

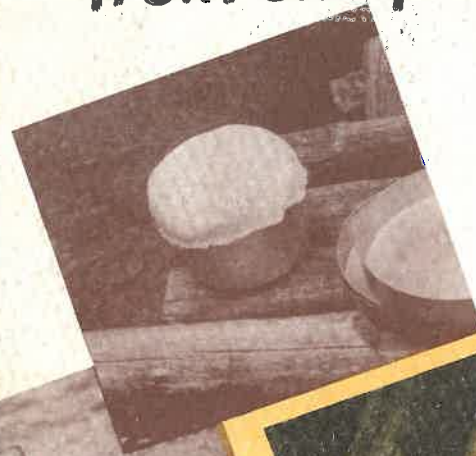
YMCA CAMP WIDJIWAGAN

Box 659

ELY, MINNESOTA - 55731

TRAIL RECIPES

from Camp Widjiwagan



RECIPES COLLECTED BY STAFF MEMBERS

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ARMAND BALL

ELY, MINNESOTA - 1972

St. Paul YMCA Camp Widjiwagan
Ely, Minnesota

Trail Recipes

July, 1970

Revised, September 1972

Measurements Table

3 tsp. (teaspoons) = 1 tbsp. (Tablespoon)
16 tbsp (Tablespoons) = 1 c. (cup)
2 c. (cups) = 1 pt. (pint)
2 pt. (pints) = 1 qt. (quart)
4 qt. (quart) = 1 gal. (gallon)

Proportions Table

<u>ITEM</u>	<u>PROPORTION</u> (first figure is water)	<u>SERVING</u>
Cornmeal	3½ to 1	2 c. to 6 persons
Farina	6 to 1	1½ c. to 6 people
Oat Meal	2 to 1	4 c. to 6 people
Ralston	3 to 1	2 c. to 6 people
Egg	1 to 1	2½ tbsp. - 1 egg
Milk	4 to 1	4 c. to 6 people
Pudding	2 to 1	1 c. to 6 people
Also Rolled Wheat, bulger		

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BREAKFAST FOODSScuz Eggs

Mix egg powder with water until it has the consistency of thin pancake batter. Otherwise, tough rubber eggs will result. Season and scramble in a pan barely covered with hot melted lard over a medium fire. Scramble by scraping the cooked part off the sides and bottom of pan with a fork until everything's cooked.

HINT: Add bacon bits, diced cheese, onions, spices, tomato paste, and/or mushroom soup to make eggs edible.

Corn Meal Mush - Add water to cornmeal to make mush then add cornmeal slowly to boiling salted water. Stir constantly with a whippersnapper to avoid lumps. For fried cornmeal, cook the night before and let it "jell". Form into patties or slices; and fry in melted lard like pancakes. Top with syrup, etc.

Rice and Raisins (or Swedish Rice Pudding)

2 cups rice	$\frac{1}{2}$ cup brown sugar
1 cup raisins	2 tblspn. egg
$\frac{1}{2}$ cup dry milk	2 tspn. cinnamon
1 cup white sugar	2 tspn. Mapeleine

Boil rice in salted water until almost done. Add raisins and cook for five minutes. Drain and rinse. Mix other ingredients into a medium paste (adding right amount of water to dry milk) and add to rice and raisins. Heat for 5-10 minutes. (ALSO: see note on rice cooking at head of HOT DISH section.) add less sugar for less sweet dish.

Cereals

Add the cereal to boiling salted water in the proportions indicated on back page. Add extra water to cereal if you plan to cook it longer or keep it warm over the fire. Overcooking will cause hard sticky cereals. Add fruits or raisins during entire cooking process - be sure to add extra water for fruits.

Stewed (or low-moisture) fruits

Prepare in either of two ways:

- 1) Place in water and simmer on fire until fruit is soft. The longer it is boiled the softer it will become. Add a couple of tblspns brown sugar.
- 2) Place in cold water and let sit until fruit is soft (overnight, if possible). Add sugar and heat up, if desired. (SEE ALSO: note #6 in guidelines to CAKE section.)

Pancakes - flour

3 cups flour	3 tbsp. sugar
1 tbspn. salt	4 tbsp. egg
2 tbsp. baking powder	5 tbsp. milk powder
	2 tbsp. lard or bacon grease

(If starving on lay-over day, plan to at least double these proportions.)

Mix the dry ingredients and add water. Stir until the batter is creamy. Add melted lard. Fry on lightly greased hot pan. Cooked fruits may be added for flavor. Or blueberries...

Pancakes - Bisquick

3 cups Bisquick	Mix dry ingredients and add water; stir. Cinnamon, alspice, cloves and nutmeg will make these taste great.
4 tbspn. egg	
$\frac{2}{3}$ cup milk powder	

Maple Syrup

$\frac{3}{4}$ cup boiling water. $\frac{1}{2}$ tsp. mapeline
 $\frac{1}{2}$ cups white sugar.
 Pour boiling water over sugar. Add Map. and stir.

(For Coffe Cake, Cinnamon Rolls, Muffins, Bannocks and other breads, see Baking Powder group in BREAD SECTION.)

(See also: Fried Meat and Potatoes in DINNER section)

MAIN DISHESBasic guidelines:

1. For all of these things you will normally use your big pot. Learn to tend it carefully: soap it well before using, maintain a hot fire for fast boiling, have pliers, gloves or a forked stick handy to remove pot from fire instantly, when necessary. Some experienced campers know the trick of finding a green twig about 20 inches long, which they stand on end in their cooking pot in order to break the surface tension of water about to boil over.
2. Don't boil more water than you need to. One half pot-ful is enough for all of these dishes (6-9 people)
3. Salt is the only seasoning you should add to a stew or hot dish while the water is still in the pot. Season on everything else till you have drained it off. Season to taste, not to sight or fancy!
4. Boil water before adding staples and vegetable ingredients to stew - but realize that a big rolling boil is not necessary: plenty of bubbles around the bottom of the pan will suffice.
5. Magic meat can be added to the pot as soon as you start it heating. It will hydrate and cook in the time that the water boils. Some prefer to cook up magic meats in a separate pot. Or try canned meat: add after pot has been boiled and drained.
6. Most vegetables can be added to the pot along with the staple (potato, etc.) But some - especially if cooked too long. Therefore, hold off on these items until about 2 minutes remain in the cooking process, dump them into the pot just long enough for them to become saturated, and drain the whole thing off.
7. Drained water from a stew doesn't have to be wasted. It makes a great soup. Or it can be left in the pot for dumplings and other ands to soak up.
8. Many enjoy adding cheese, tomato paste, or canned soups to these dishes. A little water may be left in the pot after draining in order to stretch out the effect of these.

