

The Pathfinder Headman's Cookbook, 2007

What Tastes Good on the Trail

First Submissions, April 2007 / Revisions and comment, May - Nov. 2007

Editor's note: This little project was a call to all current and past Headmen, to gather favorite trip food ideas. The results were compiled and put on display in the Trading Post during the summer of '07. The idea was to share lore of what's pleased trippers' palates and funny bones over the years. I have yet to add standard meals that weren't mentioned as 'special' or 'favorite' but I promise to get around to that since there are some good ones.

Apart from the meals listed below, the trip food menu this summer included other old and new favorites. Headmen used Bannock again and it was very popular with campers and staff alike. Bannocks were customized with tuna, nuts, berries, and of course, bacon and cheese. Tuna itself is available again, fresh and vacuum-sealed in enough quantity to satisfy a hungry 9-man trip. There is a new powder alfredo-style pasta sauce known as 'Spinachee,' which was a hit. After much searching we have a dried pepperoni-type meat stick that is popular. And we obtained granular dried Potato Pearls, which are very versatile and tasty, as mashed 'taters, sauce and soup thickener, and for potato cakes. ms

Al Chestnut's Trout recipe

(from his 1939 camp journal)

Remove backbone and cut in squares.

Roll in cornmeal and fry in plenty of grease.

Season while frying ... done when golden brown. Flavor with lemon.

Sandy Gage's Fish in Foil

'Took some mental notes while out at an Algonquin 'test kitchen' last week. Ended up with more of an essay than I expected.'-Sandy

The Package-

Once your fish is gutted (and scaled for bass) size up the foil you have. A properly baked fish should be looking up at you with a cloudy, white, reproachful eye when you are ready to serve it. Also, the head has 2 nice nuggets of cheek meat. However, if foil is limited, the head may have to go to the Herring Gulls. (If no decapitation, remove gills.) The tail can also be lopped off, though it will be hard to cut through.

Spread a little oil or margarine or butter on both outer sides of the fish and centre it on the flattened foil. Bring the edges up along the tummy and dorsal so they meet evenly. Take the time to get a good pleat by creasing these edges in about a ½ inch fold. This first fold is critical. It's like trying to close an over-stuffed Dri-Bag. You have to smooth it out right to the ends. Keep doing neat folds until you are down to the fish.

Smooth out the foil extending from the head and tail. Fold in, or miter the corners and then continue folding as above.

The Fire-

For sustained heat a bit of hardwood will help. Look for some downed birch or maple branches that are off the ground. Get a log cabin style fire going, with the hardwood on top. Give it about ½ hour to burn down. You don't need fully formed coals from the birch or maple, if you can see that the fire has started to segment the hardwood it is good enough. And campers will be thinking sushi would be ok with them by this time..... Find 2 sturdy sticks to act as fire tongs and fish flippers (smooth, not knobby wood).

Open up the fire and set the foil packet on some coals. Start with your fold side up. The fish is really steamed in its own juices, so get at least ½ the cooking done with no chance of leakage. Now use your tongs to pile some coals on top. Fire may break out and you will have to adjust your carefully set coals to kill this.

The Timing-

For some reason, Algonquin-sized fish are ready to turn in about 10 minutes. Or, you could go by the federal Fisheries and Oceans guide that calls for 10 to 12 minutes per inch of cross-sectioned flesh in a 450 degree f. oven.....

Turn your fish over carefully at the half-way point, and rebuild the coals on top. There should be plenty of sizzle inside the foil.

When you think the fish is done, set it carefully on a rock. You will want to go at it with your talons like a fish-crazed Osprey, but open gently, just in case you have to re-fold and cook longer.

If you see meat pulling away from the bones, it is probably chow time. Poke around a bit with a knife tip to check. And, leave the 'Montreal' sauce in your pack. This is a chance to share a taste well known to the first men and women who crossed these waters.

-Sandy Gage

Roy Thrall's Spanish Rice

Courtesy John Davis

(adapt as necessary with modern ingredients)

Minute Rice, stewed tomatoes and Spam. Cook the rice, mix in the stewed tomatoes. Fry the Spam separately, then cut it up and mix it in. Add anything else that's hanging around, typically peas. Don't forget, in those days we carried the tomatoes and

vegetables in cans, so the juice from those cans also went in. For this Roy achieved legendary status as a superb tripping cook.

Graham England's Nut Casserole

'We had this on the Nipissing river in the cold rain around May 1. Thanks for the compliment Sladds, but you were hungry enough to eat the a----- out of a raccoon!'

