

Wilderness Cookery



Tips, Tricks, and Instructions to help you be successful with your Trail Meals!

Northern Tier Trail Food

Northern Tier provides complete and delicious trail meals to sustain you on your canoe expedition. We take pride in providing meals that are tasty, nutritious, and lightweight.

The menu that follows is a sample menu that we will try to follow as closely as we can. However, food suppliers can vary and there may have to be some changes or substitutions made during the summer. Because our Canadian bases use local Canadian food suppliers, the trail menus at the Donald S Rogert and Northern Expeditions Bases will occasionally differ from the trail menu at the Charles L. Sommers base.

Northern Tier uses a combination of fresh vegetables, fresh fruit, frozen food items, and dry/dehydrated items. Since the Boundary Waters Canoe Area Wilderness and the Quetico Provincial Park do not allow glass bottles or cans we have eliminated these items from our trail menu.

When you arrive at Northern Tier, your trail food will already be packaged. Your Interpreter will review the trail food with you as it gets packed in the food pack. We will be using the standard menu found in this book unless contacted in advance about a special food need or preference. Dietary restriction forms can be found at <http://www.ntier.org/Food.aspx>.

Trail Food Substitution Procedure

Each crew with dietary restrictions should complete and submit a dietary restrictions form. This form must be received a minimum of 45 days before your arrival.

Food Substitutions for Medical Reasons: If a participant is allergic to a specific food product such as milk, food coloring, flavoring, wheat/gluten, sugar, peanuts, margarine, etc., substitutions can usually be made. Certain medical situations may require increased/decreased quantities or substitutions of certain foods. If a person is allergic to two or more food products or requires a very specialized diet, suitable trail foods should be purchased at home and brought on the canoe trip. There is no reduction in the fees for food brought from home.

Food Substitutions for Religious Beliefs: Substitutions can also be made due to religious beliefs. If the crew or participant has very strict dietary needs, the crew/person may need to provide their own foods. There is no reduction in the fees for food brought from home.

Substitutions for Vegetarians: All meals are easily adjusted by cooking the meat separately from the main meal. We can also substitute non-meat protein for the meat found in breakfast and lunch.

NOTE: The Boundary Waters Canoe Area Wilderness and the Quetico Provincial Park do not allow food packaged in cans or glass bottles.

Northern Tier High Adventure – BSA Wilderness Commissary Food List

When you arrive at the Northern Tier, your food will be packaged with the following meals based on the number of days your trip will last.

6-day trip: you will use Breakfast **B1-B4**, Lunch **L1-L5**, and Dinner **D1-D4**

7-day trip: you will use Breakfast **B1-B5**, Lunch **L1-L6**, and Dinner **D1-D5**

8-day trip: you will use Breakfast **B1-B6**, Lunch **L1-L7**, and Dinner **D1-D6**

9-day trip: you will use Breakfast **B1-B7**, Lunch **L1-L8**, and Dinner **D1-D7**

10-day trip: you will use Breakfast **B1-B8**, Lunch **L1-L9**, and Dinner **D1-D8**

11-day trip: you will use Breakfast **B1-B9**, Lunch **L1-L10**, and Dinner **D1-D9**

12-day trip: you will use Breakfast **B1-B10**, Lunch **L1-L11**, and Dinner **D1-D10**

13-day trip: you will use Breakfast **B1-B11**, Lunch **L1-L12**, and Dinner **D1-D11**

14-day trip: you will use Breakfast **B1-B12**, Lunch **L1-L13**, and Dinner **D1-D12**