(guidelines, continued)

9. All adds which you dump in after draining will cook up in the heat of what you've already boiled. No need to cook adds separately.
10. Improvise on any dish. Bacon is a fine substitute for any of these meats. Use gravies, sauces, and other liquid bases you invent yourself. Bring along your own spices: bay leaves are a great stew condiment...Never be afraid to try sensible variations.

STEWs

Hudson's Bay Stew

corned beef (or magic beef, freeze dry meats, etc.)
 potatoes
 corn
 cheese
 onions
 Bouillon - 1-2 red cubes
 Tomato paste

Sig Olson Stew (??)

canned beef	tomato paste	Put potatoes, onions and soup into boiling water. When nearly done add meat and seasoning.
beer soup	spices	
potatoes	(try bay leaves, if available.)	
onions		

Rock Gut Stew (also "Swamp Mouth Casserole" prb)

beef (or any meat)	carrots	Boil water. Add ingredients. Stir.
tomato paste	cheese	Attempt to eat.
potatoes	macaroni	
onions	rice (a cup)	
peas	seasoning	

anything else that may be lying around by about your 8th day out...

BEEF 'N GRAVY STEW

meat
 pan gravy (see Sauce and Gravy section)
 potatoes
 onions

Cook dried foods till almost done. Drain.
 Pour in gravy and canned meat (if used).

Trail Packets (Veg-a-rice, Boston Baked Beans, etc.)

These are very successful, easy things to prepare following the directions on the pack. They are great to pack out in anticipation of times when you need to cook something up in a hurry. If you wish, however, you can spend a bit of extra time on them and turn them into truly fancy stews. A cup of rice (and a proportionately greater amount of water) will beef all of these up considerably. Dumplings, diced cheese, canned soups, and tomato paste always do great things for a stew.

Bac-O-Chips

Use 1 tbsp. of Bac-O-Chips in recipes calling for 1 slice of bacon. Use $1\frac{1}{2}$ cups of Bac-O-Chips where you would use 1 pad of bacon, fried. For scrambled eggs or omelets, stir in Bac-O-Chips before cooking.

HOT DISHES

Note: When cooking rice, be sure to drain the kernels before heating. This rice contains a huge amount of starch which will sickeningly thicken your hot dish and bloat you and your fellow travelers if not thoroughly rinsed at least 4-5 times! before cooking

Macaroni

macaroni onions
cheese vegetable or mushroom soup, if desired.
meat (cooked bacon, spam, corned or dried beef, etc)

Spaghetti

spaghetti onions & seasoning (chili
tomato paste or powder, paprika, etc.)
spaghetti sauce cheese may be added.
meat

(beef granules work best for a "smooth" sauce)

Spanish Rice

rice
tomato paste
meat
onions
cheese and seasoning

Tuna or Chicken Noodle Hot Dish

Mushroom soup	Cook noodles in salted water
meat	until nearly done. Drain.
noodles	Add remaining ingredients
peas	and cook another 5 minutes.
onions	(you may wish to sprinkle
spices	crumbled cracker and cheese
	over top and bake.)

Chicken Fric

Rice or noodles
chicken
cheese
peas
(cream sauce or mush. soup, if you wish)

Scalloped Potatoes

$\frac{3}{4}$ tbspn. lard
 $\frac{1}{4}$ cup flour
2 cups wet milk
potatoes
cheese
spices and onions

Saute the lard and flour.
Stir in onions. Melt together
the cheese, milk, and spices.
Mix the above and pour over
boiled and drained potatoes.
Spam dices or other meats may
be added just before the
sauce is poured (try magic
bacon! Bake or serve immediately.)

OTHER MAIN DISHES

Meat Pie

Beef & gravy
potatoes
vegetables
onions, seasoning
pie crust

Cook potatoes, onions,
vegetables and spices.
Drain well, add meat and put
in pie shell. Cover with
crust and bake.

(see DESSERT section under PIES)

Vienna Tomato Souffle

(new & delicious variation on Bags O'Gold)

Vienna sausages (at least enough for two apiece.)
biscuit mix for 6
egg powder - 5 tsp.
lard - 3 to 4 tbsp.
tomato paste or spaghetti sauce
spices
onions
cheese
Mix in water until sticky dough is formed. Pat down
and roll out in strips on floured canoe. Roll up
each strip with a sausage or two inside, and take any
extra dough and form it into little balls. Stir
paste or sauce into 1/3-1/2 pot of water. Add
onions and spice. Bring to a simmer, add diced cheese,
drop in sausages, but don't stir them. When they float
they are done.

Add some extra lard and a couple
of teaspoons of egg powder to
dry biscuit mix.

Tuna Bake

2 cups Bisquick
1/2 cup egg powder
1/2 tsp. salt
1/8 tsp. pepper
Blend Bisquick, milk, eggs, salt, and pepper with
water. Beat well. Mix in tuna, 1/4 cup cheese, onion,
remaining 1/4 cup cheese over top. Bake in medium
heat. Devour!

2 cans tuna
1/2 cup diced cheese
1 tspn. chopped onion
celery, if available

Pizza

Bannock
(1/2 cup flour per person)
Tomato paste
1/2 can per
salami or pepperoni
cheese
onions, spices

Mix bannock, but don't use
much baking powder. Spread
lump of dough on each person
plate. Bake till barely
brown. Spread tomato paste
over surface of dough.
Sprinkle sliced salami and
cheese and spices over pie.
Bake in hot, even reflector
fire.

Fried Rice

Rice
meat
onions
3-4 tbsps. egg powder mixed with about 1/2 cup water
Boil rice till done. Meanwhile, fry onions in Oleo
or shortening till brown; add meat and brown.
Add rice and fry slowly, stirring constantly; then
add eggs (mixed with water as with scrambled eggs)
and fry some more. Use low frying fire. If you
use magic meat, be sure to pre-soak.

Bread and gravy dinner

From white bread dough: make circular dough patties
enough for one each. Bake. Pour on fried canned
meat + large helping of pan gravy, with onions.
Serve with another vegetable.

Vienna Buns

Wrap sausages (or pre-soaked and heated magic meats)
in fist-sized balls of bannock or white bread dough.
(Yeast dough should be risen twice and ready for
baking.) Spread a big tablespoon of pre-soaked
onions onto each ball and sprinkle plenty of finely
diced cheese over the whole ball. Bake in hot
oven, turning frequently, till balls are brown
and cheese is thoroughly melted.

