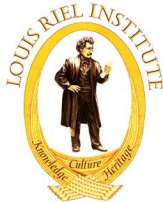


Rubaboo:

Rubaboo is a Metis stew made with rabbit, chicken or sage hen and a wide variety of vegetables. Some of the wild vegetables that were added were, onion, turnip, asparagus, parsley, sage, bull-rush root, cat-tail heads, dandelion root, wild parsnip, wild carrot, mushrooms, pine nuts, daylily roots and wild rice. In the winter, dried onions or dried fruit would be added.

Rubaboo was a basic food consumed by the ‘coureurs des bois,’ ‘voyageurs’ and Métis people of North America. Traditionally it was made of peas or corn (or both) with grease (bear or pork) and a thickening agent (bread or flour) and Pemmican for the meat portion.

Fonseca¹ notes that first the kettle was brought to a boil, the pemmican bag was opened and a quantity was stirred into the boiling water. Flour and salt and whatever ingredients were on hand were added to make the “celebrated rubaboo.” The thickened mixture was later re-served as “rowschow” (*re-chaud*).



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¹ William G. Fonseca, “On the St. Paul Trail in the Sixties.” *Manitoba Historical Society Transactions*, Series 1, No. 56, January 25, 1900.