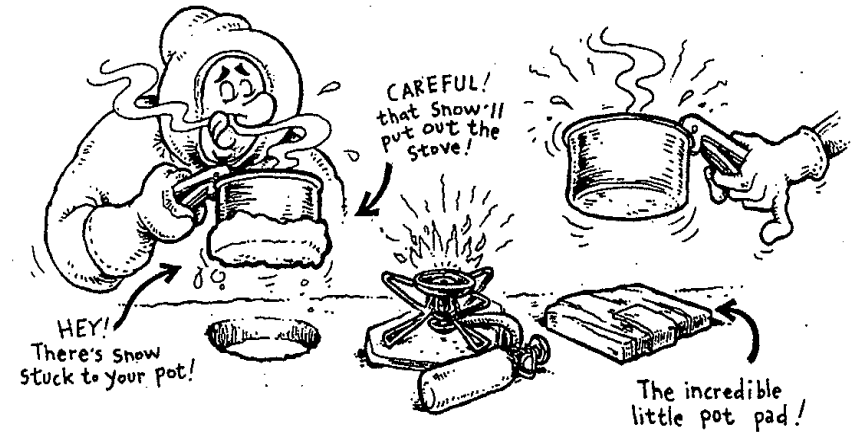
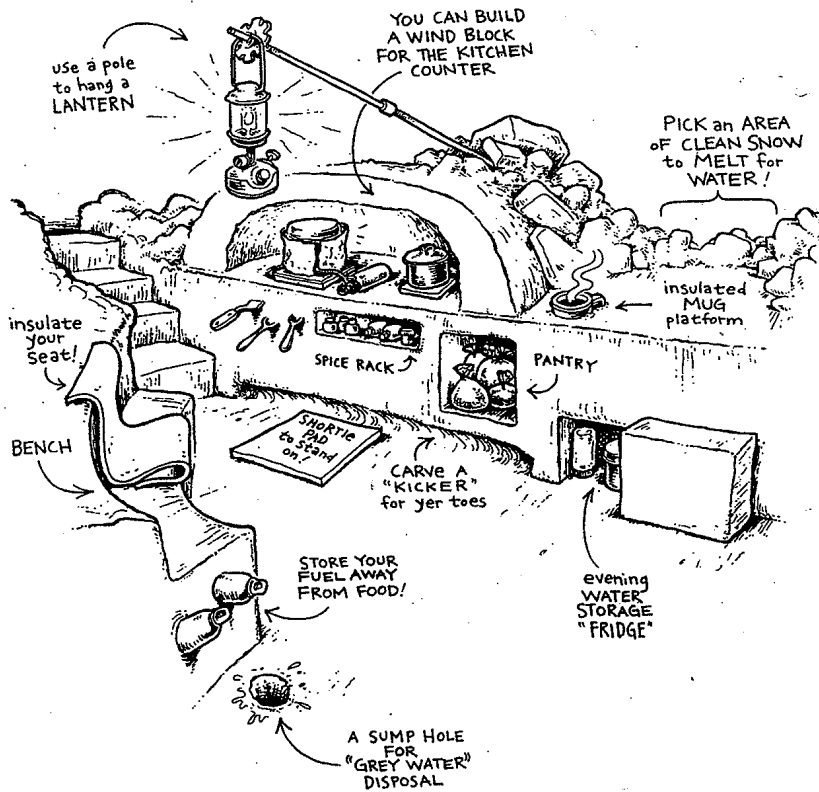


Explore Cookbook



Student Opportunity... YES YOU!

****At the end of your Explore Trip you will be writing up your best recipe in your journal. If it meets the criteria, then you could be published!****

Fourth Edition

(pictures from: Allen & Mike's Really Cool Backcountry Ski Book)

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Variety is the Spice of Life©

**Best of luck with your quest for the winner of the
GOLDEN SPOON AWARD!!**



Explore Superstar Meal Checklist

- Nutritional
- Minimal Impact – We have minimal garbage and very little or zero food waste.
- We cooked it ourselves with care and creativity - not parents, and not all pre-prepared, or boiled in a bag.
- Timing – Meal preparation, cooking time and clean up is prompt.
- **Nut Free Zone!**
- Teamwork should be an ingredient in all meals☺

Type of Meals to Cook on Explore

- Backpacking – Lightweight and compact. One pot wonders work great.
- Ocean Sea Kayaking – This is your chance to bring fresh vegetables and fruits.
- Winter vs. Spring or Early Fall – Items needing refrigeration are less of an issue in the winter.
- Cabin meals – You have a kitchen! Be creative, but all criteria still applies.
- Cold or Hot meal - Look at your menu plan.

