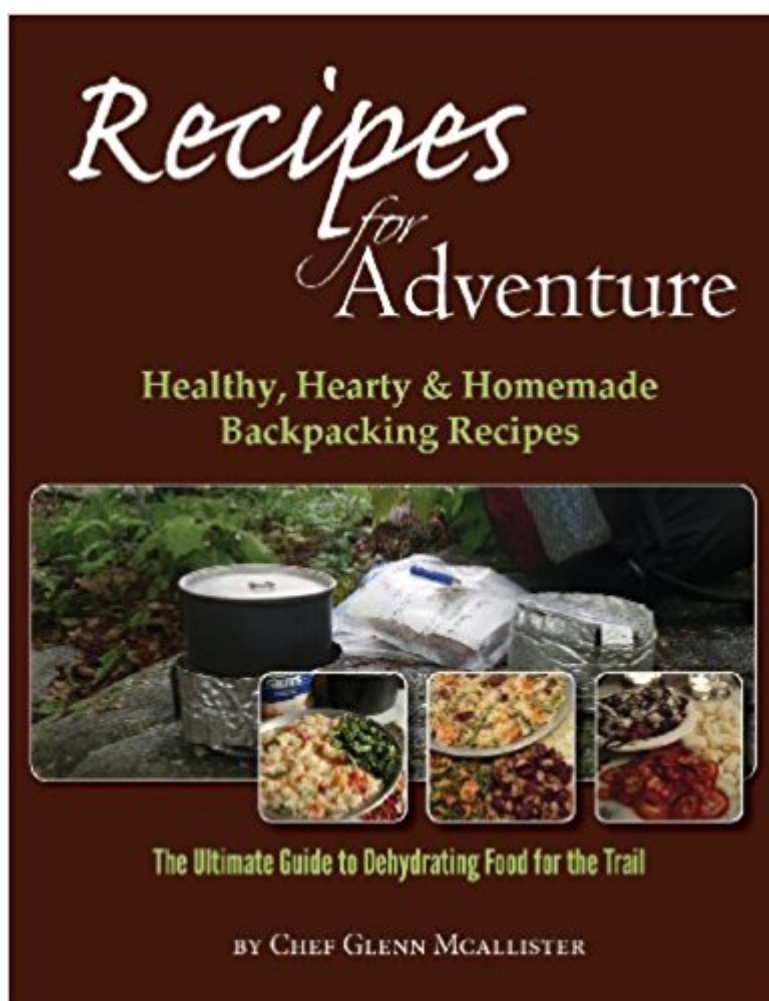


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# Recipes For Adventure: Healthy, Hearty And Homemade Backpacking Recipes



## Synopsis

The Ultimate Guide to Dehydrating Food for the Trail. Over 75 trail-proven backpacking recipes will have you cooking like an accomplished chef with step-by-step instructions and full-color photos on every page. Discover a scrumptious variety of light-weight options for meals, snacks and desserts. Whether you hit the trail with a backpack, kayak, bicycle, sailboat, RV or motorcycle, Chef Glenn's backpacking cookbook is guaranteed to make meal time as deeply satisfying as your adventures. Cook healthy and hearty trail meals as easily as freeze-dried meals without the artificial ingredients. While absolutely delicious, the pre-assembled meals are easy to cook in camp with nothing more than a small pot, stove and spoon. Ensure your food stays safe and secure with Chef Glenn's dependable and well-organized food packing techniques. Comfortably carry a week's worth of dehydrated meals without stopping to resupply. Save money, too. Three or four homemade trail meals cost about the same as one freeze-dried meal. The first half of the book covers how to dehydrate fruits, vegetables, meats, scrambled eggs and more. Learn how to make bark by drying starchy root vegetables, Chef Glenn's innovative but simple technique for making flavorful and saucy backpacking meals. The second half of the book presents a wide variety of delicious recipes for breakfasts, lunches, dinners and desserts.

## Book Information

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## Customer Reviews

Some people lose sleep over mortgage payments and job stress, but Chef Glenn lays awake at night thinking of how to turn potatoes and turnips into a tasty sauce for his next backpacking meal. Come morning and a cup of strong coffee, he fires up the blender and the dehydrator

and the fun begins. While he hasn't solved the problems of biting gnats, soggy boots and aching knees, Chef Glenn has helped an enthusiastic following of adventurers enjoy great meals on the trail. He publishes the website [BackpackingChef.com](http://BackpackingChef.com) and the monthly newsletter, Trail Bytes. Chef Glenn lives in the United States and Switzerland with his wife, Dominique. They share a passion for cooking healthy food and exploring the natural beauty of both countries by foot, canoe and bicycle.

