



## **Backpack Gourmet: Good Hot Grub You Can Make at Home, Dehydrate, and Pack for Quick, Easy, and Healthy Eating on the Trail**

*Linda Frederick Yaffe*

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Over 160 recipes for soups, stews, pasta, casseroles, and breakfast and snack ideas  
Potato Soup  
Parmesan, Seafood Stew, Sweet and Sour Noodles, Spicy Chicken  
Tips on drying food in a dehydrator or oven  
Meals on the trail can be as delicious and varied as meals prepared at home. You can create meals to suit your tastes or diet--vegetarian, low fat, Asian, Italian. Meals prepared and dehydrated at home are compact and lightweight, perfect for the backpacker, and safer than packing perishable foods. The author shows how to prepare the meals so that they will travel well and will be easy to reconstitute in camp. The easy step-by-step instructions detail how to cook and dry lightweight, satisfying meals at home and then prepare them easily in camp--truly complete, instant meals.

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# **From Reader Review Backpack Gourmet: Good Hot Grub You Can Make at Home, Dehydrate, and Pack for Quick, Easy, and Healthy Eating on the Trail for online ebook**

## **Erin says**

Being gluten free, this book was ok, it would require a lot of tweaking to the recipes but I could manage. I personally don't eat a lot of refined carbs like pasta and bread (even if GF) and that's what the majority of this was.

I hate to say it, but the most helpful part of this book was the suggested readings in the back.

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## **Cory verner says**

A good quick read if you just want some information on dehydrating food. Probably is best used to get new ideas for the trail. If you've ever been stuck for days with a pack full of Mountain House meals, you know you need to do something...that's what prompted me to pick up this book.

In reality much of what is found here can be located for free on the web, but if you want an easy way to browse hundreds of recipes in one place then maybe this book is for you. I prefer to have my wife make a few home cooked meals and start there as a base. Getting too fancy with this stuff is a lot of work and let's face it, expensive.

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## **Kate says**

These recipes look really good, even for just eating at home! I will have to look into a dehydrator to try with our family's favorites. These will be great for trips to the Boundary Waters!

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## **Bob Miller says**

I prepared several trail snack receipes from this book: all were great. She focuses on one pot meals more than some more 'elaborate' backpacking cookbooks. If I ever acquire a dehydrator, I will get back to this cookbook.

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## **Heydi Smith says**

I've been searching for this book for such a long time. Finally a book that will tell me how to make dried meals for emergencies. This book is incredible!

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## **Martha says**

This gave me ideas not only for camping meals, but for improvements to my 72-hour kits.

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## **Felicia A says**

I heart this book so hard, and I am not even a backpacker. In fact, I stay as far away from the woods and mountains and trails as I can possibly get. If there is not a Starbucks within shouting distance, I am just lost, city girl that I am.

That said, I totally am a prepper-ish type, and this book is awesome for that. Prepped dehydrated meals that you can purchase come from God knows where and contain God knows what. If you prepare and dehydrate your meals yourself, you have much more control over the ingredients.

I tried a few of the recipes for bars and veggies, and all were just fine. I have stocked some things in the freezer and some in glass jars in the pantry...have been pleased and the kids even ate the stuff, which is the deciding factor for me.

What I unfortunately did NOT get to do, that I REALLY want to do, is try some of the complete meals (soups, stews, etc.), and dehydrate them myself. I do not think I have the right dehydrator for that. I have a home use Nesco type (the round kind) and I think to dehydrate liquid meals I need the pull out tray kind, and I have not yet purchased one. So bummed on that score, because I can't wait to try some, but I need to get a different dehydrator first.

Overall, even if you keep yourself off the trails but still plan and prepare at home for when the apocalypse happens (heh), this is a great reference book.

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## **Michelle says**

I really liked that there was variety in this book that is not available with commercial freeze-dried foods. I also liked that you cook the meal, then dehydrate. This makes cooking in camp a cinch. I just tried out rehydrating one last week on an overnight trip. I let it sit for a couple minutes with water over it. Brought it to a boil, stirred, and let it sit a few more. Great consistency, great flavor. So much easier and cheaper than store bought backpacking foods!

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## **Rhoda says**

Only criticism is that all the breakfast options; both cold and hot are sweet. Otherwise, I'm really excited to try some of these recipes - even for long road trips; not just hiking and camping.

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**Nicole says**

In preparation for this spring?

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**Angela says**

Highly recommended for planning light backpacking trips. I've gotten into some of the one-bag cooking lately, and this makes it all less complicated (and cheaper) by giving you recipes to make in full ahead of time, and *then* dehydrate. Much easier than trying to find all sorts of already-dried ingredients to combine. I tried the Salmon Stir Fry for this past weekend, and it was great!

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**Elizabeth Webber says**

I've used the recipes in this book several times and have always found them practical and tasty. The recipes are thoughtful about weight, taste, and nutrition for energy. A good book if you tend to know a while beforehand that you are going on a trip.

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**Chrissie says**

This book had a wide variety of recipes, yet nearly everything was dehydrated. It also wasn't very vegetarian-friendly. If you're a meat-eater planning for a longer hike, this might work for you - it just didn't have recipes that interested me.

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**Sarah says**

I gleaned a few ideas from this (well, mostly the idea that we could make hummus and dehydrate it) but didn't find it super-inspiring overall. I did like that although almost all the meals are dehydrated, they include instructions on how to use your oven if you don't own a dehydrator.

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**Christy Keeler says**

Excellent advice and tasty recipes. Different from similar books, these recipes are all single pot recipes. You make the full meal at home, dehydrate it as a complete meal, and then cover it with water and just reheat on the trail. The recipes don't require mixing in additional ingredients while camping and take seemingly less time to reheat.

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