Tips of the Trade

- ❖ Experiment and practice at home, before coming on Explore. Your tummies will thank you.
- ❖ Remove all packaging and repackage into Ziploc bags. Label everything and keep instructions from packages with food. Use small, plastic screw top containers for liquids.
- ❖ Bring a labeled garbage bag and extra Ziploc bags.

Sample Menu Plan

Day 2 of Backpacking Trip (3 Person Group)

Breakfast (hot)	6 packages of instant oatmeal ½ cup of dried cranberries 3 packets of hot chocolate
Lunch (cold)	3-6 bagels (depending on personal appetites) 3 fruit leathers Cheddar cheese Pepperoni ¼ cup of juice powder
Dinner (hot)	2 cups of instant rice 1 package of dried chili mix ½ cup dehydrated vegetables 1/3 cup parmesan cheese 3 herbal teas 1 package of bite-sized brownies
Snacks	1/3 cup / person / day of trail mix 3 energy bars Dried fruit

the bottom of the cookie and aim for a golden yellow colour – they will keep cooking on the tray and will end up golden brown.

9. When cooled, pack these cookies in a Tupperware container.
10. This recipe will make lots! Save a fair amount for when you return from your trip!

Quotes to Inspire You . . .

Anything made with love, bam! --it's a beautiful meal. ~ Emeril Lagasse

Dining with one's friends and beloved family is certainly one of life's primal and most innocent delights, one that is both soul-satisfying and eternal. In spite of food fads, fitness programs, and health concerns, we must never lose sight of a beautifully-conceived meal. ~ Julia Child

The whole idea is to earn the flavor. No one gives it to you. ~ Jamie Oliver

Strange to see how a good dinner and feasting reconciles everybody. Samuel Pepys

Maybe it's because we worked hard today... Maybe it's because we appreciate it more... Maybe it's because we have transformed into master chefs. I am not sure what it is...but food on trip tastes so much better than anywhere else! Student

ADD YOUR OWN RECIPES HERE!!!

Breakfast IDEAS

Oatmeal (pre-prepared packages or Ziploc bag of oats)
Granola (no nuts)
Cream of Wheat
Red River Cereal
Breakfast Bars
Add-on's: Pumpkin or Sunflower Seeds, Powdered milk or soy milk, Brown Sugar or Cinnamon
Dried Fruit (raisins, apricots, prunes, apples, etc...)
Hot Chocolate, Apple Cider or Herbal Tea

Recipes

Dried Hearty Cereal with Warm Milk & Fruit by Ms. Lessman

Dried blueberries
Dried cranberries
Powdered Milk (about 2 tbsp per serving)
Hearty Cereal (could be muesli or other, no nuts)

- Mix together cereal and dried fruit at home.
- Heat up water on the stove and make a paste in your mug with the powdered milk and a small amount of water, then add the rest of the water to make warm milk and pour into cereal.

Oatmeal by Graham Laver

1 cup of instant oats
1/2 cup of boiling water
1/10 cup of 2% milk (or mix powdered milk)
1/80 cup of brown sugar
1/4 cup of dried berries

- Pour 1 cup of oats, and a 1/4 cup of dried berries into bowl, stir
- Pour 1/2 cup of boiling water into bowl
- Pour 1/10 cup of 2% milk into bowl and stir
- Sprinkle brown sugar on top

Grilled Cheese English Muffins, Granola by Ms.Desjardins

3 cups Berry granola 1 200g block cheddar cheese
1 cup milk powder ¼ cup margarine
3-6 wholegrain English muffins

- Mix milk powder with water to make milk and add to Granola.
- Slice English muffins in half and coat both sides with margarine.
- Slice cheese to put on English muffins.
- English muffins can be fried on the stove or "toasted" on the fire with sliced cheese.
- Watch for burning!!
*Advanced Cooking Tip: Watch for burning and use a splash of water in the bottom of the pan and place a lid on right away to steam them so the cheese melts.

