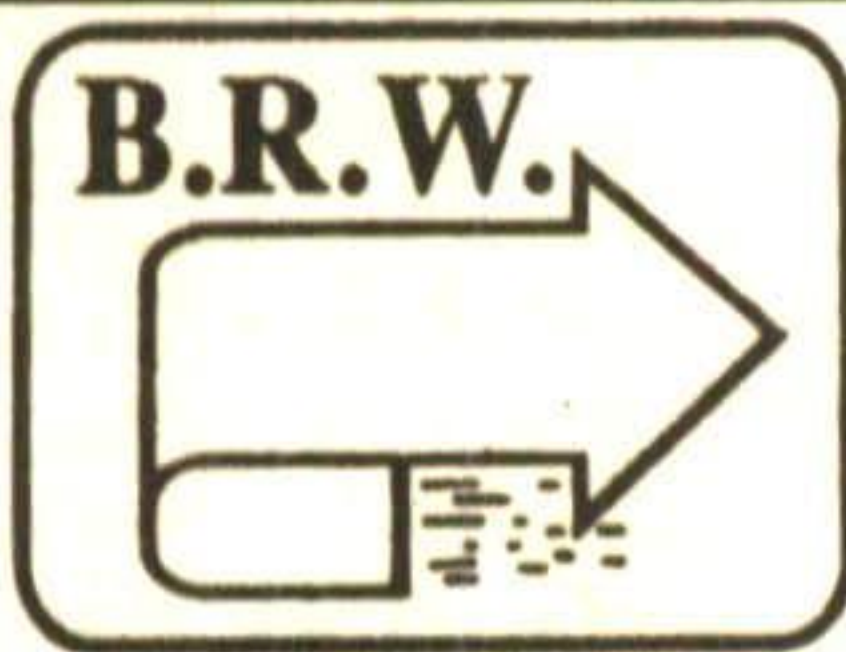


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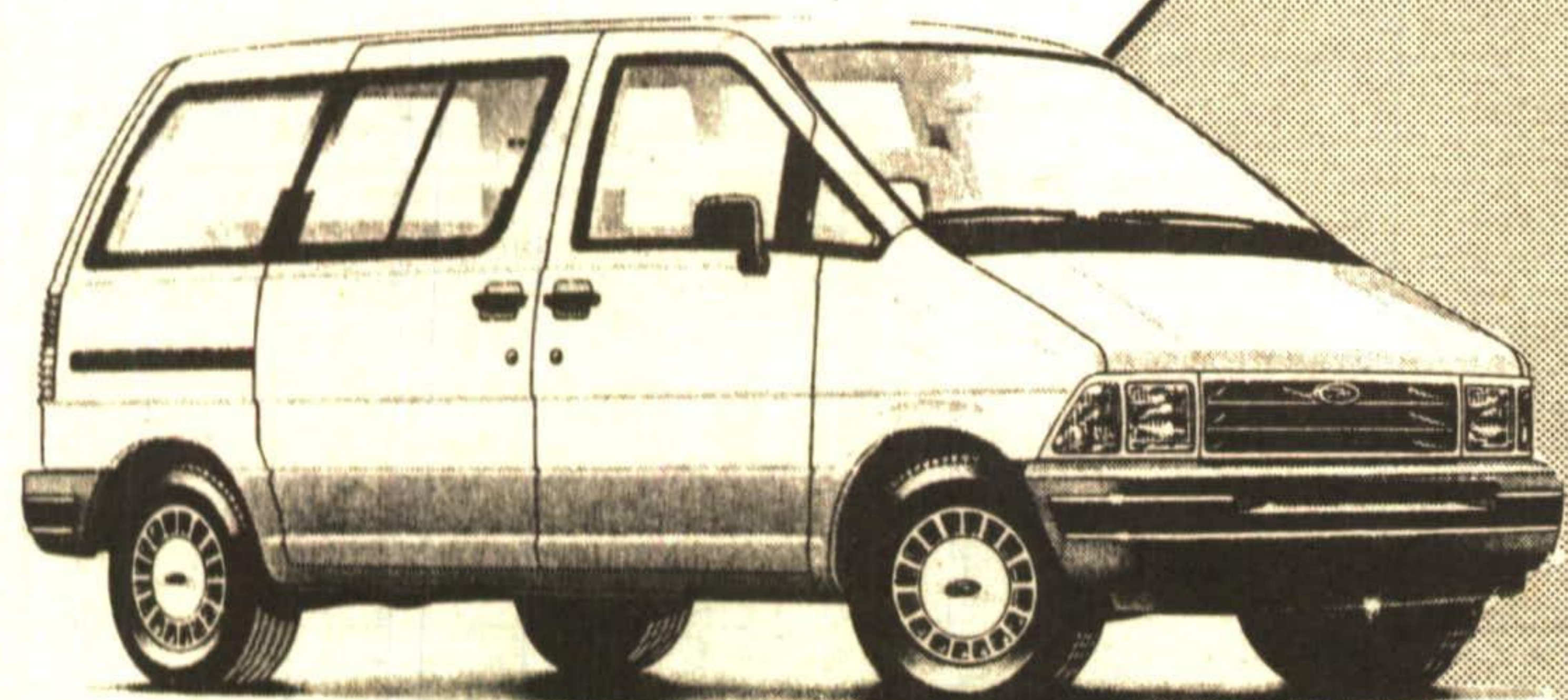
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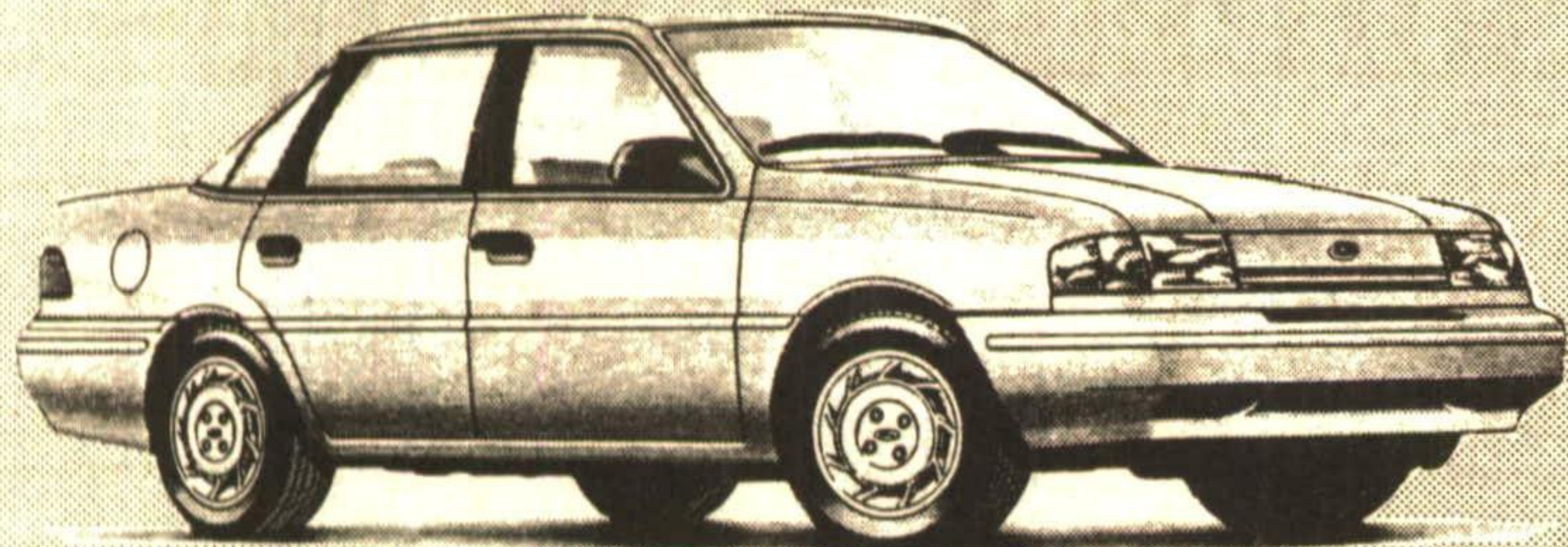
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**Preparing to tackle
 the mighty Missinaibi**

Lately I've been busy preparing for a canoe trip down the Missinaibi River. For the month of July I plan to paddle from the town of Missinaibi (just east of Lake Superior) downriver to James Bay.

