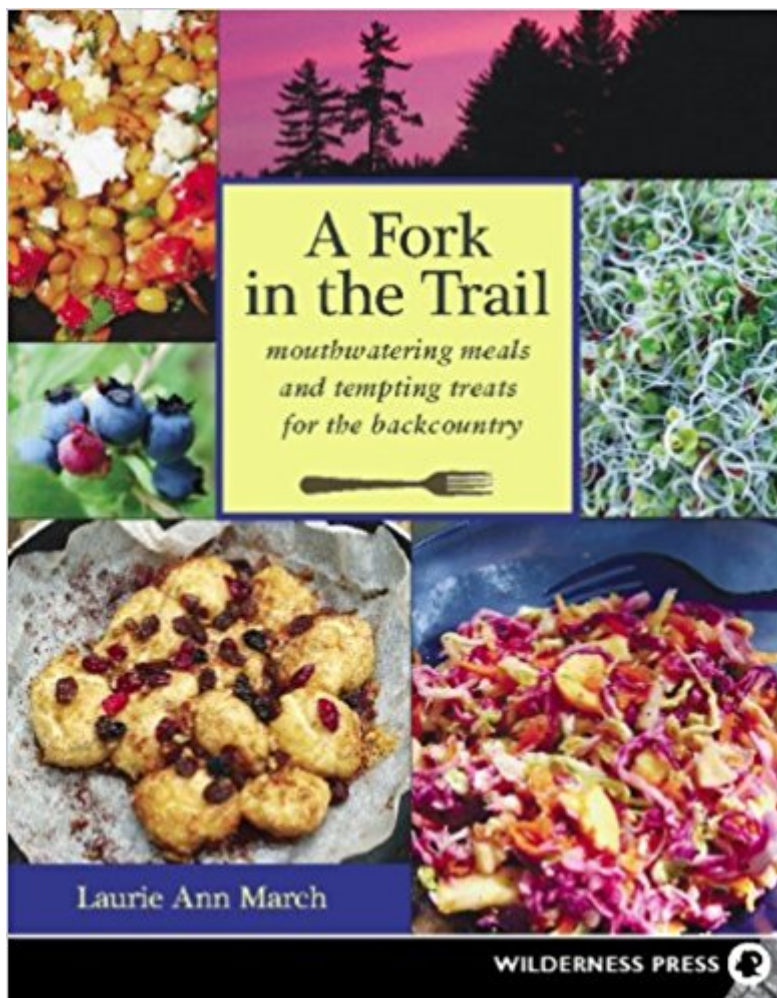


The book was found

Fork In The Trail: Mouthwatering Meals And Tempting Treats For The Backcountry



Synopsis

Inspired by foods from all over the world and the guiding principle of "if you wouldn't eat it at home, why eat it in the backcountry," Laurie Ann March has created over 200 lightweight, taste-tested recipes to turn an ordinary backcountry outing into a gourmet adventure. In addition to the recipes, March covers menu planning, recipe creation, and meal planning for families and larger groups. Color photograph insert.

Book Information

Paperback: 312 pages

Publisher: Wilderness Press; 1 edition (December 12, 2007)

Language: English

ISBN-10: 0899974317

ISBN-13: 978-0899974316

Product Dimensions: 7 x 0.8 x 8.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 31 customer reviews

Best Sellers Rank: #517,157 in Books (See Top 100 in Books) #66 in [Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs](#) #1370 in [Books > Sports & Outdoors > Hiking & Camping > Excursion Guides](#) #2569 in [Books > Sports & Outdoors > Nature Travel > Adventure](#)

Customer Reviews

"An outdoorswoman with a palate!"--Tamar Fleishman, Examiner

Author Laurie Ann March has taught the online course "Wilderness Cooking: Level 1" for a number of years to hundreds of satisfied students.