Breakfast Burritos by Ms.Desjardins

3-6 Large Flax Tortillas 1 Block of Soft Tofu Tetrapack
1 200g block Monterey Jack 50 mL Oil
Cheese Salt, Pepper, Garlic Salt
1 cup refried Black Beans Hot Sauce
1 Green Pepper

- Chop Green pepper into small cubes.
- Cut Block of Cheese into slices.
- Stir-fry Tofu in oil with lots of spices and hot sauce (it will take on any flavor you give it – yay for protein!)
- Layer tortilla with lots of refried beans, chopped pepper, cut cheese and then add tofu. Season with more hot sauce if desired.
- Wrap up and eat over a bowl to catch what falls out and eat that too.
- * Tips: Transfer any oils or condiments to small non-leaking plastic containers (i.e. nalgene) before the trip – can often be found in the camping section of Canadian Tire

Cooking Instructions:

1. Pre-heat oven to 350 degrees and lightly grease a baking pan
2. Chop apricots into small pieces.
3. Cream together margarine, brown sugar, and eggs until fluffy.
4. Stir in flour, baking soda and cinnamon
5. Mix in oats, apricots, raisins and sesame seeds.
6. Spread in a 13 x 9 greased pan and bake for 40 min at 350.
7. Once done place in fridge to cool.
8. When cool cut into even squares and place in Ziploc bags.
9. Save some for your next trip and put them in the freezer.
10. Then wrap some for the trip in pieces of cardboard and tape to avoid destruction of baked goods☺

Chocolate Chip Raisin Cookies

*To make at home before trip for the baker at heart!!

2 eggs 2 ¼ cups white flour
½ cup warm water 1.5 cups rolled oats
1 cup margarine 1 tsp baking powder
1 cup brown sugar ½ tsp baking soda
1 cup white sugar 1.5 tsp cinnamon
2 Tbsp vanilla 1 cup raisins
 1 cup chocolate chips

Cooking Instructions:

1. Preheat oven to 350°F.
2. Mix eggs, margarine, brown sugar, white sugar and vanilla.
3. In a separate bowl mix the white flour, rolled oats, baking powder, baking soda and cinnamon.
4. Mix all wet and dry ingredients together. Mixture should be moist without any baking powder/soda balls but not too runny. Add flour to thicken, water to thin.
5. Add raisins and chocolate chips and mix in.
6. Lightly grease baking trays with margarine.
7. Roll dough in small bowls and flatten them down. Bake for 12 minutes.
8. Take the cookies out before they look totally done otherwise they will be very hard. Judge this by looking at

Fruit Fondue (cabin meal) by Corrin Bulmer

Fruit (your choice)

Chocolate Toothpicks Knife

Stove Pot

1. Cut the fruit into small bite sized squares
2. Put your chocolate into a pot and put the pot on low on the stove
3. Constantly stir the chocolate so that it does not burn and stick to the bottom of the pot. Turn the stove off when the chocolate is fully melted.
4. Put the bite sized fruit pieces on the toothpicks.
5. Dunk the fruit into the pot of melted chocolate.
6. Dig in.

Apples, Maple Syrup and Cinnamon by Katie Bull

Grannysmith apples

Maple syrup

Cinnamon

1. Slice apples thinly.
2. Mix with maple syrup to taste and add cinnamon.
3. Store in Ziploc.

Fruit and Seed Bars (Makes approx. 1 13x9 pan)

*To make at home before you go on trip for those bakers at heart!

1/4 cup Sesame Seeds 1.5 cups Rolled Oats

1/2 cup Diced Apricots 1.5 cups white flour

1/4 cup Raisins 2 tsp cinnamon

1/4 cup Sunflower Seeds 1 tsp baking soda

3/4 cup Margarine

1 ¼ cup Brown Sugar

2 eggs

Lunch IDEAS

Bagels

Carrots

Flour or Corn Tortilla

Fruit Bars or Leather

Pita Bread

Trail Mix (no nuts)

Crackers and Jam (in plastic tube or small screw top container)

Dehydrated Hummus (chick pea spread)

Bean Dip (just add water)

Cream Cheese or other Cheese

Salmon or Tuna (canned or in vacuum pack)

Beef Jerky or Pepperoni

Veggies

Recipes

The "Manwhich" by Zander Gedes, Alex Ainsworth, Zamaan Jiwani

1 Bagel cut in half with humus spread on both pieces

3 slices of cheese

2 pieces of cooked turkey and bacon (cooked in the morning)

6 slices of cucumber

Three Course Craving by Ms. Lessman

8 baby carrots

1 container of hummus (made at home)

