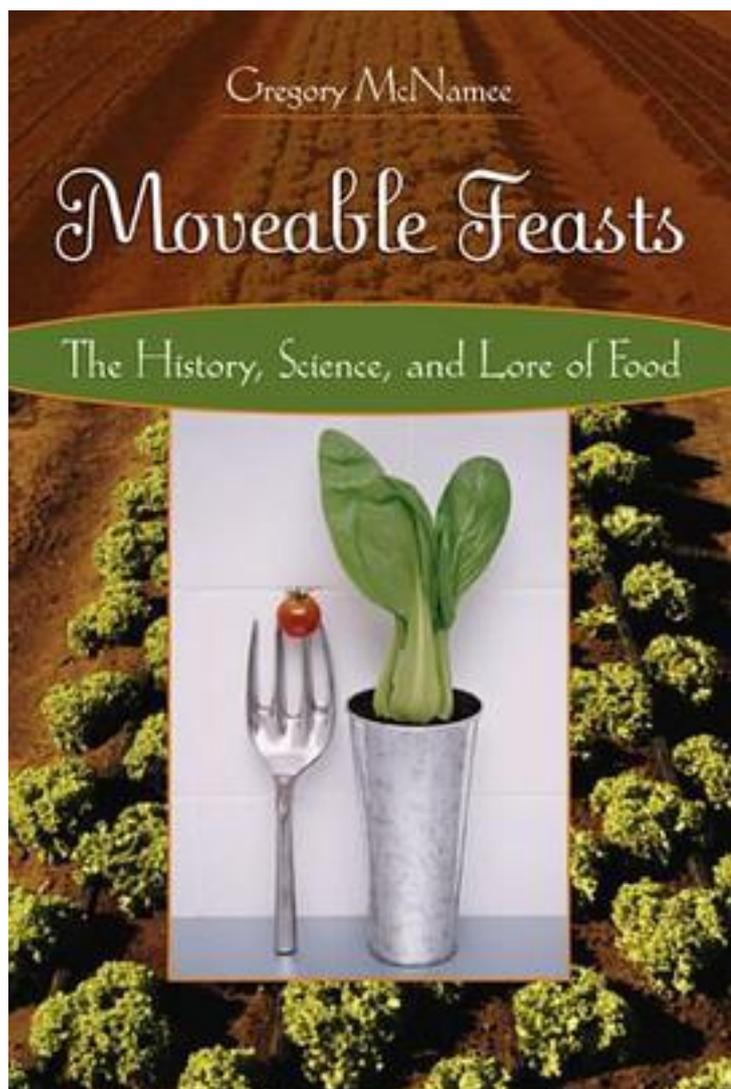


Moveable Feasts



[Moveable Feasts_ 下载链接1](#)

著者:Beer, Amy-Jane/ Halpin, Roy

出版者:

出版时间:2008-10

装帧:

isbn:9781852845346

Moveable Feasts: What to eat and how to cook it in the great outdoors is a unique guidebook to optimal nutrition and camp cooking for anyone who wants to cook or eat outdoors. So whether you're a seasoned mountaineer, backpacker, paddler, mountain biker, adventure racer or completely new to the outdoor life; whether you're camping on an official site or in the wild; whether you're competing, hanging out with mates, or exploring with the family, there's something here for you. Presented in two parts, Moveable Feasts is all you need to plan your catering for your next camping trip, whatever your camping style. Part one is crammed with practical advice in 10 chapters on topics such as: nutrition, camp cooking equipment, water storage and treatment, camp larder basics, packing, storing and transporting food, running your camp kitchen, camping with children and sourcing wild and seasonal foods. Part two describes nearly a hundred easy-to-follow recipes for nutritious, mouth-watering camp meals - snacks, main meals, puddings, cakes and drinks - that will fuel you well into the next day's action. And there's an index to help you find the high-energy, lightweight, child-friendly, vegetarian, prepare-at-home or super-quick recipe options.

作者介绍:

目录:

[Moveable Feasts 下载链接1](#)

标签

评论

[Moveable Feasts 下载链接1](#)

书评

[Moveable Feasts 下载链接1](#)