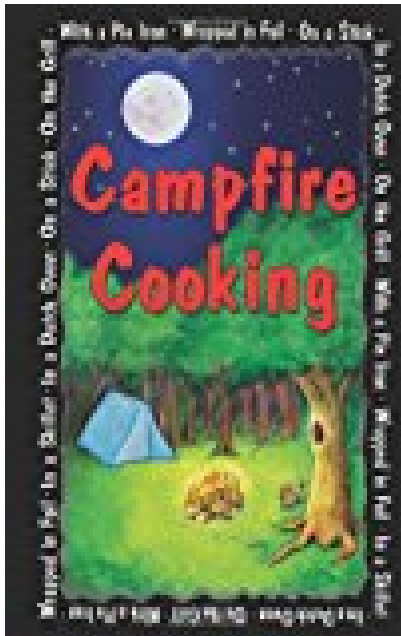


Campfire Cooking



BOOK DETAILS

- Author : G&R Publishing
- Pages : 128 Pages
- Publisher : CQ Products
- Language : English
- ISBN : 1563831929

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BOOK SYNOPSIS

Whether you are a weekend camper or a long distance hiker, "The Campfire Cookbook" is the ultimate practical guide to taking off, packing light and eating well. Chock full of practical and culinary tips, this fascinating book will show you just why fresh lemon juice, ginger and garlic are worth many times their weight, why dried fruits and nuts make the most potent nutritious meal to keep you going, and teach you how to plan meals for large or small gatherings, long or short trips. You'll learn how to create a functioning outdoor kitchen, even in a downpour, and find indispensable information on when and what to enjoy from the wild, from gathering fresh water or wild mushrooms, to lighting a safe and welcoming campfire with minimum impact to the environment, to how best to pack up and clean up when you leave. This book won't recommend a Spartan diet, or reliance on packaged freeze-dried meals every day of your trip; there is practical detail on cooking stoves and utensils, lightweight equipment and over 70 interesting and varied recipes, including those you can pre-prepare at home, for robust meals that you will truly want to cook in the great outdoors. This colourfully illustrated guide is an evocative yet essential book for any adventurer - pack lightly, tread carefully and eat heartily.

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