Nut-Rice Entree--- Gather some nuts (the Bulk Barn works)
--- sesame seeds, sunflower seeds, slivered almonds and any other NAR nuts you might like (Non-Allergic Reaction). Toast them individually in frypan in some oil. Mix in with precooked rice. Add some curry powder (or soy sauce,peas,etc) and enjoy.
Graham "Ching" England

Sandy Gage's Punjab Rice

Courtesy Read Ferguson

It was a long time ago, and maybe somebody else has already mentioned it, but I seem to remember something Sandy Gage put together called 'Punjab Rice'? I think it basically consisted of putting 'minute' rice, velveta cubes, red pepper bits, various normal seasonings like worstershire sauce maybe, and let's not forget 'woodsies' for that distinct out on the trail flavoring altogether in one pot, simmer and serve. If Sandy is still available perhaps he could fill in the secret ingredient. Anyway, that's the only dish that had enough notoriety to actually have a 'brand' name.

Rick Munschauer / Kyle Warren's Apple Crisp

Harvest crunch, apples, brown sugar, margarine

We kind of just guesstimated. We used two leftover bags of harvest crunch, two apples, brown sugar. We put margarine on the bottom (of the pan) then we put in the apples and harvest crunch and then added in some more marge and brown sugar and stirred it all up to make a gooey mess. I did it with Kyle on a younger kids trip. Ask him if you need to know more but that's all I really remember. *Munchy*

Graham Chapek's Double Layer Chocolate Trip Fudge Chew Pie

(a.k.a. WORTH the WALLOP)

'Hey Sladds, here's a dessert especially good for a birthday treat while on the trail!'

Ingredients:

1. Package Harvest Choc. Chew Cookie mix
2. Margarine

3. Marshmallows (@ 1/2 a bag)
4. @ 2 handfuls choc. chips
5. 1 - 2 tablespoons brown sugar
6. 2 - 3 tablespoons peanut butter (optional, but recommended)
7. 1 Deep dish plate

- Lightly grease deep dish plate with marg.
- Prepare Choc. Chew Cookies as directed
- Spread choc. chew evenly onto bottom of plate

- In fry pan melt a few tablespoons marg.
- Add 1/2 package of mallows, stir until melted
- Gradually stir in choc. chips, brown sugar and peanut butter until ingredients are melted together
- Mixture should be hot enough to bubble some, but be careful not to burn
- Remove from heat, and spread over choc. chew in pan
- Let cool completely, this is key
- Cut into pie slices and Maaooow!

(WARNING) A little goes a long way, so don't serve too late in the evening or the kids will keep the whole lake up.

- Grahammy

Nash Davis's TIGER BALLS !

'I made it at my house one time after I came back from camp and quickly realized that everything tastes better when you're tripping. Beef Stroganoff was always my favorite trip dish.' Cheers - Nash Davis, Rochester NY

Lets see if I can remember this correctly -
butter
chocolate
coconut shavings
Heath Caramel

Riley Chapple and Matt DK's Dumplings

Had it on Harricana River somewhere. Noonway, Riley

I won't take DK's fire, but we boiled mashed potatoes, and flour. 50:50 almost potatoes to flour, Get kids to roll into balls, after lots of Purrell. Boil until they float. Make tomato sauce and eat. SPICE!

Alex Hurley's "CHEESE DREAMS"

Ingredients: Schleizerbrot bread, cheese, c**k or hard salami, PB & J, marge.

This is the ultimate trip grilled cheese. You need a loaf of the BROT, 6-day old cheese and 6 day old c**k. Fry them up in the pan and then apply the PB & J on top while the sandwiches are still hot. I've made them at home they are just as good.

Alex's "WONDER-BOMB"

Ingredients:

- PB & J
- Margarine
- Disintegrated soggy loaf of Wonder Bread that had been put in a wannigan for the Dumoine R., D.O.T. shall remain nameless.

Take whatever you can salvage from the bag of soggy Wonder Bread.

Pack it into a ball with your hands.

Dig out the centre and fill it with PB & J. Cover up the hole with some bread.

Repeat 8 more times

Let the balls sit in a fry pan and roast in the sun

Once the balls are hard, lather them with margarine.

Fry them up in a pan over the fire.

I give you WONDER-BOMBS

Hurley

Barrett Wadsworth's Breakfast Bacon & Cheese Bagel Sandwiches.

