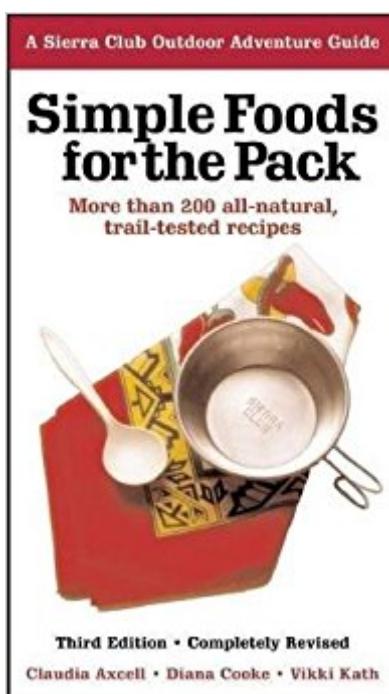


The book was found

Simple Foods For The Pack: More Than 200 All-natural, Trail-tested Recipes (Sierra Club Outdoor Adventure Guide)



Synopsis

This latest edition of the original and best natural foods backpacking cookbook features a wealth of new recipes and mouthwatering classics, as well as the most current information on cooking with today's lightweight foods and high-tech equipment. This unique cookbook brings together the culinary expertise of a Cordon Bleu chef and the wilderness knowledge of a professional backcountry guide to provide more than 180 trail-tested recipes for delicious, natural, and easy-to-prepare meals for backpacking, hiking, and camping. Since Sierra Club Books published the first edition of Simple Foods for the Pack in 1976, there has been a revolution in backcountry cooking. Today's lightweight stoves and kitchen tools make cooking in the wild easier than ever before. And with the ubiquitous availability of fast-cooking natural foods, the modern adventurer has tasty alternatives to expensive pre-packaged meals. Focusing on these natural foods and the latest equipment, this newly revised edition offers hikers gourmet taste at every meal; from Oatmeal Hotcakes for breakfast, to homemade nutrition bars for the trail, to Beer Fondue back at camp. The wide variety of menus and the expanded guide to planning, packing, and preparing food makes cooking in the backcountry as easy as High Mountain Pie.

Book Information

Paperback: 304 pages

Publisher: Counterpoint; 3rd edition (May 1, 2004)

Language: English

ISBN-10: 157805110X

ISBN-13: 978-1578051106

Product Dimensions: 4.5 x 0.8 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,018,804 in Books (See Top 100 in Books) #127 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #653 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Barbecuing & Grilling #1150 in Books > Science & Math > Nature & Ecology > Reference

Customer Reviews

"Anyone planning a wilderness trip should read "Simple Foods for the Pack."--"The New York Times

Claudia Axcell is a former trail guide and professional baker, and Vikki Kath is a photographer and professional cook. Both live in Sebastopol, California. Diana Cooke, a graduate of the Cordon Bleu in London, makes her home in Bishop, California.

This is an overall good cookbook for true backpack camping. Some of the recipes are somewhat bland and need some spicing up with herbs and other powdered spices. Other recipes you can substitute alternate ingredients say for example the Anzacs cookie recipe. Instead of coconut try adding almond meal in roughly the same amount that is asked for in the recipe. The fat is reduced in the Anzacs and you have now added some protein to the cookie. If you are a good cook you'll see where you can add things to recipes that need a little livening up. I especially like the recipes that call for putting all the dry ingredients in a ziploc bag and then adding water at camp. Saves time and keeps the pack light. Why eat expensive freeze dried food when you can make really good recipes ahead of time?

There are tons of recipes for vegans/vegetarians. Some recipes are good for everyday home use, too. The book has a staples section, camping cook tools section, and a nice menu preparation idea section. There are pocket energy foods, main entrees, breads, sauces, cakes, drink mixes, and much more. A natural first aid kit and resource guide are also included. The book is compact for packing, but not microprint for those of us over 40! You can't beat the price for 287 pages of useful information. A few days of preparation for camping and you will eat foods that don't taste like cardboard. Your campmates will be jealous.

This book focuses on how to bring normal foods from the flexitarian kitchen on 3-5 day camping and backpacking trips. If miso, soba, quinoa, and tahini are normally in your pantry this book will show you how to prepare them, mix them, and pack them for enjoyable meals in the woods.

Good book. Has many good recipes and lots of variety instead of the same recipes just tweaked. As was mentioned by another reviewer, it has vegetarian/vegan friendly recipes and those that can easily be made that way. I don't love all the recipes but many of them gave me great ideas for my own meals.

I had this book years ago as part of a backpacking class in college. I lost it and was happy to find it

again so I could re-try the simple recipes.

Simple, easy, fast trail recipes. Excellent.

My copy of the book is the first edition, old school green covered 70's version (the one that had you cooking brown rice and lentils on the trail). If you want to do organic, whole grains and you don't mind more extensive cooking this book could be what you want.

I have used an earlier version on the trail and found the recipes very acceptable. They can also be used with fresh ingredients where available, for example, at home. I could not find the book in Australia.

[Download to continue reading...](#)

Simple Foods for the Pack: More than 200 all-natural, trail-tested recipes (Sierra Club Outdoor Adventure Guide) The Sierra Club Guide to the Natural Areas of Oregon and Washington (Sierra Club Guides to the Natural Areas of the United States) The Deserts of the Southwest: A Sierra Club Naturalist's Guide (Sierra Club Naturalist's Guides) Sunset Outdoor Design & Build: Barbecues & Outdoor Kitchens: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Whole Food: The 30 Day Whole Food Challenge \rightarrow Whole Foods Diet \rightarrow Whole Foods Cookbook \rightarrow Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Climber's Guide to the High Sierra (A Sierra Club Totebook) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls) Hold On Tight/Closer Than Ever/Take My Hand (The Sierra Jensen Series 10-12) (Sierra Jensen Collection, Volume 4) Tahoe Sierra: A Natural History Guide to 112 Hikes in the Northern Sierra Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Sunset Outdoor Design & Build Guide: Garden Pools, Fountains & Waterfalls: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Feeding the Whole Family: Cooking with Whole Foods: More than 200

Recipes for Feeding Babies, Young Children, and Their Parents Adventure Guide Nicaragua (Adventure Guides Series) (Adventure Guides Series) (Adventure Guides Series) (Adventure Guide to Nicaragua) Kief Preston's Time-Tested Edibles Cookbook:: Medical Marijuana Recipes CANNABUTTER Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes Cannabutter Edition (The Kief Preston's Time-Tested Edibles Cookbook Series 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes COCONUT Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 3) Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)