Meat and potato dinner (or breakfast!)

Soak dried potato slices in hot water till soft (same for magic meat, if you use it). Drain, fry in hot pan until browned, season and serve. Fry in bacon grease for dynamite woodsy flavor.

Soup-making

One of man's oldest arts, this is a fine tool for trail-cooking. Basically, you boil water and start dropping things into it. Meats, vegetables, spices, wild foods - it's up to you. Our dehydrated onions make a great soup base - use them in large quantity, more than you'd need for regular onion soup. **IMPROVISE!!!**

If you plan a soup as a main dish, be sure to plan something like crackers, bannock or bread to accompany the meal.

Boullion Soup

Put one cube per cup of broth desired into cold water and bring to a boil. Add vegetables if you like. Great meal for cold days and for healing the sick.

Lasagna

noodles spaghetti sauce cottage cheese
chesse (chopped or slice thin)
pepperoni, magic beef, magic hamburger, ground beef
(any of these) spices (oregano, chili powder, etc.)

Boil noodles in salty water, hydrate cottage cheese, hydrate spaghetti sauce and meat (thick paste). When noodles are done, make a layered dish in the medium pot. Spread cottage cheese, spaghetti sauce, cheese, over noodles making layers.

Prepare a dutch oven by placing large pot top on grate inside of which is placed a flat rock (to prevent burnt lasagna). Place medium pot upon the rock and cover this assembly with the large pot. Bake until the cheese bubbles on top and it is warm in the middle. Double the spaghetti sauce and cottage cheese for a hearty meal.

Matzarella and parmesian cheeses are fantastic addition. Bake some cheese bread with it. **GREAT!**

SAUCES AND GRAVY

Cream Sauce

$\frac{1}{2}$ cup milk powder
2 cups water (hot)
 $\frac{2}{3}$ cup water
 $\frac{1}{2}$ cup flour
salt & pepper

Mix $\frac{1}{2}$ cup milk with 2 hot cups water and heat. Take empty jar and put in flour and shake vigorously until all is dissolved. When milk is quite hot but not boiling, pour flour mixture in, stirring continuously until it begins to thicken. Then pour over stew, add to meat, or whatever. (Great antidote for prunes.)

Cheese Sauce (use over spinach, other vegetables)

Take T.L. size piece of cheese and dice very small for easy melting; while preparing cheese, heat about 1 cup wet milk; add diced cheese and heat slowly -- watch carefully and stir constantly. If too thin, thicken with corn starch. Pour over hot vegetables for a delectable taste treat. (yech) A sure-fire way to impress others with your gourmet touch.

Pan Gravy

Melt two big tablespoons lard in frying pan. Sprinkle on two tablespoons flour and stir quickly. When this begins to brown, add $\frac{1}{4}$ cup water and stir. Season with 3-4 boullion cubes. Increase bulk of gravy by alternately adding more flour and more water. When you reach the desired amount of gravy, stir in a handful of onions (no need to pre-soak: they will soften in gravy) and quickly remove from the fire. This gravy is a highly versatile meal companion. Stir into stews, plain meats, or fried dishes. Great when poured over freshly baked white bread or rolls.

Breads - Yeast

Deluxe Gourmet White Bread (3 to 4 loaves)

6-8 cups flour
 3 cups milk, liquid 3 large tbsp lard
 $\frac{1}{2}$ cup sugar 1 teaspoon salt
 2 tbsp yeast melted into $\frac{1}{2}$ cup luke warm water

mixing --

Scald milk (cook till very hot and bubbly, but not boiling). While milk is cooling stir in lard, sugar and salt. Cool to lukewarm. During this time, warm the water by holding near fire in a metal cup; add yeast to water and stir thoroughly. Before adding yeast to milk solution, add 1 cup of flour to latter. (This will prevent lard from coating yeast bacteria.) Add yeast. Now stir in two cups flour; stir thoroughly. Add two more cups and stir. Now add another $1\frac{1}{2}$ cups very slowly - stir thoroughly in order to end up with one barely sticky lump of dough.

kneading --

Your lump of dough now needs three more things before it's ready to rise: 1) a little more flour; it shouldn't be too wet or sticky. It should be smooth and silky; 2) plenty of air bubbles inside the ball of dough for the yeast bacteria to "breathe"; 3) activation of the yeast bacteria. And these can all be achieved by kneading your ball of dough. Flour the bottom of your canoe and your hands. Knead ball by pressing it along the floured surface with the balls of your hands. Press and slide it along canoe simultaneously. Fold ball over, knead, roll up, knead, fold, knead, etc. etc. Do this for 5 minute, or until ball become smooth and satiny.

rising --

Now grease ball of dough, and/or your big pot. Set ball in pot, cover with damp cloth (towel, t-shirt, or whatever) and allow bread to rise

for $1\frac{1}{2}$ hours: Until risen double. Bread should rise in a warm place: preferably on a rock on a hot sunny day, (near warm fire place will do also - but not too near). When bread has risen once, punch down and roll back into small ball. Allow to rise again, until double or so. Punch down. Now shape dough into loaves, sweet rolls or whatever; and place them into the pans they will bake in (leave plenty of room for them to rise!!) Let rise for $\frac{1}{2}$ hour or so.

baking--

Bake loaves in hot, even fire. Turn as frequently as necessary: this dough will not fall as a result of turning or temperature change. Baste loaves or rolls once or twice during baking process with lard or Oleo.

afterwards--

When loaves are finished, allow them to cool for a good ten minutes. (This is the most challenging part of the baking process.) Cool, allowing air to circulate all around loaves, including bottoms. Slice with a sharp knife, or pull apart with hands.

eating....

Raisin (or "Rolled") Bread

Start white bread dough, as directed. After two rises, roll out a lump of dough (the size of a normal pre-risen loaf). Should be about 12" by 6". Sprinkle on cinnamon sugar and raisins. Tightly roll up; rise and bake. Use powdered sugar topping.

White Bread (easy recipe)

3 cups flour	2 tsp. egg
$\frac{1}{4}$ cup milk	1 tblspn. sugar (white)
1 tsp. salt	2 tblspn. dry yeast

Mix ingredients (dry), add water. Mix and dissolve yeast in warm water, then add to mixture. Knead and let raise 2-3 times. Separate into loaves and bake.