BREAKFASTS

- **B1 – Peanut Butter and Banana Sandwich:** Graham Crackers with PB/Jelly, dried bananas, cereal bar, trail mix and drink mix.
- **B2 – Granola Cereal:** Maple Almond granola, fruit bar, milk, Nut and Fruit trail mix, powdered milk
- **B3 – Oatmeal:** Oatmeal, granola bar, pork stick, trail mix, raisins
- **B4 – Pop Tart:** Pop Tart, Honey Roasted Nuts, pineapple protein bar, trail mix and drink mix
- **B5 – Pancakes:** pancake mix, syrup, spam, protein bar, tropical treasures and blueberries, drink mix
- **B6 – Granola Cereal:** Cinnamon Raisin Granola, mixies, cinnamon crisp bar, imperial nut mix, milk and drink mix
- **B7 – Protein Bar:** Clif Bar, beef stick, craisins, sunflower kernels, yogurt covered cranberries, drink mix
Graham crackers, peanut butter, banana chips, honey stinger bar
- **B8 – Peanut Butter and Banana Sandwich:** Graham Crackers, PB/Jelly, Banana Chips, cereal bar, trail mix, drink mix
- **B9 – Oatmeal:** Oatmeal, fava bean crisps, mixies, bacon jerky, protein bar, trail mix, drink mix
- **B10 – Granola:** Maple Almond Granola, meat stick, fruit and yogurt, fruit and nut bar, milk, sunflower kernels, drink mix
- **B11 – Protein Bar:** Clif Bar, beef stick, craisins, tropical treasures, roasted nuts, yogurt covered cranberries, drink mix
- **B12 – Oatmeal:** Oatmeal, dried apples, meat stick, applesauce, protein bar, trail mix, drink mix

LUNCHES

- **L1 – Fresh Lunch:** Bread, lunch meat, cheese slices, fresh fruit, peanut butter crackers
- **L2 – Bagel PB and J:** Lays stackers, fruit snacks, applesauce, drink mix
- **L3 – Chicken Pita:** Pita bread, chicken pouch, Peanut butter crackers, salted nut roll, fruit roll ups, drink mix
- **L4 – Summer Sausage Crackers:** Wheat thins, cheese wedge, summer sausage, applesauce, that's it fruit bars, grahmz, drink mix
- **L5 - Hudson Bay Bread:** Hudson bay bread, PB&J, dried apples, half popped snacks, drink mix
- **L6 – Pepperoni Pizza:** Tortilla, mozz cheese brick, pepperoni slices, pizza sauce, dried fruit, twizzlers, drink mix
- **L7 – Bagel Chips and Hummus:** Bagel Chips, hummus, beef n cheddar sticks, honey cashews, applesauce, rice krispy treat, drink mix
- **L8 – Chicken Salad Crackers:** Club crackers, chicken pouch, sunflower seeds, yogurt pretzels, that's it fruit bars, drink mix
- **L9- Hudson Bay Bread:** Hudson Bay Bread, hazelnut spread, roasted chickpeas, dried fruit, oreos, drink mix
- **L10 – Summer Sausage and Crackers:** Cheez-It grooves, cheese wedge, summer sausage, blueberry lemon bar, that's it fruit bar, drink mix
- **L11 – Bean Burrito:** Pita crackers, bean dip, cheddar brick, half popped cocoa churro, fruit snacks, twizzlers, drink mix
- **L12 – Tuna and Triscuits:** Triscuits, tuna pouch, cheese wedge, dried fruit, almonds, drink mix
- **L13 – Pizza Bites:** Bagel Crisps, pepperoni slices, cheddar dip, animal crackers, yogurt covered raisins, drink mix

Dinners

- **D1 – Voyageur Fajitas:** Tortillas, Mexican rice, chicken, green pepper, onion, fajita seasoning, salsa, cheese block, chocolate pudding
- **D2 – Northwoods Spaghetti:** Rotini pasta, dried hamburger, bagels, tomato powder, spaghetti seasoning, green pepper, onion, brownies
- **D3 – Kekakabic Supreme:** Dried potato and seasoning mix, Dried sausage, dried corn, biscuit mix, chocolate chip muffins
- **D4 – Poo Bah Burgoo:** Dried chicken, wild rice soup mix, rice, dried peas, pita, s'mores
- **D5 – Charlie's Kraft Walleye:** Macaroni pasta, bacon crumbles, cheese sauce, dried green beans, dried carrots, croutons, Chocolate cake mix, hazelnut spread
- **D6 – Chili Mac:** Macaroni pasta, dried chili mix with beans, chesse sauce powder, dried hamburger, dried corn, corn bread mix, Choc Chip muffins
- **D7 - Pesto Pasta:** Egg noodles, Dried chicken, pesto seasoning, parmesan cheese, dried carrots, biscuit mix, sandwich cookies
- Macaroni pasta, dried chicken, alfredo seasoning, powdered milk, parmesan cheese, dried broccoli, brownies
- **D8 – Red Beans and Rice:** Red beans and rice mix, dried sausage crumbles, dried corn, tortillas, no back cheese cake, graham crackers
- **D9 – BBQ Chicken:** Dried Chicken, mashed potatoes, dried peas, BBQ sauce, corn bread mix, ritz crackers, vanilla pudding, vanilla wafers
- **D10 – Enchiladas:** Spanish Rice, Tortilla soup mix, dried chicken, Sour cream powder, dried black beans, dried corn, yellow cake mix
- **D11 - Charlie's Kraft Walleye:** Macaroni pasta, tuna, cheese sauce, dried peas, dried carrots, muffin mix
- **D12 - Northwoods Spaghetti:** Rotini pasta, dried hamburger, tomato powder, spaghetti seasoning, dried Beans, brownies