1 container of smoked salmon cream cheese

6 slices of cucumber

3 pita bread

3 double chocolate coconut cookies

Course 1: Carrots and hummus Dip

Course 2: Pita with smoked salmon cream cheese & cucumber

Course 3: Double chocolate coconut cookies

Burrito on the Go by John Pyun

Wraps

Cream Cheese-spread on half of wrap
Ketchup Packet-squirt thin line in the middle of wrap
Yellow Peppers- sprinkle on top
Ham- spread over cream cheese
Cheddar cheese-add as much as you like

Bagels and Spreads 'n Stuff by Ms.Desjardins

3-6 Multi-Grain Bagels

1 container of plain or flavoured Cream Cheese along with Jam
OR 1 package Dried Hummus (Oil, Spices) with Sprouts of your choice

1 ziploc of Baby Carrots

- Slice Bagels
- Open cream cheese and jam
- Make hummus by adding water, oil, and spices i.e. salt, pepper, cumin, paprika
- Top with Sprouts (alfalfa, radish, pea, chickpea, etc)
- Snack on Baby Carrots

Pasta Salad by Ms.Desjardins

1.5 cups Pasta of your choice (Orzo and Shells cook quickly)

1 Red Pepper

½ cup Semi-Sundried Tomatoes (these are a little soft)

¼ cup Sunflower Seeds

1 cup Italian Dressing (in Nalgene container with screwtop lid)

- Cook Pasta the morning of (if there's time)
 - Slice Red Pepper in to little cubes
 - Mix all ingredients together EXCEPT the Italian Dressing – save this for right when you are about to eat it!! Otherwise it always seems to leak...
- *Tip: Make sure you have containers with tight fitting lids to keep your pasta in during the day

Recipes

Minty Hot Chocolate by Mr. Waters

Mint herbal tea bag
Hot chocolate powder

1. Boil water and add it to your mug with your tea bag.
2. Let the tea steep for a few minutes.
3. Add in about half a package of hot chocolate powder, stir together and Mmm

Desserts IDEAS

Home backed cookies or brownies or bars
Chocolate
Dried Fruit

Recipes

Oats, Apples & Cinnamon Hot in the Pot by Ms. Osberg

2 apples – bruises are okay
1/3 cup of brown sugar (mix together with cinnamon and oats in a small Ziploc bag)
1 tbsp of cinnamon (or to taste)
½ cup of rolled oats
Small container with oil or butter

1. Cut up 2 apples into small bite sized pieces and put aside.
2. Put oil in pot with apples, heat up until apples start to look soft.
3. Stir in the mixture of oats, cinnamon and brown sugar until it is all hot in the pot.

Snacks, Hot Drinks, and Desserts

Snack IDEAS

Energy Bars
Trail Mix (no nuts)
Dried Fruit / Fruit Leather
Chocolate

Sesame Snacks
Pumpkin or Sunflower Seeds
Pepperoni or Beef Jerky
Rice Crackers

Recipes

Miss. D's Special Mix by Ms. DesBrisay

Pumpkin seeds
Sunflower seeds
M & M's
Dried cranberries, mango and apple
Optional: yogurt or chocolate covered raisins, chocolate covered sunflower seeds

1. Combine and mix together ingredients according to what you like.
2. Measure about 1/3 cup per person per day and store it in Ziploc bags (one bag per person).

Trail Mix by Sally Chan

Mix together:
Smarties
Pumpkin Seeds
Sunflower Seeds
Chocolate Chips
Chocolate Covered Raisins
Raisins

Hot Drinks Ideas

Hot Chocolate
Mix of Herbal or Decaffeinated Teas
Powdered Hot Apple Cider
Hot Lemon Juice Crystals

Dinner IDEAS:

Pasta – Tomato Sauce, Pesto Sauce, Alfredo Sauce
Macaroni and Cheese
Egg Noodles with Curry or other Sauce
Minute Rice and dehydrated Beans or Chili
Flour / Corn Tortillas with beans and cheese
Couscous with dried vegetables
Quinoa (a complete protean similar to rice) with sauce
Dehydrated soups
Dehydrated Sauces
Dehydrated vegetables
Can of curry or tomato sauce
Add vegetables and Protein to rice and pasta dishes

Recipes

Tille Chili by Leigh Sawchyn

5 pieces of La Vache Qui Rie (Cheese)
1 can of Chili
¾ cup of 1 minute Rice
¼ cup of Celery
¼ cup of Carrots
¼ tsp or 1 pinch of Chile Powder (optional)

