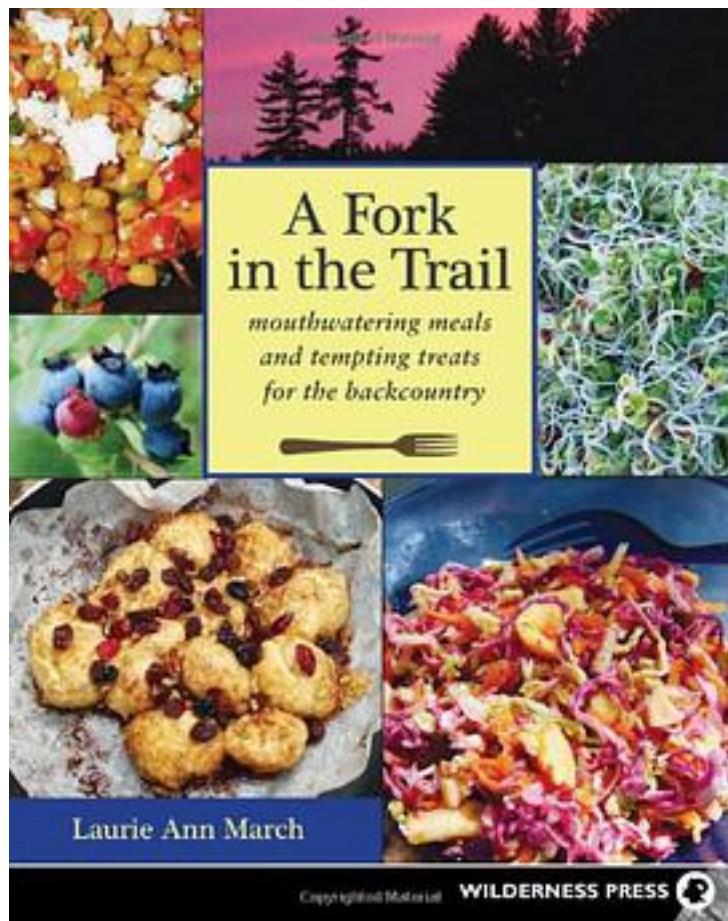


# Fork in the Trail



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This cookbook, *A Fork in the Trail*, will forever change the way you eat on your outdoor adventures, whether backpacking in the wilderness, paddling, or even car camping. 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 208

lightweight, mouth-watering recipes to turn an ordinary backcountry trip into a gourmet adventure. Some recipes are cooked and dehydrated before the trip, a process that's surprisingly easy. Preparing dishes such as Lemon Wasabi Hummus is as simple as adding boiling water. Other recipes, like Tropical Couscous and Chai Tea Pancakes, can be prepared in camp in just minutes. Laurie also demystifies backcountry baking; who wouldn't want to end a long day of hiking with comforting Pear Berry Crumble topped with Trail Yogurt? The author an, outdoor chef extraordinaire, has compiled only those recipes that survived ease of preparation and rigorous taste tests (by the author and many of her lucky friends). And of course, all are lightweight. Most recipes are found nowhere else: Garlic Shrimp with Orange and Balsamic Sauce, anyone? You'll also find kid-friendly recipes that they can make themselves In addition to the recipes, A Fork in the Trail covers menu planning, recipe creation, and meal planning for families and larger groups.

作者介绍:

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