- 1) fry the bacon, but don't dump the grease.
- 2)put bacon and cheese in the middle of bagel.
- 3)fry sandwich in the bacon grease.
- 4)keep a roll of TP accessible in every Staffman's baby.

Barrett's Trip Mac and Cheese

Add fried beef stick, fried veggies/potatoes, lots of Montreal, lots of Red Hot.

Barrett's Random Trip Food Tips

Finally, for any lunch, eat only in canoes in a pontoon, under shade if necessary, and to ensure the best quality of food, ensure that g-bars, apples, or any other snack/lunch is thrown to each camper rather than handed to them. The maximum air time directly

increases the amount of vitamins and other nutrients in the food.

Remember these things, and make sure that any members of the Kowalski family are nowhere within sight of any food, and you'll be eating in paradise!

ps. always add Hot Chocolate powder to oatmeal.

pps. easy access to bumwad is essential to any good meal, the better the meal, the more bumwad needed.

Mimi Mairs' Onion

Ok - wrap an onion in tin foil and stick in the fire. Remove after the silvery foil has been burnt black. Smear with lard/butter [only possible on first night in camp - after that use lard/butter as suntan lotion]. Eat. Yummmmmm Mimi C. Mairs

Chris Jaros's Trip Mac and Cheese

'My Mac and Cheese; it's only made one kid puke, and I like it.'

In the big bucket: Boil water. Throw in salt. Cook the noodles. Drain majority of water. In the fry pan: I fry as much bacon as I can get my hands on with some onions and green peppers, and pour it all (including grease), into the big bucket. Then I throw in a shit-load of fresh cheese that I've snuck out of the walk-in the night before my trip, since the DOT won't give me more than three days rations. Ample amounts of Montreal steak spice and Redhot to taste.

Hope this treats someone well.

Bill Drake Jr.'s Scallops

40-45 count small scallops
6 cloves garlic
marge

Dice garlic heat oil and throw in scallops.

Nick Doro's NICK'S TRIP MIX

GRAB POLY-BAGS:
ADD CORNNUTS,
ANY NUT (IF CAMPER ALLERGIES ALLOW),

GARLIC POWDER,
RED PEPPER FLAKES,
ONION SOUP MIX POWDER,
CHILLI POWDER
SPICE TO TASTE

Mouse Laub

Here are three dishes for you. Whipped camper, boiled camper, and scrambled camper. Hurleys and Roggows go well with any dish, and lawsuits come with dessert.

Or we can go back to some tried and true old school favorites. Fried spam with melted cheese. As a head man, my dishes revolved around whatever was lying around. Throw a little milko in that pot! Recipes? We don't need no stinkin' repices..... but I have no idea why the fudge hardened into a baseball. In case of trouble, blame third man. It's all part of the training

Kris Karstedt's Chocolate Trip Oatmeal

Oatmeal becomes a big hit if you make the water into hot chocolate first, before adding it to the mix. A little brown sugar and some choc. chips (both in small amounts) round out the oatmeal. It gets the campers really psyched about doing the day's tripping, is a great hot meal, and most campers I talked to said they were going to do it at home. Optionally, it can be done on one of the first portage landings. It varies the routine, and is not that hard to do for a last day of the trip.

Karstedt's Fried Pineapple.

You take a pineapple and some brown sugar. Cut up the pineapple, making sure to throw away the sides, tops, and center bad pieces. Slice the remaining pineapple pieces into thin strips (the thinner they are the quicker and more thorough they cook) and sprinkle the brown sugar on both sides. Cook it in the frying pan. (no marg necessary, the pineapple juice fries it fine.) Make sure to flip. It makes a mess, but tastes phenomenal (it also works well to have the campers actually carry the pineapple. Name it, dress it up, the works...).

Kris's First night Kabobs. Chicken or steak.

You should make the kabobs the night before, right after dinner. Cut up peppers, onions and steak/chicken into large pieces and put on the kabobs. (kitchen staff is typically really helpful with this part.) Marinate them with what's available in the kitchen. Greek dressing, seasoned salt, lemon juice, Montreal, whatever is around. Wrap them up tight in saran wrap and let them sit in the walk-in over night. Just pack them up in the food

pack and they will keep well until that night.

Take pitas/tortillas, olives, lettuce, feta (or any other kind of) cheese, and some type of sauce (Greek/Italian dressing). Cook the kabobs right on the grill over the fire. (make sure to soak the ends of the kabobs in water to keep them from starting on fire!) When they are cooked, let the kids have one each, and let them wrap the pita/tortilla around the kabob and pull off the meat and veggies into it. Add olives, lettuce, cheese, and sauce at the campers' discretion. It will probably take two pitas and/or tortillas per kabob, depending on how you make them.