- Put rice in pot with water and cook until done
- Pour the chili in a pot. Add rice, la vache qui rie, celery and carrots
- Stir for 1 minute
- Add the pinch of chili powder if wanting more spice
- When hot make sure you take off stove or chili will burn
- * Keep stirring so that the chili doesn't burn

Perogies & Soup (winter camping) by Carmen Hotlby

6-12 frozen perogies per person
1 packet instant soup mix per person

- Boil a pot of water
- Add soup mix
- Add perogies & boil until the float to top (2-3 minutes)
- Pour into bowls & enjoy!

Chicken Curry Rice with Broccoli by Lauren Annable

Chicken chunks – pre-cooked
Spicy Curry – pre-made mix
Rice – 1 cup of rice & 2 cups of water
Broccoli – 2cm of water in pot... steam

- Cook rice with water – bring to boil and then cover on low heat for 15 min.
- Pour sauce and chicken on rice
- Dip broccoli in sauce

Fried Rice and Veggies by Jennifer Jiang

2 Garlic cloves
1 Onion
1 celery stick
1 carrot
½ a cucumber
½ a red pepper
Soy sauce
2 TBS Oil
Dash of Salt
1 cup of rice

- Cook rice and set aside
- While rice is cooking cut the veggies into small pieces
- Heat a fry-pan with oil
- Add the pre-cooked rice and fry
- Add all the veggies and soy sauce into a pot and cook
- Put rice in a bowl and add the veggies on top
- Salt to taste

Soup Gyoza by Lester Lee

8 Gyoza (Japanese porgies)
2 flavored soup packets
15 Green Beans
-Boil water and add the gyoza
-When they are done add the soup packets and green beans

Dinner Recipes for the Cabins at Manning Park

Steak Dinner with Caesar Salad by Tess Debelle & Gloria Lee

Minute Steak
Bread slices
Cheese
Garlic salt
Lettuce
Caesar Salad Dressing and Croutons

- put lettuce, croutons and dressing in a bowl and toss
- Pre heat the stove top to high while toasting bread
- Put cheese and garlic salt on toast and melt in microwave
- Cook steak in preheated pan and serve

Nachos and Cheese (cabin meal) by Natasha Qureshi

1 Bag of tortilla chips
1 Cup of sour cream
1 Jar of salsa
1 Cup of black olives
2 Cups of shredded cheddar cheese

- Preheat the oven to 350°F
- Place nachos on a tray
- Sprinkle the shredded cheese overtop
- Place tray in oven for about 5 minutes, or until cheese is melted
- Take out tray, sprinkle olives on top
- Dip nachos in sour cream and salsa and enjoy

Caesar Salad Dressing by Brendan O'Sullivan

1/2 Cup of vegetable oil
2 Cloves of crushed garlic
1 Squirt of anchovy paste
1 Fork full of capers
1/2 a lemon juiced
Dash of Worcestershire sauce
A little Dijon mustard
Red wine vinegar to taste

Camp Stir Fry by Lauren Mansfield

Chopped beef

Beans

Chopped red, green and yellow peppers

Sliced mushrooms

Chopped broccoli

Teriyaki or other stir-fry appropriate sauce

**The amount of each ingredient you use entirely depends upon how much you want to eat and how many people you are cooking for. You can also substitute any of the ingredients for ones of your choice.

- Place meat in cooking pot.

- Add a tiny bit of water and some sauce

- Stir until the meat is fully cooked (You may add more water along the way as needed)

- Add all the vegetables.

- Add some more sauce (As much as desired)

- Stir until vegetables are cooked

- Enjoy.

Tips:

- To keep meat cold, freeze before embarking and use a Cooler bag to keep it cold (available at most grocery stores). Because of the meat, this meal is probably better suited for Winter trips and usually for the first night out in order for the meat to remain cold.

- Make sure to repackage the sauce and all the vegetables and meat in freezer sized Ziploc bags before you go.

- Make sure to also keep the sauce cold if it requires refrigeration. Make sure to cook the meat thoroughly

Pesto Pasta Ms.Desjardins

1.5 cups orzo pasta

1 cup sun-dried tomatoes

2 cloves garlic

¼ cup Sunflower Seeds

1 jar Pesto

1 can Navy beans

½ cup Feta/Goat

¼ Parmesan Cheese

1. Boil large pot of water with 1 tsp salt & 1Tbsp oil.
2. Cook pasta on low heat, then drain out water.
3. Chop garlic and sun-dried tomatoes.
4. Add to pasta with Navy Beans, Seeds, Pesto sauce and Feta. Stir well. Top with Parmesan.

