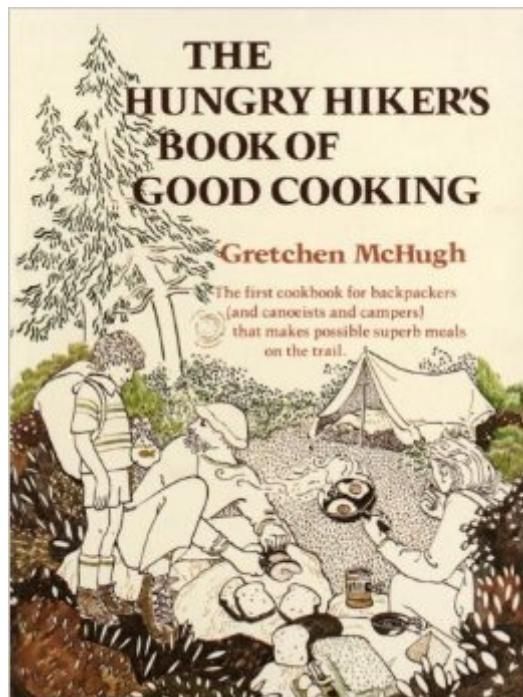


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# Hungry Hiker's Book Of Good Cooking



## **Synopsis**

A cookbook that tells you how to prepare your own delicious fresh foods ahead of time at home and then cook them outdoors over a camp stove or fire. Over 135 recipes.

## **Book Information**

Paperback: 304 pages

Publisher: Knopf (June 12, 1982)

Language: English

ISBN-10: 0394707745

ISBN-13: 978-0394707747

Product Dimensions: 6 x 0.9 x 8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.7 out of 5 starsÂ  [See all reviewsÂ \(21 customer reviews\)](#)

Best Sellers Rank: #1,099,561 in Books (See Top 100 in Books) #133 inÂ Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs

## **Customer Reviews**

I bought this for my Appalachian Trail hike and the recipies and techniques work every time! I'll never have a boring meal on the trail again! It tells you step by step how to prepare and package your food before you hike to elminate cooking time and weight....it's the best of all worlds!

Teaching backpacking classes at Grand Canyon NP, as well as backpacking for pleasure, has given me a true appreciation for good food on the trail. I am amazed at the books that are supposedly geared to backpackers that talk about cooking in a dutch oven! This book is written specifically for people who actually backpack and must be very careful with the weight they carry on their backs. You don't have to be a gourmet cook to prepare these meals either. This is THE book that belongs in every hungry backpacker's library.

Gretchen McHugh provides practical advice and guidelines on dehydration, equipment and meals for the backpacker who enjoys eating. The instructions and recipes are clear and easy to follow. Best of all, the results are very tasty! As a Trail Coordinator and Section Leader for the Florida Trail (alton2@mediaone.net), I highly recommend this book.

Am an Appalachian Trail section maintainer. This was the best "gear" purchase I ever made. I really

did almost wear out the local library's copy.

I purchased the first edition of this book back in 1982 when it first hit the bookstores and loved it. If you're only looking for a cookbook for backpacking/camping, you'll be very satisfied; if you're hoping for more information about outdoor cooking and equipment you might be disappointed. I thought that a new edition would include new equipment, techniques and recipes but it's actually the same book that was published in 1982 with a few web addresses in the back. Years ago, I actually built the dehydrator that's included in the book but it couldn't ever get it up to a safe temp for jerky and lacking a fan it took forever to dry anything. The author did include website links to different outdoor equipment suppliers but didn't bother mentioning that for around \$200 or less you can buy an awesome dehydrator from Cabela's that requires zero carpentry skills and actually dries food. I also didn't understand why the author didn't update the section on stoves. The stoves listed in the book (including outdated pricelists) are dinosaurs that haven't been sold for 20 years. They all weigh well over a pound whereas the cartridge stove I use weighs less than 4 ounces. I just think that a lot more could have been done with this book to educate the next generation of hikers and backpackers. I just returned the book for a refund. My 1982 copy is sufficient and still in pretty good shape.

This book was instrumental in the culinary delights that I experienced while on the Appalachian Trail. It goes to great length describing the cooking and drying techniques needed for great eats out on the trail and outdoors in general. Shows how to plan menus for one to ten hikers....three days to two weeks. I have recommended this book to many of my closest friends.

This book is the best on the subject of trail cookery. It contains excellent instructions for making home-dried foods, planning foods for weekend and week-long trips, and numerous practical, easy to cook recipes. Breakfast, lunch, dinner and snack foods are all discussed. Every wilderness tripper needs this book

My sisters and I have used this as our bible for the last 15 years or so when we head to the Boundary Waters or the Quetico for a week of wilderness canoeing. "Superb meals" are indeed what you get! A couple of our favorites are the Spaghetti Carbonara and the Vegetable and Ground Beef Stew, but there are lots of other recipes to suit every taste. Although several of us have invested in dehydrators now, the directions for drying food using the oven are really good too. The

jerky recipe could use a little more seasoning, but as with all cookbooks, one's own taste eventually dictates minor alterations. This is a great book for anyone who wants to lighten their load on the trail without sacrificing quality and taste. I'm so glad it was reprinted in 2002!

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