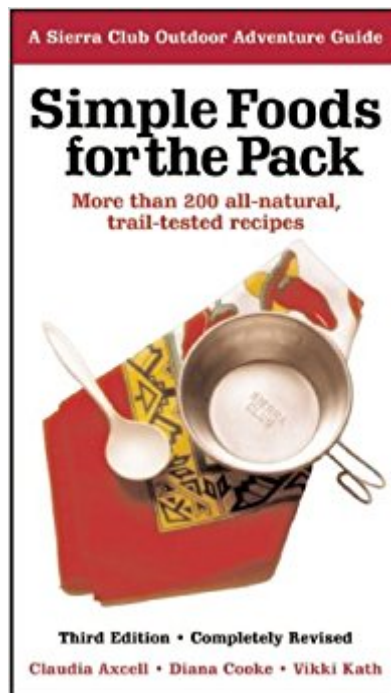


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# Simple Foods For The Pack: More Than 200 All-natural, Trail-tested Recipes (Sierra Club Outdoor Adventure Guide)



## 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

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## Customer Reviews

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 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?

This is a great product with many interesting recipes to use on backpacking trips and or regular camping weekends for a bit more different meals than regular boring camp cooking. I've been accused of cooking gourmet on campouts, but it's just because of neat recipes like those offered in this book. I love it... and it is easy recipes..Thanks A+

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.

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.

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