

The Cabin 14 *Ultimate* Shore Lunch Cook Book

Your Complete Guide to Creating the *Ultimate* Shore
Lunch Experience

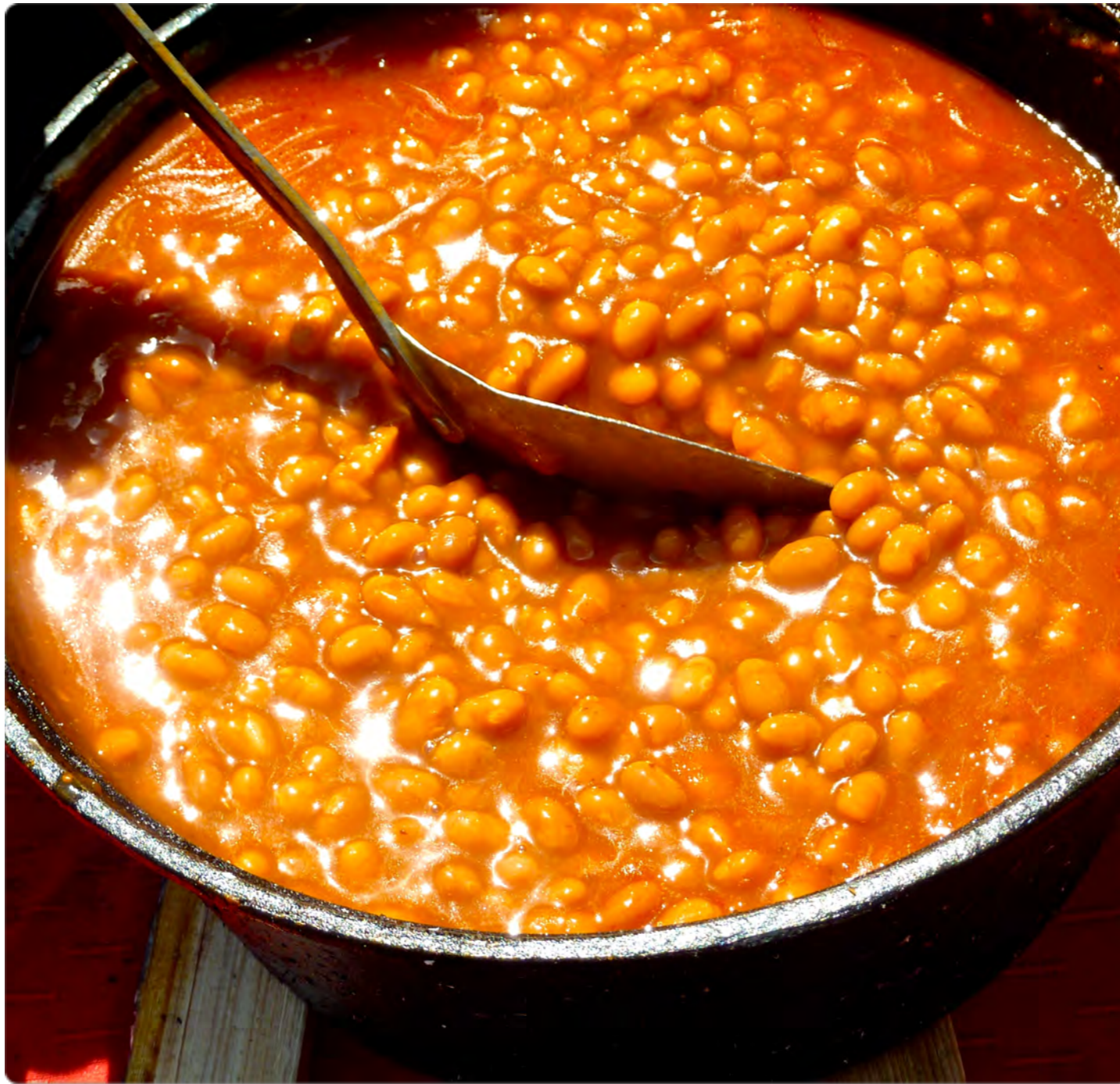


The Cabin 14 *Ultimate* Shore Lunch Cookbook



Your Complete Guide to Creating the
Ultimate Shore Lunch...

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With Thanks...

I would be remiss if I did not take this opportunity to acknowledge the many people who made it possible to produce this book.

Special thanks to professional fishing guides Andrew Graham, Ryan O'Donnell, Andrew Townsend, Josh Gelinas, webmaster and photographer Kris W Jaskielewicz, photographer-Nicole Mesec and Esnagami Wilderness Lodge owner Eric Lund, for sharing their photographs and many of the fantastic and innovative field tested recipes you will find in the pages to follow.

And to all of the family, friends, guides and acquaintances who are far too numerous to mention that I have had the pleasure to share many a shore lunch with - thanks for making each and every one an occasion to savor and remember...

Chapter 1

The *Ultimate* Shore Lunch Experience



The *Ultimate* Shore Lunch Experience

For those of us who have been fortunate enough to have had a shore lunch or two, I suspect we all have a somewhat different opinion of what constitutes the *ultimate* shore lunch experience.

I've had shore lunches that have ranged from 6 course feasts, to those where I sat on a cold rock, munching on a soggy sandwich while being pelted with icy rain - each of them special - every one unique.

Personally, I believe that a shore lunch is a great deal more than just taking a quick break from fishing, pulling into shore and cooking up some fish, or wolfing down a few sandwiches.

Ideally, it should be an integral part of your entire fishing experience, combining great food, together with family and friends in a peaceful, wilderness setting.

When it comes to preparing shore lunch, some folks prefer to keep it simple.

They may boil their fish in a pot of lightly salted water, or roast it over an open fire, with no seasonings whatsoever so as not to mask the taste of their freshly caught fish in any appreciable way.



Others use a wide variety of coatings, spices, condiments, side dishes and cooking methods, to enhance and/or complement the taste of their fish.

Different strokes as they say.

Arguably the classic “traditional” shore lunch – at least the ones I have had - are relatively simple, straightforward affairs.

Fresh fish fillets, lightly coated in flour that has been well seasoned with salt and pepper, fried up brown and crisp over an open fire in either lard or oil, together with fried potatoes and onions, beans, canned corn, and finished off with several of “Dad’s” brand oatmeal cookies, washed down with a steaming hot cup of coffee.

While many of the field tested recipes that follow can, broadly speaking, be considered “traditional” shore lunch fare, you will also come across a few non traditional, and – dare I say – healthy alternatives to the lard infused offerings I have enjoyed in the past.

Having said that, let me be clear, I remain a traditionalist at heart, and still love deep fried fish with all the fixins, but lets face it, peoples’ tastes and preferences have changed over



the years, and overall we are becoming more health conscious, so I decided to break with tradition, and toss in a few new things - including some I'm willing to bet you would have never considered serving at a shore lunch.

So with this in mind, regardless of your current cholesterol levels, and unless you have crossed over to the dark side and gone full blown vegan, there is something in the *Cabin 14, Ultimate Shore Lunch Cookbook* that will help you to create a truly unique shore lunch experience.

But above all, please remember that regardless of what you cook or where you are, the *ultimate* shore lunch experience is one that will leave you with memories that will hopefully last a lifetime.



Shore Lunch Code of Conduct - A Guides Perspective

Based on a true story, this humorous anecdote was provided by professional fishing guide, Andrew Townsend

Besides putting their guests onto fish, most professional guides pride themselves on are their culinary skills, with each having their own, carefully guarded, can't miss recipes that clearly distinguishes their cuisine from everyone else's.

During one memorable shore lunch, Andrew prepared one of his "can't miss" dishes, but unfortunately he seemed to have *missed* the memo regarding the appropriate cooking time.

What follows is Andrew's *code of conduct* for those guests who have the audacity to question his culinary skills.

- Once your fish has been properly seasoned, place it directly on grill.
- Grill until it looks sort of done, but under no circumstances are you to check to see if it is actually cooked through.
- Remove fish from grill, and attempt to serve to unsuspecting guest.
- Ignore know-it-all guest when they question your finely honed culinary skills, by suggesting that the fish may be slightly underdone.
- Tell guest off once you realize they were right.
- Reluctantly place fish back on grill, and continue cooking until it resembles a lump of coal.
- Serve only to know-it-all guest.
- Appear to accept insincere compliment from guest, who is worried about your confidence and self esteem, and who was actually dumb enough to try some of the fish a second time.
- When guest is not looking, throw the fish away, and find something else to eat, leaving the guest to fend for him or her self.



Chapter 2

Location, Location, Location...

