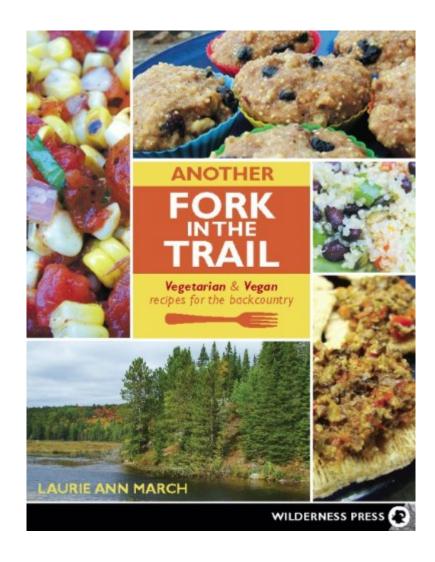
The book was found

Another Fork In The Trail: Vegetarian And Vegan Recipes For The Backcountry





Synopsis

Packed with lightweight, mouthwatering recipes for backcountry adventurers, Another Fork in the Trail is focused on delicious, easy-to-prepare recipes for those following vegetarian and vegan diets. It includes more than 120 recipes, all of which survived Laurie Ann Marchâ ™s rigorous testing, both at home and in the backcountry. Many of the recipes are gluten-free as well and thus suitable for the growing number of those suffering from celiac disease. From flavorful lunches, such as roasted tomato dip, to hearty dinners such as vegetable ratatouille, many of the recipes are prepared and dried at home, saving valuable time at camp. With recipes for desserts and baked goods in addition to the staples, the book covers menu planning and recipe creation and discusses other important considerations for the vegetarian and vegan outdoor adventurers.

Book Information

File Size: 1127 KB

Print Length: 302 pages

Publisher: Wilderness Press (April 1, 2011)

Publication Date: April 1, 2011

Sold by: A Digital Services LLC

Language: English

ASIN: B004YW6GKS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #532,719 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #118 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #298 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Outdoor Cooking #997 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

March's recipes are outstanding, as are her instructions for preparation. This book was really well researched and written. I like that she includes information on companies that sell vegan- and vegetarian-friendly pre-packaged meals, plus sources for possibly hard-to-find ingredients. ('Instant' wild rice? Fantastic!) I haven't had a chance to put some of the recipes to the test because I don't

have a dehydrator yet, and that features prominently in some of the recipes. However, there are plenty of other options to try without one. And here's the kicker - this is like two cookbooks in one. You can prepare many of these recipes for every day use, and just skip the parts about dehydrating and preparing the food for hiking, etc. The recipes are fine for everyday cooking - they are not just 'desperation' meals you would assemble for being on the go. So that's like getting a 'regular' cookbook and a 'backcountry' cookbook all for one price. Even better than that, she gives lots of instructions for designing your own recipes. If you have a favorite dish that you'd like to take into the backcountry, she gives instructions on how to dehydrate it, or how to prepare it so you can take it with you. She also has lots of pointers that you might not think about on your own, like separating granola into individual serving portions for each person, which helps cut down on the chance for illness, since no one with dirty hands can dip into the communal bag of granola. She has lots of advice on stoves and cooking. She has information on food planning, menus, cooking skills and styles, weight limitations, methods for rehydrating food, advice about when to eat light and eat heavy, food storage advice, etc. This book is just packed with helpful information.

Download to continue reading...

Another Fork in the Trail: Vegetarian and Vegan Recipes for the Backcountry Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) VIETNAMESE VEGETARIAN FOOD -OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot, Slowcooker, Cast Iron) (Vegetarian, Vegetarian Cookbook, Vegetarian ... low carb, Vegetarian low fat) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: High

Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER -FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1)

<u>Dmca</u>