Incredible Sweet Rolls

Set aside a good portion of white bread dough. After risen and punched down (twice, if time permits), divide this portion of dough into golf ball sized lumps. Then roll each lump between hands until it's 5-6 inches long. Set them down on canoe and "widen" with thumbs, so you end up with a rectangular strip of dough which is 5" by 1" and $\frac{1}{4}$ " thick. Now you can sprinkle cinnamon sugar or spread jam or marshmallows or whatever along these strips, roll them up, set them on end on a greased plate, and bake. Powdered sugar icing is a great final touch. (See FROSTING)

BREADS - BAKING POWDERBannock (with flour)

for each cup of flour: $\frac{1}{2}$ tsp. salt
2 tblspn. milk powder
2 tbspn. lard
2 tsp. baking powder
water

Mix dry ingredients and shortening with a fork. Add water until dough forms a ball that you can handle, not sticky. Slowly bake or fry in a greased pan.

(See CAKES - basic guidelines for baking hints)

Bannock (with Bisquick)

ADD just enough water so that you can knead the dough into a fairly dry ball. Knead and cook as above.

Cornbread with flour

1 cup flour	1 tsp. salt
1 cup cornmeal	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ cup white sugar	1 tblspn. egg
$\frac{1}{2}$ cup dry mill	$\frac{1}{4}$ cup lard (not melted)

Mix dry ingredients (breaking up lard well).

Wet down with about 1- $\frac{1}{2}$ cups water. Bake hot!

Cornbread (with Bisquick)

1 $\frac{3}{4}$ cups Bisquick	$\frac{1}{4}$ cup lard
1 cup cornmeal	2 $\frac{1}{2}$ tbspn. egg

$\frac{1}{4}$ cup white sugar

$\frac{1}{2}$ cup dry milk

Mix. Add water. Bake

Add bacon bits for variety.

Oatmeal Bread

Same as cornbread, although you can use $1\frac{1}{2}$ -2 cups of oatmeal as substitute for cornmeal. Make a good moist batter. Bake in a hot, fast reflector fire. Rum, brandy, or peppermint flavoring...ah!

Baking Powder Biscuits

2 cups flour	2 $\frac{1}{2}$ tbspn. lard
$\frac{1}{2}$ tsp. baking powder	1 tsp. salt
$\frac{3}{4}$ cup milk or water	

Mix dry ingredients with water until smooth thick batter develops. Form small balls of batter, pat out flat in a lightly greased pan, and bake. (with Bisquick: 3 cups Bisquick - $\frac{1}{4}$ cup wet milk)

Muffins

2 cups flour	$\frac{1}{3}$ cup melted lard
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ tsp. salt	1 cup water
$\frac{1}{2}$ cup white sugar	1 tbspn. egg

Mix dry ingredients, add water and shortening, bake. (Pat out individual muffins)
- with Bisquick: .3 cups Bisquick, $\frac{1}{3}$ cup white sugar, $\frac{1}{3}$ cup milk, 2 $\frac{1}{2}$ tbspn. egg, 2 tbspn. lard.
Mix. Bake.

Cinnamon Rolls

3 cups Bisquick or bannock mix	2 $\frac{1}{2}$ tbspn. egg
$\frac{1}{4}$ cup white sugar	$\frac{1}{4}$ cup milk
2 tsp. cinnamon	raisins

Mix with water to form thick dough. Roll dough into 3" strips. Sprinkle each with cinnamon, sugar, raisins. Roll them up, set on end on greased plate. Bake until brown. Frost, if desired.

WHOLE WHEAT BREAD

6-8 cups whole wheat flour
 3 cups wet milk (3/4 cup dry milk)
 1/2 cup brown sugar (honey is also good)
 1 tsp. salt
 3 large tsbp. lard (oleo butter)
 2 tsp. yeast dissolved in 1/2 cup warm water.

Follow directions for deluxe bread recipe on page 13

Note: by varying the ratio of white flour and wheat flour, you can determine the consistency of bread you prefer. The more wheat the coarser and heavier.

RYE BREAD

2 tbsp. yeast (dissolved in warm water)
 1 cup wet milk scalded (1/3 dry)
 1 tbsp. salt
 1/4 cup brown sugar
 3 cups rye flour
 2 tbsp. shortening
 3 1/2-4 cups regular flour

Follow deluxe bread recipe on page 13.

BULGUR

Cooked as normal cooked cereals. Also can be mixed with honey, or used for coarse flakes in bread.

MOLASSES

Molasses added to breads, rolls, or such adds flavor and color.

ASH CAKE

1 cup cornmeal 1 tsp. salt
 Enough water to form into a ball. Toss in fire coals and cover. Cook about 1/2 hour. Break open and eat with honey, molasses, jelly. Add molasses for flavor.

NATURAL TEAS AND FOODS

The early settlers sometimes couldn't get ahold of imported tea for some reason or another, so they many times had to turn to natural teas. Here are a few plants that can be used. Of course all of them don't taste the same as Oriental tea, but they still contain a great deal of Vitamin C and Vitamin A. Besides being good, they are also good for you.

TREES

The early Voyageurs and Lumbermen needed Vitamin C to protect them from scurvy. Many times they couldn't get fresh fruits or vegetables so they would drink tea made from the pine trees in this area. Their favorite was tea from the White Cedar tree...but they also would make tea out of White Pine, Red Pine, White Spruce, Black Spruce, and Balsam Fir.

1.) White Cedar--- A strong tea can be made by pouring a cup of boiling water over a teaspoonful of the chopped twigs and letting it infuse for about ten minutes. However, one shouldn't take too much of this for it isn't good for the health when taken in excess.

2.) White and Red Pine---Pine needle tea can be made by pouring a pint of boiling water over 1 ounce of fresh White or Red pine needles chopped fine. Then let sit until cool enough to drink. The flavor is enhanced by adding a squeeze of lemon and a little sugar. This tea has high yield of Vitamin A and Vitamin C.

3.) White and Black Spruce and Balsam Fir--- These evergreens can also be used to make tea although these are not well known teas. Use young needles and then pour boiling water over them and let sit until cool enough for drinking. Not great on taste but these teas are good source of vitamins.

4.) Birch---Not only can all of the pine trees in this area be used for tea; but the young leaves and twigs, the soft formative tissue between wood and bark, and the thin bark covering the roots of the Birch tree are all steeped in hot water to make a favorite backwoods tea.

OTHER PLANTS

Besides trees there is quite an assortment of plants that also can be used to make tea.