Depending on how old the campers are, this may not fill them up. (not as filling as mac and cheese) This is a good night for a dessert, or an appetizer.

Brooks Anderson Steaks!

One of the best second or third night meals is a marinated steak of any variety. The trick here is freeze it solid in the marinade (in a Ziplock, of course). Wrap the frozen bag as tightly as possible with 5-6 layers of newspaper, then the whole thing with tin foil, then one more plastic bag.

Keep out of the sun and unless the weather is excruciatingly hot, the meat should stay frozen for a couple days at least.

Using vinegar and soy sauce in the marinade should also help preserve the meat even a few more days. Nothing beats eating a steak dinner three or four nights into a hell-trek up the western boundary.

Bacon will last a full week like this.

Cheese crisps are a really good option for a rest day and a particularly rank chunk of ten-day old cheddar. Non-stick fry pan is essential. Heat the fry pan until medium to hot. Cut cheese into small cubes, about the size of dice. Drop cubes into pan, spacing them well. As cheese melts, it will first liquify. As the moisture evaporates, and the oil is extracted, the cheese will begin to harden. Before it hardens completely, slide the crisp off the pan to the plate to cool.

You're left with a salty cheesy party in your mouth.

WARNING: You will never be able to produce these fast enough. It is a forgone conclusion that a fight will break out over the last one.

Simon Mortimer's Stuffing

'Here's an emergency filler recipe for when supplies are getting low or when you are on the "GB 1600 calorie a day" system.'

Put a big onion, some cloves, pepper and maybe sage or rosemary in a pot with milk powder and water. Cook until the onion is mushy and soft and dissolving in the "milk". Take out the onion and chop it up. Meanwhile add torn stale bread, breadcrumbs, left over crackers or - if you actually planned for the meal - croutons and bread - to the milk. Throw the cut onion back in and check the spice mix.... It tastes sort of like a dressing / stuffing and is excellent and tasty way to stretch a meal!

-- Simean the Apechild

Max Brown's Cinnamon Rolls on the Bloodvein

I followed the bannock recipe Sladds gave me to make the batter. It is easier with a little less water. Mix it up into a sticky dough, saving a little bit of the bannock powder. Lay a poly bag out flat and sprinkle a little bannock powder on it to keep it dry and easier to work with (you can also powder your hands with it for the same reason). Flatten the bannock dough out into a rectangle on the poly bag, making sure it is even in thickness and shape. Coat with brown sugar, peanut butter, hot cocoa, or pb and j, or any sugary treats your brought. Roll the rectangle up (the thinner the dough, the more swirls in the end), slice it up into 9 discs and lay flat in a fry pan to cook.

Apple Crisp Breakfast

Combining thinly sliced apples. Brown sugar, cocoa and peanut butter with a little water in a fry pan until its syrupy, then stir in Harvest Crunch cereal.

I am a huge fan of PB & J Tortillas

Another favorite. Slice up an onion into rings. Make a thin/soupy pancake batter, coat the onion rings, and drop them into some hot grease. Very tasty, greasy and filling.

Finally...

Adding one package of harvest Chili to Mac and cheese is tasty.

Ryan Kelley's Boundary Waters Toast

(Pathfinder Headman & former Boundary Waters guide)

Awright you provincials. Here's how trail food is done in the U.S. of A...

Boundary Waters Toast

- 12 or 7-Grain bread loaves. No mushy white bread. It has to last the trip in a food pack

- Butter, lots. That squeezable stuff is great for rapid fire cheferery.

- PB & J

Douse griddle/pan with butter. Slather both sides of bread slices

Fry bread, both sides, until 'toasted'.

Cover with PB & J

B.W.C.A Toast will keep you going all day...and it stops you up a little.

So go ahead and have that extra cup of Harvest tonight

Ryan's Shore Walleye

- Use master angling skills to jig up 5-6 walleye (I think the Canucks call them "pickerel"). 2-4 pounders are legal size and the best eating. You'll need about 6 fish for a camp of 9 if there's a side dish on le menu too.

- Kill fish

- Filet fish, watch out for y-bones. Maybe read a book on how to do this.

- Put filets in small pan of water. Camper volunteer to bury carcasses away from camp & water.

- Put breading and seasoning (salt, pepper) into large ziplock.