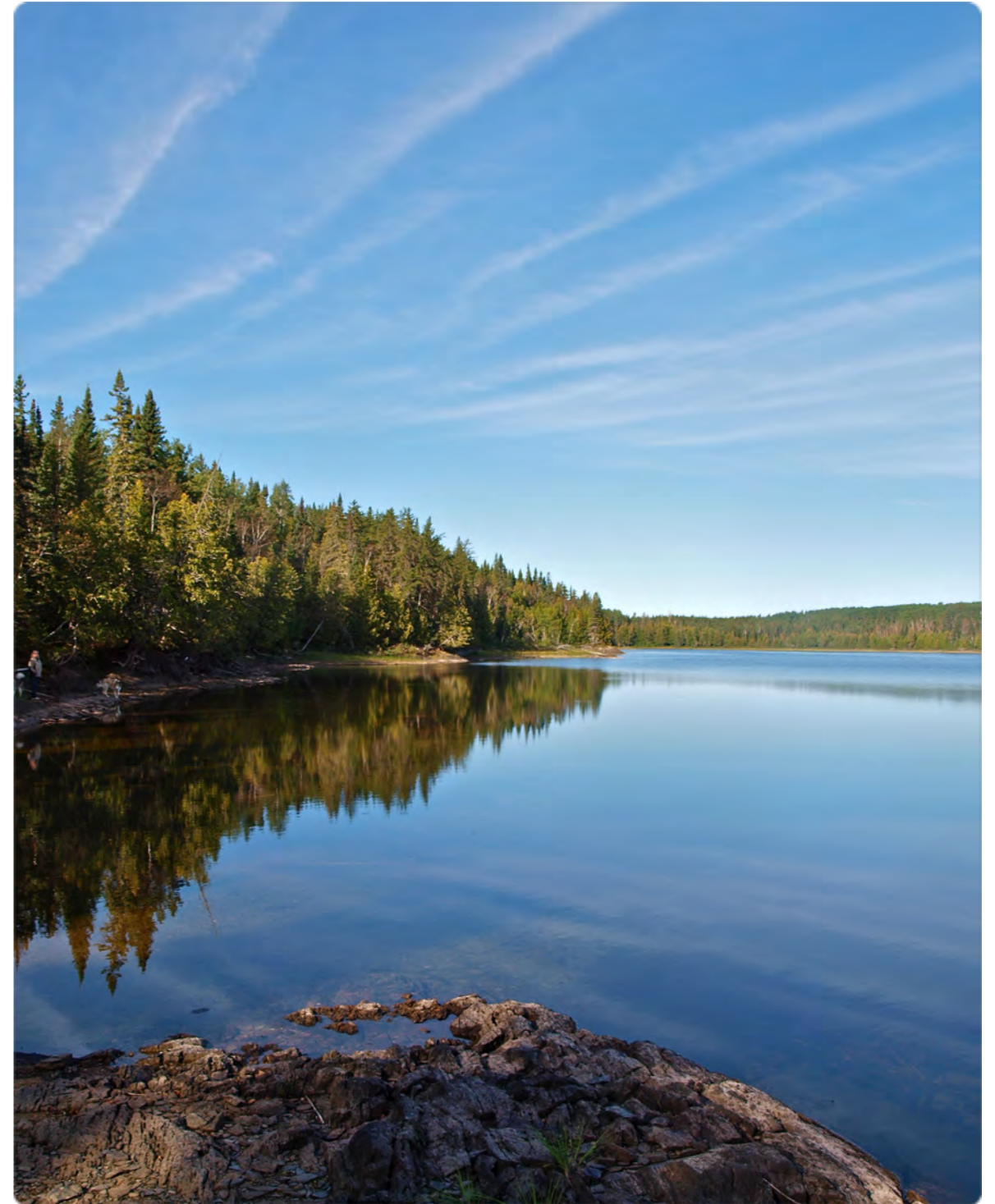


Location, Location, Location...

Other than ensuring you don't get "spammed," and manage to catch some fish for lunch, few things are more important when creating the *ultimate* shore lunch experience than choosing the right location.

Therefore, attempt to find one that has all, if not most of the following characteristics:

- Easy pull in area, where your boat can be snugly secured, and people and gear can be easily off loaded.
- Plenty of dry wood for your cooking fire, and enough rocks and/or logs to set up your grill.
- A magnificent view.
- Sheltered, but not so much that you can't take advantage of any available breeze that may help to keep any bugs at bay.
- Smooth, flat rocks on which to set up your "camp kitchen" and to sit on, and
- A soft spot for a post lunch nap.



Chapter 3

Gearing Up



Equipment, accessories and staples that you will need to create the *ultimate* shore lunch...

The majority of these items can be purchased for a reasonable price at most outdoors, grocery and dollar stores.

The *Ultimate* Shore Lunch Kit

This kit, together with the recipes that follow, are designed to give you the capacity to serve up to 4 people. Depending on what you intend to prepare, and how many you will actually be serving during any given outing, adjust the contents of your shore lunch box accordingly.

- 2 – 12” pre-seasoned cast iron frying pans
- Medium size pot with tight fitting lid
- Medium size mixing bowl
- 2 - 10” to 12” metal plates
- Hard shell egg holder
- Plastic bottles with screw tops in assorted sizes, for cooking oil, spices etc.
- Selection of spices and condiments including salt, pepper, lemon pepper, peppercorn spice, season salt and hot pepper sauce
- Small containers of coffee whitener, sugar/sweetener and several tea bags. Individual packets of whitener, sugar and sweetener are preferable because they save space and reduce weight

- Cutting board
- 2 cans pork & beans
- 2 cans corn
- 1 bag, “Dad’s” oatmeal cookies - a “must have” with camp-fire coffee
- Sharp fillet knife
- Sharpening stone - in case you forget to bring a *sharp* knife
- Coffee pot
- Zip lock bags in various sizes
- Clean up kit that includes: soap pads, j-cloths, small bottle of bio-degradable dish soap, small bottle of liquid hand sanitizer, and a couple of dish towels. This can all be packed in a large zip lock bag
- 4 each of plates, bowls, coffee mugs, knives, forks and spoons. Consider ones made of lexan plastic, as they are very light and durable.
- A set of quality tongs - the longer the better
- Metal egg flipper

- Can opener
- Large metal serving spoon
- Large metal *slotted* serving spoon
- Metal ladle
- Paper towels, folded and stored in a zip lock bag
- Heavy Duty aluminum foil. Cut several lengths off the roll, fold and store in a large zip lock bag
- Grilling basket
- Cooking grill, stored in a heavy duty plastic bag, or burlap sack if you can find one
- Garbage bags
- Matches in a waterproof container and/or a Magnesium fire starter
- Gloves, or oven mitts for handling hot pots and pans
- Quality, positive locking plastic tub to hold all of your gear. To keep your shore lunch box soot/grease free, wrap your pots, frying pans and grill basket in a heavy duty plastic bag, and store separately
- Propane Burner(s)** , and
- iPad or other tablet device loaded with this book (really important)

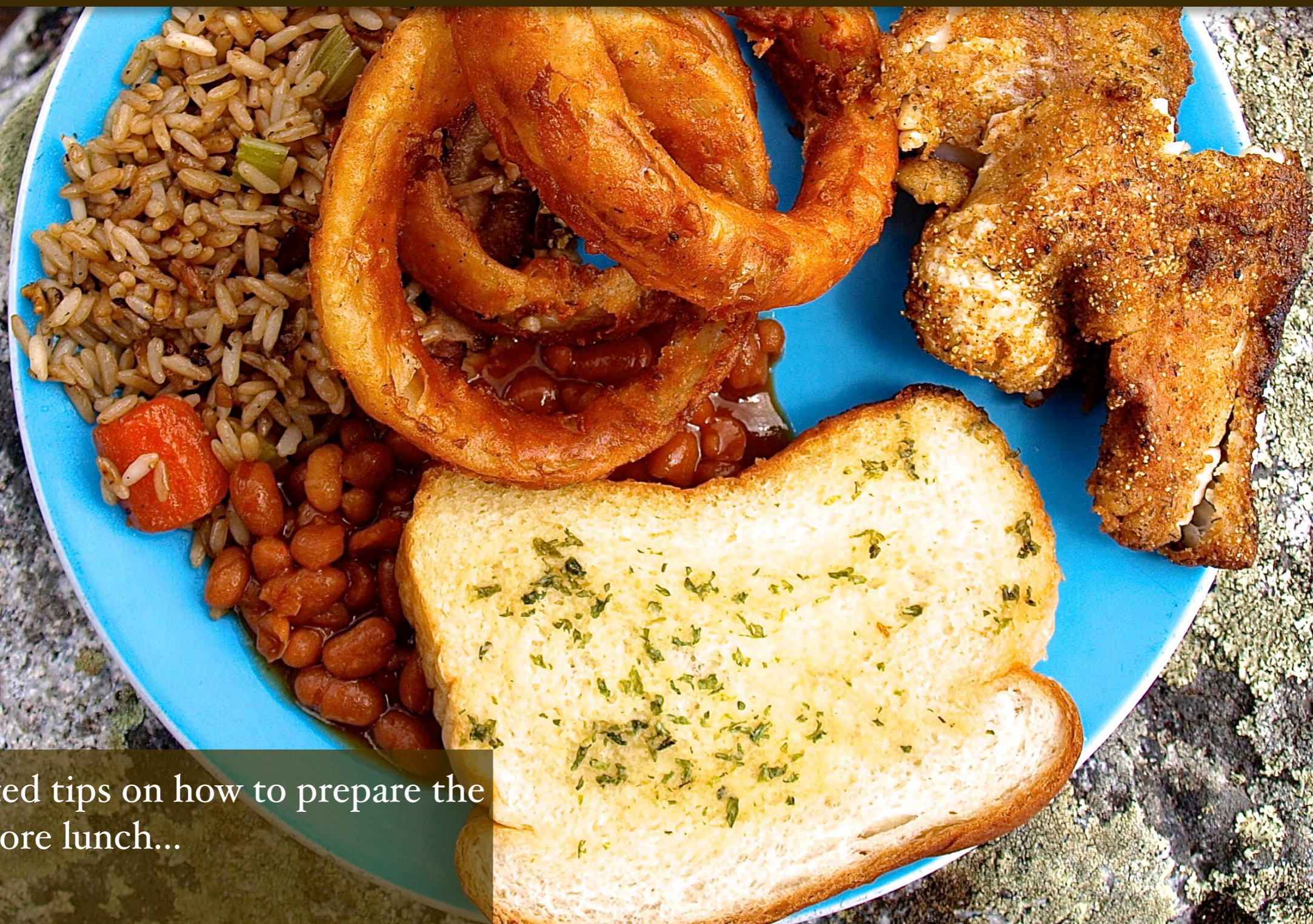
When packing your shore lunch kit, take along a small or medium sized cooler packed with some cold drinks - and don't forget the coffee!

