

When in a Canoe... Food to feed an explorer's soul

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A canoe trip into the bush is always an adventure filled with challenges. Some of the challenges are fun and exciting while others make serious demands on your relationship with your fellow canoeist.

The preparation and consumption of food is often the soul of a good canoe trip and can make any day in the bush a rewarding experience. Good food will make the natural environment appear even more beautiful and those stressful experiences with your canoe partners disappear very quickly.

Some of the most memorable moments on a canoe trip occur around the campfire, over a hearty meal, as you engage in conversation and laughter with fellow explorers.

One of my favourite meals to make on these trips is a hot curry lentil stew. Though it takes some thought and preparation, it's a surefire winner.

Hot Curry Lentil Stew

Ingredients:

- 2 cups of dried lentils
- 1 package of dried onion soup mix
- 2 medium onions
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- ½ green pepper
- 4 cloves of garlic
- ¾ lb of lean pork, chicken or lamb
- ½ cup of dried spicy summer sausage
- 1 tsp of fresh pepper
- 1½ tsp of curry powder

Steps:

1. Soak lentils in 4 cups of water over night (or keep them in a container in water during the day while you paddle)
2. Dissolve onion soup mix in 6-8 cups of water and add to lentils. Let simmer.
3. Chop and sauté onions, green pepper, garlic lean pork, chicken or lamb, summer sausage, 1 tsp of fresh pepper, 1½ tsp of curry powder, hot sauce to taste (or chopped hot pepper and a tablespoon of brown sugar).
4. Add other veggies to saute if desired (e.g. carrots, celery).
5. Add all of the sautéed ingredients to the simmering lentils and continue to simmer for 1 hour or until you have a thick consistency.
6. Serve with lots of red wine.

Finally, here's a tip if you have had a particularly difficult day with your canoe partner. Suggest they take the canoe out for a short ride while you prep the ingredients for cooking. This will give both you and your partner a few minutes of peace and quiet.

