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# Trail Cooking: Trail Food Made Gourmet

Bay Street Publishing

**Trail Cooking:**  
Trail Food Made Gourmet



Sarah Kirkconnell



## Synopsis

Sarah Kirkconnell, of Trail Cooking, brings 275+ recipes for eating well on the trail. Gourmet meals made simple, leaving you time to enjoy the view in camp. From breakfast smoothies to hearty dinners, to brownies, you will be well fed.

## Book Information

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## Customer Reviews

Sorry Sarah. I enjoy your posts on various forums and your blogs, and I would give the original FBC book six stars if I could. But this one falls short for me. The quantity and variety of recipes in this book are incredible. Unfortunately most of them are not to my taste or style - I'm a basic "meat and potatoes", the fewer ingredients the better kind of guy. But I cannot ding the book for not matching my style. What makes me give it low stars is the editing. Spelling and grammar are my worst subjects so when I can find typos you know they must be obvious. For example: "Heat the oil over a low flame in a non-stick wide pot or fry pan lid and saute them for a couple minutes" (saute what?) or "Brown tortilla on one until side crispy then flip and do the same..." There are also inconsistencies such as spelling Tablespoon in the instructions of one recipe and abbreviating it in the instructions of the next recipe. Also capitalizing Tablespoon in one set of instructions and not capitalizing it in another.

In some places "1-cup" is hyphenated and some places it is not. The thing I found most difficult however is the clumsy phrasing, such as "Meanwhile add water called for to the egg bag" or "Add the oil to the dry ingredients in a pan, and 1-cup water". But again, this is inconsistent - in some places the instructions read very clearly. It seems like the recipes were written (or edited) by multiple people with very different styles. There is one thing that I like about this version over the original. I really like that the recipes are all on one page. It is so much easier to assemble the meals before a trip when you don't have to flip pages back and forth.

This is the second book I've bought written by Sarah Kirconnell. She introduced me to Freezer Bag Cooking about 4 years ago, and it made a world of difference in my backpacking. My cook kit now consists of a cannister stove (MSR Whisperlite), a kettle (GSI Hae Tea), a cozy available on Sarah's website and a long-handled spoon. That's it. I pre-make and dehydrate most of my meals before I leave. Everything is packaged by meal except for snacks and condiments. At mealtime, I boil water, pour it in the freezer bag, put it in the cozy, then set up my tent while I'm waiting. When I'm done, I roll up the empty bag and stuff it back in the sack (or bear cannister). Nothing could be simpler. I just wish this book had more FBC recipes. I'm almost tempted to start packing my fry pan, but then I put it on the scale and shake my head.

We love Sarah Kirkconnell's cook books! We love to travel and camp and wanted a way to have healthy meals without worrying about ice. These recipes are very well written and easy to follow. We are using them for lunches as well as camping meals. We haven't tried one recipe we haven't liked.

Great for somebody planning a long haul. That needs a gormey hit on the trail. Easy recipes to follow, amazing tastes.

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