Commissary Cupboard Items and Essentials

Spice Wheel

Condiments

Ketchup
Mustard
Relish
BBQ Sauce

Mayo
Soy Sauce
Taco Sauce

Baking Items

Brown Sugar
Sugar
Powdered Sugar
Bannock

Baking Powder
Parkay
Vegetable Oil

Additional Items

Popcorn
Coffee - Regular
Coffee - Decaf
Tea - Regular
Tea - Decaf
Sugar Packets

Creamer Packets
Sweet n' Low
Toilet Paper
Hot Chocolate
Apple Cider

Backcountry Kitchen Safety

Setting up a kitchen is one of the first and most important processes for cooking in the backcountry. Depending on the condition and the campsite, a kitchen can take many shapes and styles. Ideally the camp kitchen should be located in an area with little traffic. The more people in the kitchen the higher the chance for accidental injury. Be sure to establish a bear triangle by providing ample distance between where you cook, hang the bear bag and the crew's tent locations. By separating yourself from the smell of food, you decrease the likelihood of having a woodland visitor near your tent.

STOVES

Be mindful of where you use your stove. Stoves can lead to many injuries such as burns and scalds. To help protect yourself and those around you, follow these simple rules:

1. Never use a stove inside or near a tent.
2. Don't overload the stove with a heavy pot.
3. Never leave a burning stove unattended.
4. Let the stove cool completely before you open it, refuel, or put it away.
5. Store liquid fuel in well-marked fuel bottles made specifically for fuel storage.
6. Keep all fuel storage away from sources of heat, even if they are empty.

BEAR BAGS

Be considerate of wildlife. Following proper bear bag procedures helps protect your food and the safety of those in camp, including the animals. Even though there may not be a bear for 100 miles in any direction, there are other critters that can get ahold of your food like chipmunks, squirrels and mice. A proper bear bag is held up using sturdy rope on a solid branch. It must be at minimum 12ft off the ground, 6ft away from the trunk, and 4ft away from any branch.

Food Preparation Tips and Recipes

Voyageur Fajitas

Ingredients: green peppers, onions, frozen pre-cooked fajita chicken strips, fajita seasoning packet, flour tortillas, Mexican rice, black beans, cheese, and salsa

Vegetables and Chicken

Heat 1-2 tablespoons of oil in a pan or griddle.

Add sliced onion and sliced green pepper, sauté, stirring frequently until vegetables are crisp-tender.

Add the chicken chunks and heat until they are warm.

Stir in fajita seasoning mix and 1/3 cup water.

Spice as desired

Serve with warm tortillas

Mexican Rice

Add rice to a pot of water at the ratio of 1 cup rice to 2 cups water.

Bring to a rolling boil.

Remove pot from heat and let stand for 15 minutes or until water is gone.

Spice as desired and serve

TRY

Cheese sauce

Ingredients: Cheese sticks, flour, oil or fat, milk

Cut cheese sticks into small cubes

In sauce pan make a roux base with flour and fat

Roux: Heat oil to frying temp. Sprinkle flour slowly coving the hot grease allow to brown but not blacken.

Add milk and cheese to pot and simmer on low heat

Once cheese is melted and thickened serve over meal

North Woods Spaghetti

Ingredients: rotini pasta, dried hamburger, tomato powder, spaghetti seasoning, fresh green pepper, fresh onion, bagels

Pasta

- Fill a large pot half full with water and bring to a boil
- Add rotini pasta and a small amount of vegetable oil to boiling water.
- Cook until firm and tasty.
- Serve with sauce.

