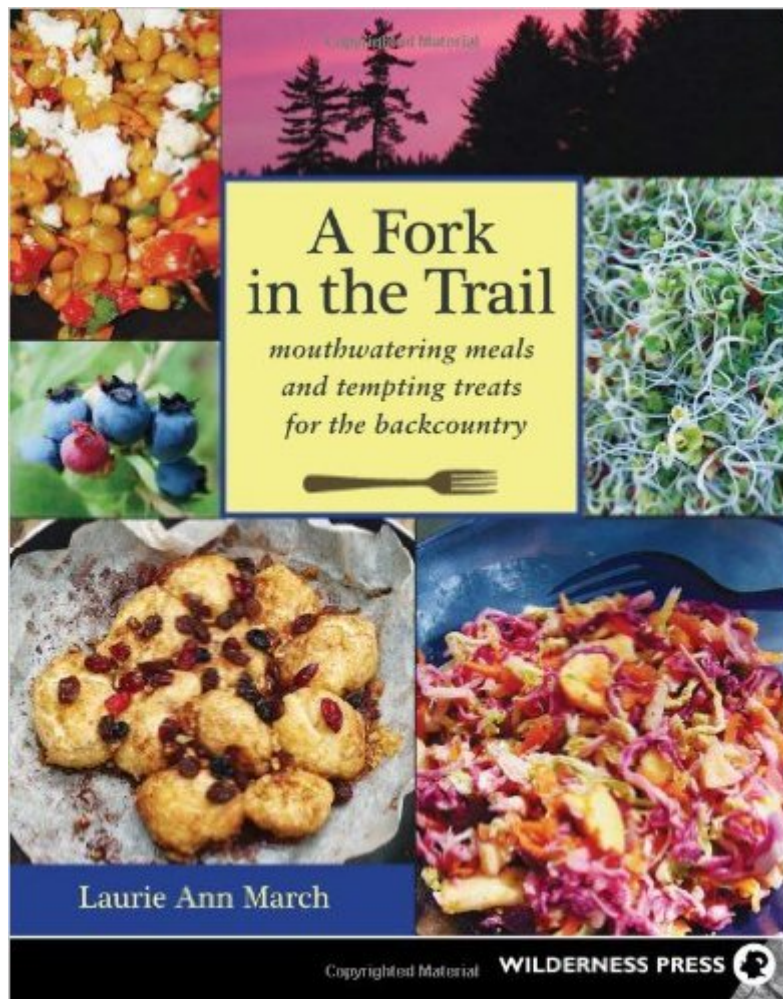


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# Fork In The Trail: Mouthwatering Meals And Tempting Treats For The Backcountry



## Synopsis

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 over 200 lightweight, taste-tested recipes to turn an ordinary backcountry outing into a gourmet adventure. In addition to the recipes, March covers menu planning, recipe creation, and meal planning for families and larger groups. Color photograph insert.

## Book Information

Paperback: 312 pages

Publisher: Wilderness Press; 1 edition (December 12, 2007)

Language: English

ISBN-10: 0899974317

ISBN-13: 978-0899974316

Product Dimensions: 7 x 0.8 x 8.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #122,816 in Books (See Top 100 in Books) #21 in [Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs](#) #373 in [Books > Sports & Outdoors > Hiking & Camping > Excursion Guides](#) #720 in [Books > Sports & Outdoors > Nature Travel > Adventure](#)

## Customer Reviews

A Fork in the Trail: mouthwatering meals and tempting treats for the backcountry  
By Laurie Ann March  
I have really enjoyed A Fork in the Trail even though I am not a hiker and am rarely in the backcountry. I do, however, have a boat, and the recipes in this book fit my needs as a boater to a T. There is not much space on our boat to store consumables, and in the moist environment at the marina or on the river does not lend itself to longevity for prepared dishes, so the use of dehydrated items and those that are easy to carry and take up little space in storage is perfect for me. I am very grateful to Laurie Ann March for doing the thinking part of meal planning for those long boat trips. Even though it is winter, and boating season is a few months off, I did try a few recipes from this book. It is my policy to cook from every book I review, and A Fork in the Trail was no exception. I even rehydrated dehydrated items to achieve authenticity. I first prepared March's Salmon Cakes, and found the addition of mozzarella cheese brilliant. We enjoyed them immensely on a Lenten evening with sides of buttered noodles, and green beans. (I had to resort to a fast food restaurant to get the packets of mayonnaise, but the recipe was worth the effort) Of course, people who hike and

