

2. BEVERAGES

- Coffee** - A rule of thumb in brewing fine coffee is: For every cup of water, add 1 rounded tablespoon of coffee, regular grind. When water boils stir in coffee and set aside for 7 minutes to settle grounds. A dash of cold water also helps to settle grounds. Coffee is good on any occasion.
- Tea** - Tea is an old trail standby. From the earliest days of the Voyageurs, tea was used as the main drink - almost a necessity. Into a No. 6 pail of boiling water, add 3 tablespoons of tea, remove from fire and steep. Mild tea results. Add sugar and lemon crystals for taste.
- Milk** -Powdered milk is of very high quality. It can be used in many recipes. To each cup of powdered milk, add 4 cups of water, starting by adding only a small amount of water to make a smooth paste and stirring the remainder of water gradually. Stir well to break up lumps. Let mixture stand for several hours. Add a level tablespoon of sugar for extra body. This milk will sour as does fresh. Be careful. Cream can be made by adding 1 cup of water to 1 1/2 cups of powdered milk. Stir vigorously for full flavor.
- Cocoa** -For the average crew use the No. 6 pot, fill to rivets with water. Heat to boiling, add 2 1/2 cups of cocoa powder which you have first made a paste of stir for 1 minute, remove from fire and stir vigorously. Do not boil cocoa. The following cocoa mix recipe is used at the canoe base for trail use: 1 pound cocoa, 2 pounds dried milk, and 3 pounds of sugar, thoroughly mixed.
- Lemonade** -To each cup of water add 1/2 teaspoon of lemon powder and sugar to taste (or 1 or 2 tablets of saccharin). Lemon crystals (powder) are fortified with the necessary vitamin "C" daily requirements, essential to good health. Do not waste valuable powder. Hot lemonade on a cool night is excellent.
- Boullion Cubes or Thin Gravy Mix**
- Makes a wonderful hot drink for a quick "pick up" at any time.
- Punch Drinks** -The brilliant punches add a gay color to the trail meals. Add sugar if desired.

3. SOUPS

The canoe base makes available several varieties of dehydrated soups for trail use. Soups can supplement beverages on cool days.

Potato Soup - Fill water to rivets of No. 6 pot, boil, add 1 1/2 cups of dried potatoes, stir until soft, remove from fire, add 1 can of tomato paste (if desired) plus salt and pepper, 1/2 onion can be added while potatoes are boiling if desired.

Cream of Tomato -Fill water to rivets of No. 6 pot, when boiling add thickening made of 1 cup of flour, 1 Cup powdered milk, and enough water to make creamy paste, stir slowly into boiling water and cook until mix begins to thicken, add 1 can of tomato paste, blend in salt, pepper and butter. Tomato paste is very useful trail food.

Rice Soup -Fill water to rivets of No. 6 pot, when boiling add 1/2 cup rice. Boil for 20 to 25 minutes, when rice is soft, drain off water, add 1 can of tomato paste and add seasoning.

Barley Soup - Fill No. 6 pot to rivets, boil, add 12 cup of barley, stir until soft, add 1 onion and 1 can of tomato paste and mix well. Season to taste.

4. STEWS

Stews are a basic cooked evening meal of the canoe trails. The following three stew menu listings include just a few of stew possibilities. perhaps your crew could develop a new savory stew-dish.

Boundary Stew

Water (to rivets of 47 pot	1 cup dried beans
8 cups dried potatoes	3 cans of diced corned beef
1 cup dried onions	1/2 lb. soup mix = 1 1/2 cups
1 cup dried carrots	salt and spices to taste
1 cup dried peas	2 cans tomato paste

Simmer the soup mix and vegetables in water until they are soft Add corned beef and tomato paste, and simmer until desired thickness.

Kala Molka

Water-fill to rivets of 47 pot	1 can peas
2 cans Dehydrated potatoes	1/2 cup white flour
1 cup rice	1/2 cup milk
1 onion-diced	2 tbs. butter
Good size chunks fresh fish	salt and pepper
1 can tomato paste	

In boiling water, add potatoes, rice, peas and onions. Boil until soft. Add chunks of fish. Boil until soft. Remove from fire. Add tomato paste, flour, milk, butter, salt and pepper. Be certain all bones are removed before boiling.

This is a good way to eat fish in the Quetico-Superior Area since the fish retain their flavors and little waste occurs. Frying fish is a little problem because the lack of good cooking coals.

The name of this stew is derived from the Finnish Language meaning "Winter Stew" since quantities of fish are frozen for winter use in Finland.