Red Sauce

- Mix tomato powder and spaghetti seasoning in a pan. Add water until the sauce has a thick “paste-like” consistency. This typically takes 1 to 1 1/2 cups of water.
- Cut onion into slices and sauté in oil; add onions to sauce for flavor.
- Heat sauce in the pan. Avoid allowing the sauce to boil as this will eliminate some flavor from the sauce.
- Spice as desired and serve over rotini.

Hamburger

Add hamburger to hot water and allow to hydrate until it is not crunchy. Add hamburger to the red sauce or serve separately.

Kekakabic_Supreme

Ingredients: Dried potato, dried sausage crumbles, gravy, dried beans, dried corn

Potatoes and Vegetables

- Boil water, enough to rehydrate the sausage, corn and cook the potatoes.
- Add seasoning Packet
- Add sausage and corn. Simmer until hydrated.
- Add mashed potato mix, stir until all the powder is mixed in.

Poo Bah Burgoo

Ingredients: Dried Chicken, Wild Rice Soup Mix, Brown Rice, Dried Peas, Pita

Rice and Soup Mix

- Add rice to water at a ratio of 1 cup rice to 2 cups water.
- Bring water to a vigorous boil. Reduce heat and simmer until the water is gone and the rice is tender.
- Following the directions on the soup mix packet, add as much water is required and mix in the soup mix.
- Heat or boil water.
- Serve with pita.

Chicken

- Add chicken to hot water and allow to hydrate until it is not crunchy.
 - Serve on the side or with the soup.

Charlie's Kraft Walleye

Ingredients: Macaroni, Tuna, Cheese Sauce, Dried Peas, Dried Carrots, Croutons

Macaroni and Tuna

- Bring a pot of salted water to a boil.
- Add Macaroni.
- Cook until tender.
- Strain excess water.

Cheese Sauce

- Add 2 tbsp. of butter or squeeze butter, 1 tbsp. of bannock, salt, pepper, and 1 cup of liquid milk to a pan.
- Add the cheese sauce powder.
- Mix ingredients and add water as needed until the sauce has a desirable consistency.
- Heat the pan until warm. Avoid boiling the sauce as it will eliminate some flavor.
- Spice as desired and serve over macaroni and tuna.

Peas and Carrots

- Add peas and carrots to hot water and allow to hydrate until they are not crunchy.
- Serve on the side or in the macaroni.

TRY Fresh Fish

- Use freshly caught fish in place of the Tuna.

Chili Mac

Ingredients: Macaroni Pasta, Dried Chili Mix with Beans, Dried Hamburger, Dried Corn, Corn Bread Mix

Macaroni Chili

- Add Macaroni to salted boiling water.
- Cook until tender.
- Add Chili mix to the pot before straining.
- Add additional water as necessary.
- Serve.

Hamburger

- Add hamburger to hot water and allow to hydrate until it is not crunchy.
- Add hamburger to the chili or serve separately.

Corn

- Add corn to hot water and hydrate until it is not crunchy.
- Add to chili or serve separately.

Corn Bread

- Add water to the corn bread mix following the directions on the box.
- Cook in the bake packer until proper consistency.

TRY Fried corn cakes

- Boil and hydrate corn separately.
- Mix corn, corn bread mix, 2 Tbs of fat (lard preferred)
- Add water slowly to obtain batter texture.
 - Fry like pancakes in greased pan.

Pesto Pasta

Ingredients: Macaroni Pasta, Dried Chicken, pesto seasoning mix, parmesan cheese, dried carrots, biscuit mix.

Pasta

- Add the pasta, vegetables, and a cap full of vegetable oil to salted boiling water.
- Cook until tender. Be sure to taste frequently to avoid overcooking.
- Drain water.
- Add pesto seasoning packets, a splash of oil (up to ¼ cup) and water to consistency of liking – mix together
- Top with parmesan cheese

Chicken

- Add chicken to hot water and allow to hydrate until no longer crunchy.
- Add to Alfredo or serve separately.