Pasta with Chorizo Sausage by Sarah MacDonald

Rotini Pasta

Tomato sauce

Red and Green Peppers

Pre cooked Chorizo sausage

Parmesan Cheese

- boil water and add pasta, drain water when cooked

- chop sausage and peppers and add to pasta

- add sauce to pasta and mix together

- top with parmesan cheese

Tuna & Sweetcorn Pasta with Salad by Maya Graves-Bacchus

Canned tuna

Canned sweet corn

Pasta

Oil

Bouillon

Water

Salad & dressing

- Boil pasta and drain

- Mash tuna and put in a bowl with sweet corn

- Put a dash of oil in frying pan

- Fry pasta, sweet corn and tuna

- Add a pinch of bouillon

- Stir

- Put on a plate and add salad

Teriyaki Udon Stir Fry by Michael DeLazzari

Cooking Oil

Udon Noodle (1 pack per person)

Mushrooms

Shredded Carrots

Shallots

Chicken (pre-cooked & frozen)

Soy Sauce

Teriyaki Sauce

Cabbage

Tin Foil

- Pre Chop all ingredients except shallots
- Add a little bit of oil and about a cup of water into pot and heat up. Add noodles (all packs). The water will evaporate and fry the noodles.
- Remove noodles from pan and wrap in tin foil to keep warm until mixing with sauce.
- Add a little more water and a bit of oil to pot. Put in shallots, mushrooms and chicken.
- When shallots, mushrooms and chicken is slightly cooked add carrots. When almost fully cooked add cabbage.
- After adding cabbage, stir fry for 20 seconds, then add a little soy sauce, a little oil and noodles.
- Add a lot or a little of teriyaki sauce. Sitr until all mixed.
- Bon Appetite.

Pasta Prima Vera by Claire Longcroft

- 1 small onion (skin taken off)
 - 1 green pepper (cored)
 - 1 carrot (peeled)
 - 1 stalk broccoli
 - 1 cup maushrooms
 - 1 tbsp butter (carried in a small container)
 - (Note: the vegetables could be prepared before the trip and put in a baggie)
 - 250 grams dry rotini pasta
 - 1 package dry alfredo sauce mix
 - 1 cup of grated cheddar cheese
- Prepare the onion, green pepper, carrot, broccoli and mushrooms by chopping them into bite-size pieces
 - Melt the butter in a pan over medium heat
 - Sauté the vegetables until they are tender, set aside
 - Boil 4 cups of water and add the pasta
 - Cook until tender
 - Drain the pasta and add the alfredo sauce mix
 - Add the vegetables and heat through
 - Cover the mixture with the cheese and serve

Vegetarian Chili by Brittany Baker

- 1 tbsp. Olive oil
- 1 Onion, peeled and chopped
- 1 Red pepper, chopped
- 2 Minced garlic cloves
- 2 Cans of tomatoes
- 1 cup Caned kidney beans
- ½ cup Caned lentils
- 1 tsp. Paprika
- 2 tbsp. Chili powder

For no trace backcountry clean up do the following the night before:

- Place the chili powder and paprika together in a small Ziploc container
- Place the onion, red pepper and garlic together in a Ziploc container
- Place the kidney beans and lentils together in a Ziploc container
- In a large Ziploc container place the tomatoes
- In a tiny Ziploc container place the oil

Cooking the Chili:

- Place the camp stove in an open area
- Following the stove's specific instructions, assemble and light it.
- Place the pot on the stove, and heat up the oil
- Add and cook the garlic, onion and red pepper for 8 minutes
- Add the beans and lentils
- Add the tomatoes & liquid with the paprika and chili powder.
- Simmer for 10 minutes and then serve.

Chicken Fajita by Taylor Haffey & Andrew Overholt

- Chicken and butter
- Peppers (Red, Orange and Yellow)
- Onions
- Wraps
- Chipotle Sauce
- Cheese
- Salsa

- Chop onions, peppers and chicken into strips and sauté in butter, fry until chicken is no longer pink then add chipotle sauce
- Put sauté in wraps, add salsa and shredded cheese