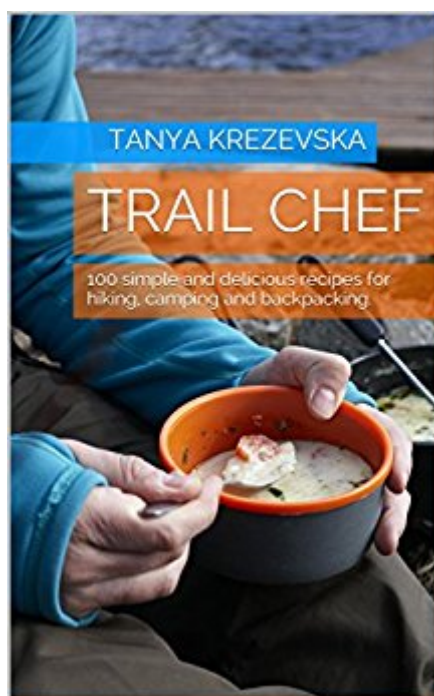


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# TRAIL CHEF: 100 Simple And Delicious Recipes For Hiking, Camping And Backpacking



## Synopsis

TRAIL CHEF" is targeted for people, who enjoy being outdoors and cooking on the trail is one of their favourite activities. This book contains 100 recipes for car-camping, short hiking and backpacking trips. The recipes are easy to follow, do not require any extra cooking skills and take from 10 to 20 minutes to prepare. Main features:- easy-to-follow recipes;- all ingredients could be easily found on supermarket shelves;- nutritional information;- ingredient weight shown both in grams and ounces.

## Book Information

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## Customer Reviews

I received a free copy of this cookbook in exchange for my honest and unbiased review. The format of the book is well organized and easy to follow. I particularly like that they included not only the typical nutritional information for each recipe, but also information concerning the weight of each meal by serving and the utensils required to prepare it. The high-level synopsis of my review is that I think this would be a nice recipe book for people who are not looking for the typical  
ÂfÂçÃ â -Ã Â“top ramenÂfÂçÃ â -Ã Â• and ÂfÂçÃ â -Ã Â“tunaÂfÂçÃ â -Ã Â• trail meals and intend to ÂfÂçÃ â -Ã Â“car hikeÂfÂçÃ â -Ã Â• or have the means to carry larger weight

packs (equine or mule packing). A large percentage of the recipes require more than your typical backpackers cooking utensils (frying pan, outback oven, spatula) and fresh foods (ghee, vegetables, bacon, lamb). While these would be very nice and tasty on the trail, they would also be more limiting to a long distance or thru-hiker that is uber-conscious of the weight of their pack. While the need for some of these specific cooking items and fresh foods makes it unlikely that I'd prepare these recipes while backpacking, several do sound like they would taste very good. The author specifies up front that their intention was not to create dehydrated meals but I'm contemplating trying a couple of the recipes at home to see how well they dehydrate. Many of these recipes are outside of your typical "American" fare (Lohikeitto Finnish Fish Soup; Couscous w/ lamb, mint & thyme) but there are also a few that are more universally western-ish and sound very good (Shepherd's Pie). Several of the snack and breakfast recipes are variations of the same thing. While it would have made it harder to include 100 recipes, they probably could have combined several recipes and just listed "alternative ingredients" or "other suggested variations". That being said, the snack and breakfast recipes all sound very tasty and relatively easy to prepare.

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