*** Although it will restrict what you are able to cook to some degree, using a propane burner can be a good alternative to building a traditional cooking fire. It's fast, safe and can be used even when there are open fire restrictions in place.*

If you plan on using two burners, a single tank can be used to run both by utilizing a splitter.

Chapter 4

Lunch is Served!



Guide tested tips on how to prepare the *ultimate* shore lunch...



Regardless of whether you are preparing a basic, “no frills” shore lunch as set out below, or plan on serving up something more elaborate, the key to preparing shore lunch is being well organized and doing things in a logical, orderly sequence.

To that end, here are some guide tested tips that will help you to create the *ultimate* shore lunch experience.

Getting Started

First off, and to avoid any unpleasant surprises, always check the contents of your shore lunch box before you leave home.

Prep some of the things you plan on using the night before. For example, mix up your fish coating, par boil the potatoes and chop up any vegetables you will be cooking with.

In the event that finding dry wood is likely to be a problem - take some along. Those plastic boxes that are used to ship milk cartons are ideal, and can be used over and over again.

If you decide not to bring wood, and it turns out that none is available at your shore lunch location, if there is a beaver lodge in the vicinity, dig down below the first layer or two, and you should find plenty of dry wood - but don't forget to check with the beaver first!

Set Up and Preparation

- First, set up your fire pit. Ensure that the cooking grill fits over the pit, and is both level and stable BEFORE you build your fire. Small stones are good for stabilizing/leveling both your grate and frying pans.
- Place your frying pans on the grill to test it.
- Remove the grate, and build your fire. Birch bark, and/or small dry spruce twigs make good tinder in order to get things started.
- Once the fire is going, put the grill back on, and if you plan on serving beans/corn, open the can(s) – leaving the lid slightly attached – and place on the grate at the outer edge of the fire – not too close!
- Check them from time to time, and give them a stir so they don't burn and/or stick to the bottom of the can. If they are not heating quickly enough, move them a bit closer to the fire.
- While the fire is burning down, fillet the fish. Depending on the size of the fillets, you may want to cut them in half so they will fit easily into the frying pan. Set aside until you are ready to cook. Remember to rinse the fillets off after skinning them.
- If using flour to coat your fish, place the flour in a plastic bag big enough to hold both the flour and some fish fillets, and season well with salt/pepper, lemon pepper, or whatever other spices you prefer, then set aside until needed.

- Next, cut up the potatoes and onions. Don't cut them into large pieces otherwise, unless you par boil them, they will take forever to cook through, and will likely burn in the process. 1/2 to 1" cubes, or relatively narrow "French fry" style are good choices.
- Another option is to cut up your potatoes, and then parboil in a frying pan. Fill the pan with lightly salted water, cover with a metal plate or foil, and boil for several minutes until tender crisp. Don't overcook, otherwise they will turn to mush.
- After the fire has burned down, place frying pan on the grill, and add enough oil so that you have about 1" in the pan, then let it heat up. Test, either by placing a piece of potato in the pan, or by sprinkling a few drops of water in the oil, and if the oil pops, or the potato sizzles - you are ready to cook.
- One of the most common mistakes made when cooking shore lunch overheating the cooking oil.
- If the oil is too hot, your food will likely burn, and not be cooked through. Therefore, always keep a close eye on your pans, and test before you fry. If your oil is smoking, remove the pan from the fire, discard the oil, and start over.
- Add potatoes, onions and seasonings; fry stirring frequently until crisp and cooked through.
- If you have parboiled them in the pan, drain the water, add oil, onions, seasonings, then fry until crisp. Parboiled pota-

toes will not take very long to cook – so keep a close eye on them.

- Once the potatoes are cooked, move pan to edge of fire and cover with foil or a metal plate to keep warm. If cooking a lot of fish, you are going to need both frying pans, therefore remove potatoes to a metal plate you have lined with paper towels, and cover with foil, placing it at the edge of the fire to keep warm.
- Place the second frying pan on the grill, and add enough oil so that you have approximately 1-1/2 to 2” in the pan.
- While the oil is heating, place fish fillets in the bag of seasoned flour – do not put too many in at once – and give the bag a good shake to ensure fillets are completely coated.
- Test the temperature of the oil either by placing the corner of a fillet, or sprinkling a few drops of water into the pan, and if the fish sizzles, or the oil pops - it's ready.
- Shake off any excess flour, and add fish to the pan. Don't overcrowd the pan; otherwise the fish will not cook evenly.
- Transfer the cooked fish (they should be golden brown and crispy) to a metal plate that you have lined with paper towels, and place on the outer edge of your fire to keep them warm. Don't cover them, otherwise the fillets will get soggy.
- Repeat for remainder of the fish.

- Because the oil will be hot, the second batch of fish will likely cook more quickly than the first, so don't leave the pan unattended.
- If cooking a 3rd batch of fish in the same pan, remove it from the fire and let it cool briefly, adding a little more oil before returning it to the fire.
- Once the fish is cooked, arrange food, plates, cutlery and serving spoons on a flat surface such as a rock or cutting board, and ring the lunch bell.
- If you plan on serving the potatoes in the frying pan, place a small stone or stick under one side of the pan, so that any remaining oil drains away from the potatoes.
- Thoroughly clean up the site once lunch is finished, and double check to ensure that **YOUR FIRE IS COMPLETELY OUT.**
- Before putting them back into your shore lunch box, give all of your plates, cutlery, utensils and frying pans a quick rinse/wipe and put them into a plastic bag. This will not only keep your shore lunch box clean, but will make washing up once you are back at home much easier.

Chapter 5

Catch of the Day



Few things can truly compare with the taste of freshly caught fish cooked over an open fire...

Ryan O'Donnell's Crispy Cornflake and Dill Trout

Ryan is a professional fishing guide who divides his time between guiding on Great Bear Lake in the Northwest Territories, and the Lake of the Woods area in northwestern Ontario...

- Lake Trout fillets, cut into 3 inch pieces
- 1 cup crushed cornflakes
- ½ cup flour
- 1 tbsp. lemon pepper
- 1 tbsp. seasoned salt
- ½ cup dried dill
- 2 eggs
- ¼ cup milk
- Oil for deep frying

Beat eggs and milk together in a bowl.

Mix dry ingredients together and spread evenly over a plate or shallow pan.

Dip fish in egg mixture, and then roll in the cornflake mixture until well coated.

Fry in hot oil until golden brown and crispy.



Cook's Notes:

To ensure that the fillets are well coated with the cornflake mixture, do not place the fillets and dry ingredients in a bag and shake, as is often recommended when using other types of coating mixes.

Use your hand to press the corn flake mixture onto the fillets, and by doing so you will get a thick, even coating that will adhere to the fillets.

This recipe works equally well with Walleye and Perch.

Lemon Wine Walleye

One of the most delicious ways to prepare walleye I have ever tasted...