Red Beans and Rice

Ingredients: Red Beans and Rice Mix, Bulk Dried Sausage Crumbles, Tortillas

Red Beans and Rice

- Add the red beans and rice mix to salted boiling water. (3 cups of water for each box of rice)
- Cook until tender.
- Drain water if necessary.

Sausage

- Add sausage to hot water and allow to hydrate until no longer crunchy.
- Add to red beans and rice mix or serve separately.

Buffalo Chicken

Ingredients: Dried Chicken, dried potato slices, dried corn, buffalo sauce, tortillas

Potatoes and Corn

- Add the dried potatoes, corn, and a cap full of vegetable oil to salted boiling water.
- The potatoes may take longer than the corn.
- Cook until tender. Be sure to taste frequently to avoid overcooking.
- Hydrate the chicken in the remaining water.
- Drain water if necessary.

Chicken

- Add chicken to hot water and allow to hydrate until no longer crunchy.
- Add to potatoes or serve separately.

Enchiladas

Ingredients: Spanish Rice, Tortilla Soup Mix, Dried chicken, Black Beans, Sour cream powder

Rice

- Add rice to water at a ratio of one cup of rice to two cups of water.
- Bring rice and water to a vigorous boil.
- Reduce heat and simmer.
- Cook rice until tender.

Tortilla Soup Mix

- Follow directions on the back of the soup mix packet.
- Add brown rice to the soup.
- Serve.

Black Beans

- Add black beans to a small amount of hot water and allow to hydrate until they are not crunchy.
- If necessary, add more water. Be careful not to add too much water.

TRY Fresh Fish

Add fried fish to have fish tacos.

One Pot Method

All trail meals can be made using the one pot method. While some may argue this method results in a meal that doesn't taste as good as one cooked in parts, no one can deny that this method is the easiest to use, the most difficult to mess up, and the simplest to clean up. Many also argue that the one pot method results in food that tastes better than making food items separately. We'll leave that up to you to decide.

All dinners follow the same basic procedure when using one pot:

- Step 1: Fill an 8qt pot 1/3 of the way with water and bring to a boil.
- Step 2: Add starch (pasta, rice, potatoes, beans, soup mixes, etc)
- Step 3: Add dehydrated ingredients (vegetables and meat)
- Step 4: When starch and dehydrated items are cooked/rehydrated, add seasonings/powders
- Step 5: Let simmer until meal is of desirable consistency
- Step 6: Season to taste

Be sure to stir consistently or adjust flame/pot height to prevent burning.

If there are dietary restrictions on the crew certain items may need to be made separately to accommodate that.

Trail Deserts

Chocolate and Vanilla Pudding

- 2 cups milk
- 1 bag Instant pudding mix

Mix 2 cups of milk and pudding in bowl and beat with whisk until blended well. Let set for 2-3 minutes and serve.

Hint: reduce amount of milk used to increase thickness and make the milk in a water bottle before adding to the pudding. This will make the pudding more creamy rather than chunky.

Brownies

- 1 bag of Brownie mix
- 2 Tablespoons water
- 1 Egg or dry equivalent. (you can sub applesauce for egg (1/4 cup), but Bannock will also give it rise and you just need some additional water)
- 1/4 cup bannock
- 1/4 cup vegetable oil (reduced from 1/3 cup listed on label)

Mix all ingredients in bowl. Transfer to greased pan and bake for 25 minutes.

No Bake Cheesecake

- Graham cracker crumbs
- Filling mix
- 3 Tablespoons sugar
- 1/3 cup butter or margarine
- 1-1/2 cups milk

Combine graham cracker sugar and butter/margarine (or Peanut Butter) and press firmly to pie pan. Next slowly add milk to filling until mix is thick and smooth. Cover crust with filling and let sit for 5-10 minutes out of the sun. **Hint:** Use lard instead of butter/margarine and add a little bannock to this mix and you can steam bake the crust. Add dry mixes like hot coco to filling to change flavor. Top with wild fruit.

Muffins

- 1 Bag muffin mix
- 1/2 cup water

Slowly add water to mix until a thicker batter consistency is achieved. Place in greased pan and steam bake. Muffin is finished when sliver of wood is inserted and comes out clean.

Hint: add extra bannock and sugar to get more out of the muffin. After it's finished sprinkle brown or powdered sugar on top.