1.) Sweet Fern---Although this plant isn't a fern the leaves can still be used for tea. Just pour boiling water over a handful of the leaves and let them steep until the tea is cool enough to drink.

2.) Labrador Tea---This plant was named that way because it makes a superior camp tea. Just cover a small handful of the leaves with boiling water and let it steep until cool enough to drink.

3.) Fireweed---Collect some of the old leaves and then pour boiling water over them. Let steep until ready for drinking.

4.) Strawberries and Raspberries---Besides eating the fruit one can use the leaves to make tea out of. However, be sure you have allowed the leaves to sun dry thoroughly, for they contain a poison which disintegrates upon drying. Once leaves are dried take one tablespoon of chopped-up leaves and add a cup of boiling water. It not only tastes good but is also one of the most effective home remedies for diarrhea.

5.) Clover Blossoms---Gather the flower heads when in full bloom and dry them indoors. Allow them to be air dried for if one uses a oven, the flavor is driven off. Then take about an ounce of dried leaves and add boiling water. Let steep until cool enough to drink. If one can find a little spearmint around the clover heads, this will help the flavor of the tea.

6.) Roses---Use the young leaves of the rose plant and allow them to air dry. When thoroughly dry, pour boiling water over about a ounce of dried leaves. Let steep until cool and then drink up.

7.) Dandelions---This isn't really a tea, it is more of a coffee. Take roots of the dandelions and allow them to dry. Chop up the dried roots and use them as coffee grounds. It makes an excellent substitute for coffee because it doesn't have caffeine in it.

8.) Cleavers---Another good coffee substitute is the ripe, bristly seeds of the cleavers plant. Roast them until they are a dark color and then the beverage is made the same as coffee. Cleavers in fact belong to the same family as the coffee plant.

9.) Wintergreen---Last but not least is Wintergreen tea. Now the best way to make this is to gather the reddish leaves (although green ones work too) and fill a quart container with leaves. Add boiling water to this container and then allow to sit for a couple of days. Take the container, add it to warm water for enough time to allow the container to heat up. The tea is ready so just pour it out. It has a definite wintergreen flavor that has a slight kick to it.

10.) Sumac---Pick a generous handful of the red berries, drop them into a pan and mash them slightly. Cover this with boiling water and allow to steep until this is well colored. Then strain through two thicknesses of cloth to remove the fine hairs. Sweeten to taste and drink.

11.) Bearberry---The green leaves can be gathered in the fall and allowed to dry indoors. Then take a teaspoonful of dried leaves with a cup of boiling water and allow to steep five minutes. The tea is supposed to be soothing to the stomach.

NATURAL FOODS

1.) Rock Tripe thickner for Soups and Stews. Rock Tripe resembles a leathery dark lettuce leaf attached by its center to rock faces. It can be eaten raw, especially in small quantities but it is better if boiled and used to thicken soups and stews. Soak the lichen for several hours to rid it of its purgative, bitter character. Then if you roast it in a pan until dry and crisp, the flavor will be improved. Simmer it slowly for an hour or so, or until tender; whereupon it will impart a gumbo-like thickness to stews and soups.

2.) Juneberry Pie: To make this delicious pie, line a 9 inch plate with an Oil Pastry and fill with washed Juneberries. Mix $\frac{3}{4}$ a cup of sugar, $\frac{1}{4}$ cup of flour and 1 scant teaspoon of salt. Sprinkle this over the berries, dot the top with butter, arrange top crust, perforate the pattern and bake for 45 minutes in a 400 degree oven.

3.) Frog Legs: This is considered a delicacy throughout the world. Catch the frog, cut off his hind legs and then be sure to peel off the skin. Fry them raw or use bread crumbs, or just plain flour seasoned with salt and pepper. Dip the frog's legs in the coating, then in a beaten egg mixture and back into the coating again. Put them into a hot skillet which has about a $\frac{1}{4}$ inch of cooking oil on the bottom. Just fry until brown and then have yourself a small feast.

4.) Hazelnut Candy: You can make this candy without even cooking. Just mix 1 egg white and 2 cups of powdered sugar. Add 2 teaspoons of butter and continue to blend until creamy and smooth. Then thoroughly work in 2 cups of finely chopped hazelnuts. Form this into balls of candy and begin eating. The hardest thing about this candy is beating the squirrels to the hazelnuts. The nuts are usually sweet and ripe in August.

FREEZE DRY PRODUCTS

Freeze dried chicken or hamburger:

Add 1 cup to 2 cups water, lightly salted. Bring to boil and simmer 10 minutes or until chewable. Drain and add to stew or eat.

OR

Add directly to stew pot while water is boiling. Add so that there is ten minutes before entire dish (noodles, spaghetti, etc.) is done and drain very carefully when draining pot, as chunks are small.

Freeze dried strawberries:

$\frac{1}{2}$ cup per six people

Float in warm water until hydrated to preference (young to ripe strawberries). Drain and serve. Pack dry carefully, as they will crush and powder unless protected.

May be used atop cheese cake.

Cottage cheese: Add cold water and let sit 30 min.

PEPPERONI (Magic Meat-TVP)

2 cups to six people.

Cover pepperoni liberally with hot water. Soak until soft (not crunchy) or about 10 minutes. Drain and add to pizza before baking in oven.

OR

Add to previously drained stew pot.

BROWN RICE

Cook longer than white rice -- almost twice as long.

LENTILS

Lentils-peas-barley --- Cook in salted water for $\frac{1}{2}$ to 1 hour. Add spices & cheese.

MASHED POTATOES

Bring to a boil 2 cups of water. Add $\frac{2}{3}$ cup milk, 1 tsp. salt, and $\frac{1}{2}$ tbsp. oleo (if you have it). Take water from fire and add 2 cups potato flakes and stir until right consistency

SOURDOUGH RECIPES

How to make Sourdough Starter:

To 1 cup of flour add warm water plus 1/3 cup sugar; let stand for at least one full day, preferably two days (48 hours) until mixture has soured and begun to rise into spongy consistency or thick foam. This is the Starter and in all respects resembles active yeast. The Starter is the raising ingredient which is used in all Sourdough recipes.