people who boat collect additional packets of sauces and seasonings whenever possible anyway. March's Breakfast Bread Pudding was an ingenious use of powdered egg mix, and quite good. Prepared in my kitchen it was quite easy. I cannot attest to the outback oven method, but it does seem quite doable. I do recommend this cookbook to anyone preparing to hit the trails or water this summer. You may want to experiment, as I have, before the season starts so you will have an idea of how the dishes come out.

I just got this book a few days ago, and have already read it cover to cover. I am going on a month-long hike in Turkey soon, and am really looking forward to trying out some of these recipes. This book is a must-have for anyone tired of cheeseburger in a can. Laurie is creative and informative, and her recipes seem more like things you'd find on a gourmet menu than what you would find in the back country. If you enjoy cooking or just want to have great food on the trail, **GET THIS BOOK!**

I really have enjoyed this book and it inspired me to get a food dehydrator to make my own dehydrated meals for backpacking. There is a lot of variety, with different ethnic styles and spices. The one downside of the book is that the recipes are fairly complicated, needing a lot of ingredients and planning ahead. As I planned my meals for a 5-day Grand Canyon trek I found myself mixing in a few of the recipes in this book along with simple standbys like instant oatmeal for breakfast, pb&j for lunch, and pasta for dinner. I doubt I will have a lot of energy for baking cakes in the evening after a day of intense hiking! One suggestion I have for future editions of this book is to list the approximate weight of each meal as you would carry it (dehydrated ingredients plus canned, etc.) I would be interested to flip through and select the lighter meals when on a more intense trek. This book is totally perfect for car camping with the family, when you have time and energy to prepare more interesting food, bake bread, make cakes, etc. For a lightweight intense trek I will probably still stick with simpler fare, but I enjoyed the opportunity to think more creatively about mobile food!

I thought this would have a lot of great recipes in it, but I am just not that impressed with it. I was hoping for more meals that I can make and dehydrate and that would not be too complicated for backpacking. This has more involved (on the trail) recipes.

Delicious, easy to prepare recipes presented in a clear, logical format prefaced by very informative,

helpful backcountry cooking instruction. I love that the recipes start with a personalized introduction and are divided into 'At Home' and 'At Camp' instructions. Far more than just a compilation of recipes, it is a good read from cover to cover.

Of all the backpacking/dehydrating books I've used, this one is my favorite! The author's experience in camp cooking is evident. (Anyone who celebrates Thanksgiving every year by going camping and cooking a turkey in her a cardboard box oven has my respect.) The book is very well organized with a helpful section in the beginning covering everything from dehydration tips to sample meal plans for a week-long trip. The recipes cover an amazing variety of tastes and styles. Forget beef stew and gorp--try having African Chicken and Groundnut Stew or Blueberry-Orange Tea Cake. The ingredient lists on the side of the page, the symbols indicating whether the recipe is ultra-light, and the stats on serving size and dehydration time helped me quickly pick the recipes I wanted for our most recent trip. My favorite recipe so far is the Thai Chili Salad (page 72). It was easy to make, dehydrate, and rehydrate, but the combination of tangy lime and spicy cillantro was absolutely amazing on trail. The book splits it's space between light-weight backpacking/paddling recipes and more elaborate car-camping dishes. This book has changed the way I think about lightweight backpacking cooking! And the recipes are tasty enough that I may start using them for regular meals at home, too. Want to impress your friends with orange cupcakes baked inside hollowed-out oranges? This book is for you. Mary Ann Miller Bates (Author of "CH is for Chocolate: Individually Wrapped Tastes of Switzerland")

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