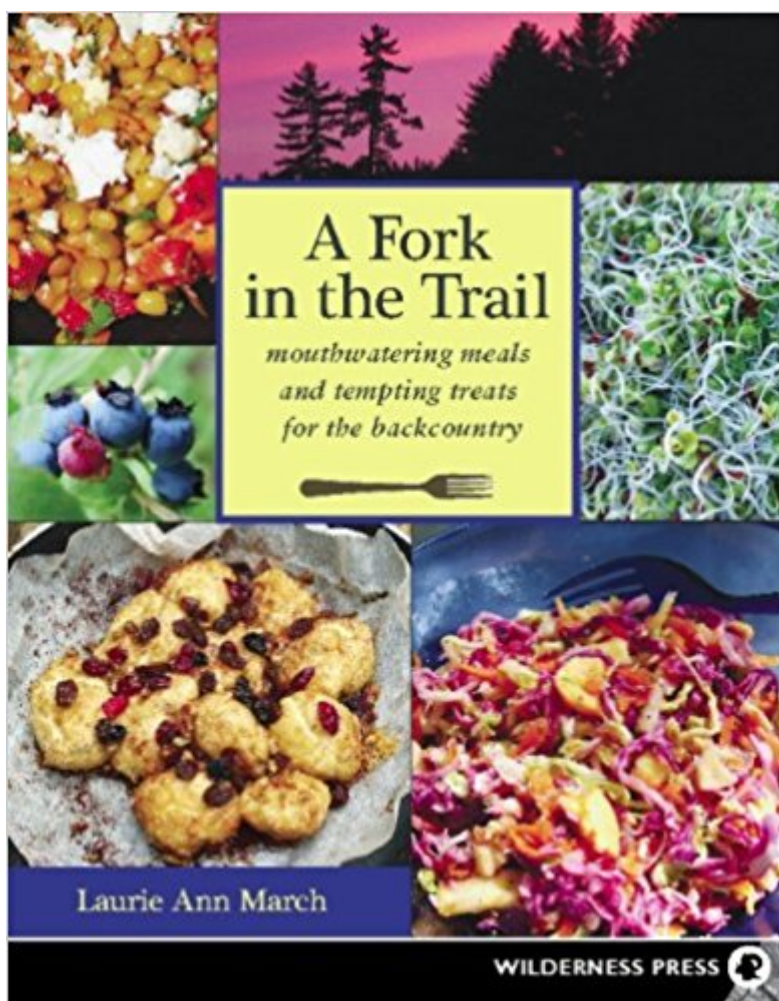


The book was found

# 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

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## 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 too 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.

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