

# Canoe Trip Recipes

## Breakfasts:

### 1. **Crepes:**

2 cups flour  
2 teaspoons Vanilla Extract  
4 Tablespoons egg powder  
1 cup milk powder  
1/3 cup of white sugar  
3 to 4 cups of water

Mix to make a very thin batter and pour approx 1 cup into a hot, greased frying pan, immediately rotating the pan until the batter covers the bottom. Cook until light brown, then flip and brown the other side. Spread crepes with lemon juice, syrup, jam, roll up, and sprinkle with a small amount of sugar.

### 2. **Maple Syrup: makes 1/2 cup**

6 Tablespoons Margarine  
2 teaspoon Vanilla Extract  
6 Tablespoons Brown Sugar

-Melt margarine. Add brown sugar and heat, stirring until sugar dissolves. Remove from heat and add vanilla and maple syrup flavouring. If allowed to sit, the brown sugar may separate from the margarine. Reheat to reliquify.

### 3. **Oatmeal:**

1 part Oatmeal 2 - 3 parts of water

-Boil water. Gradually pour in oatmeal while stirring. Stir while cooking until it reaches the desired consistency; about 10 to 15 minutes. Add milk, sugar, cinnamon, dried fruit

### 4. **Cream of Wheat Cereal:**

1 part Cream of Wheat Cereal 2 - 3 parts of water

-Boil water. Gradually pour in Cream of Wheat Cereal while stirring. Stir while cooking until it reaches the desired consistency; about 10 to 15 minutes. Add milk, sugar, cinnamon, dried fruit, etc.

## Lunches:

### 1. **Fry Bread: serves 2 to 3**

1 3/4 to 2 cups flour (white or whole wheat) 3/4 cup of warm water  
2 teaspoons yeast  
1 teaspoon sugar  
1 teaspoon salt  
Oil for frying

- Mix all ingredients except flour. Let stand 5 minutes.
- Add flour and knead until smooth. Let rise.
- Heat oil in frying pan.
- Flatten dough into a flat tortilla 1/2 inch thick.
- Fry bread on both sides.
- Can serve plain or with a spread of brown sugar, margarine, and cinnamon.  
(Variation: Indian Fry Bread. Mix bread as above and use immediately)

## 2. **Bruschetta Bread:**

Rehydrate vegetables (onions, tomatoes, etc.)

Follow Fry Bread recipe. Once Fry Bread is made, use olive oil, spices, parmesan cheese, moz. Cheese, sun-dried tomatoes. Cook in reflector oven until cheese melts. Serve immediately.

## Dinners:

### 1. **Bannock:**

5 cups of flour	4 teaspoons baking powder
1 teaspoon salt	0.5 cups of milk powder
2 Tablespoons of soft Margarine	1.5 cups of water

- Mix the above in a zip lock bag.
- Add water and melted margarine and work into a sticky dough.
- Flatten and place in a greased 9 x 9 pan or roll onto a stick in small amounts.
- Raisins, currants, cheese, cinnamon may be added.
- Bake over fire.

### 2. **Bannock Pizza:**

1. **Pan method:** Make a ball, flatten, and roll quite thin. Pan bake in a very lightly greased fry pan. When one side is cooked, flip over. Add sauce and topping to the upper side while the down side is cooking.
2. **Panzarrotti method:** Follow directions for the above but only put sauce and toppings in the centre of the "pancake", fold over and seal the edges. Continue cooking until both sides are golden brown.

### 3. **Tuna Casserole: serves 12**

2 parts water (eg 2 cups)	1 part pasta (eg 1 cup)
4 or 5 tins of tuna	Egg noodles
3 Tablespoons margarine	1/4 cup water
spices including curry powder	grated cheese to add to top
soup mix	1 to 2 Tablespoon thickener such as flour

- Add pasta, soup mix, and spices.
- Gently boil for 8 to 15 min, stirring occasionally to prevent sticking then remove from heat when done.
- Do not drain off all water as this is used in the sauce.
- Add tuna and margarine.
- Mix powdered milk and thickener in a bowl, add water slowly, stirring to prevent lumps.
- Add to pasta and stir until it forms a sauce.

## **Desserts:**

### 1. **Apple Crisp:**

1 1/2 cup dried apples, chopped	1/2 cup raisins
1/2 teaspoon cinnamon	hot water to just cover fruit in pot

- Combine all ingredients except nuts in a pot and let soak until fruit rehydrates, about 15 min.