Baking Recipes

There are many types of ‘trail breads’. **Bannock** is probably the one that is most often associated with the North Country. There are about as many ways to prepare it as there are cooks baking bannock. Here are a few recipes.

Top Bread

- 4 cups Bannock
- 5 tbs Parkway

Mix Bannock and fat (lard works best) dry in pot using your hands. Sprinkle water lightly until mix is more liquidly than batter but less so than pancake batter. Resist the urge to stir the wet mix. The more you touch it after adding water the worse it gets. Shovel mounds of wet mix in to greased pan and fry till golden brown on both sides.

Fruit Bread

- 2 cups Bannock
- 1/4 cup dried mix fruit
- 1/4 cup raisins
- 2 eggs or dry equivalent

Mix dry ingredients together in large bowl. Add 2 table spoons of some fat (lard preferred) and water till the mix is sticky (but not like batter. Note– the less you handle the wet mix the fluffier the bread will be. Fry with lard or oil in skillet till browned on both sides.

Biscuits

- 3 1/2 cups Bannock
- 1 cup water

Combined and mix water and Bannock till you have soft dough. Place on floured surface and roll to thickness of 1/2in. Cut into biscuits with round object and bake for 15 minutes. To make raised biscuits add one package of activated dry yeast and let rise in warm place . Roll, cut, bake.

Pancakes

- 4 cups Bannock
- 2 1/4 cups milk (liquid)
- Equivalent of 2-3 eggs

Blend eggs and milk together with fork or whisk. Add Bannock gradually to liquid till smooth batter is made. Use greased griddle and poor small circles onto hot surface (Mickey Mouse pancakes are encouraged). Cook until bubbles form, turn pancakes over.

Cakes

The Bisects Cake

- 2 cups Bannock
- 1 egg or dry equivalent
- 1/4 cup sugar
- 1/4-1/2 cup milk

Mix dry materials together. Make milk with the dehydrated powder. Add milk slowly till mixture is a little thicker than batter. If 1/2 cup milk is not enough add water until desired consistency is made. Bake in steam oven till sliver of wood is removed clean after insertion. In this recipe get creative you can add any flavoring you want. You are only limited by your imagination.

Suggestions:

Coffee and raisins, fresh fruit, apples and cinnamon, rehydrated dry fruit, chocolate.

Sweaty Pig

- 2 cups bannock
- 2-3 packages of hot chocolate
- 2-3 packages of Apple cider
- 1/3 cup brown sugar

Mix dry ingredients in bowl. Add water slowly until batter like. Poor into greased liner pan. Bake in bake packer. When an wood sliver is inserted and no material sticks to the sliver, cake is done. Note— add raisins to change texture. Substitute coffee for water to make better.

-As created by Peter Decker

Peanut butter chocolate Éclair

- 1 pack Vanilla pudding
- 1/4 cup peanut butter
- Enough milk to make pudding
- Sleeve of graham crackers
- Chocolate frosting

Mix pudding and milk as instructions state. Add peanut butter and blend into vanilla pudding,. Layer (3-5 layers) pudding and crumbled graham crackers into pie pan. Top with chocolate frosting. Let set for 10 min.

Sunshine Cake

- 1 pack yellow cake mix
- Powdered eggs
- Oil/parkay
- Chocolate chips

Mix cake mix with oil, water and eggs. Place in liner pan to bake – add chocolate chip ½ way through.

Frosting

Wojapi sauce

- 1-2 cups fresh or dry fruit
- Water

If fruit is dry cut up into small pieces. If fruit is fresh, mash it. Place in sauce pan and cover with water. Boil on high, continually stir till water boils off and the sauce is syrup. May have to repeat this process several times to obtain syrup. Use as a topping or mix into batter to flavor cakes and frostings.

