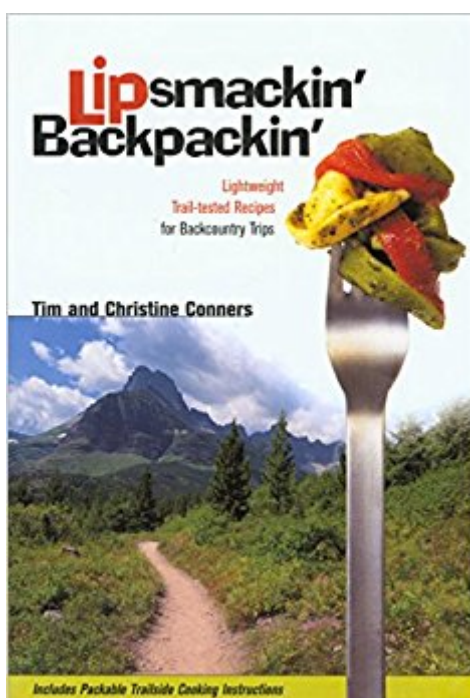


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# Lipsmackin' Backpackin': Lightweight Trail-tested Recipes For Backcountry Trips



## Synopsis

Tasty backcountry cookbook filled with trail-tested recipes providing nutritional information, food preparation and meal-planning tips from experienced long-distance hikers.

## Book Information

Paperback: 248 pages

Publisher: Three Forks; 1st edition (February 1, 2000)

Language: English

ISBN-10: 1560448814

ISBN-13: 978-1560448815

Product Dimensions: 9.1 x 6 x 0.7 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.0 out of 5 stars 62 customer reviews

Best Sellers Rank: #727,822 in Books (See Top 100 in Books) #93 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #499 in Books > Sports & Outdoors > Hiking & Camping > Camping #1238 in Books > Sports & Outdoors > Hiking & Camping > Instructional

## Customer Reviews

Tired of gorp, cereal bars, and beef jerky? Would you instead like to dine on spaghetti, chicken salad, and cheesecake in the backcountry? Now you can. Lipsmackin' Backpackin' is your guide to essential eating on the trail. A new kind of outdoor cookbook, this all-in-one food guide is filled with trail-tested recipes providing at-home preparation directions, on-the-trail preparation directions (including a special take-along section), nutritional information, the number of servings each recipe will produce, and the weight the ingredients will add to your backpack. You'll also get food preparation and meal-planning tips from experienced long-distance hikers. And once you have chosen your favorite recipes, mastered your outdoor cooking skills, and are ready for a hike, consult the back of this book for information on America's National Scenic and Historic Trails.

I bought this book because it was highly recommended, and because reviews of other backpacking cookbooks recommended this book instead. Maybe my hopes were too high, but my first impression is "the ultimate backpacking cookbook remains to be written." First, I will surely enjoy this book more over time. It features over 150 recipes the authors collected from other trekkers met on the trail, and this creates a lot of diversity in the recipes. But, like a church fundraiser cookbook that gathers recipes from every parishioner, good cook or bad, the recipes contained herein have

inconsistencies and problems that only experience will tell you to prepare the food differently. For example, several recipes call for soaking "instant" brown rice for several hours. In my experience, this suggests these hikers prefer a crunchy product that sticks in their teeth. Instant brown rice, even if it is soaked for hours, should simmer a bit, and that means carrying more fuel. Or it should be fully prepared before the trip, dehydrated and THEN rehydrated by a long soak (this works). This kind of detail is missing from several recipes. From a food safety perspective, I was disappointed to see so many meat, poultry, and fish-containing recipes lacking detail on the drying temperature or length of time. Fully cooked meat, poultry, and fish should be cooked at least 4 hours at 155 to 160 degrees, and THEN fully dried at a somewhat lower temperature. The recipes often omit such critical details, although a section at the front of the book suggests 140 to 145 degrees for meats. The recipes for drying raw meats are more specific, but again refer to temperature ranges from 140 to 175 degrees F, when the food safety goal is 160 degrees. A few recipes are intended for heavier packers - such as those that contain cans of Spam or bags of fully prepared boil-in-a-bag rice. Some recipes, especially breakfast and granola items, strongly resemble each other. So my ideal light backpacking cookbook would have these features .. and this cookbook has many of my desired features ... - lots of recipes (check) - diversity of ingredients (check) - serving size (check) - nutritional content per serving (check) - pack weight (check) - photographs (none in this book alas) - dehydration specifics for every meat, fish, poultry, or dairy recipe (very inconsistent in this book) - foods that can be rehydrated with cold or boiling water without simmering (also inconsistent in this book) Still if you want to see what other packers are eating, this is a great resource.

Do not be confused: THIS BOOK IS TO BE USED WITH A DEHYDRATOR. If you know that going into buying it, there is no way to complain. These recipes are tried and true by long distance hikers from all over the world. I used them to prepare for my AT thru hike, because dehydrated home made food is SO much more delicious and nutritious than the ramen noodles that so many long distance hikers eat for every meal. There are options for breakfast, lunch, dinner, snacks AND- a hiker's favorite- dessert. When I left for my hike, I left this book and my dehydrator with my mom who had no experience with either and she was an instant champ. The recipes in this book are pretty hard to mess up. I definitely recommend the Hudson Bay bread and pretty much all of the chili recipes. Think of this book as the hiker's guide to 5-star-dining on the trail. Remember to start dehydrating early, though, because a lot of these recipes take a full day or two to dehydrate completely.

I am a chef by trade and have backpacked a bit over the years. I am ashamed to say that even with my culinary background I ate the same MREs and mixed dried fruits and nuts as my fellow trail mates. This culinary excursion began when my wife bought a food dehydrator and I was looking for different things to dry. So I purchased this book It's not really a dehydrator book but has ideas for the trail that never occurred to me. I thought I must suffer dietary wise as that was just part of backpacking. This book taught me to simply take a little crisco with me opens up a lot of things. Like being able to cook pancakes with a dry mix at home just add water on the trail. Wow that's good on a crisp fall morning before a day of hiking. Many many more recipes are of use in this great book.

This cookbook is awesome. It will fill the needs of anyone looking for alternatives to the customary (preservative added) freeze-dried meals but will especially be beneficial to those whose concerns go beyond having a good time and eating decent food. The menus and printed nutritional values (unlike other books I've seen, thus far) give a backpacker the option of using the book's recipes as a tasty alternative to market freeze-dried food or as a serious nutritional guideline for those that recognize and consider the physical (aka nutritional) demands of certain types of backpacking. P.S. Recently bought this book (along with another unnamed, but decent, book) and have tried several of the recipes of both. I was SO impressed with this one, I searched and found another book published by the Conners... "Laipsmackin' Vegetarian Backpackin'". Had concerns about repeated recipes and e-mail, through the link, the authors. I had a reply in less than 2 hours time.... probaly about an hours time. Recipes in the Vegetarian edition are all different. Guess what's on the way to our house :). As I told Christine (one of the authors), I am excited about this other book giving my husband and I more menu alternative as well as for more gift ideas to our backpacking friends. As I told her, "this will hopefully help reduce our total pack weight" since we won't have a reason to carry extras.

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