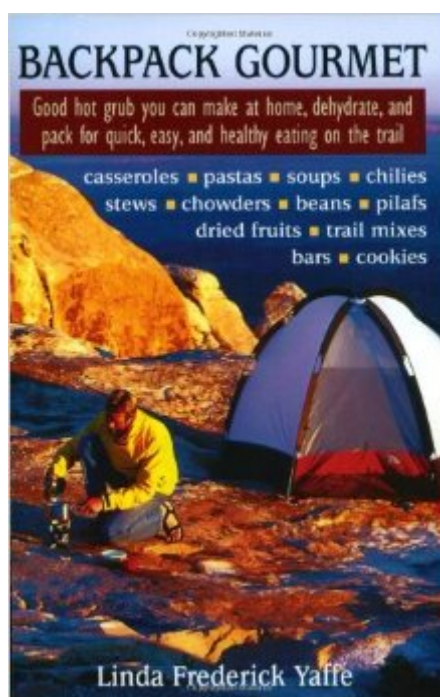


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# Backpack Gourmet: Good Hot Grub You Can Make At Home, Dehydrate, And Pack For Quick, Easy, And Healthy Eating On The Trail



## Synopsis

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.

## Book Information

Paperback: 147 pages

Publisher: Stackpole Books; 1st edition (December 1, 2002)

Language: English

ISBN-10: 0811726347

ISBN-13: 978-0811726344

Product Dimensions: 5.5 x 0.4 x 8.2 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (86 customer reviews)

Best Sellers Rank: #515,915 in Books (See Top 100 in Books) #56 in [Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs](#) #57 in [Books > Cookbooks, Food & Wine >](#)

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## Customer Reviews

This was the first backcountry cookbook I bought. I was looking for recipes that could be mostly assembled at home, would be lightweight to transport, and were easy to cook over a backpacking stove. On first glance, this book appeared to fit the bill. Most recipes are assembled at home, dehydrated, and then rehydrated as a one-pot meal. However, I tried several recipes this past summer while canoeing and camping in the BWCAW and found the texture and taste of most of the meals to be disappointing. Many of the same ingredients are used over and over in "different" recipes, so many meals taste the same. Also, since the recipes are twice-cooked, the texture is often mushy. Shortly after purchasing this book, I also bought Lipsmackin' Backpackin'. I ended up using this book for almost all of our camping meals, supplemented by hummus and candied

walnuts, and a few other random recipes from Backpack Gourmet. I don't think that the purchase of Backpack Gourmet was offset by the few recipes that we regularly use. I would recommend buying a different backcountry cookbook if you are interested in eating something with flavor and texture. If, however, you aren't interested in flavor, but are simply looking for a meal that can be made quickly at camp and has all the calories and nutrients you need, then this is probably the book for you.

This is the book I have been waiting for. I love to cook, I love to eat, and I love to backpack, and this book lets me enjoy all three. Previously, I was one of those backpackers who ate mac-n-cheese and Lipton noodles over and over and over. It was really boring, and I wasn't getting enough protein in my diet. Getting ready for our epic 4 month hike on the PCT this summer, I wanted to try food dehydrating, but I also needed a recipe book. After lots of online research I ordered this book and "Trail Food" by Alan Kesselheim. Kesselheim and Yaffe have completely different approaches, and I find Yaffe's approach far more user-friendly. You DO NOT want to mess with drying each food item separately and then trying to assemble them in the backcountry. You are tired, you are hungry. You do not want to spend lots of time messing with ten different little baggies and jars of spices and oils. Leave all of that at home. Yaffe's approach is simple and elegant, and I'm quite honestly shocked that more people don't do it this way: You make your soup, stew, pasta dish or casserole in the comfort of your home. The key is that you must keep the chunks of vegetables, etc. very small. You then spread the dish in thin layers on your dehydrator trays and let the dehydrator do all of the work. Just this weekend, we went backpacking and ran the true field test: rehydrating all of the foods that I had previously dehydrated. The results were impressive. Breakfast casseroles, delicious spaghetti for dinner, tuna and bruschetta spreads at lunch, and none of it had that preservative-laden flavor that store-bought foods are cursed with. The only two comments I would make where Yaffe didn't get it quite right are that I can't fit the whole dish into the dehydrator (if you only have four trays like I do), so we usually end up eating some of it for dinner (not a bad thing). The second thing is that her recommended drying times seem a bit too short. I've had to add an extra hour or two to many of the recipes, but again, this is not a big deal as I dry most of this stuff overnight anyway. If you are looking for a lightweight backpacking meal solution, you cannot live without this book!

If you are going to buy a book about backpack dehydrating this is the one. I have read several others and beat my brains out trying to get spaghetti sauce to powder, etc. They are all wrong, and she is right. Don't try to dehydrate the ingredients separately, cook the whole meal and then dehydrate the whole thing together. It seems too good to be true, but it really works, and it works

both easier and better. Make it your own way (within a few simple limits), and it really is better, cheaper, and easier than buying the commercial dehydrated foods. I might have thought of it myself, if all of the other books weren't so misleading!

Well who'd ever think I, a middle aged man married to a wonderful wife and cook, would be cooking for 4 in the third world, anything other than PB&J's. They all laughed at me as I stashed vac-packed meals into 4 separate ditty bags, I would just smile and say I wanted to be prepared. As we went off the main road and up into the mountain villages, by the third day their tune started to change. Wonderful quick meals Breakfasts (eggs and sausage) soups for lunch, lasagna and stews for dinner and even biscuits. Breakfast squares, granola bars, and carrot soup were the big hits with the ladies but I think they just enjoyed not having to cook. The meals are power packed and full of protein very nutritional. easy to find or grow ingredients. The portions were plentiful, usually we would share in the villages. Now from grill master at home to the trail chef cooking lasagna in the bush in less than 5 minutes they want me to cook these meals at home. I highly recommend this book to all who travel and camp where there are no stores. Cooking meals 1st then dehydrating them not only saved lots of weight in the backpack, but allows you to spice them up to your liking before you dehydrate, so meals are a delight not the same old, same old, very important on 3-4 week trips. (A good cook always tastes the food before giving to the critics) These Nutritional meals keep your body healthy and full of energy to work or play the next day. yet allow you to pack away plenty in a small space. also you can prepare them and stash them in the freezer months before. Not a bad idea to have on hand in a disaster kit stored in a sealed bucket with a couple of cases of water in the cool basement either. Don't forget the water filter and small pot to cook & eat out of.

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