

[PDF] Backpack Gourmet: Good Hot Grub You Can Make At Home, Dehydrate, And Pack For Quick, Easy, And Healthy Eating On The Trail

Linda Frederick Yaffe - pdf download free book



Books Details:

Title: Backpack Gourmet: Good Hot Gr

Author: Linda Frederick Yaffe

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Description:

From Library Journal Yaffe, a librarian, camper, and author of *High Trails Cookery*, offers more than 150 recipes for hikers seeking an alternative to the expensive, often boring, freeze-dried prepared meals that are sold in stores. Most of them are for dishes that are completely cooked at home and dried in an electric dehydrator (or an oven), then simply rehydrated with boiling water, requiring no further cooking at the campsite. There are also trail snacks and other no-cook recipes, as well as cookies, muffins, and other baked goods. Some of the recipes are vegetarian, while others offer vegetarian (or vegan) options. For larger collections and others where camping and hiking books are popular.

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From The more adventurous camper will turn to Linda Yaffe's *Backpack Gourmet*. She offers fish jerky as well as the beef variety, and she leads her band of outdoorspersons into an elaborate world of breakfasts, snacks, and dinner dishes. She insists that complex-sounding dishes such as crab fettuccini and portobello curry need not be beyond the reach of the backwoodspeople. For the less sophisticated frontier cook, hot dog stew and peanut butter fudge make satisfying outdoor meals. There are also recipes for fruit leather and similar easily transportable snacks. She also offers guidelines on choosing cooking equipment for campers and on techniques for ensuring all-important freshwater supplies in the backcountry. *Mark Knoblauch*

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