Sourdough Pancakes - Version I:

Add 2 cups flour and 1½ cups lukewarm water to the Sourdough Starter the night before (if pancakes are for breakfast). Mix well with fork and let stand covered at room temperature, i.e. near the fire pot where warmth will activate the Starter in the mixture. In the morning remove about 2-3 cups from the sourdough mixture and return to your "Sourdough Pot." Don't forget to do this or you won't have any more Starter. After removing the Starter, add to the remaining mixture 2 eggs, (if available, but not absolutely necessary; either dry or fresh) 1 teaspoon salt, 1 teaspoon baking soda (not powder), 2 tablespoons brown sugar, 3 tablespoons melted lard, fat, or shortening. Mix well and fry as you would any pancake.

Sourdough Pancakes - Version II

Take out 1 cup of Starter from "sourdough Pot" the night before, to this add 5 cups flour and 2 cups lukewarm water; let stand overnight and in the morning add 1½ teaspoons salt, 1-2 eggs (if available, not absolutely necessary), 2-3 tablespoons sugar, either white or brown, 3 tablespoons lard, shortening or fat, 2 teaspoons baking soda, dissolved in warm water. Mix well and add water or milk to batter until it reaches right consistency for pouring into frying pan. (if necessary to thin batter).

Sourdough Bread: Recipe makes TWO loaves

* Take out 2 cups of Starter from the "Pot" and add to this 5½ cups flour, 2 eggs, ½-1 teaspoon salt, 3 tablespoons shortening or lard, 6 tablespoons sugar, either white or brown.

Add all ingredients to starter after removing starter from "Pot". Mix all ingredients well into a doughy mixture, (bread dough consistency) then allow dough to set and rise for at least two hours near warm fire or set in reflector oven by fire--- keep covered with towel to avoid getting crust on dough. (Be sure that the Starter is active before beginning to mix dough -- i.e. Starter must be "spongy" or foamy in order to be active as raising ingredient). After dough has risen, punch down and knead for several minutes, place in baking pans which have been greased and bake at 350° for 30-40 minutes or until done. Bake in reflector oven before hot fire. After bread has baked baste crust with shortening or lard.

HUSHPUPIES

Use cornbread recipe, with a little less water, so dough can be rolled into balls without falling apart. Add onions or bacon bits to batter for flavor. Test hot fat with drop of water. If bubbles, drop hushpuppies in. Cook only until brown.

Coffee Cake

2 cups Bisquick $\frac{1}{4}$ cup dry milk
 $\frac{1}{4}$ cup white sugar water
 2 tsp. cinnamon

Mix all ingredients until a thick batter forms. Sprinkle brown sugar over top of cake before baking. Raisins may be folded into the batter. Bannock mix may also be added in place of Bisquick, but then add 4 tsp. of egg and more sugar.

NOTE: the batter will expand and fill the entire pan; but by separating it into balls, the center will bake through more quickly.

Topping - (for this or any other cake)

$\frac{1}{3}$ cup butter or shortening $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup Bisquick 1 tsp. cinnamon

Mix these ingredients and place on top of the batter and bake. Dates or raspberry or blueberry nuggets make interesting additions.

PIES

Crust

$\frac{1}{2}$ cup lard $1\frac{1}{2}$ cup flour
 1 tsp. salt 7 tsp. water (at least)

(Use either a fork or a pair of knives for mixing and "cutting" crust.) Mix lard with flour and salt until lard disappears. Stir in water to make a stiff dough. Lightly flour canoe bottom and roll out crust to circle the diameter of your pan. Then carefully lift crust and place in greased pan. Press dough into corners, remove excess, etc., etc. If enough crust remains after this, use it! Roll on; or make a whole top crust. Before pouring in filling, it's often a good idea to preheat crust till just barely brown.

Filling - (fruit, berries, insects, etc.)

This will vary from item to item. The basic idea is to get a filling which is just sweet enough, and thick - not too liquidy or spattery. For most fillings use:

1 cup brown sugar
 $\frac{1}{2}$ cup lard
 $\frac{1}{2}$ cup flour

and (if desired) spices: apple pie spice, alspice, lemon crystals, or even bug juice.

Mix these things into a hard, crumbly stuff, and spread along bottom of crust in pie pan. Over all of this, spread your fruit or berries. Use about $1\frac{1}{2}$ cups, or however much it takes to fill the pan. If using canned fruit, pour off juice, save and use it!! - to mix crust, to sweeten other dishes, to drink, to bathe in... If using berries, be sure to wash them off before cooking.

After adding fruit or berries, sprinkle on a couple of teaspoons cornstarch if you think the mix might be too liquidy. Then cover, if you have more crust dough and bake. Your fire should not be too hot for baking a pie. Medium, even heat will bake it through and through without burning the crust.

ALSO -

Try filling a cooked pie crust with pudding. A vanilla pudding covered with raisins and cocoa powder is often so tempting and delectable that it attracts the deadly woodland pie-eating grouse. Keep freshly baked pies under cover!

CARDOZO VEGETABLE HOT DISH

Peas & Carrots	beef boullion
Green Beans	cheese
Mixed Vegetables	mushroom soup
Onions	cornstarch

Take all vegetables add to water & boullion (1 cube to 1 cup of water) boil then mix in tablespoon of cornstarch diluted in water. Mix cheese & mushroom soup until already melted. Then add to vegetables.

CAKES

Basic guidelines:

1. Follow the recipe step by step! Only an experienced cook (trail or otherwise) will improve with cake. For baking powder recipes like these cakes require a delicate balance of ingredients. Mix accurately - or mix cement for your dessert.
2. Bake cakes in two or more layers whenever possible. You get more cake for your money, dough which rises evenly, and less chance of falling and other disasters.
3. Bake cakes quickly. Use a fast, hot fire with thin-split wood or brush. A well-baked cake should require only one turning - 180 degrees - during a 10 minute baking process.
4. Be sure your reflector oven is perfectly level well in advance of baking.
5. When mixing, it is better to go a little heavy with the water than to have a dry cake which is not soft or moist enough. A moist cake is delicate and a little tricky to handle while baking - but success is definitely worth the extra effort! (And this goes for cake mixes, as well as recipes from scratch.) If you blow it and add too much water, stiffen dough back up by adding a little flour and a pinch of baking powder.
6. If your recipe calls for pineapples or other juicy fruit, drain juice thoroughly (and save) and even squeeze juice from individual fruit pieces. Don't risk soggy cake or scorched juice sugar.

Sweet Chocolate Party Cake

2 1/3 cups flour	2/3 cup lard
1 1/2 cups sugar	1 cup wet milk
1 tsp. soda	1 tsp. Vanilla
1/2 tsp. baking powder	2 tblspn. egg powder
1/2 tsp. salt	1 bar Baker's Sweet Choc.