- Put filets in ziplock.

- Shake & Bake! ...in pan with oil

- Fish is done when meat is all white, like chicken.

Eat plain, with ketchup, Montreal, dirt, whatever. You can't go wrong

Derrick Irwin Weighs In

1) Somebody get hold of Mickey Shapero for his trip apple pie. He used to roll the crust out on the bottom of the canoe - I remember it like it was yesterday.

2) Mike Whitmore made a mean cucumber sandwich spread for that "high tea" vibe we all strive for on the trail.

3) Steak a la Ranger Trip: Do some trail maintenance for the Park. Have them fly in massive amounts of steak right to your campsite. Season with salt and pepper. Grill over open fire and eat with bare hands. Sladds I think you were the Headman for that trip.

4) Willers and I had success with Spanish Rice and Grape Freshie as a disciplinary tool, but that may not be in the spirit of your cook book. Or allowed under Ontario child welfare laws.

5) Going with the pontoon lunch theme, I assume that David Fremes' pontoon grilled cheese sandwiches are still on the menu up there. Tip: use a stove, not an open fire.

‘Mimi, I was not aware you used to rub yourself with rancid lard and lie in the sun. I would have spent much more time at the Swim Dock.’

Mac Rand’s Brand of Trip Food

One: take nails from camper pack.

Two: Boil.

Three: Remove and eat. Hot sauce optional.

Yours truly, Mac (old washed up has-been former owner)

Charlie Katrycz’s Trip Trail Murder Burger (TTTMBRR)

This masterpiece can really only be assembled first night of trip, or after a fresh food drop. It is a sumptuous cornucopia of proteins, lipids, and carbohydrates any camper will drool over.

What you will need:

Egg - A Nalgene full (this is why the piece can only be executed first or second night)

Burgers (And this)

Bacon (Yep)

Cheese

Lettuce

Tomatoes

Ketchup/relish/mustard (who doesn't love Dijon?)

& Love

Voila! La piece de resistance!

Throw all these ingredients between two whole wheat buns and TTTMBRR! Campers hit the ground like Hemlocks on CPI.

Note: Don’t forget to cook the burgers thoroughly, and don’t be stingy on the love ;)

Pete French’s Blueberry Pancakes

As a Head Trip Man dating back fifty two years plus, my favorite dish before the fire was "blue berry pancakes". Nothing could be finer than picking blue berries, either south or north in mid-July. My big problem occurred when the

"campers" ate more than they produced.

Taking a slab of bacon, drawing a circle around the cooking area, proclaiming that anyone who crossed was in dire straights, then heating the cast iron pan to the right temperature...not too hot, not too cold, and then tossing in the pancakes, with ample blueberries.

Just prior to the bacon and pancakes, the prunes and lemon that had sat in the previous night's embers all night were doled out to make sure that the "campers" were well fortified.

Trust this will be part of the "tried and true" recipe list for years to come!!

Cheers.

Joey Beecher's Steak-um fajitas.

'I think we all use the steak with the tortillas on the first night, except Brackley. I thought I would write it down for us, what the hell. Also u could use Brooks idea and have these on the 3rd day, nice thinking Planky!'

Here we go:

Steak yums

onions

green peppers

mozza cheese

cheddar cheese(gotta have both)

Favorite hot sauce, green tobasco is awesome.

Fry the peppers and onions in butter first.

Season or marinate the steak, I marinate in balsamic vinaigrette and use tons of montreal. Cook the steak in the same pan you used for the peppers and onions. put the two shredded cheeses on the tortilla and add the hot steak to each tortilla with the peppers and onions to melt the cheese and you are in business.

That is it fairly simple but awesome on a trip.

Also, I remember a trip I had with Ryan Keating where his mom or Aunt gave him these marinades or sauces or something. I remember they were were kind of like lemon and garlic sauces, when we added to all of our pasta dishes and harvest meals like strog and pilaf they made them taste amazing. Just some ideas.

Now I need an AA trip to fit into my old trip clothes!

Eric Dorschel's Mac

Mac & Cheese is, without Tabasco in any form, unholy.

The greatest combination of all time has to be the freeze-dried beef stroganoff over dumplings (chunks of pasta that had gotten wet that day) with a quarter pannakin of Tabasco (for a Big Bucket batch).

Maybe the greatest contribution I can make to this dialogue is this; When they ask you to "soap the bucket" they really do mean the outside. (Soaping the inside of the bucket on a trip of mine as a first year camper caused numerous complications and exhaustion of our Immodium AD rations!)

