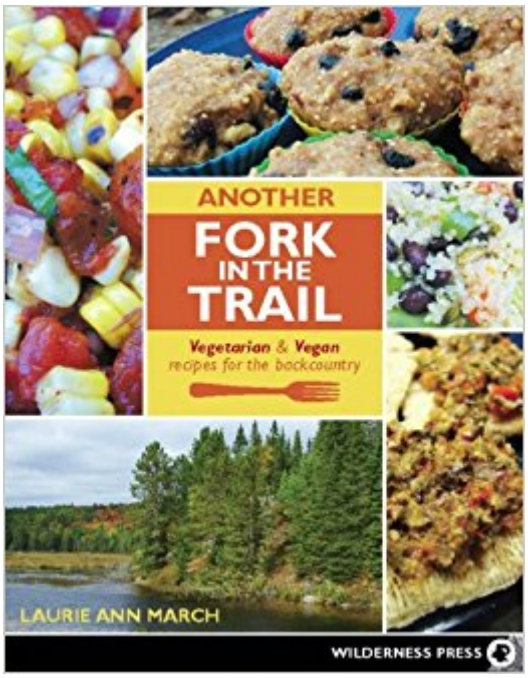
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Another Fork In The Trail: Vegetarian And Vegan Recipes For The Backcountry



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Synopsis

Packed with lightweight, mouthwatering recipes for backcountry adventurers, Another Fork in the Trail is focused on delicious, easy-to-prepare recipes for those following vegetarian and vegan diets. It includes more than 120 recipes, all of which survived Laurie Ann March’s rigorous testing, both at home and in the backcountry. Many of the recipes are gluten-free as well and thus suitable for the growing number of those suffering from celiac disease. From flavorful lunches, such as roasted tomato dip, to hearty dinners such as vegetable ratatouille, many of the recipes are prepared and dried at home, saving valuable time at camp. With recipes for desserts and baked goods in addition to the staples, the book covers menu planning and recipe creation and discusses other important considerations for the vegetarian and vegan outdoor adventurers.

Book Information

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Customer Reviews

"An outdoorswoman with a palate!"--Tamar Fleishman, Examiner, August 2014"Laurie Ann March is a charming writer and the perfect chef to guide you on your own adventure." --American Hiker Magazine, March 2012"Forget about eating prepackaged freeze-dried foods in the backcountry. In her new book, seasoned backpacker Laurie Ann March offers more than 160 vegan and vegetarian recipes and easy-to-follow tips for supping in style from a backpack."-- The Vegetarian Times, July 2011"Those who trek into the backcountry know the challenges of packing food for a few-days or few-weeks. Add special diets to the mix and the planning gets even trickier. Laurie Ann March helps smooth the road with Another Fork in the Trail, a collection of recipes designed to be enjoyed in the wilderness."-- The Daily Herald, July 2011"This book is for anyone who wants to try something

different, but it is especially useful for those with vegan, vegetarian and ingredient-restricted diets such as Celiac disease. But even if you don’t have any food restrictions, this cookbook will blow you away."-- Seattle Backpacker Magazine, July 2011

For those of you who do any wilderness camping and worry about trying to maintain healthy eating habits on the trail, check out this book. My wife and I have tried five of the recipes and all were delicious with healthy ingredients. You do need a dehydrator for most of the recipes, but there are some very tasty breakfasts that just require combining ingredients in ziploc bags. I have other vegan cookbooks, but I usually stumble pretty quickly upon some recipe stinkers. Not so with this book! I can’t praise it enough. It’s very well written and easy to follow.The book offers useful information about dehydrating camp meals and provides lots of resources to check out online. The author obviously has lots of experience wilderness camping and experimenting with what does and doesn’t work. As a result we, the readers, are the beneficiaries of her experiences. It’s worth its weight in gold!I love wilderness camping and this book helps me continue to eat healthy even in the back country!!!I’m off to try some of her other recipes!!

I’m not a vegetarian, but I am allergic to milk. Backpacking recipes tend to be pretty dairy heavy, and not having to adapt everything is great. These recipes are sometimes on the aspirational side for my preference for complicated cooking in camp but there is plenty here that’s great for my "boil water and combine" style. I might try some of the more complex ones car camping, or just at home.

More specific menu planning for various lengths of trips that take ingredients (wanting to make the most out of ingredients by using the same ingredient in multiple recipes during a trip) into account would be helpful.Otherwise, it’s an excellent book!

This was a gift for my uncle and he loved it! Some really awesome recipes and good tips.

Great layout, easy to follow directions. Be aware dehydrator is necessary.Solid book.

We do at least one 3 week canoeing trip each season and this book has given our meal planning a real shot in the arm. We’ve tried quite a few of the recipes and so far they’re all winners. The quick rise pizza dough was a real eye-opener and with our reflector oven allows us to make outrageously good pizza. This is book is especially useful if you already own a dehydrator.

This book makes me want to backpack more so I can try out ALL of the recipes! Everything I've made has been super delicious. Pro-tip: plan meals for your trip early. You can just make a double batch of lots of the recipes and eat half for lunch/dinner and dehydrate the rest.

Great book for dehyrdrating meals on the trail. My favorites so far are the salads. Thanks.

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