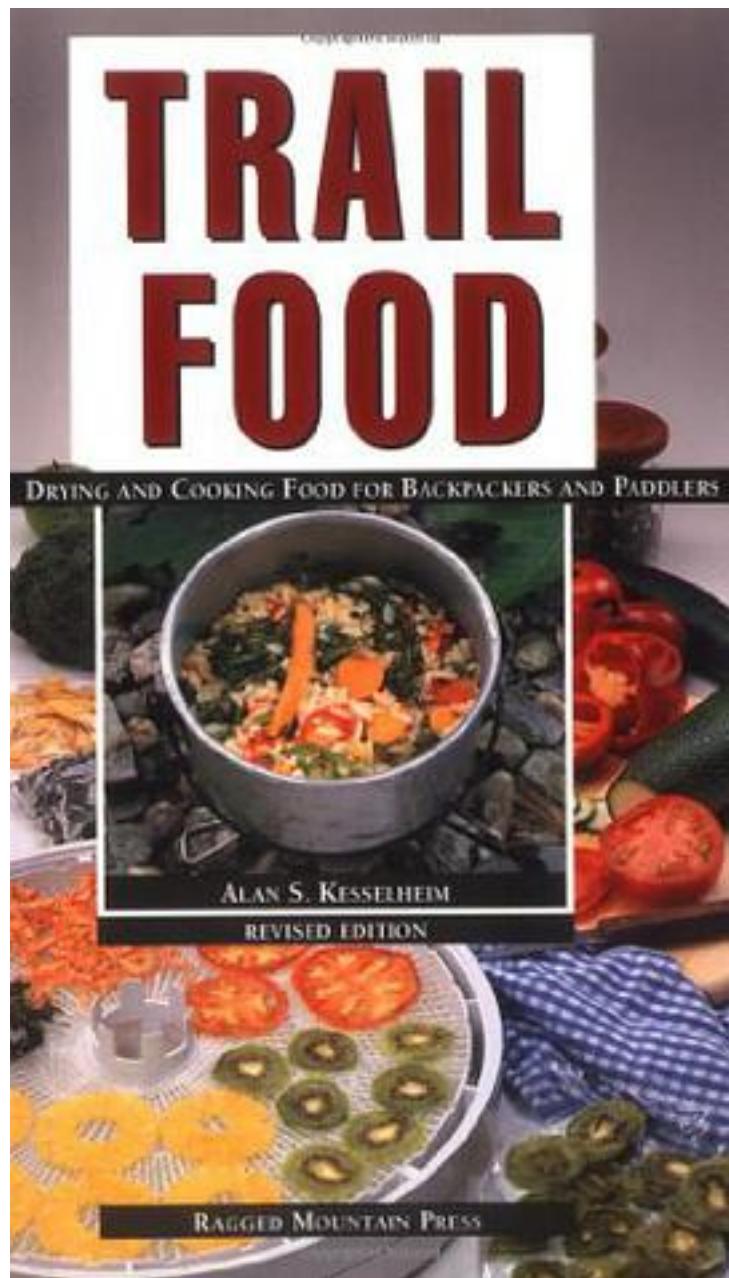


# Trail Food



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著者:Kesselheim, Alan S.

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" ...a book that will appeal to everyone who has ever choked down the pre-packaged, bargain-basement camp food (or gone bankrupt buying the good stuff)." - Canoe & Kayak "...if you're on the lookout for a way to bring real meals to the field, [this book] might have the answer." - "Field & Stream". Life in the outdoors revolves around food - cooking it, eating it, packing it, carrying it. We even fantasize about it, especially after a week of eating store-bought provisions. This book is all about fulfilling those food fantasies and avoiding those expensive disappointments. "Trail Food" tells you how to remove water from food, to make it lighter and longer-lasting, without removing its taste. Learn to plan menus and prepare meals just like the ones you left behind, using fresh foods from your garden or market, prepared and seasoned the way you like them. Why fantasize when you can have the real thing?

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