- 8 walleye fillets
- 2 cups all-purpose flour, generously seasoned with salt/pepper.
- ½ cup dry white wine
- ¼ cup lemon juice
- ½ pound butter, divided
- ½ cup dried parsley
- ¼ cup coarsely ground black pepper

Wash and thoroughly dry the fillets.

Place seasoned flour in a paper/plastic bag large enough to hold the fillets without crowding.

Put several fillets in the bag, and shake to coat.

Remove fillets, shake off any excess flour and place on a plate. Repeat with remaining fillets.

Combine wine and lemon juice.

Heat the pan, and add half of the butter. If the pan is hot enough the butter will foam.



When the foam subsides, add half of the the fillets and fry until crisp around the edges and golden brown.

When the fillets are browned, pour in half of the lemon/wine mixture, turning the fillets once to coat.

Prior to removing fillets from the pan, sprinkle with dried parsley and coarsely ground pepper.

Cook's Notes:

Be careful when adding the lemon/wine mixture as it has a tendency to flare up, so if you are too close, you may lose a substantial portion of your hair.

It is important not to crowd the pan, therefore depending on the size of your pan and/or the fillets, you will either have to cook the fish in batches, or use more than one pan.

Cedar Planked Maple/Dijon Lake Trout

You're going to love the sweet/smoky taste...

Special Equipment: 2 cedar grilling planks, cut in half.

- 2 skinless Lake Trout fillets, about 12 ounces to 1 pound each, halved.
- ¼ cup pure maple syrup.
- 3 heaping tbsp. whole grain Dijon mustard.
- ½ tsp. fresh ground pepper.

First thing in the morning, place the cedar planks into two zip lock type bags, fill with water and seal.

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, then spread them around until they are evenly distributed under your cooking grate.

In a small bowl, mix together the maple syrup, mustard and pepper.

Wash and dry your fillets, placing one piece on each plank.

Brush each fillet liberally with the maple mixture, place plank directly on the grill, and tent some foil loosely over the plank.



Once tented, the steam generated by the wet plank will cook the fish, but if the plank begins to burn before the fish is ready, move it to a place on the grill where the heat is less intense.

Transfer fish from the plank to a serving dish, drizzle with any remaining sauce and serve.

Cook's Notes:

Cooking on grilling planks over an open fire can be challenging, therefore watch the planks carefully, and try to place them in a location on the grill where the temperature is relatively consistent.

No Lake Trout - no problem. Try this with fresh Salmon fillets.

On the off chance you overcook the fish - throw away the fillets - and eat the plank!

Cajun/Honey Fish Nuggets - “Sweet Fire”

Usually served as a first course, this dish was created by professional fishing guide Andrew “Drew” Graham...

- 2 fish fillets, cut into bite size pieces
- ½ cup hot Cajun spice mix
- Oil
- 3 tbs. honey

Place fish pieces in a plastic/paper bag, and add Cajun spice mix.

Shake well to ensure that all pieces are well coated.

Lightly coat the bottom of a cast iron frying pan with oil, then place over fire until the oil begins to smoke.

Add fish, stirring and turning frequently until the fish is cooked through.

Remove from heat, add honey, then toss to coat.

Serve immediately.

Cook’s Notes:

You may have to add a bit more honey to ensure that all the “nuggets” are well coated with a sticky glaze.



These will have a real kick, so make sure you have plenty of cold drinks handy.

Don't forget to use a glove or oven mitt when removing the pan from the fire, because it's going to be extremely hot!

Beer Battered Walleye

Simple and delicious...

- 4 to 6 Walleye fillets, cut into 2" to 3" wide pieces
- 1 ½ cups all-purpose flour
- 1 ½ tsp salt
- 1 ½ cups beer
- 2 lemons cut into wedges
- Oil for deep frying

In a large bowl mix the flour and salt together.

Gradually stir in the beer until the batter is thick.

Dip each piece of fish in the batter until well coated, and transfer to hot oil.

Fry until golden brown and crispy.

Serve with lemon wedges.

Cook's Notes:

Do not use a dark beer for making the batter.

Because of the higher sugar content in many dark beers, the batter will likely burn very quickly once placed in the hot oil.



Salsa and Cheese Baked Fish

Give you fillets some Mexican flair - Ole!

- 2 large fish fillets
- 1 cup mild, chunky salsa
- 1 cup shredded, or cubed Monterey Jack cheese
- 1 cup crushed nacho chips
- ½ cup butter, softened
- Heavy duty aluminum foil
- Salt and pepper

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, then spread them around until they are evenly distributed under your cooking grill.

Cut two pieces of foil slightly larger than one of the fillets and butter the shiny sides.

Lay one of the fillets on top of one piece of foil, then cover with the salsa and cheese.

Layer the second fillet over top of the salsa and cheese, cover with the second sheet of foil and seal tightly around the edges.



Place on grill, and bake for approximately 20 minutes, turning once halfway through the recommended cooking time, so the contents do not burn and/or stick.

Your fish should be ready when the foil puffs up.

Transfer foil pouch to a serving dish or cutting board, let rest for ten minutes, cut open and sprinkle with crushed nacho chips just before serving.

Cook's Notes:

In the event you would like to spice things up a little, either substitute medium or hot salsa for the mild, or sprinkle 2 tbsp. of chopped, fresh jalapeño pepper over the salsa cheese mixture before cooking.

Lemon Grilled Trout

The fresh lemon slices give the fish a delicate lemon flavor...

Special Equipment: Grilling basket & small sauce pan

- 2 Trout fillets
- 8 thin slices of lemon, plus additional lemon wedges
- ½ cup butter, melted
- Oil
- Seasoned salt

Lightly oil your grilling basket.

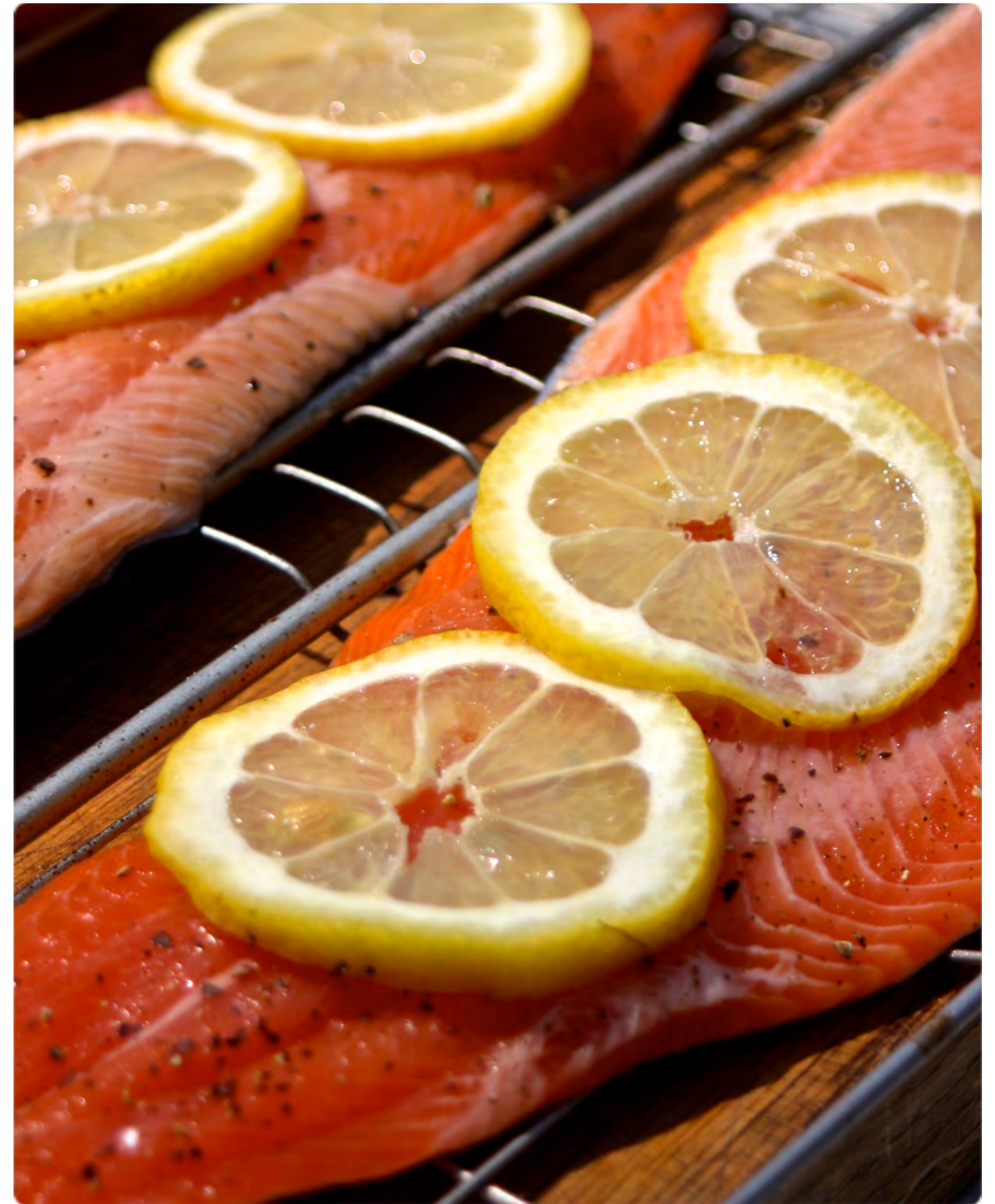
Season fillets well with seasoned salt.

