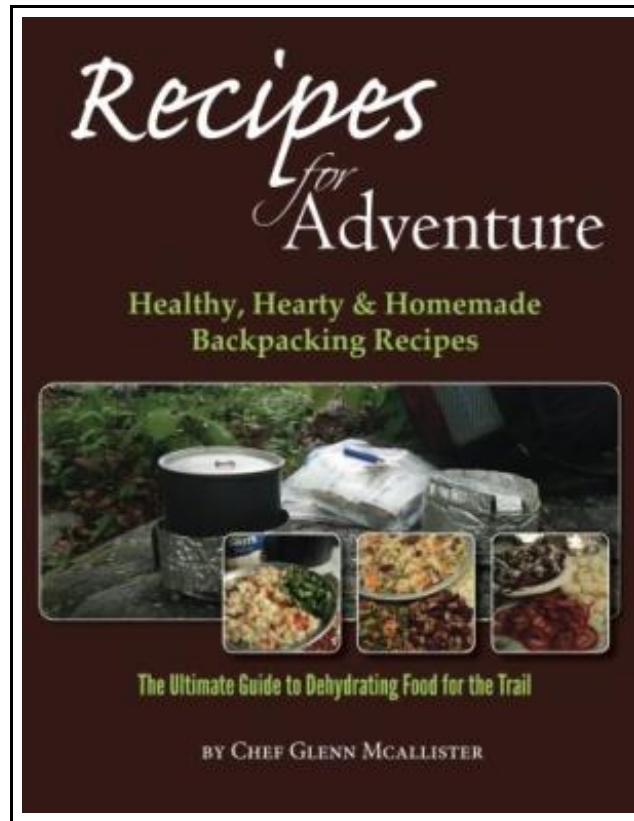


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Reviews

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

(Dr. Everett Dicki DDS)

RECIPES FOR ADVENTURE: HEALTHY, HEARTY AND HOMEMADE BACKPACKING RECIPES (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate Guide to Dehydrating Food for the Trail. Over 75 trail-proven backpacking recipes will have you cooking like an accomplished chef with step-by-step instructions and full-color photos on every page. Discover a scrumptious variety of light-weight options for meals, snacks and desserts. Whether you hit the trail with a backpack, kayak, bicycle, sailboat, RV or motorcycle, Chef Glenn s backpacking cookbook is guaranteed to make meal time as deeply satisfying as your adventures. Cook healthy and hearty trail meals as easily as freeze-dried meals - without the artificial ingredients. While absolutely delicious, the pre-assembled meals are easy to cook in camp with nothing more than a small pot, stove and spoon. Ensure your food stays safe and secure with Chef Glenn s dependable and well-organized food packing techniques. Comfortably carry a week s worth of dehydrated meals without stopping to resupply. Save money, too. Three or four homemade trail meals cost about the same as one freeze-dried meal. The first half of the book covers how to dehydrate fruits, vegetables, meats, scrambled eggs and more. Learn how to make bark by drying starchy root vegetables, Chef Glenn s innovative but simple technique for making flavorful and saucy backpacking meals. The second half of the book presents a wide variety of delicious recipes for breakfasts, lunches, dinners and desserts.

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