Being on the water for 29 days the simple task of making up an equipment list can even baffle the most avid tripper. One of my worst dilemmas was what to eat for a month. It had to be extremely light weight, packaged for only one person and inexpensive. Harvest freeze dried foods were out of the question: they were light weight, but portioned for two or more and I would have to take out a loan to buy enough for the entire trip. It was through trial and error, and numerous visits to the library flipping through endless handy-dandy outdoor cookbooks, that I discovered dozens of cheap, nutritious recipes, made simple by visiting my local bulk food store.

I found seven main simple staples that can be used to give you variety in your diet: lentils, rice, pasta, soy grits, couscous, bulgar and quinoa.

The common Egyptian lentil can be found in most bulk food stores and even supermarkets. Cooking time can be reduced if you use the decorticated lentils which are split and have their outer husk removed. These are available at ethnic food stores.

All different kinds of rice can be used in all different kinds of recipes. I know a teacher at the college where I work who once lived off rice and wild greens while paddling in northern Quebec the entire summer. Not someone I would choose for a canoe companion however!

Mixing rice with lentils makes an excellent dinner after a long day. Eaten together they provide a richer balance of protein than if eaten separately.

Even though you can purchase an assortment of regular pastas at the bulk food store, I chose to buy whole-grain and vegetable

**NATURE'S
 WAY**



Kevin Callan

pastas from a dealer at the farmer's market. Powdered tomato paste can be carried along as well to spice up dinner.

For a quick, high protein dinner try soy grits (cracked soybeans) or the filling grainlike pasta, made from durum wheat, called couscous. Bulgar - cracked wheat that has been parboiled and dried - is also a quick staple for nutritious meals such as: bulgar with sage, mushroom bulgar and bulgar cornmeal cereal.

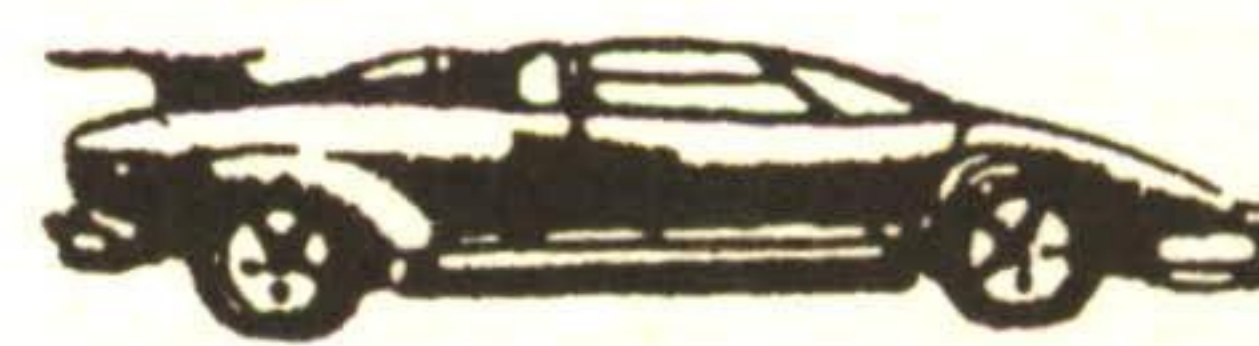
My favorite staple, however, is a recently discovered grain from Peru. This 'mother grain' is found in the Andean Mountain regions of South America. Quinoa (pronounced keenwa), was a staple food of the Inca civilization. It contains more protein than any other grain, is a complete protein by itself, and is also high in fiber, minerals and vitamins - and it tastes great!

Quinoa can replace any grain in any recipe; just remember to shorten the cooking time to 15 minutes. In camp rinse the quinoa in cold water and drain. Place it in a cookpot with two cups of water for 10 to 15 minutes or until all the water is absorbed. The grains will turn from white to transparent.

Before I decided to pack away recipes made from the staples listed I experimented with a variety of recipes. My kitchen looked like a lab for weeks. The ultimate test of course for choice recipes were to invite friends over for dinner, feed them bulgar and mushrooms or Asian rice and lentils, and if they believed I spent all day in the kitchen creating the masterpiece that actually took under 20 minutes then I would wrap it up and pack it away for the Missinaibi.

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