Evenly space 4 slices lemon on the bottom of the grilling basket, then place one fillet on top of lemon slices.

Evenly space the remaining lemon slices on top of the fillet and close the basket.

Place basket on the grill over your cooking fire, turning frequently until the fillets are cooked through.

When fillets are ready, brush both sides with melted butter, remove from baskets and serve with fresh lemon wedges.



“Lost Lake” Walleye

The peppercorn spice may seem a bit unusual. but when combined with Cognac, takes Walleye to an entirely new level...

4 Walleye fillets, halved

½ cup all - purpose flour, generously seasoned with salt and pepper.

½ cup butter

2 tbsp. lemon juice

Pepper corn spice

1 tsp. dried parsley

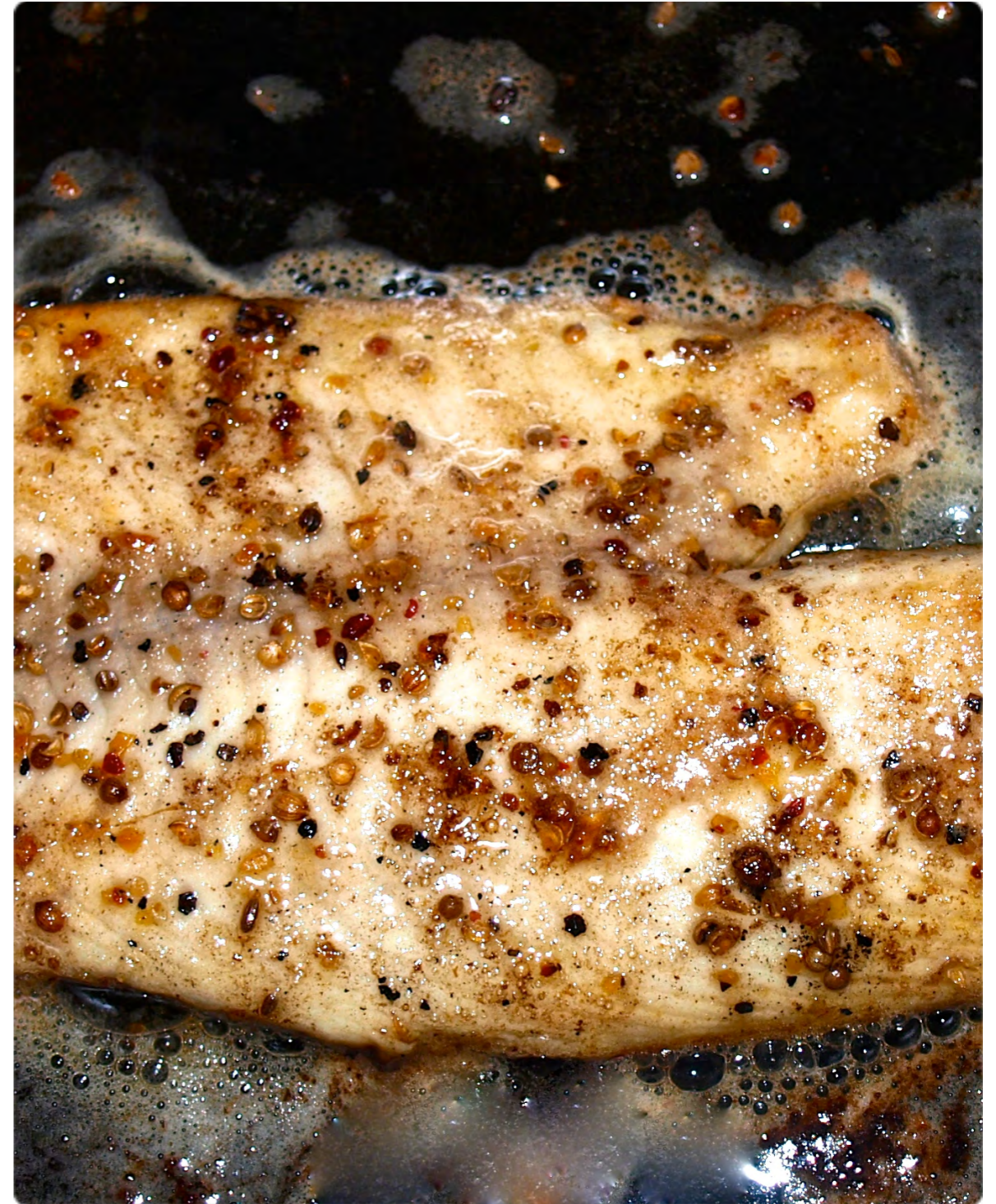
⅓ cup Cognac or good quality brandy

Place seasoned flour in a paper/plastic bag large enough to hold the fillets without crowding.

Add fillets to bag and shake until well coated.

Heat the pan and then add butter. If the pan is hot enough, the butter will foam.

When the foam subsides, shake off any excess flour, place fillets in pan and cook until golden brown, turning frequently.



Sprinkle fillets with peppercorn spice, parsley and then add lemon juice to the pan.

Add the brandy or Cognac, and ignite.

Flambé until the butter, lemon and peppercorns caramelize on the fillets, shaking the pan constantly so the fillets don't stick.

Serve immediately, drizzling any remaining sauce from the pan over each fillet.

“Chip Dip” Baked Fish

The combination of onion soup mix and “Miracle Whip” style salad dressing, always reminds me of the chip dip we made as kids...

4 fish fillets

1 cup “Miracle Whip” style salad dressing

1 envelope dry onion soup mix

Heavy duty aluminum foil

½ tbsp. pepper

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, then spread them around until the coals are evenly distributed under your grill.

Cut a piece of foil big enough to lay your fillets on in a single layer.

Combine salad dressing, onion soup mix and pepper in a small bowl.

Spread ½ of the salad dressing/onion soup mixture on the foil (shiny side in), and lay the fillets on top of the mixture, side by side. Cover fillets with the remaining mixture.



Cut another piece of foil the same size as the first, and place over the top of the fillets and seal tightly, ensuring that the edges are completely sealed.

Place on grill over your cooking fire for approximately 20 minutes, turning the foil pouch once halfway through the recommended cooking time, so the contents do not burn and/or stick.

Your fish should be ready once the foil puffs up.

Transfer foil pouch to a serving dish or cutting board, let rest for ten minutes before serving.

Fresh Fish Chowder

Prepare the chowder - leaving out the fish - the evening before you plan to have shore lunch...

- 3 cups warm, low sodium chicken or fish stock
- 2 cups light cream (5%) or whole milk
- 1 medium onion, diced
- ¼ cup sliced green onion
- ¼ cup fresh parsley, chopped
- ½ cup fresh dill, chopped
- ½ pound white potatoes, cut into small cubes
- 1 tbsp. Dijon mustard
- 1 tsp. paprika
- ¼ cup butter
- ¼ cup all purpose flour
- Salt
- 2 to 4 fish fillets, cut into 2 inch cubes

Melt butter over medium heat and sauté onion, paprika and mustard until onions are soft, stirring frequently.



Sprinkle in flour and stir until blended. Remove from heat, and stir in the warm broth a bit at a time, making sure the mixture is smooth before adding more liquid.

Return to heat and add potatoes.

Cover, reduce heat and simmer for about 12 to 15 minutes, until the potatoes are tender.

Add cream, green onions, dill and parsley.

Taste, then add salt, adjusting seasonings if necessary.

Cool, and store in the refrigerator in an air tight container until ready to use.

At shore lunch the next day, bring the chowder to a simmer over your cooking fire, and then add the fresh fish you have hopefully caught that morning.

Simmer gently for about 5 minutes, or until fish is cooked.

Serve immediately.

Cook's Notes:

Use only white, and not baking or Russet potatoes, as they will turn to mush when cooked.

You can substitute dried dill if fresh is not available. If using dried, add 3 heaping tbsp.

To be on the safe side, toss a couple of cans of clams into your shore lunch box. That way if you get skunked, drain the clams, add them to the broth - and voila - clam chowder!

Marten River Walleye Bake

In the event you can't corral some Walleye, Pike fillets will do just as well...

Special Equipment: Small sauce pan.