After I ordered this book I found the authors website and without connecting the two were the same I printed out a bunch of info from his site. I was so delighted when the book arrived and it was the same. the book has more complete info and is easier to read. I've had very good luck dehydrating foods and am working on getting our meals planned for a backpacking expedition. It's simple and very easy to use also. I've rehydrated some foods to make sure I would still like them and have been pleasantly surprised with the taste and quality. Thanks for an awesome cookbook!!! Simply a must have for any backpacker that wants to avoid the high price and bad taste of that packaged stuff.

This book is so well put together that I don't know where to start telling how great it is. What I like best is that there are full color photos on every page. How foods look before and after dehydrating, how each recipes looks cooked up. Each direction is simple and to the point, has a ton of information. I bought a Excalibur Dehydrator 2 years ago and have been dehydrating ever since. In fact when I was researching what type of dehydrator to buy I came across Chef Glenns website and have been hooked since then. ([backpackingchef.com](http://backpackingchef.com).) I would use alot of these recipes in everyday life. I am not a back-packer (would love to though), but do camp alot and do dutch oven cooking. I will be putting meals together and storing in the trailer for our trips. Keep up the great work!

My girlfriend and I used tips and recipes in this book to feed ourselves two meals each day as we hiked the Appalachian Trail for five months in 2015. The book was very helpful and our meals were envied by most other hikers we encountered. We met several other hikers who also used this book and dehydrated all of their meals for the AT. While most Appalachian Trail hikers are choking down each bite of their "ramen-bombs" each day, you'll be devouring every morsel of your homemade warm meals with REAL vegetables, tasty meat (that's not ANOTHER tuna packet), and well-seasoned goodness!p.s. don't forget the salt!

Hubby and I like to eat tasty and healthy food. This gives me lots of options for creating great tasting meals on the road. We tried the freeze dried camper meals and they are fair, but making your own and using veggies straight from the garden is a much tastier way to go. Really liked Chef Glenn's daily ration packing style and menu written on the paper towels. I am an OCD trip packer myself! I must now invest in a better quality dryer and a vacuum sealer. I was already drying excess food from the garden to use over the winter and this little book gives me so many new ideas, not just for Motorcycle Camping, but preserving more of our garden harvest.

I wish I had the knowledge in this book twenty-five years ago. I can finally get the best of both worlds. Lightweight and healthy backpacking food. This book has changed everything for my backpacking experience and I can promise you will never find another freeze dried meal in my backpack again. I have spent the last three weeks testing the recipes and all have proven themselves worthy of a place in my pack and because they are packed dehydrated there is a lot more room in my pack. The sweet potato bark rocks and has also replaced a couple of store bought snacks my kids used to eat. They throw a bag of it in their packs on the way to practice and have gotten request from their friends for it. Chef Glenn, you and your book rock!!! My advice for anyone looking at this book is to buy it and buy a couple of extra for gifts to your backpacking friends.

We purchased a dehydrator solely for camping food. For years we had purchased dehydrated meals, but the quality isn't great. We were short of time and I bought the exalibur as recommended by Chef Glenn. This book is all you need to start on your dehydrating journey. Much of the information is available online at various places, but I like the convenient all in one place format. Glenn recommends starting well in advance of a trip, but I didn't know that and found myself running the dehydrator 24 hours a day for about a week plus dehydrating some food in my oven. (I wasn't sure how much we needed and went a little overboard for our first trip). Long story short, once you start dehydrating your own camping meals, you will never go back. We've been home a week and still eating some dehydrated meals to finish up. The food has been dehydrated for 30 or more days now, we did not vacuum seal (did not have time to invest in that for this trip) and is still in great shape. I can see eating more of this food even when car camping with a cooler as it makes cooking fast and easier. We are still learning but this was a great start and there are still things in the book I want to try (i.e. scrambled eggs). I learned my husband and I each eat about 1 1/2 - 2 cups of dehydrated food for a dinner, depending on what else we may eat at the meal. It would be hard to pack for a back packing trip the first time out not knowing how much you would use on average for

various meals. We used dry packaged gravy mixes for stews which worked great, just add to dehydrated ingredients. One small quibble with Glenn, his pumpkin pie recipe needed hot water to rehydrate, did not work with cool water. Another is some recipes use too much apple juice/syrup -- we don't need all that sugar and nor is it needed to dehydrate -- this will take a little experimentation. The bean bark recipe worked great as a staple for many mixtures, next time I will do the same with a mashed potato for stews. Also, chicken worked great -- we pressure cooked in the instant pot then dehydrated. Can't recommend making your own food highly enough!! If purchasing the excalibur, go for the larger size -- you'll use it. Our next project is jerky. Bottom line, this book is all you need to start making food for camping, backpacking, travel . . .

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