Standard frosting

- Powder sugar
- Vanilla extract
- Water or milk

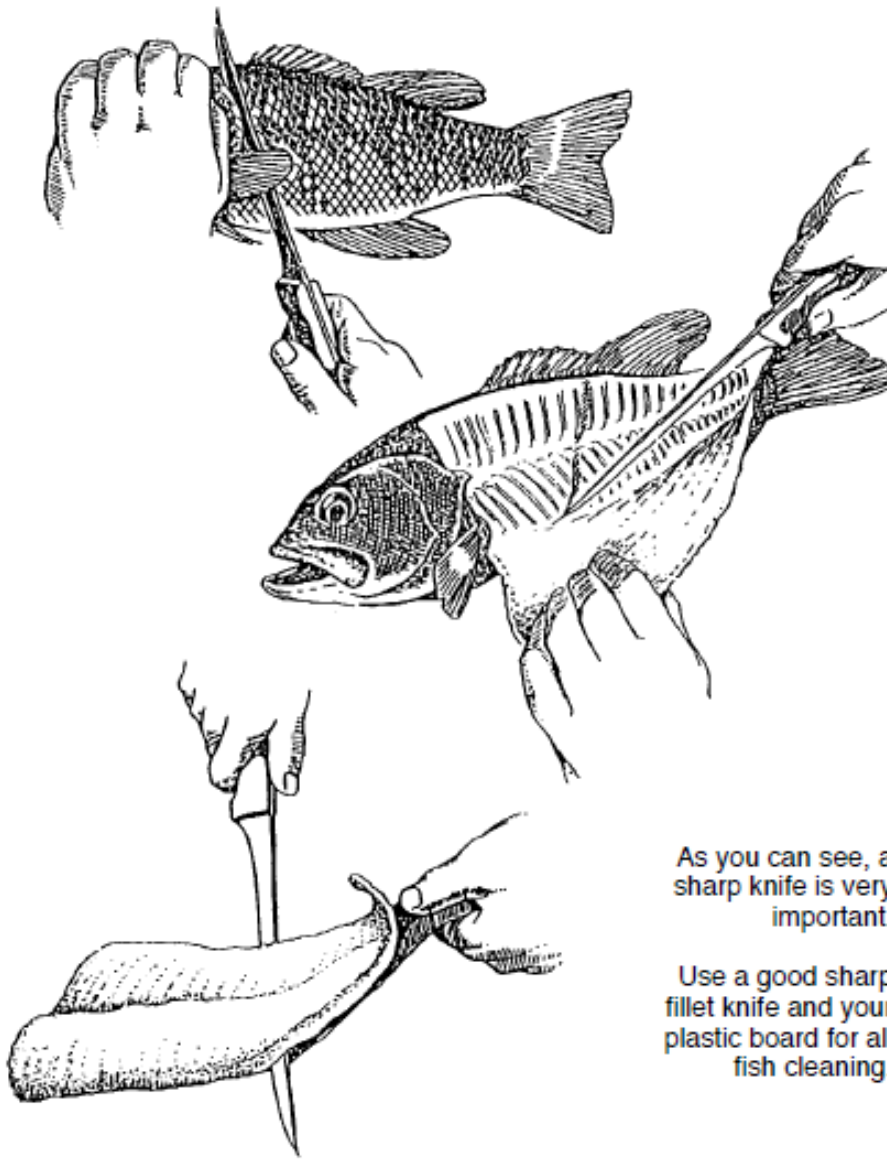
Use as much powder sugar as you would like frosting. Add a squirt of vanilla extract. Mix in water or milk by the teaspoon until frosting thickens to desired texture. Thicker frosting for cakes thinner for cinnamon rolls. To make butter cream icing replace liquid with butter. Add cinnamon, hot coco, apple cider, and drink mix to make other flavors. You can use the brownie mix to make chocolate or fudge frosting.

Butter crumb topping

- 1/2 cup brown sugar
- 1/6 cup margarine (Parkay)
- Dash of cinnamon

Mix ingredients together until crumbly. Sprinkle over cake while it is still hot. Let sit 3-5 minutes.