4 large Walleye or Pike fillets

1 envelope dried onion soup mix

1 cup crushed "Ritz" style crackers

$\frac{3}{4}$ cup dry white wine

Juice of $\frac{1}{2}$ fresh lemon

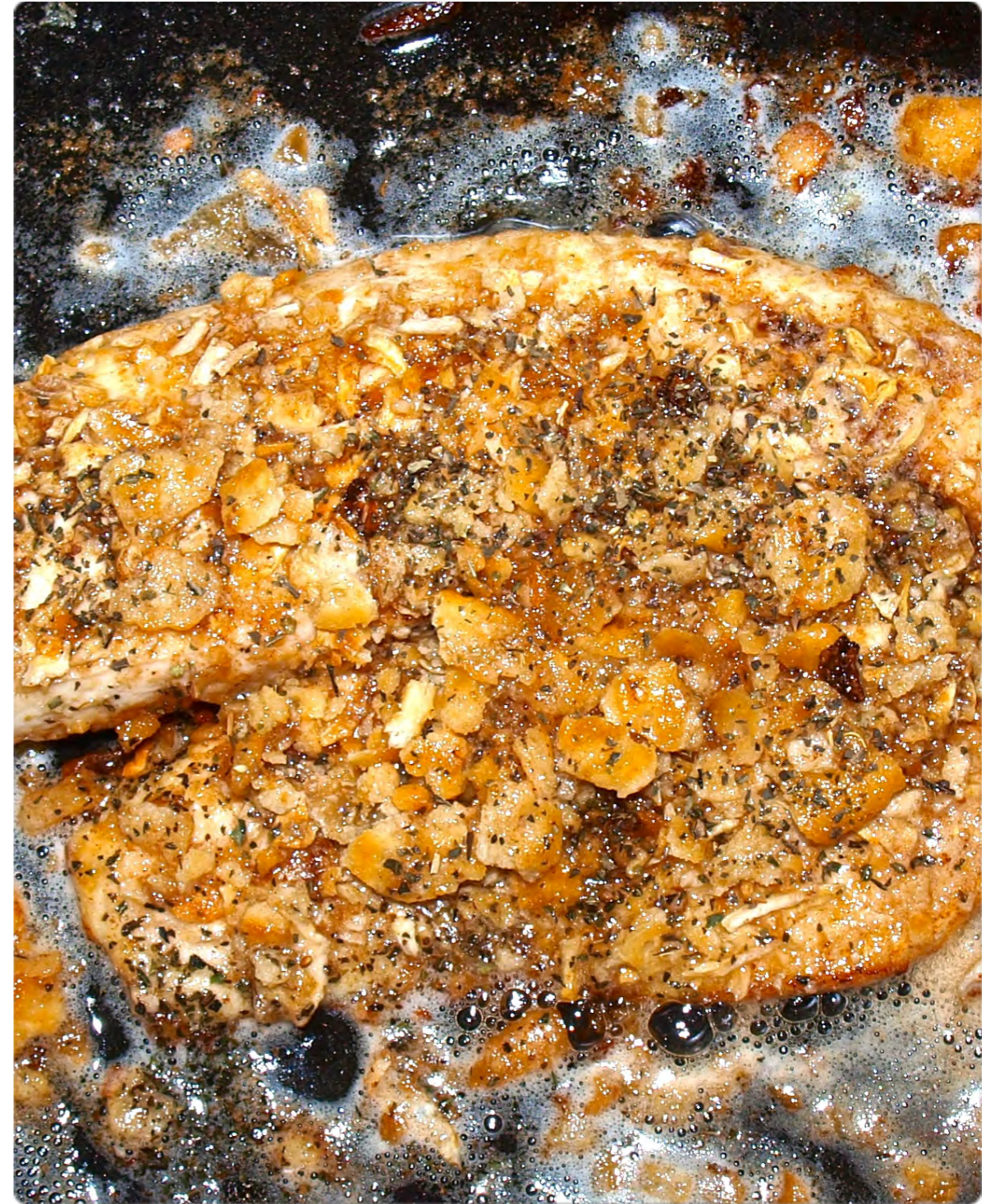
$\frac{1}{2}$ cup butter

1 tbsp. dried parsley

Salt and pepper

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, then spread them around until they are evenly distributed under your cooking grill.

Salt and pepper the fillets and place in a single layer in a cast iron pan that you have lightly coated with butter.



Sprinkle onion soup mix and the crushed crackers evenly over the fish.

Combine wine, butter, lemon juice and parsley in a small saucepan and simmer for about 3 minutes.

Pour over fish, cover pan tightly with aluminum foil, then place pan on cooking grill.

After about 10 minutes, remove from heat, lift foil, and baste the filets with the sauce from the pan.

Replace the foil cover, return to heat, and bake until cooked through, likely another 5 to 10 minutes, depending on the temperature of your cooking fire.

Serve with any remaining sauce drizzled over the filets.

Cook's Notes:

Remember that you are baking, not frying the fish, so find a place on the grill that is not too hot, but has sufficient heat to bake your fish.

Unless you have a large frying pan, or are only cooking for two, you will have to use both of the 12" cast iron pans we recommended be include in your shore lunch kit to prepare this dish.

Pineapple & Ranch Grilled Trout

This tasty and easy to prepare recipe is provided courtesy of professional fishing guide, Andrew Townsend...

- 2 large Trout fillets, skin on
- 4 tbsp. Ranch dressing, divided
- 4 slices fresh or canned pineapple, cut in half

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, then spread them around until they are evenly distributed under your cooking grate.

Spread 2 tbsp. of the dressing on each fillet, being careful not to get too close to the edges, otherwise the sauce may burn.

Arrange 3 to 4 pieces of pineapple on the fillet, then place on cooking grill, skin side down.

Your fish should be ready once the edges curl up and turn brown.

Test to ensure that your fish is cooked through, then serve immediately with any remaining pineapple slices on the side.



Josh Gelinas' Chili/Lime Stir Fried Lake Trout

This unique, and delicious recipe comes courtesy of professional fishing guide, and Red Seal Chef - Josh Gelinas...

- 2 medium size Trout fillets, chunked into 1" cubes (about 2 pounds)
- 1/2 cup soy sauce
- 2 limes
- 1 tablespoon oil
- 1 red pepper, cut into thin strips
- 2 green peppers, cut into thin strips
- 2 dozen medium size mushrooms, chopped
- 1 medium onion, cut into thin strips
- 2 green onions, white and green parts, cross cut into thin pieces.
- 1/3 cup chili flakes
- 1 heaping tablespoon fresh grated ginger
- 1 heaping tablespoon of toasted white sesame seeds (optional)

Add oil to the pan, and heat until it begins to lightly smoke.

Add chopped peppers, onions and mushrooms together with the chili flakes and sauté, stirring constantly until onions are transparent, the peppers are soft, and the mushrooms have given up their juices.

Add soy sauce, then squeeze in the juice from the limes and stir in the ginger.



Stir until the vegetables are thoroughly coated.

Add the chunked fish, and let cook for 2-3 minutes or until fish is cooked through, stirring constantly so that the contents of your pan do not stick or burn.

Toss in sesame seeds (if using), stir to incorporate and serve immediately.

Cook's Notes:

While this may seem like a lot of work, you can prepare the vegetables the evening prior to cooking this dish, and place them in either a zip lock bag or air tight plastic container.

Feel free to use different types of vegetables such as snow peas and/or broccoli florets, in addition to, or instead of the ones recommended.

Given the amount of chili flakes used, this dish is definitely on the spicy side, therefore adjust the amount of chilies to suite your own personal taste.

Any cooking oil will suffice, but I would recommend using an oil that will not break down under high heat, such as either peanut or cotton seed oil.

No Trout? No problem. Simply substitute fresh Salmon.

Classic Walleye Fry

Many claim this is hands down the best way to cook fresh Walleye fillets...

- 8 Walleye fillets
- 2 cups all purpose flour, generously seasoned with salt and pepper
- Lard for frying

Place seasoned flour in a paper/plastic bag large enough to hold several fillets without crowding.

Heat pan, then add enough lard, that once it melts you have approximately 1 to 1 1/2' of melted lard in the pan.

Place 4 fillets in bag and shake until well coated.

Shake off any excess flour and place fillets directly into hot lard.

Fry until crisp and golden brown.

Transfer to a plate lined with paper towels, and serve immediately with beans and fried potatoes with onions.

Cook's Notes:

It is important not to crowd the pan, therefore depending on the size of your pan, and/or the walleye fillets, you will either have to cook the fish in batches or use more than one pan.

Consider giving the lard a hint of bacon flavor by frying 3 or 4 slices of bacon in the lard until crisp, and then removing them



just before adding your fish - because as we all know - everything is better with bacon!

Butter/Lemon Pepper Walleye Bake

This easy and delicious “all in one” meal makes clean up a breeze...

- 6 Walleye fillets
- 1 large sweet onion, thinly sliced
- 3 medium potatoes, peeled and sliced
- 1/2 cup butter or margarine
- Lemon pepper
- Salt
- Heavy duty aluminum foil

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, then spread them around until they are evenly distributed under your cooking grate.

