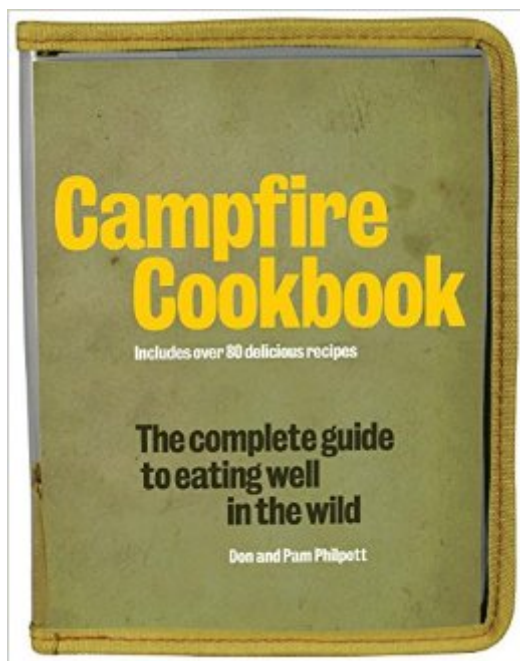


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# Campfire Cookbook: The Complete Guide To Eating Well In The Wild



## Synopsis

There's no reason to exist solely on granola and dried fruit when you're in the great outdoors. Campfire Cookbook offers guidance on the types of ingredients and how much food to pack, survival techniques if you run into trouble, and recipes for trailside culinary delights such as banana pancakes, quiche, omelets, stir-fry, pasta, soups, and stews. Muffins and bread are also covered, along with advice on using a Dutch oven to bake in the campfire. Beverages and desserts round out the wild cuisine. A useful gift for anyone who loves extended visits to nature's five-star experience!

## Book Information

Paperback: 144 pages

Publisher: Thunder Bay Press (August 4, 2015)

Language: English

ISBN-10: 1626864616

ISBN-13: 978-1626864610

Product Dimensions: 6.7 x 0.7 x 8.7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (6 customer reviews)

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## Customer Reviews

I have been a Boy scout for almost 25 years, and I have been on numerous camping trips and treks into the wild. I found this book to be a pretty comprehensive guide to not only cooking and eating well in the wilderness, but also camping in general. Packed with over 80 recipes, including tips for food prep at home and at the campsite, as well as tips for organizing your outdoor kitchen. The publishers note said that when this book is released it will be enclosed in a zipper case to protect the book. In the intro section and first chapter we are given an overview of some of the advantages of spending the day (or week) hiking, camping, and cooking in the outdoors. There is a helpful section on proper camping etiquette, emergency tips, details about "leave no trace", weather forecasting, and a short lesson on proper nutrition and energy demands. The food planning section is pretty comprehensive, from types of food to prepare and take, dehydrating, food safety, and more. Chapter two is all about the campsite kitchen, but it also explains general tips for camping

such as picking out your campsite, where to pitch your tent, and where to set-up your kitchen. Different cooking methods are discussed, like open fires, stone fires, different types of stoves and gas sources, and dutch ovens (my favorite). A short section on essential equipment is a must read for preparation, including water, pots and pans, utensils, foil, plastic bags, matches, etc. The last section of this chapter is called "Nature's Larder", which is basically how to live off the land: catching, preparing and cooking fish, foods to avoid, tips for foraging, and finding natural water.

The Campfire Cookbook is a great resource for people who love the wilderness and spend a lot of time living in it for various reasons. There are so many things that need to be considered when eating in the great outdoors: proper nutrition for the body, which requires conscious and deliberate fuel in order to get from point A to point B (the movie, Wild, is a good example of problems people may face with respect to food on great treks through the wilderness), proper hydration (even more important than food), meal preparation requirements, supplies and paying attention to leaving as small (if any) a footprint as possible on nature. The book does a good job of instructing on campsite setup (including the equipment necessary) and the best methods for cooking, whether by the use of dehydrated rations and camp stoves or by simple campfires and hot stones. Dutch oven cuisine is rather interesting as you can cook from top and bottom by placing hot coals on the lid of the Dutch oven to create an all-around heat source. Water is a major, major concern (again, Wild is a good example of the dangers of running low, or worse, running out of water). Hikers and campers need to pay special attention to the need for proper hydration and how much water is needed to prepare meals, particularly dehydrated meals. Even if you do find water that looks completely clean and drinkable, you have to take into consideration what you may not see and take the extra steps of either boiling it or using a filtration kit. Another major issue is packing – being able to carry what you need as compactly and lightly as possible. As far as food goes for multiple days or longer treks, you have to make actual calculations and consider energy efficient sources of nutrition that are also portable.

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