Noonway,
Eric "Woje" Dorschel

Bear Owings' Trip PB & J

Two pieces of white bread.
Spread 3 or 4 scoops of peanut butter (any kind) on one piece of bread.
Spread 3 or 4 scoops of jelly (any kind) on other piece of bread.

Press gooey sides of bread together to form one unit.

Mix up a fresh canoe cup full of bug juice.
Find an inviting place to sit and enjoy all the beauty that Algonquin Park has to offer.

The moral of this story is that absolutely nothing is better eating than trip food in Algonquin Park.

Noonway!!!!!!!!!!!!

John Herman's "Roggow's Dippising Snack"

A spirit-raising food break

Take: A rain drenched day on Nippising River, meandering, 3' gunwale-to-gunwale width,, 8" depth. Cut 1/2 pound Kraft Velveeta cheese in 9 perfectly equal chunks.

Toss chunk in lofted 10-foot parabolic trajectory, perfectly starboard and equidistant from the outstretched hands of famished, wide leaning, bow, middle and stern men. Mix with water.

Bob Coakley's Bob Guide Blueberry Cream-of-Wheat

We were camped on Radiant. Bob Guide, Head of Tripping, and renowned physicist, was trip-beta-testing the new breakthrough cookware, Teflon.

Campers scoured the shore, harvesting a bumper crop of sweet, ripe blueberries for Bob's Radiant Blueberry Pancakes.

Three charred-crisp, bottom fused pancakes later, and reflecting a similar mood, Bob changed the experiment from flipping a pancake to flipping a frying pan. Results from the latter metallurgic experiment was interesting, revealing the pan's significant impact vulnerability at a distance 50 feet, after achieving a maximum smoke-trailing apex height of 30 feet.

The pan folded symmetrically in half. The blueberries were wonderful in cream-of-wheat.

Matt Moldenhauer's Totally Sweet Carrot-Bacon Wraps*:

Tested this out on Lake Missanaibi, 1st session '06. *Moldy*

Ingredients:

Carrots

Bacon

Crapload of Marge

Take time to prepare stove or fire to adequate cooking temperature. Should be hot. Cut carrots to 4 inch. lengths using a knife, available at most outdoors or cooking stores. Wrap bacon circumferentially around the carrot, using a toothpick, skewer, or that giant splinter you got when you tripped at GD the night before.

Next, take a crapload of marge and throw it in the fry pan.

Using either a fork or your fingers, place carrot/bacon unit in fry pan.

Fry in the fry pan until bacon is crispy and carrot is chewable.

Remove from fry pan. If your last name is Kowalski you may now drink the remaining grease from the pan.

Give campers PB & J and enjoy these with your staff.

*This would make a great appetizer for a trip meal; or if carrots and bacon are abundant, you could just make a crapload of them and eat them as an entire meal.

PS I second Barrett's comments about Bumwad...always have on hand

PPS Margarine is an essential part of any meal, and may also serve as a substitute for real food, as proven by Bill Drake.

PPSS I should also suggest that the headman bring one entire block of cheese for every three days of tripping- I think we all know how versatile this dairy product can be.

Tom & Ellie's Potato Casserole

(need to find a cabin or have a Brent Store run!)

2 lb. hash browns or same of potatoes
1 can Cream Chicken soup
1 lg. tub sour cream
1 grated onion
1 ½ cups grated cheddar cheese
2 tbs. marg.
Salt & pepper
Potato chips

Mix all – Transfer to a buttered pan
Cover with more grated cheese and add layer of crushed chips
Bake 350-degrees ¾ hour and serve. Serves a 9-man trip.

Austin Hoyt's Back River Pemmican

On cold and rainy nights on the Back River when we didn't want to deal with a fire, we made pemmican. Into each canoe cup went several tablespoons of peanut butter, a handful of raisins, a chunk of cheese and a piece of dried beef. We enjoyed this in the comfort of our sleeping robes.

Nils Brunelet's The Recipe

Hi Sladd's I'm sure you're going to get several of those but well... what I like to do is: "The Recipe" (yeah, it doesn't have a name)

Ingredients:

1,5 kg of pasta (usually spaghetti, but obviously it works with any other form of pasta)
3 onions
2 green peppers
4/6 beef sticks
200-300 g (approximately) of that orange brick-shaped thing that you people call cheese.
Basil is awesome.

- First the onions, green peppers and beef stick are cut up (reference size for cutting up is a quarter of a beef stick slice).

