

# NORTHERN TIER HIGH ADVENTURE WILDERNESS COOKERY

## Table of Contents

Wilderness Cookery .....	1
Trail Food Substitution Procedures .....	2
Commissary Food List .....	4
Cupboard Items and Essentials .....	6
Food Preparation Hints and Recipes .....	7
Fish Filletting .....	13
Preparing Filets for Cooking .....	14
Cooking Your Fish, Recipes .....	15
Baking and Your Trail Oven .....	18
Baking Mix Recipes .....	19
Wilderness Cookery Hints and Suggestions .....	24
Helpful Cooking & Preparation Techniques .....	26
Extra and Staple Items .....	27
Dishwashing .....	28

You and your crew are in for a real treat. You will have the best trail food available. On your canoe expedition you will carry all of your food for the entire trek, so planning is important. The meals we provide are nutritious as well as filling, and if your fishing goes well delicious fresh fish can be added to your meals. In an effort to help you prepare for your trip, we are going to make some suggestions for planning and preparation and also give you the opportunity to customize your trip menu to meet your expectations or needs. The meals listed in this booklet are suggestions only. If you want to use the listed ingredients to make your own special meal you are free to do so.

The menu that follows is a sample menu and we will try to follow it as closely as we can. However, food supplies can vary and there may have to be some changes or substitutions made during the summer. The Atikokan and Bissett bases will follow a similar menu but the due to the Canadian bases using local food suppliers, the specific meals may be somewhat different.

The Northern Tier uses a combination of fresh vegetables, fresh fruit, frozen food items, dry and or dehydrated items and the Military MREs (Meals Ready to Eat). Note: The Canadian bases will also use some canned items.

Since the Boundary Waters Canoe Area and the Quetico Provincial Park do not allow cans or glass bottles, we have found the military MRE to be the best way to get meat (and protein) into the meals we provide for you on your canoe trip. They do not require refrigeration and are legal to take on the trip since they are not a can.

When you arrive at the Northern Tier, your trail food will already be packaged. The Interpreter will review the trail food with you as it gets packed in the food pack. For the most part, we will be using the standard menu and food issue chart found in this book. The Northern Tier menu and food issue provides adequate quantities, variety, and nutrition and has been approved by a registered dietician.

