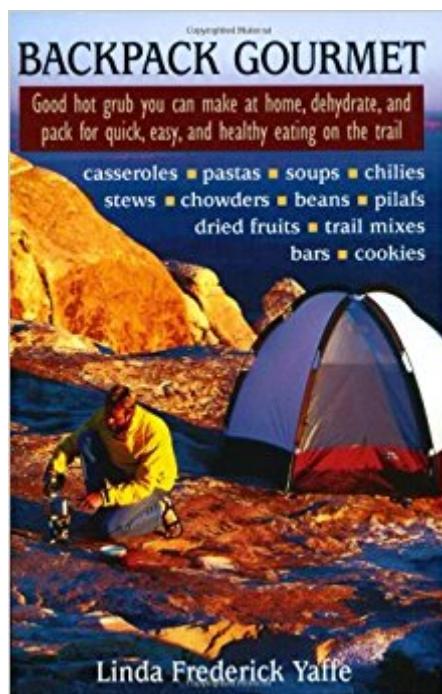


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# Backpack Gourmet: Good Hot Grub You Can Make At Home, Dehydrate, And Pack For Quick, Easy, And Healthy Eating On The Trail



## **Synopsis**

Meals on the trail can be as delicious and varied as meals prepared at home. You can create meals to suit your tastes or diet--vegetarian, low fat, Asian, Italian. Meals prepared and dehydrated at home are compact and lightweight, perfect for the backpacker, and safer than packing perishable foods. The author shows how to prepare the meals so that they will travel well and will be easy to reconstitute in camp. The easy step-by-step instructions detail how to cook and dry lightweight, satisfying meals at home and then prepare them easily in camp--truly complete, instant meals. Includes over 160 recipes for soups, stews, pasta, casseroles, and breakfast and snack ideas as well as tips on drying food in a dehydrator or oven.

## **Book Information**

Paperback: 147 pages

Publisher: Stackpole Books; 1st edition (December 1, 2002)

Language: English

ISBN-10: 0811726347

ISBN-13: 978-0811726344

Product Dimensions: 5.5 x 0.4 x 8.2 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.4 out of 5 stars 91 customer reviews

Best Sellers Rank: #682,642 in Books (See Top 100 in Books) #88 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #89 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #467 in Books > Sports & Outdoors > Hiking & Camping > Camping

## **Customer Reviews**

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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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 KnoblauchCopyright © American Library Association. All rights reserved

This book changed my backpacking life! You'll look forward to every meal you cook from Linda's book, and all the hard work is done at home, NOT on the trail. No bottles of oil, or other heavy things that spill to bring, or complex mixing to do at camp when you're brain's gone along with your energy after a hard day's hike. Add water and cook and it comes back to life just like you left it before being dehydrated! One pot, no extras, and so flavorful and delicious! I guarantee whom ever you invite to share the food with you on the trail will think you're the bomb! Not one bad recipe and I've tried over 20 of them. Veggie friendly options or recipes in every chapter. The dehydrator I bought because of this book, has literally paid for itself many times over. I've bought many other backpacking cook books, while they all have good things, this one trumps all others due to its ease, deliciousness, and reliability! Linda you are truly a genius. We just returned from backpacking Rim to Rim in Grand Canyon, and that old saying "a way to a man's (or woman's) heart is through his (her) stomach" keeps being true for me on the trail when my husband looks skeptically at a bunch of flakes in a bag, and then exclaims about how delicious my breakfasts, lunches and dinners on each of our trips time and time again! P.S. Linda's wisdom that you can just cook any recipe you like using small chopped up ingredients, and dehydrate it all in one step and serve in the back-country, has allowed me to expand my backpacking menus to my favorite recipes from many other cook books, or dehydrating the leftovers from meals I make through the year (like lasagne). Recently I make a Bulgur lentil salad from Moosewood. Dressing and all, just plopped it into the dehydrator (minus feta cheese, doesn't rehydrate too well). Added water and dehydrated for lunch, no extra dressing to add, it tastes just like at home. The recipes keep for 2-3 years in a dark bag in fridge, we just ate one from 2010, and it tasted great! I bought this book for a wedding present, a thank you gift for our latest trail angel who lent us their fuel filter pump when we forgot ours on a 5 day trip! Hoping to spread Linda's wealth and wisdom to a wider audience!

I guess if you don't want to invest in a dehydrator this book isn't for you (although we bought one for under \$60, and it's paid for itself again and again). If you want to eat Lipton noodles, this book isn't for you. However, if you love food, and you love to eat well on the trail (and we DO!), this is the best thing that ever happened to us! We have found that some recipes are a bit bland for our tastes, but that can easily be personalized. For instance, we added about a 1/4 tsp of chipotle pepper powder and some pepper jack cheese to the Southwestern Lasagna, and we were dancing around our cook stove! Totally delicious, and such an easy meal to put together at the end of one of those "can't find the trail head" days. Entire meals dehydrate to very little pack weight. Yaffe's recipes create very generous servings. We also bought Lip Smackin' Backpackin', and will use some of those recipes, but the need to separate dehydrate, and often rehydrate individual ingredients is tedious, and just doesn't result in the same quality of meal as Yaffe's does. Linda Yaffe is a genius!

And I am not even a backpacker. In fact, I stay as far away from the woods and mountains and trails as I can possibly get. If there is not a Starbucks within shouting distance, I am just lost, city girl that I am. That said, I totally am a prepper-ish type, and this book is awesome for that. Prepared dehydrated meals that you can purchase come from God knows where and contain God knows what. If you prepare and dehydrate your meals yourself, you have much more control over the ingredients. I tried a few of the recipes for bars and veggies, and all were just fine. I have stocked some things in the freezer and some in glass jars in the pantry...have been pleased and the kids even ate the stuff, which is the deciding factor for me. What I unfortunately did NOT get to do, that I REALLY want to do, is try some of the complete meals (soups, stews, etc.), and dehydrate them myself. I do not think I have the right dehydrator for that. I have a home use Nesco type (the round kind) and I think to dehydrate liquid meals I need the pull out tray kind, and I have not yet purchased one. So bummer on that score, because I can't wait to try some, but I need to get a different dehydrator first. Overall, even if you keep yourself off the trails but still plan and prepare at home for when the apocalypse happens (heh), this is a great reference book.

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