(next page...)

(Chocolate cake, continued)

"Double boil" chocolate bar by placing in empty small pot and setting pot bottom in larger pot of boiling water. Mix dry ingredients (not eggs). Stir in lard to soften. Add 3/4 cup milk and vanilla. Beat about 350 strokes by hand. Add eggs, chocolate, and remaining milk (and a bit of water, if still too thick). Mix an extra 150 strokes. Bake carefully.

All the recipes on the TL chocolate wrappers are possible to do on the trail. Don't just drool on them: try them.

Gold Cake

2/3 cup lard

2 1/2 cups flour

2 1/2 tsp. baking powder

1/4 tsp. salt

1 1/4 cups sugar

1 cup wet milk

2 tblspn. egg

1 tsp. vanilla

Mix lard and dry ingredients
Add milk and vanilla. Beat
3 minutes. Bake.

Upside-Down Cake

1 meal's cake batter (gold cake or a mix)

plus --

Fruit (pineapples work well because they are flat)

2 tblspn. melted lard

1 cup brown sugar

This cake is something like a pie: you don't want the fruit to be too liquidy, or it will spatter, burn onto everything, make you wretch, and ruin the cake. So drain off your fruit - and use the juice for mixing cake batter. And don't mix batter too thin this time - it will soak up from below.

Place drained fruit and lard-sugar mixture in bottom of greased pan. Pour in cake batter and bake immediately. Use an even, medium fire. Turn as infrequently as possible.

Cake Pudding

1 cake mix

1 pudding

Place the cake mix in a greased cake pan.

Sprinkle dry pudding powder over cake batter.

Take $\frac{3}{4}$ of the water that you would normally add to the pudding and sprinkle this over the pudding powder. Bake in hot reflector fire: pudding will sink to the bottom, and cake will rise to the top! (no kidding)

Apple sauce and Gingerbread (or spice cake)

Mix up g-bread mix. Pour into pan and spread pre-soaked applesauce on top. Bake. Stir together while cooking.

(Ask at TB for special instruction sheet on "Bratnober's Incredible Buffalo Barf Rainbow Marble Cake" (B.I.B.B.R.M.C.))

When you have tried each of these recipes a couple of times with success, begin to improvise, by all means. Start by making simple additions to recipes and mixes, like raisins, specially bought spices, candied fruit slices, toppings, etc. Then, if you have the courage, try some new combinations and ratios of basic ingredients.

Try... -a layer cake with pudding as frosting

-food coloring

-mixing mixes for a marble effect

-walnuts, cashews and other nuts

-the new Oleo in all cake recipes.

COOKIES

Widji Cookie Mix

Mix into a rather thick dough. Bake or fry golf ball-sized lumps on a heavily greased surface. Use a medium, even fire. Can make in cake pan.

Oatmeal Cookies

2½ tblspn. egg powder

2 cups flour

1/5 cup sugar

2 tsp. baking powder

1/4 cup milk powder

1 tsp. salt

½ sup oatmeal

mix with water and cook as above.

Cape Cod Oatmeal Cookies (Saganaga Bear Chips)

2½ tblspn. egg powder

1 tsp. cinnamon

1 cup sugar

2½ cups oatmeal

1 cup melted lard

1 cup raisins

2 tbspn. brown sugar

2 cups flour

1 tsp. soda

cook as above

Peanut Butter Cookies

1 cup peanut butter

Mix p.b., shortening, sugar and boiling water.

¼ cup soft lard

Blend till smooth. Stir

1 cup white or brown sugar

in Bisquick. Bake in balls.

½ cup boiling water

2 cups Bisquick

Sugar Cookies

½ cup lard

½ tsp. salt

1 cup sugar

2 tsp. baking powder

¼ cup egg

1 ¾ cup flour

2 tbspn. milk

½ tsp. vanilla

Blend ingredients with a small amount of water. Bake in a moderately hot oven. Sprinkle with sugar.

Glazed Jam Puffs

3 cups Bisquick 1/4 cup milk powder
 1/4 cup white sugar 15 tsp. raspberry jam
 1/3 cup soft lard

Mix Bisquick, sugar, and lard. Add milk powder and blend in water until a smooth soft dough develops. Place a tspn. of dough on a dinner plate or cake pan. Top with a tsp. of jam. Drop a tsp. of dough over jam. Bake in reflector until golden brown. Remove from pan immediately and frost with icing (pp. 25-26).

OTHER DESSERTS

Fritters

2 cups Bisquick
 1/4 cup milk powder
 2 1/2 tspn. egg powder
 2 cups fruit or cooked vegetable - well-drained
 Mix Bisquick, milk, egg until well blended.
 Stir in fruit or vegetables. Drop by small teaspoonfuls into deep hot fat. Turn and fry until golden brown on both sides. Drain well and serve with syrup or powdered sugar.

Doughnuts

4 1/2 or 5 cups flour 3 tblspn. egg
 1/3 cup sugar 2 tblspn. yeast
 1 level teaspoon salt 1/3 cup lard
 Mix flour, sugar, salt and egg - blend in the lard (using hand) into good crumbly mixture. Add 1 cup warm water, then blend 2 tblspn yeast into 2nd cup warm water to dissolve and blend into mixture. Fold and knead dough on greased canoe for 10 minutes. Consistency is almost loose and sticky. Let rise in large pot until double its size. Then beat down and spread out on greased canoe in a layer about 1-1 1/4" thick, and cut out doughnuts.

(see next page...)

(Doughnuts, continued)

Let them rise again to double their size, but don't let them be exposed to direct sun-light. Deep fry in hot lard and drain off the grease on TP or paper bags. Roll in a cinnamon and sugar mixture (1 cup sugar, 1 tblsp. cinnamon.)

Apple Crisp

Topping-
 1/2 cup flour
 1/2 cup rolled wheat or oats
 1/2 cup brown sugar
 1/4-1/2 cup lard
 nutmeg and cinnamon
 (Mix these all together)

Sauce or filling -
 more nutmeg and cinnamon
 apples (2 cups when hydrated, or enough to fill pan)
 1/4 cup cornstarch
 1 cup white or brown sugar
 Soak apples in water till thoroughly hydrated.
 Drain. Add corn starch, sugar, and spices. Spoon sauce into bottom of greased baking pan and sprinkle on topping. Bake until crusty.

