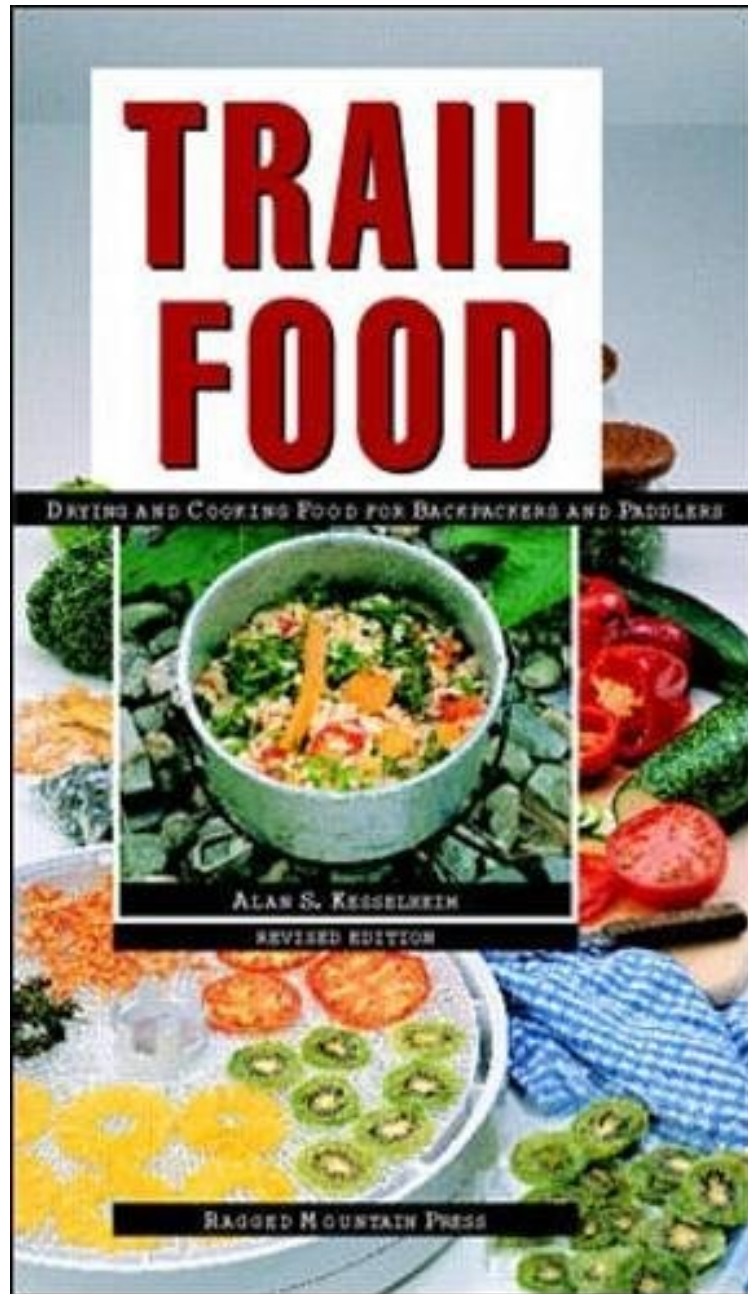


(Mobile ebook) Trail Food: Drying and Cooking Food for Backpacking and Paddling

Trail Food: Drying and Cooking Food for Backpacking and Paddling

Alan S. Kesselheim

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Alan S. Kesselheim : Trail Food: Drying and Cooking Food for Backpacking and Paddling before purchasing it

in order to gauge whether or not it would be worth my time, and all praised Trail Food: Drying and Cooking Food for Backpacking and Paddling:

31 of 31 people found the following review helpful. The best, the healthiest. By C. Harding I purchased this and Lipsmackin Backpackin at the same time and found this one to be the best. You can control the food you put in your body, you can use up garden extras, and the ideas for cross-use of items are excellent. Also small enough to pack along if you're not a lightweight hiker. I would highly recommend this as he's realistic about what you might want to purchase or not purchase to make the process easier - all budgets can afford his methods and he doesn't load you down with sodium. You can see my review of Lipsmackin Backpackin over there and find that sodium is a huge concern for me. It may not be a concern for you but even without that this book doesn't rely upon many store bought sauce packets or seasoning packets so you can choose what you like and enjoy your wilderness cooking that much more! In other words, if you have a husband as I do with high blood pressure this book will give you options that others don't. :) 23 of 23 people found the following review helpful. Great information here. By Shala Kerrigan I got this primarily for the food drying ideas and was impressed by how much information is in it. Fantastic for backpackers and hikers, I'll use some of these techniques for food storage in my home as well and for making soup mixes that can be made easily when my family is in a rush. The author suggests precooking foods like rice and noodles, then dehydrating them so they cook faster. There are extensive tables explaining what texture your finished dried food should be at, tips for storage and many recipes. Some of them are vegetarian and many of them could be easily adapted to being vegan as well. He also includes plans for building your own food dehydrators, one heated by a light bulb, the other, solar. A wonderful inspiring book for finding new ways to pack nutritious and good meals. 3 of 3 people found the following review helpful. Great book! If you are just looking for advice ... By Kiddomarie Great book! If you are just looking for advice about how to go about food when ice isn't available then this is a book for you! There are very simple recipe ideas throughout the book. I am approaching a week long backpacking trip and this will be my first time doing my own dried food. This book helped provided the ideas I needed to create my own meals, what foods work best drying, cooking/soaking techniques, and ect. I would definitely recommend this book to any backpacker wanting to make their trip a little more tasty!

" . . . a book that will appeal to everyone who has ever choked down the pre-packaged, bargain-basement camp food (or gone bankrupt buying the good stuff)." --Canoe Kayak . . . if you're on the lookout for a way to bring real meals to the field, [this book] might have the answer." --Field Stream Life in the outdoors revolves around food--cooking it, eating it, packing it, carrying it. We even fantasize about it, especially after a week of eating store-bought provisions. This book is all about fulfilling those food fantasies and avoiding those expensive disappointments. Trail Food tells you how to remove water from food, to make it lighter and longer-lasting, without removing its taste. Learn to plan menus and prepare meals just like the ones you left behind, using fresh foods from your garden or market, prepared and seasoned the way you like them. Why fantasize when you can have the real thing?

About the Author Alan Kesselheim dries his food in Bozeman, Montana, where he lives with his wife and three children. He is the author of five books, including Water and Sky: Reflections of a Northern Year and Going Inside, and has published hundreds of magazine articles.