Pack Sack Stew

Water-fill to rivets of #7 pot	1 can corned beef
2 cups dehydrated potatoes	1 can Spam
1 cup rice	1 can peas
1/2 Cup barley	1 can tomato paste
2 onions-diced	

Bring water to boil. Add potatoes, rice, barley and onions and boil until soft. Add corned beef, and spam. Remove from fire. Add peas and tomato paste. Mix thoroughly with seasonings. Very good stand-by.

5. SPAGHETTI AND MACARONI

These items were used on the trails for many years before dehydrated potatoes become usable in recent items. They still provide some very good dishes, easy to prepare.

Spaghetti or Macaroni with Cheese

Water-fill to rivets of 47 pot	Salt, other seasonings to taste
4 lbs. macaroni	1 cup butter
1 cup dried onions	1 large can milk
4 cups diced cheese	

Bring salted water to a boil and add the macaroni. Cook until the macaroni is soft and drain. Add at once all the cheese, butter and milk, and stir until the cheese melts. Serve at once.

Spaghetti

Water-fill to rivets of 47 pot	4 lbs. spaghetti
1 cup dried onions	

Cook spaghetti and onions until soft. Cover and keep soft until the sauce is done.

Sauce:

- 5 cans tomato paste
- 3 cans diced salami
- Italian seasoning and salt to taste

Add water to a small pot containing the above until a thin paste results. Simmer until at least 1/2 hour has passed, adding water when necessary. Service on top of cooked spaghetti.

6. RICE

Rice Pudding

Water-fill to rivets of #7 pot	1 small can milk
6 cups of rice	1/2 cup butter
2 cups raisins	1 cup sugar
salt in water	1 tbs. cinnamon

Cook rice and raisins in salted water until soft. Drain and add sugar, condensed milk, butter and cinnamon to taste.

Spotted Dog

Water to rivets of #6 pot	1 cup raisins
2 1/2 cups of rice	1 1/2 cup brown Sugar

Bring water to boil. Boil rice until soft. Add raisins and boil for 5 minutes more. Remove from flame, drain and add brown sugar .

Spanish Rice

7 cups rice	3 cans tomato paste
1 can pre-fried diced bacon	2 cups diced cheese
2 cups dried onions	

Cook rice, onions in salted water until soft. Add bacon, cheese. tomato paste and seasonings.

Baked Rice -Take finished rice pudding, somewhat cold, spoon out rice from pot, put into cake tins, greased with butter or shortening, bake in reflector oven for 15 minutes. Sprinkle sugar on top. Remove from oven after 5 minutes. Also, you can mix brown sugar and butter together for rice with cinamon.

7. POTATOES

Boiled Potatoes -Fill to rivets of No. 6 pot, boil, stir in 1 1/2 cups of potatoes boil until soft -add salt as desired.

AuGratin Potatoes - Take the pot of boiled potatoes, above, spoon out of pot and into buttered cake tins about 2 spoons full each. Add 1/4 cup diced cheese. Add rest of potatoes and again add 1/4 cup diced cheese, plus 1/8 cup flour, and 2 tablespoons of butter. Add 1 cup of liquid milk on top of the 2 tins of potatoes and bake until potatoes are brown.

Fried Potatoes -Same as boiling, then add potatoes to greased frying pan with two strips of bacon, fry until golden brown.

8. MEAT AND F ISH

Our meat products for use consist of corned beef, canned bacon, spam, sausage and fresh fish. Other protein products consist of milk, cheese, and eggs. Proteins are necessary for proper bodily growth and stamina. We at the base, provide much more than the necessary required amounts of protein needed for health.

Creamed Corned Beef -Mix together 12 tablespoons of flour and 12 table spoons of butter. Bubble these for one minute in a large pot. Add 12 cups of milk, 3 teaspoons of salt, 1 1/2 teaspoons of pepper, and boil for one minute with constant stirring. Add 4 cans of diced corned beef, 2 cups of diced cheese, and one cup of cooked peas. This is served on baking powder biscuits, potatoes or toast .

Glazed Treet -Cut treat into slices (6 - 8 per can) brown in butter, when browned remove from frying pan and sprinkle with brown sugar.

Fresh fish is, of course, caught on the trails. Many of the lakes in our wilderness areas are teeming with fish, ranging from good "cooking size" to record size. The more skilled you are as a fisherman, the more your crew will appreciate the extra-full order. However, don't be a "Game Hog."

The good out-doors-men, anywhere, fishes only for the fish that he will eat, no more.

Boiled Fish -One recipe was mentioned before, Kala Mojka. Boiled fish is one way to enjoy the natural flavor of our northern cold water fish.