- Meanwhile, combine the following:
 

1/4 to 1/2 cup of oatmeal	3 Tablespoons brown sugar
3 Tablespoons flour	pinch of salt
4 heaping Tablespoons of margarine	
- Mix together with hands to a crumbly consistency.
- Grease frying pan. Add nuts to fruit mixture and pour into pan.
- If there is a lot of liquid, stir in 1 Tablespoon of flour.
- Cover with oatmeal mixture.
- Bake for about 15 minutes until heated through and browned on top.

## 2. **Beavertails with Fry Bread: serves 2 to 3**

1 3/4 to 2 cups flour (white or whole wheat) 3/4 cup of warm water  
 2 teaspoons yeast 1 teaspoon salt  
 1 teaspoon sugar Oil for frying

- Mix all ingredients except flour. Let stand 5 minutes.
- Add flour and knead until smooth. Let rise.
- Heat oil in frying pan.
- Flatten dough into a flat tortilla 1/2 inch thick.
- Fry bread on both sides.
- Serve with a spread of brown sugar, margarine, and cinnamon.  
 (Variation: Indian Fry Bread. Mix bread as above and use immediately)

## 3. **Chewy Fudge No-Bake Cookies:** (contains Walnuts/almonds)

1 cup brown sugar 1 1/2 cups oatmeal  
 5 Tablespoons margarine 1/4 cup walnuts or almonds  
 1/4 cup cocoa 1/2 teaspoons vanilla  
 3 Tablespoons powdered milk 3 Tablespoons water

- Mix sugar, margarine, cocoa, milk (made from milk powder and water) together in a pan.
- Bring to a boil.
- Reduce heat and boil 3 minutes. Stir constantly to prevent scorching.
- Remove from heat and stir in remaining ingredients.
- Drop by spoonfuls onto a flat surface such as pan lids.
- Let sit for about 10 minutes to set up. In hot weather, they might not set up as well.

## 4. **Chocolate Bannock Cake:**

2 cups of flour 2 Tablespoons cocoa  
 1 Tablespoon margarine 1 Tablespoons brown sugar  
 2 teaspoons baking powder water

- Mix dry ingredients in a bag or pot.
- Add enough water to get dough to a consistency of cookie batter.
- Knead dough with hands on a flat surface,
- Flatten into hamburger patty shapes and cook in margarine in a frying pan.

## 5. **Chocolate Frosting:**

4 Tablespoons margarine, melted 1/2 cup cocoa  
 1/4 to 1/2 cup brown sugar 2 Tablespoons water  
 1 teaspoon Vanilla extract

- Combine all ingredients and cook over low heat, stirring vigorously.

- Add coconut for variety.
- Simmer about 5 minutes until it thickens. Add more water if too thick.
- Take off heat, let set 1 minute, spread on cake.  
(Sauce should be consistency of regular cake icing)

## 6. **No-Bake Eskimo Cookies: about 16 cookies**

6 Tablespoons margarine                      3 Tablespoons cocoa mix  
 6 Tablespoons brown sugar                  1/2 teaspoons vanilla  
 1 cup oatmeal 1/2 Tablespoons water

- Mix all ingredients together.
- Form into walnut-sized balls.
- Eat immediately or let sit in a cool place. (Variation: roll in a combination of 1 Tbs powdered milk and 1 Tbs. brown sugar, or in coconut.)

## 7. **Cinnamon Rolls:**

3 cups of Bannock mix                      3 Tablespoons of margarine  
 1 1/2 cups of water                          1/2 cup brown sugar  
 3/4 Tablespoons cinnamon              extra flour for rolling  
 1/4 cup raisins

- Mix together baking mix and water.
- Rollout on floured surface (1/2 inch thick), adding more flour to make less sticky if necessary.
- Spread surface with margarine.
- Sprinkle surface evenly with sugar, cinnamon, raisins
- Start from one long side and begin to roll up, jelly roll style.
- Taper end of dough and pinch shut to seal in sugar.
- Cut into 1 inch thick slices.
- Arrange slices in greased baking pan and bake using reflector oven.
- Cover and bake for 15 to 25 minutes or until done.

## 8. **No-Bake Powerhouse Cookies:** Makes 20-24 cookies (contains Peanuts)

1 cup brown sugar                              1/2 cup peanut butter  
 1/4 cup margarine                              1/2 teaspoon vanilla  
 3 Tablespoons powdered milk            1 to 2 cups oatmeal  
 4 Tablespoons water                          1/4 cup carob chips  
 1/2 cup peanuts

- Mix sugar, margarine, powdered milk and water in a pan.
- Bring to a boil.
- Reduce heat and boil 3 minutes. Stir constantly to prevent scorching.
- Remove from heat and stir in remaining ingredients.
- Let cool for a few minutes before adding carob chips.
- Drop by spoonfuls onto a flat surface such as pan lids.
- Let sit for about 10 minutes to set up. In hot weather, they might not set up as well.