Cut 2 pieces of aluminum foil large enough to accommodate the fillets without crowding.

Spread butter/margarine evenly over the surface of one of the sheets of foil (shiny side in), cover with onion slices, and then sprinkle with lemon pepper.

Lay your fish fillets on top of the onions, then arrange your sliced potatoes over the fish, and sprinkle with salt and lemon pepper.



Butter the shiny side of your second sheet of foil, place on top of the fish and seal the edges tightly to form a pouch.

Place on grill over your cooking fire for approximately 20 minutes, turning the foil pouch once half way through the recommended cooking time, so the contents do not burn and/or stick.

Your fish should be ready once the foil puffs up.

Cook's Notes:

Don't slice your potatoes too thick, otherwise they will not cook through.

Another option is to par boil the potatoes, until they are partially cooked through the evening before.

This is a great dish to prepare in the event you have to contend with some rain. The pouch will act as a shield, and will not only cook your meal, but will keep the rain from putting out the fire.

Chapter 6

Before, Afters and Along Withs...



Serve these delicious sides, first courses and mains to compliment your fresh fish...

Fried Potatoes and Onions

A shore lunch classic...

- 4 large Yukon Gold or Russet potatoes, cut into 1" pieces
- 1 medium Spanish onion, chopped
- Sea salt
- Oil for deep frying

Add 2 to 3 inches of oil to your pan.

Once your oil is hot, carefully add your potatoes a few at a time so, that the oil does not splash onto the fire - or you.

Once the potatoes begin to brown, add onion, stir and continue cooking, stirring frequently until potatoes are brown and crisp.

Remove from the pan with a slotted spoon, allowing oil to drain, and transfer to a plate lined with paper towels.

Sprinkle with sea salt to taste, then serve.



“Drunken” Fried Rice

Instead of fried potatoes, Esnagami Wilderness Lodge owner Eric Lund serves this excellent side at all of his shore lunches...

- 6 cups cooked long grain rice
- 2 large cooking onions, chopped
- 10 slices bacon, cut into pieces
- 2 cups fresh mixed vegetables
- 4 eggs, well beaten and mixed with 2 tbs. Soy sauce
- ½ cup soy sauce, or more to taste
- 1 bottle/can beer
- ¼ cup vegetable oil

Heat oil in a large pan and cook onion and bacon until the onion is soft, and the bacon begins to crisp up.

Add vegetables and stir until softened.

Add rice and soy sauce, and stir until well mixed and warmed through. Make a well in the middle of the rice, and add egg, stirring constantly until cooked, then mix into rice.

Pour in beer and mix well.

The rice should be moist and fluffy, if not - add more beer.



Cook's Notes:

To save time while you are preparing lunch, make this up ahead of time and store in an air tight container, leaving out the beer until you reheat the rice over your fire.

This recipe will serve up to 10 people, therefore adjust the quantity of ingredients to suit the number of individuals you will be serving.

Pepper Steak

Serve sliced, either alongside your shore lunch fish or as a first course...

- 4 New York Strips, at least 1 inch thick.
- Peppercorn spice
- Plastic wrap

The morning you are going fishing, place each steak on a piece of plastic wrap, large enough to completely wrap the steak.

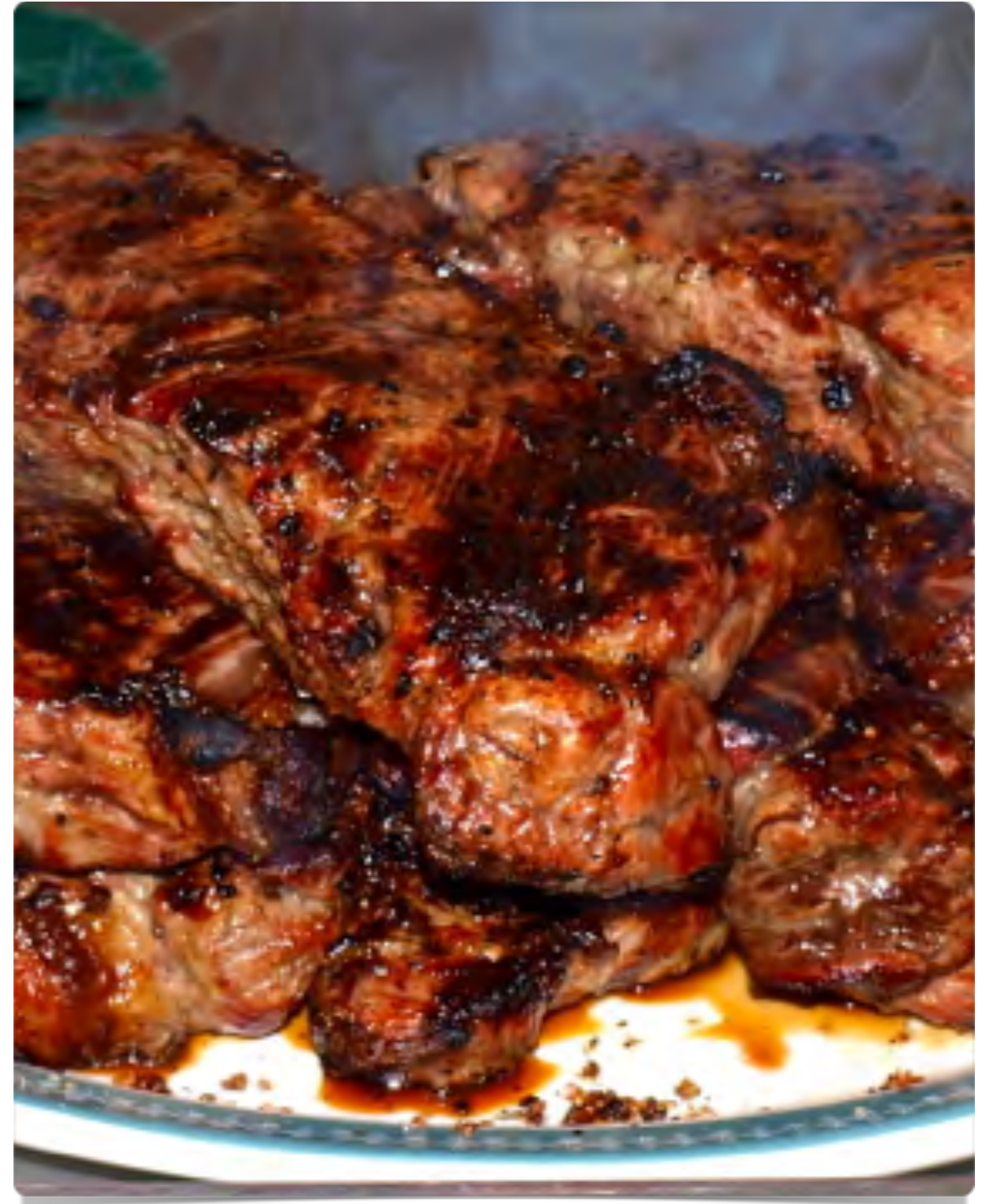
Season each side of the steak with peppercorn spice, pressing the spice into the meat with your fingers, then wrap tightly in the plastic wrap.

Prepare your cooking fire by letting it burn down until you have a bed of hot coals, and then spread them around until they are evenly distributed under your cooking grate.

Place your grill over the coals until it gets very hot.

Sear you steaks on both sides, and continue grilling until cooked to your liking.

Slice, and serve either as a first course, or with your fish, thereby creating the shore lunch equivalent of “surf and turf.”



Hush Puppies

Try some of these delicious, southern fried favorites at your next shore lunch...

Special Equipment: Medium size mixing bowl.

- 1 3/4 cups yellow or white cornmeal
- 3/4 cup flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon onion powder
- 1/2 cup sugar
- 1/2 teaspoon seasoned salt
- 3/4 cup milk
- 1 egg
- 1 large onion, finely chopped
- Oil for deep frying

Mix all of the dry ingredients together, and store in an airtight container until needed.



Add several inches of oil to your pan, and while the oil is heating, mix the milk, egg and chopped onion together with the dry ingredients.

Drop tablespoonfuls of the mixture into the hot oil, and fry until golden brown.

Transfer to a plate lined with paper towels, and serve immediately.

Cook's Notes:

Closely monitor the temperature of your oil, because if it's too hot, your hush puppies will burn very quickly.

You can add all manner of different things to the basic hush puppy mixture, so don't be afraid to experiment.

One of my favorites is to mix in a small can of drained corn, and 2 tbsp. of finely chopped jalapeño peppers.

In the event you don't have either the time or inclination to make up a batch of your own dry mixture, there are a number of very good commercial brands of hush puppy mix available in the USA, but unfortunately not as yet in Canada.