Fried Fish -Heat up the frying pan, use a moderate but active flame, after pan is hot, put 3 tablespoons of shortening into pan, melt, and add cleaned boned chunks of fish. Fry until done in middle and crisp on outside. Be careful as it will burn easily. Fish can be rolled in flour or corn meal before frying.

Fried Fish Deluxe -Same as in fried fish except that a rich batter of pancake flour and salt, plus a few onions can be mixed together. Dip fish into batter and deep-fry.

Gravy Mix -This mix is very concentrated. A little goes a long way. Take equal portions of shortening and flour, mix together in heated frying pan, add 2 cups of water, blend together until rather thick, add several spoons of gravy mix, until a smooth batter is obtained.

9. FRUITS

Fruits are most essential for good health and proper food balance while on the trails. Dried and fresh fruits can be utilized in a variety of ways giving the over-all menu a very definite boost.

Blue-berries These delicious small purple berries are found in many areas of the Quetico Superior Wilderness Area. The blueberry bushes need a warm dry period in early summer for the berries to ripen fully. A cold snap can destroy the up-coming crop. We hope that special care of the bushes will be taken when picking the blueberries, so that they can continue to grow and produce again next year.

Apples -Dried apples serve many useful purposes such as pies, up-side-down cakes, sauce, juice, etc. Apple stew is easily prepared by filling No. 5 pot up to rivets with water, adding 2 1/4 cups of apples and boiling about 25 minutes, remove, add 1/2 cup brown and white sugar. Let cool.

Apricots -Very high vitamin "C" good in pies, prepare as for apple sauce.

Peaches -Good in pies and sauce, prepare as in apple sauce.

Prunes -Prune stew is very favorable, little or no sugar needed, prepare as in apple sauce.

Raisins -The old trail basic food added to rice, and oatmeal, or can be eaten raw, stewed, added to cereals, cakes, pies and puddings.

Fruit Stew -All above fruits mixed together and cooked, add sugar.

10. CEREALS

Some folks like pancakes for almost every breakfast. Out on the canoe trails there is not enough time, nor adequate opportunity to prepare them every morning. Cooked grain cereal is excel- -. lent for breakfast on the trails.

Oatmeal

This is the old timers' breakfast food. Oatmeal is as popular 'today as it was seventy-five years ago, both in Wilderness Area and civilization. Very easy to prepare.

Water-fill to rivets of #6 pot	16 cups water
8 cups oatmeal	dash of salt

Simmer the above until the oatmeal is cooked. Serve with brown sugar and butter. Be sure not to add oatmeal until the water is boiling.

Farina -Boil a volume of salted water equal to the amount of farina (4 - 6 cups) desired. Remove from the fire and add a fine stream of farina, with constant stirring, until the desired thickness.

11. BREADS

Double wrapped fresh white bread is used while on the trails. The double wrapping helps to seal in moisture and keep out air, thus keeping the bread fresher during the trip.

Baking Powder Biscuits

3 1/2 C. white flour	4 tbs. baking powder
2 tbs. powdered milk	1 tbs. salt

Mix in bowl or No. 5 pot until blended. Work in 1/2 C. shortening. Add 1 1/4 C. water. Mix, but not over mix.

Grease two cake pans and have hot fire in operation. Roll into little balls and drop gently into hot greased cake tin. Bake until golden brown in reflector oven. Brown sugar may be added to mix just before baking.

Corn Bread

3 C. corn meal	5 tbs. egg powder (heaping)
3 C. hot water	1 tbs. white sugar
1 tbs. salt	1 tbs. brown sugar
2 1/2 tbs. baking powder	4 tbs. shortening

Mix in No. 5 pot. When above ingredients have been partially mixed, add 1 C. white flour. Mix entire batter very thoroughly and bake in two greased cake tins until brown on top. This is the favorite "North Country" style.

Bannock

3 C. white flour 3 tbs. milk
1 tbs. baking powder 2 tbs. melted butter
1 cup sugar (our modification)

Mix thoroughly and add water to make medium dough - not watery. Drop dough into 2 greased frying pans and set the pans near the fire for 20 minutes, so dough will rise. Now fry the batch slowly, about 10 minutes. Next prop the frying pans near the fire, so that it will bake by reflection. When bannock is golden brown, it should be done. Brown sugar or raisins are excellent in bannock. Test by sticking sliver of wood in dough. If done, sliver is clean, if not, sliver is sticky.