Peanut Butter and Jam Coffee Cake

2 cups Bisquick
 1/4 cup sugar
 1/4 cup creamy peanut butter
 3/4 cup wet milk
 2 1/2 tspn. egg powder
 1/2 cup orange marmalade or raspberry jam.
 Mix Bisquick and sugar. Cut in Peanut butter.
 Stir in milk and egg; beat. Pour into greased pan and spoon jam thinly over top. Bake until nicely browned. Immediately frost with powdered sugar icing.

Quetico Ambrosia Delight (a quick & easy dessert)

1 package white or yellow cake mix (2 cups)
 $\frac{1}{2}$ cup (or more) melted Oleo
 $1\frac{1}{2}$ -2 cups fruit (with some juice, thickened with cornstarch)

Pour fruit onto bottom of greased baking pan. Sprinkle dry cake mix. Spoon teaspoon-size Oleo lumps evenly across batter. Bake in hot quick reflector oven to melt butter into cake and divide up mix. After 10-15 minutes, or when top of cake looks "divided" like gingercookies, remove and devour immediately! (or: Bake at night and allow to sit out till morning. It will dry into a chewy, crusty cake. Beware of squirrels, boars, Roaming Northland Cake-eating Caribou, and starved campers!) A great treat for layovers if made night before.

Pudding (mixes)

Add 1 C. pudding to 2 cups water. Stir well with whipper-snapper for 5 minutes. Let sit 30 min.

Jello

For a 6 $\frac{3}{4}$ cup packet bring $5\frac{1}{2}$ to 6 cups water to boil. Just as it boils, remove from fire, add jello, stirring until well mixed. Allow to cool but not in lake. May set up while still warm. Berries, fruit nuggets can be added for variation - - but should be added as jello begins to thicken.

Blueberry/Raspberry Nuggets: 1 Pie = 1 C. nuggets

Add 2 cups hot (or boiling) water to each 1 C. nuggets. Stir and let stand about 10 min. When chewable and soft, add to pre-baked pastry shell. Add top shell & bake until hot.

For sweeter pie, not so tart: add $\frac{1}{2}$ C. sugar or brown sugar, cinnamon, allspice, or other spices as desired. Extra water and 2 tsp. cornstarch will thicken juices and make a larger pie.

FROSTINGS

Brown Sugar Frosting

1 cup brown sugar
 Mapeline

Slowly add hot water, drop by drop to sugar until it is a little thick. Then add $\frac{1}{2}$ tsp. Mapeline, as well as enough water to reach the right consistency.

Cocoa-Marshmallow Frosting

cocoa powder
 marshmallows, 5 to 10
 water

Mix cocoa powder with a small amount of water. Heat and drop in marshmallows one or two at a time until a thick frosting develops. Spread immediately and let cool.

Powdered Sugar Icing

Add a tiny amount of water to your sugar, for starters. (For one cup of powder, add no more than a tablespoon of water to begin with.) If it's still not thin enough, add a tad more. But be careful - it's very simple to over-dilute. After applying icing to cake, rolls, or whatever, it is usually a good idea to wait 5 minutes or so for it to dry and cake on thoroughly. (try adding bug juice powder to this for color and flavor...)

Chocolate Frosting

For one good-sized cake (3-4 layers or a big baking pan)

Mix: $\frac{1}{2}$ cup milk powder
 $1\frac{1}{2}$ cup cocoa

1 packet instant coffee...then add enough water to form a thick, creamy frosting.

FISH

Use established methods of cleaning and fileting fish. It is probably the North woods' finest food, so treat it with respect. Do not leave remains strewn about a campsite - dispose of them by burying, burning

Respect the law at all times while fishing. Catch your limit: don't upset things by being selfish and catching more.

Fish Meals

Tips on Serving Fish

To enhance fresh fish flavor, sprinkle with a small amount of one of the herbs; basil, dill, oregano, marjoram, or rosemary; or serve with lemon butter.

Fried Fish

Fried fish is one of the real treats of the canoe trail. Fix it filleted, in steaks, or whole, whichever is most convenient. If fried whole, be sure to baste (splash fish) into the chest cavity. Fry the fish in bacon grease or lard (though the former adds flavor). Be sure that the grease is hot, but be careful as it will sputter and splash. Before frying, roll the fish in well-seasoned flour. For some of the less savory fish (pickrel) use cornmeal in place of flour.

Fish Chowder

fresh fish onions
potatoes

Bring potatoes and onions to a boil. Add small pieces of fish and season with salt and pepper. Let simmer (don't boil) until fish and potatoes are done. Add milk, if desired, near the end of the cooking period.

Smoked Fish

Fillet fish and salt. Smoke fish on green sticks over fire of green wood, preferably birch. Flame should not touch fish. Put pot over fish to collect smoke around fish. Cook for several hours. Dill sauce adds flavor.

Fish Cakes

Mix fish, mashed potatoes, dehydrated onions, powdered egg, and a dash of flour to hold these together. Fry gently in shallow grease.

OTHER EDIBLE TRAIL WILDLIFE

"...try scalding the crayfish, removing the tail meat, rolling it in cormeal and frying it. There is no fish that equals it...If you have plenty, keep only the tails and discard the rest of the creature. Shell the tails, remove the midgut that runs down the back and eat the tail meat."

"All turtles found in this area are edible, though some are better than others. Cut the turtles head off, hang the body up, then get out of sight for an hour or two while he dies and quits moving around. They die very slowly. Cut through the jointure of the top and bottom shells, then remove the bottom shell by slicing it loose from the meat. Discard the entrails, but if the turtle is full of eggs, you have a great bonus, for turtle eggs (fried, boiled, scrambled, poached! prb) are fine food. Skin the legs and boil them until tender, then salt and eat them. The broth can be used for making a fine soup, adding any wild vegetable that may be at hand."

"Frogs will usually betray their presence by nocturnal croaking if they are about. Easy to capture at night with a flashlight. The back legs are the only parts worthwhile. Skin them and cook them by steaming, boiling or broiling over the fire. Frog legs make one of the finest meats, (cont.)

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delectable, white and tasty."

"There are several species of freshwater mussels and clams. The shells are black on the outside and pearly on the inside. Steam them in very little water until they are all open. Save the water, for it contains much food value and is actually more palatable than the remainder of the clam. Remove the meat and discard the shells. Cut the meat into small bits with your knife, resulting stew will be filling and satisfying. Everything inside the shell of the clam is edible, except the rare pearls that may be found. (see collection in Widji Nature Lodge). The fresh-water clam should always be thoroughly cooked before being eaten."

Euell Gibbons, A Wild Way to Feast

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