- In the mean time the "cheese" is to be cut up too. Cheese grinders only seldom fall from

the blue skies of a Canadian summer but one can get really thin slices using the bread knife on a rather cool block of cheese. (about that I intend to try out a cheese-cooling technique this summer involving a poly bag, lashing and a lake) Then the slices are cut again in order to obtain some kind of strands.

- The big bucket is set to boil for the pasta while the frying begins.

- Beef sticks are fried first so that the onions and peppers can then be fried in the resulting grease (I'm not positive that's a proper use of the word 'grease', but you see what I'm talking about).

- By the time all that is nicely fried the water should be boiling, so the pasta can be put in. In the mean time the onions, peppers and beef sticks are mixed and kept on the fire but should be often stirred and closely watched in order not to burn.

- Once the pasta is done and the water is out the fried stuff is put in and then the "cheese" which is going to melt all over and look delicious. Basil (which is awesome) is then added.

Serve right away with a red Bordeaux preferably a Saint-Emilion (2003 is usually good and rather affordable) but it's hard to be picky over there.

Nils.

Jon Benjamin Offerings

Hey Sladds, I have two contributions.

I liked to make a soup-like concoction with the cheapest of ingredients. This recipe oddly enough will feed three men and six hungry yiggits.

1. Bring three liters of water to a boil.
2. Add chopped carrots (2), celery (2), and potato (4).
3. Once carrots are soft, add 5 packages of Raemen Noodles.
4. Add the flavor packets and additional salt, Tabasco, and pepper.

The second is a simple breakfast wrap

1. Bring a large frying pan to consistent medium temperature.
2. Add a large flour Tortilla.
3. Sprinkle some cheddar and/or monteray jack cheese the warmed tortilla
4. Add chopped ham, scrambled eggs, onion, and green/yellow/red peppers.
5. Top with seasoning
6. Roll tortilla into tight wrap

Also, roll up some cream cheese and jam for a "quickie". As long as you're rolling, make a PB& J wrap for the trail or "pontoon"

Take care,
Benji

Tim Emmerick
Hey Sladds,

Cool idea. Now I was never really one of the super creative chefs in my day, but I did avoid using those harvest meals until really, really necessary. I think the best thing that I ever came up with was on my '03 first half Temagami trip we did Ziti Parm with garlic bread. Without the can and bottle ban up there we grabbed a can of pasta sauce (powdered sauce could be substituted, but in my day it was pretty wrong). Cut up and fried some pepperoni sausage, cooked the noodles mixed in sauce and meat, cut up some of our block of mozzarella, let the fire burn down and then set it just over the coals to bake it. Then cut up some trip bread, add a little marge, garlic powder and some more mozz. grill the bread. Campers line up . . . Now the first person in line go to the back of the line. Pannakins over the bucket . . .
noonway, emmerick

Bob Ludwig
Bob's Sure-Fire Pan-Fried Lake Trout

After a long day's paddle and forced march, my weary campers always came to expect a well-cooked meal of fresh-caught lake trout. A short rod with copper line was lashed and always at the ready. Between entering the last lake of the day and making campsite the head canoe was invariably jumping with a mess of keepers. The following serves nine hungry trippers.

12 fillets of deep lake trout (Opeongo preferred)
1 1/2 cup grated Parmesan cheese
1 1/2 cup bacon flavored crackers for a smoky taste
or saltines, crushed
1 1/2 cup cornmeal
3/4-1 teaspoon garlic salt
3 Pinches pepper
6 eggs
1 1/2 cup milk
1 1/2 cup vegetable oil

Lemon wedges and/or snipped fresh chives or parsley, optional, but preferred.

Rinse fillets in deep lake cold water, 6 feet or more depth preferred. Pat dry. In a shallow bowl, combine the cheese, cracker crumbs, cornmeal, garlic salt and pepper. In another bowl, beat eggs and milk. Dip fish in the egg mixture, then gently roll in the crumb mixture. In a skillet, fry fish in oil for 5-7 minutes or until the flesh is easily removed from the bones, turning once. Garnish with lemon, chives and/or parsley.

Following the Algonquin fish gatherer's prayer, throw trout fillets with skin into pan on an open cedar fire using high heat. Grill fish hot and fast. Spray pans with oil before grilling-saves on the clean-up. Place fillets on the pan skin side down and baste with lemon juice and lemon pepper. Cook until the skin turns black and flip fillets over carefully. Remove the skin and baste with lemon juice and sprinkle with lemon pepper. Cook until bottom side is golden. Flip back and cook skinned side until golden. Remove woodsies and serve.