I buy this style of cook book to get my own creative juices flowing to create recipes & methods to take food on the road and trail and eat much better than using pre-packaged commercial products. You'd be amazed at not only the higher quality of foods but also better prices and better taste can be had with some care and prep in advance. Another source are the make a meal in a jar books for gifting. They too use a lot of freeze dried vegi's and fruits and powdered eggs and real cheese powdered and whole grain pastas so you can make omlets or egg dishes and pancakes with fruits as well as hearty soups and pasta dishes or to die for taco's and mexican meals. Go vegi only or

add meats. These books get you there..it's up to you to take it to the highest level. What I like most...you can avoid too much salt or worse the hidden salt in pre-made mixes or foods. Though I rarely follow a specific recipe through on any cook book including these and this one...I found a few worth giving a try in the A fork in the Trail. Some are just so interesting and novel and as their own words state...mouthwatering meals and tempting treats...oh yeah they seem to have me under their spell. Trouble this year is our summer is coming very late to the area. High country is still blocked out due to snow. Can't even hike the not so high what most of us think as local morning or day hikes due to snow chutes blocking the trails.....this time of year? Then again Going to the Sun Road hasn't opened in Glacier Park either and it's July and that's only 120 miles from our back door too. Rivers to high to float still....dang it. The recipes might be worth fixing right here in our own back yard just cause:))) They sound that good. This one is a keeper and I'm something of an expert on feeding people well in all sorts of carry your own food circumstances...cars/planes/trains/bikes/foot/kayaks....fill you up. I recommend to anyone who likes to eat well on the road or impress others along too.

I have purchased many backpack food books in the past. I liked this book, but it is not my favorite. I found some recipes that I have tried and liked. Others that I am still wanting to try. I am not into backcountry oven cooking. I did not find that part of the book useful. Maybe if I do more car camping I will try some of those recipes.

I thought this would have a lot of great recipes in it, but I am just not that impressed with it. I was hoping for more meals that I can make and dehydrate and that would not be too complicated for backpacking. This has more involved(on the trail) recipes.

Very user friendly.

This book will provide the A to Z about preparing your meal at home to enjoying on the trail. Included are all receopies for your meals and the tools you will need to serve the meal at the camp site.

More for camping and short trips I thought, than full backpacking. Nice recipes

Great recipes for long hikes, air travel, etc. Prompted the purchase of an Excalibur deluxe food

dehydrator for better recipe results.

GREAT BOOK. I highly recommend it. I have made many recipes. She opened my eyes to safely make my own backpacking food that includes MEAT... crazy good stuff.

[Download to continue reading...](#)

Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry Another Fork in the Trail: Vegetarian and Vegan Recipes for the Backcountry Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) ISO 5057:1993, Industrial trucks - Inspection and repair of fork arms in service on fork-lift trucks The North Fork from A to Z; Alphabetical Impressions of Long Island's North Fork AMC's Real Trail Meals: Wholesome Recipes for the Backcountry Backcountry Skiing California's High Sierra (Backcountry Skiing Series) Sierra Nevada Byways: 51 of the Sierra Nevada's Best Backcountry Drives (Backcountry Byways) Arkansas: A Guide to Backcountry Travel & Adventure (Guides to Backcountry Travel & Adventure,) Colorado Byways: Backcountry drives for the whole family (Backcountry Byways) Backcountry Skiing Utah: A Guide to the State's Best Ski Tours (Backcountry Skiing Series) Backcountry Skiing Utah (Falcon Guides Backcountry Skiing) Idaho Byways: Backcountry drives for the whole family (Backcountry Byways) South Carolina: A Guide to Backcountry Travel & Adventure (Guides to Backcountry Travel & Adventure.) Backcountry Adventures: Utah- The Ultimate Guide to the Utah Backcountry for Anyone With a Sport Utility Vehicle Backcountry Skiing Snoqualmie Pass (Falcon Guides Backcountry Skiing) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada Hiking Tennessee Trails: Hikes Along Natchez, Trace, Cumberland Trail, John Muir Trail, Overmountain Victory Trail, and many others (Regional Hiking Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

