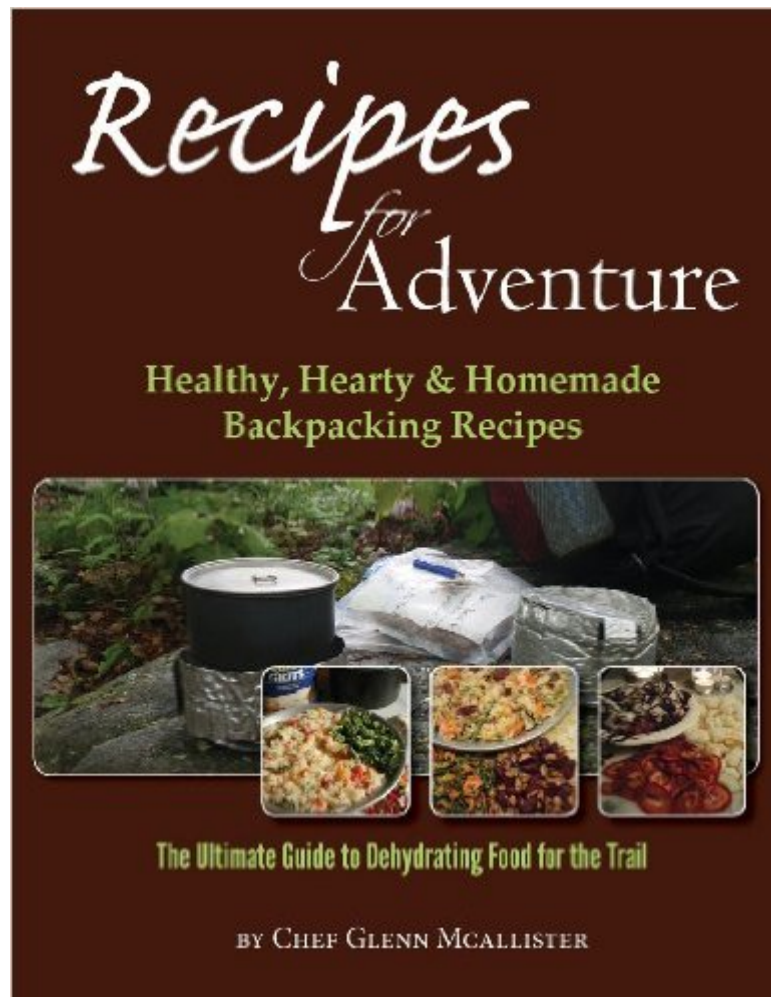


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# Recipes For Adventure: Healthy, Hearty And Homemade Backpacking Recipes



## 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

Paperback: 98 pages

Publisher: CreateSpace Independent Publishing Platform (June 12, 2013)

Language: English

ISBN-10: 1484861345

ISBN-13: 978-1484861349

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 11 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars – See all reviews (114 customer reviews)

Best Sellers Rank: #33,879 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #8 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators

## Customer Reviews

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 recipe 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!

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.

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 bought this book after finding Chef Glenn`s website while looking for tips for dehydrating food for my bug out bag. I wanted alternatives to the expensive store bought dehydrated meals. I found myself constantly going back to his website to get more info when I saw the book advertised. It`s great not having to log onto the computer for every little question I have. The book is very comprehensive from buying a dehydrator, dehydrating meals, storage, and re-hydrating food. I've put it into practice in my everyday meal preperation with Mason jars of dehydrated vegetables and rice in Mason jars on my counter just waiting to be tossed into soup, or, with just a few minutes in water, any recipe I need. It has really decreased my meal prep time. Since I eat 6 times a day, this is huge for me. I've shown the book to a co-worker who vacations in an RV with his wife. They were so excited about using dehydrated meals on their vacations, they went out and bought a dehydrator.

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.

I purchased this book a month before my first backpacking trip. My biggest concern about backpacking was having to eat unhealthy, over-processed preservative laden backpacking food. Even the organic brand I found had maltodextrin in it. After reading Chef Glenn's book and understanding how easy (and FUN) it would be to make my own, I purchased an Excaliber 9-tray dehydrator, some silicone tray liners (for making 'barks'), healthy ingredients, and went to work. What I loved about this book was the information and tips he provided to convert your own favorite recipes into trail meals. An example of this would be dehydrating chicken meat. The rehydrated results are tough and chewy, but using canned chicken, because it has been pressure-cooked works great. I have to say, I am not a fan of canned anything, but when I found canned cage-free organic chicken, so I experimented with my favorite white bean chili (my recipe). The results were awesome. Even better, I made the chili and then dehydrated it as a 'bark' (instead of dehydrating each ingredient separately.) Chef Glenn recommends insulating your cooking vessel to keep food hot while it is rehydrating, and shares links of how to make your own or buy one made to order. If you prefer to cook and eat in a pouch, he provides a web link to make your own reusable-insulated-mylar-pouch. You place the bag that you vacuumed-packed your meal in (I use Foodsaver vacuum heat-seal bags because they are labeled safe to simmer in and resist punctures) into the insulated mylar pouch and add boiling water. I believe this info is also available on his website [backpackingchef.com](http://backpackingchef.com). And for those of you who are Vegan, I think this book is a useful resource for turning YOUR favorite recipes into dehydrated meals. One last thought...while reading this book it became very apparent that Chef Glenn's mission is about sharing his passion for delicious food and combining that with his passion for the outdoors. I am grateful for the time he invested in creating a useful resource. This is so much more than a cookbook.

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