If you have any leftovers, don't toss them away, because they make an excellent snack even when not hot from the pan.

Cabin 14 Chili

Serve with chopped sweet onion, grated cheddar cheese, garlic bread and hot sauce...

- 4 pounds lean ground beef
- 2 medium cooking onions, chopped
- 4 cloves garlic, chopped
- 3 – 398 ml cans tomato sauce
- 3 – 540 ml cans dark kidney beans, drained and rinsed
- 1/2 cup chili powder plus 2 tbsp.
- 1/4 cup oil
- Salt and pepper

Heat oil in a large pot, and sauté onion and garlic together with the 2 tbsp. of chili powder, until tender.

Add beef, together with 1/4 cup of the chili powder and 1 tbsp. each of salt and pepper.

Break meat up into small pieces and continue cooking, until browned.

Add tomato sauce, kidney beans and remaining chili powder.

Mix well, and then simmer over low heat for at least 1½ hours, stirring frequently.



Adjust seasoning, allow to cool and store in an air tight container.

Cook's Notes:

Because it does improve with age, make your chili 1 or 2 days before you plan serving it at shore lunch.

To take this recipe up a notch, consider adding some smoked jalapeño pepper, otherwise known as a Chipotle pepper.

It comes in many different forms, including powdered, in pods and cans, and will add both heat and a distinct smoky taste to your chili.

If using powder, add about 1 tbsp. or more, to the meat when browning.

In the event you decide to go with pods, chop up a couple of small ones, and add to the chili when simmering.

Garlic Bread

A tasty accompaniment for both our Cabin 14 Chili and Fresh Fish Chowder...

- 1 loaf unsliced, Italian style bread
- 2 cloves finely minced garlic, or 1 tsp. garlic puree
- 1 cup butter, softened
- 1 tbsp. dried parsley

The evening before you have shore lunch, combine butter, parsley and garlic together in a small bowl, and let stand at room temperature for at least 30 minutes, in order to let the flavors blend.

Cut loaf in half lengthwise, and spread butter mixture over each half.

Place the halves together, then cut loaf into 1 inch slices, being careful to only cut 3/4 of the way through each slice.

Wrap the loaf tightly in heavy duty aluminum foil, and store in refrigerator until the following day.

Place the wrapped loaf on the grill, but not directly over the fire - otherwise the bread will likely burn - turning frequently until warmed through.

Slice and serve immediately.



Warm Potato Salad

This simple recipe makes a healthy, great tasting addition to your shore lunch...

Special Equipment: Medium size pot.

- 4 large white potatoes, peeled or skins left on
- 1 large sweet onion, chopped
- 2 tbsp. dried dill
- 1/2 cup extra virgin olive oil
- 1 tbs. coarse-grain Dijon mustard
- 3 tbsp. white wine vinegar
- Salt & Pepper

The morning you plan to go fishing, combine the vinegar and mustard in a small bowl.

Whisk in the olive oil, then season with salt and pepper to taste.

Place dressing in a small, well sealed container, until ready to use.

Cut potatoes into bite sized chunks.

Bring a pot of salted water to a boil.



Place potatoes and onions into the pot, cover, then simmer just until tender - about 10 to 12 minutes, depending on the size of the potato pieces.

Drain, and add ½ of the salad dressing and dill.

Mix well, adding more dressing and/or dill if need be to ensure the potatoes and onions are well coated.

Keep warm until you are ready to serve.

Cook's Notes:

Don't over cook your potatoes or go overboard with the salad dressing, otherwise you will produce a pot of oil and vinegar flavored mush.

To save some time, chop up your potatoes and onions the night before, place in zip lock bags and store in the refrigerator.

In the event you don't have enough time to make your own dressing, substitute 1 - 250 ml bottle of fat free Italian salad dressing.

If you do not have a pot in your shore lunch kit, prepare the salad using one of your frying pans.

Sweet Potato Fries

Elevate your shore lunch potatoes to new heights...

- 3 large sweet potatoes, peeled and cut into French fries
- 1 medium Spanish onion, chopped
- 1/2 tsp cinnamon
- Sea salt
- Oil for deep frying

Fill your pan with oil to a depth of approximately 1 1/2 to 2 inches.

When the oil is hot, carefully add your potatoes a few at a time so that the oil does not splash onto the fire - or you.

Once the potatoes begin to brown, add onion, stir and continue cooking, stirring frequently until potatoes are brown and crisp.

Remove from the pan with a slotted spoon, allowing oil to drain, and place in a container lined with paper towels.

Remove paper towels, sprinkle with cinnamon and sea salt to taste, toss and serve.

Cook's Notes

Consider adding other spices in addition to, or in place of the cinnamon, such as garlic, chili or chipotle powder.



Cheese & Crackers

Unusual? Perhaps - but a great way to finish off shore lunch...

While this may seem a little odd, with a little imagination you can add some flair to your next shore lunch.

Rather than offer a single type of cracker, buy a box of assorted “cheese” crackers that most supermarkets carry.

As for the cheese itself, serve a piece of old cheddar, together with some Parmesan Reggiano, a creamy type, like Boursin or Brillat Savarin, and a good quality blue.

Garnish with apple slices, and/or grapes, some walnuts, and you may get at least one marriage proposal before lunch is finished.

Cook's Notes:

Don't skimp on the quality or variety of the cheese you serve.

There are literally hundreds of varieties to choose from, so let your imagination soar!



Potentilla & Black Spruce Tea

The Potentilla or Cinquefoil plant, when combined with sprigs of Black Spruce needles makes a refreshing and flavorful cup of tea...

Special Equipment: Medium size pot and a slotted spoon.

- 4 cups water
- 3/4 cup Potentilla leaves, green leaves only, not the flowers
- 4 - 4" sprigs of Black Spruce needles

Bring water to a boil, then add the Potentilla leaves and spruce sprigs.

Boil gently for approximately 5 minutes, or until the water turns a very light shade of green.

Remove from the fire, and let steep for an additional 2 to 3 minutes.

Using a slotted spoon, remove the leaves and sprigs - serve immediately.

Cook's Notes:

Because this is very much like a green tea, milk or cream is not recommended, although if you prefer sweetened tea, a bit of sugar, honey or other sweetener might not go amiss.



Campfire/Cowboy Coffee

In case you don't have a coffee pot in your shore lunch kit, try this unique method for making coffee...

Special Equipment: Medium size utility pot with handle, and tight fitting lid.

Other than a “wee dram” of brandy or Cognac, nothing finishes off the *ultimate* shore lunch better than a good cup of fresh, steaming hot coffee, together with some “Dad’s” brand oatmeal cookies.

To make campfire coffee, measure out your water, and bring to a boil.

Add 2 heaping tbsp. of coffee for each cup of water being used.

When adding the coffee, the water will have a tendency to foam up, and boil over. To prevent this from happening, place a thin stick across the top of your pot before adding the coffee – it does actually work.

Simmer for 3 to 5 minutes, and then remove from heat.

There will be a number of grounds floating on top of the coffee, and you can either wait until they settle, in which case the coffee will likely get cold, or in the alternative, take a small amount of cold water, and carefully pour it over the entire surface of the coffee. The cold water will push the grounds to the bottom of the pot.



Another variation on this theme is something called “*Cowboy Coffee.*”

You should only attempt this method of preparation if your utility pot has a strong, fold down wire handle – the kind that extends completely over the pot - and a tight fitting lid.

I would also recommend that you do not consume any alcohol at least 4 hours before attempting this.

Prepare your coffee in the same manner as described above.

Where this gets interesting is when you remove the pot from the fire.

Instead of waiting around for the grounds to settle, or pouring on cold water, using a glove, remove pot from the fire, put the lid on, and lock it into place.

Moving any curious onlookers at least 20 feet away, grab the handle, and swing the pot around several times in a wide arc.

Make sure you do this with sufficient speed to keep the liquid in the pot, but not so fast, or with so much force to cause the pot to separate from the handle, as this would be very unfortunate for those who have gathered around to see what you are up to.

The centrifugal force will push all the grounds to the bottom of the pot – very much like the wait and see and cold water methods – albeit with a lot more flair.

The real trick is starting and stopping.

Start too slow and everything spills out. Stop too suddenly, or while the pot is directly over your head - well, I think you can figure it out.

As for why they call it “Cowboy Coffee,” your guess is as good as mine.

Maybe it’s because you swing the pot like a lasso, or if it’s not done correctly, you may wind up being branded with hot coffee.

Regardless of how it came by this name, it makes for excellent theatre, and a grounds free cup of coffee.

And Don't Forget the Pork & Beans!

Kind of goes without saying that no shore lunch would be complete without them...

Special Equipment: Can opener.

- 2 cans of pork & beans

Open cans, leaving the lids slightly attached, and heat on the outside edge of the fire until they begin to bubble, stirring from time to time so they don't burn or stick.