North Country Fish Filleting

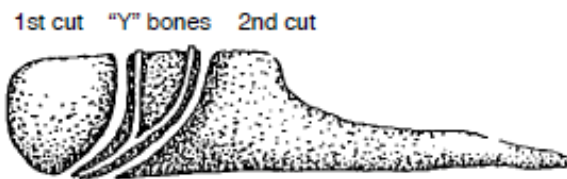
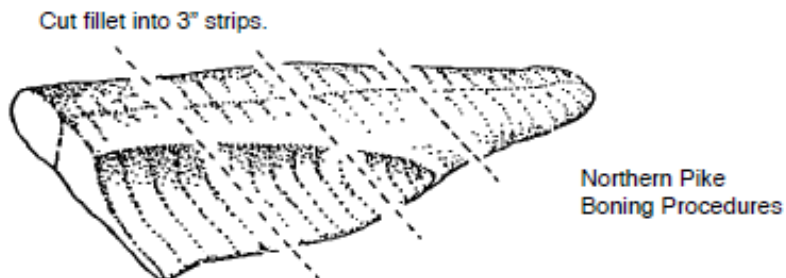
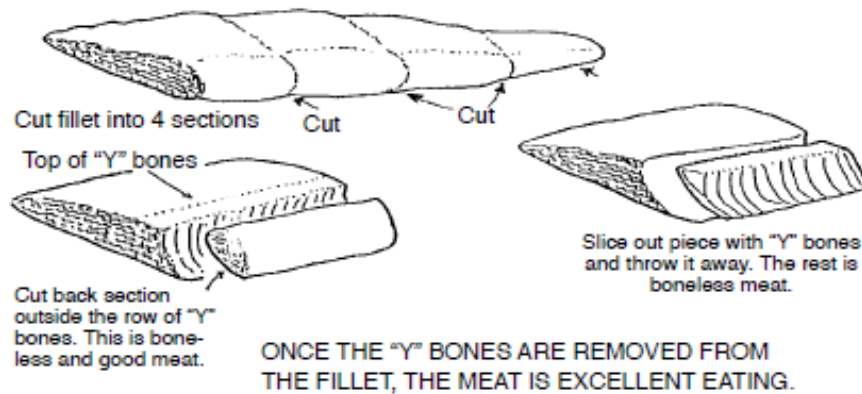


As you can see, a sharp knife is very important.

Use a good sharp fillet knife and your plastic board for all fish cleaning.

Preparing Northern Pike Fillets

The Y bone found in these fish improve the rigidity of the fishes very flexible body. Being a predator, it has the ability of short fast bursts of speed to catch prey. Most other species use this technique as a defense tactic to escape. The northern pike is well known for its aggression which gives fisherman a challenge and a fight to get them out of the water. Do not let the Y bone discourage you, this fish is a treat to catch and very tasty for crews.



Cooking Your Fish

It is very important to cook all fish thoroughly. One simple method of doing this is to cut the fillets into small strips. Increasing the surface area to which heat can penetrate the meat. The thicker the cut the longer the cook time.

Fried Fish— be sure to cut into small pieces or strips to make prep easy and fast. The fish can be prepared in many different ways.

- Wash fillets and roll in dry crumbs or fish fry mix, fry in hot oil
- Wash fillets and dip in a mixture of liquid milk and eggs (made from dehydrated powders). Dip fillets in the liquid milk egg mix and then roll or dip in fish fry mix, fry in hot oil
- The Fish fry mix can also be used as batter. Add water or liquid milk to fish fry until you have a batter similar to pancake batter. Dip fillets in batter and fry in hot oil.
- All of these can also be done with the corn bread mix.

You may have your own method you prefer just remember to wash and cut fillets into small strips or chunks.

Steam Baked Fish— You can steam your fish in your bake packer. Cover the fish in butter and season as you wish. Place fish in liner pan and steam until meat is tender white and flaky. Add lemon juice to liner pan for more flavor.

Grilled Fish— This is best for trout and pike, does not work as well for other fish. Prepare the fish by removing entrails and scales. Build a spick and place fish on stick or cook right on fire grate. Cover the fish in butter, inside and out, then season to liking. Cook slowly over low to medium fire. Pick meat of the bone and enjoy.

Poached Fish— Wash and cut fish fillets into small strips or pieces. Prepare a solution of water with ingredients of choice (ex. lemon juice, salt, pepper, old bay, garlic, onion, etc.). The more concentrated the solution and the smaller the fillet chunks the more flavor the fish will absorb. Boil fish fillets until white and flaky.

- Would you like to see another recipe in the Wilderness Cookery?
- Is there an improvement to instructions or recipes already in the Wilderness Cookery?
- Do you have trail food menu recommendations for Northern Tier?

Scan this code and provide your feedback. Remember, we cannot improve it without your input!



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