Erik Willers' Cheesy Dreams I Still Have Today

I was a 2nd man, and it was in the middle of a very hard day of tripping, made even more difficult by the cold north wind and what seemed to be relentless rain which had plagued us for 2 days. All of our gear was wet and the morale down. We headed into a long portage no one wanted to do, but all would be happy when we finished. After carrying the canoe through half of the trek, I came upon the headman, Dave Fremes, flipped down and going through his pack. After fumbling past the Med-kit and bum-wad, finally he pulled out a camp stove. I had never seen one on a canoe trip before, and when I asked Dave where he got it, he replied that he had found it among the backpacking gear in the fish room. "I was told it didn't work . . . but I found a way" said Fremes. One by one the 4 campers arrived and put down their heavy load, and when the food and axe packs arrived, the campers were told to take out PB&J, Bread, Marj, and the cheese. Fremes, unwilling to let anyone else prepare the meal, cut & buttered the brot for the six people, slathered a generous helping of Peanut butter on one piece of brot and Jelly on the other, and layered medium sized slabs of sweaty and still yellow cheese on top of the PB coated brot. He put the two pieces together one by one and moved to the boxy blue camp stove. We all had been preparing the standard PB&J sandwich for lunch every tripping day of our pathfinder career, but the addition of cheese seemed not only unusual, but also a little gross. I mean, stand alone cheese was always my favorite part of lunch (except for the buttery granola Roy used to make) When Fremes turned to the stove you could see in everyone faces a sense of relief, maybe call it comfort that a hint of warmth may fall on our bare legs. We all leaned in closer as Fremes took out some Marj and buttered the shaft of the fuel priming pump on the stove. He pumped a few strokes, and even though I had never used a camp stove before, I knew that the pump was not working. In typical Fremes fashion, he smiled in a weird evil type way, got up and walked quickly off into the deep brush around us. Just 30 seconds later he was back with a small handful of crisp dry birch bark from a downed tree. He bundled it and looked up at the crowd; "everyone

move back a little or you will get burned by the dragon . . . CAMPER RADIUS!" as he swung his arm around in a circular fashion. He then carefully placed the birch bark under the full fuel tank of the camp stove. Out of his pocket quickly came two redbird white tipped matches. He pulled back the flap of material on the fly of his wet shorts and in one short motion, swiped the matches along the zipper. He held the lit matches to the birch bark and instantly the birch bark was aflame. Now, forgetting about the heat we so desperately wanted, we all recoiled from the fear that the stove was going to blow.

"HERE COMES THE DRAGON" Fremes said with glee as a 1 foot flame shot out like a flame thrower of the pressure relief valve on the fuel priming pump. He casually reached under "the dragon" and pulled away the flaming birch bark from the fuel tank. He then opened the fuel valve and instantly the hiss of gas came from the burner. Fremes used the flaming bark to light the stove and said "we're in business"

Fremes was meticulous about cooking the sandwiches, or "Cheese Dremes" (Just replace the F with a W), constantly lifting and moving the fry pan around the intense flame of the camp stove. When he flipped the first 2 Dremes, with a stick found on the ground within reaching distance to the cooking area, the light brown color of the fried brot was a sight to behold. All 5 of us gathered around even closer waiting to be the first to try his concoction and forgetting the near death experience we just had. Typical of an experienced headman at Pathfinder, he cooked all 6 Dremes before handing out the gooey and warm mess (warmest one to his 2nd man of course). As we ate the new treat not a word was spoken and after we all had finished it was easy to tell from the expression on our faces that we were the warmest animals in the forest on that day. Without missing a beat, Fremes rubbed some dirt around in the fry pan to clean, and packed everything back in the pack. He got up without saying anything, flipped his canoe onto his head and we all watched him walk out of sight down the trail.

I have had the opportunity to cook these treats for many campers in my days as a Staff and Headman, and it has always been a hit. It may have not been done by me with the same dramatic flair which Fremes so aptly carried out, but on every cold depressing tripping day in Algonquin I find myself wondering where in the pack the camp stove we all now carry is located. When I came back from Camp that summer and went off to college, I couldn't wait to show my new friends and room mates my amazing treat. I prepared the bread, not brot, and all of the fixings just as Fremes did. I gently cooked over an even heat electric stove, not a fire, and NO ONE, including myself, liked the result. I guess not enough woodsies.