



Backpack Gourmet: Good Hot Grub You Can Make at Home, Dehydrate, and Pack for Quick, Easy, and Healthy Eating on the Trail

Linda Frederick Yaffee

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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.

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