Sourdough Bannock

This is the old North Woods reliable used from Main to Alaska for many years to supply the outdoorsman with delicious bread. A small can with a friction top cover is carried for the primary sourdough. Into this can put 2 cups of flour, 1 level tablespoon of sugar, and 1/2 cake of yeast. Let this mixture set for 3 days. It will become strong and fermented in odor. Stir the mixture before using. Remove 1 cup of this liquid batter with No. 5 mixing pot, add 1/4 teaspoon of soda - no more. Mix it, and add 1 rounded tablespoon of powdered milk, 1 tablespoon of salt, 1 tablespoon of sugar and 1 tablespoon of melted shortening. Add enough flour to make the dough stiff enough to spread out easily in a frying pan, using a mixing spoon. Proceed as in regular bannock listed before. Now to replace what you took from the sourdough can, add the equivalent in flour and water. Set this liquid batter aside for later use. As the mixture gets stronger, increase the soda slightly.

Sommer's Pancake Mix Preparation

18 pounds flour 1 1/2 pounds sugar
2 pounds dried eggs 1 ounce salt
2 1/2 pounds dried milk 5 C. baking powder

Total 25 pounds

This mix is prepared at the base for canoe trail use.

Trail Syrup

Equal parts white and brown sugar, plus water. Bring to boil, add mapleine for flavor. One cup each of white and brown sugar is standard for crew pe meal.

Pizza Pie

Filling:

1 Can tomato paste
1 Can water
2 thin slices salami - diced
1/4 onion

Place in frying pan and cook slowly, adding water as needed to keep proper consistency. Season with seasonings and salt. Cook slowly for one hour or longer.

pastry:

4 parts flour to 1 part cornmeal
1 part shortening
1/2 tsp. baking powder
pinch of salt

Roll out 3/8 inch thick and place on a griddle that can be inserted into the reflector oven. Pour well-cooked sauce on dough. Place 1 inch squares of cheese and 1 inch squares of salami on top of sauce. Bake in oven for 20 minutes. Eat hot. Spice may be added by using more pepper or chili powder.

12. DESSERT

Cakes and pies put the finishing touch on any worthwhile trail supper. With the advent of the reflector oven, baking in the outdoors with an open fire is no longer a novelty but a usual standard procedure. The ovens that we use are very well built and especially designed for our particular type of camping and country. Care must be taken to treat the oven without abuse and the inner area must always be clear in order to properly reflect the heat for baking purposes. Use bon-am) to obtain a shiny and clear inner surface.

Pie Crust and Pies

For one pie (6 people). Mix 2 cups of flour 2/3 cup of shortening. Then add 4-6 tablespoons of water. 1 level tablespoon of salt. Add the water slowly. Mix this just enough to hold the mixture together. For a rolling pin use a can, canoe paddle, or clean round drift-wood stick. For pies divide the batch on a floured surface (canoe will do). Roll out 1/2 of the batch for the bottom of the pie, 1/2 for the top. A more simple method not requiring a smooth surface or rolling pin is to flatten out dough in the pie tin to be used. Pour in the filler such as blueberries, apples, peaches, chocolate, etc. Add a liberal amount of sugar and small pieces of butter and add the top flattened out crust. Pinch down the edges. For 2 pies double this above recipe. Blueberries can be baked in a pie raw, but dried fruit must be cooked first. (see fruits)

Flop Jocks

Put 2 cups apples in No. 5 pot with enough water to cover and keep from burning.

Meanwhile make crust by mixing 3 cups pancake flour, 3 cups white flour, 1 tbs. baking powder, and 1 tbs. salt, add 2 tbs. shortening, and 1/2 cup mixed egg and milk. Add 1/2 cup cold water and mix like pie crust. Roll into 8 inch circles.

Coat bottom of crust with thick coat of brown sugar (about 1 cup). Sprinkle with cinnamon. Put apples into crust and sprinkle top with brown sugar and cinnamon. Fold crust over and seal edges well with a little water. Fry slowly in lightly greased griddle.

Produces a good solid pie-like object. If inedible, good for anchoring tent corners, or leveling reflector oven!!

Bread Pudding

8 C. bread crumbled-dry, if possible	1 C. sugar
2 tbs. egg powder	1 tbs. salt
6 tbs. milk powder	6 cups of water

Mix together and pour equal amounts into 2 heavily buttered cake tins. Place in reflector oven and bake for 20 minutes. Should be somewhat firm when done. Raisins and cinnamon may be added before baking if desired. Serve with milk and brown sugar.

Cake -"The Canoe Base makes available several varieties of excellent cake mixes for trail use."

YOUR NEW RECIPES: