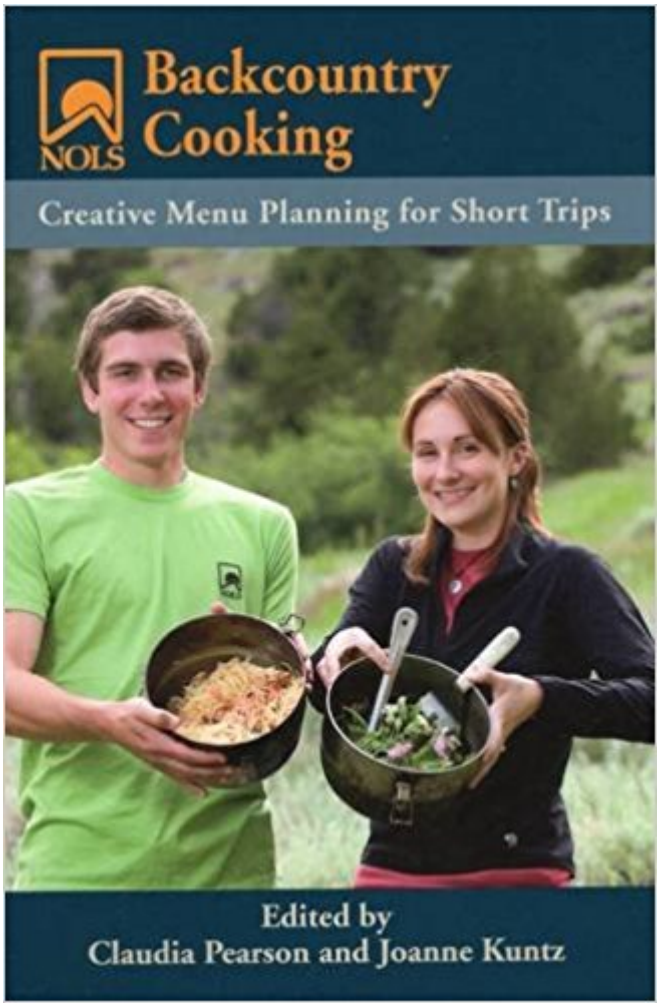
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NOLS Backcountry Cooking: Creative Menu Planning For Short Trips (NOLS Library)



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Synopsis

Meal planning for short outdoor trips (5 days or less) and small groups (1-4 people) 32 recipes including breakfasts, dinners, beverages, desserts, and snacks Cut down on expense of freeze-dried plus eat better nutritionally NOLS Backcountry Cooking provides sample menus and packing tips for tasty meals, snacks, and beverages to prepare during short wilderness excursions. Recipes include Tabouli Salad, Vegetarian Meatballs, Cowboy Coffee, and No-Bake Eskimo Cookies.

Book Information

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Customer Reviews

Editor Joanne Kuntz serves as book publishing coordinator of the National Outdoor Leadership School in Lander, Wyoming. Claudia Pearson is rations manager for the National Outdoor Leadership School’s Rocky Mountain Branch in Lander, Wyoming. The National Outdoor Leadership School is the leading educational organization for outdoor skills and leadership and offers courses in the world’s most spectacular wilderness classrooms.

If you have ever taken a NOLS course out of the Rocky Mountain branch, then you’ve most likely experienced the privilege of working with Claudia and the wonderful staff at The Gulch, who are extremely wise in the realm of nutrition, and very experienced with helping students. I really learned to eat in style while backpacking - and more importantly, how to supply myself with the proper

amount of fuel for physically arduous expeditions.During my Outdoor Educator Semester, we lived out of theÃ Â Nols Cookery (National Outdoor Leadership School)Ã Â - a wonderful book filled with recipes and strategies for bulk ration meals, a staple of the NOLS philosophy and the foundation of the best eating that I've ever done in the wilderness. Having had to return to the harsh reality of life outside of NOLS, I constantly found myself wondering how to adapt the skills I acquired to shorter trips, while maintaining the high quality of the food I cooked.This book was made exactly for that purpose; imagine my delight! Repackaged in a convenient smaller size, easy to take with you, and filled with wisdom and some of the finer and more simply prepared recipes that NOLS has to offer. For baking, you'll want to acquire the NOLS Cookery (I made some WICKED pizza in the canyons of Southeast Utah, along with some death-by-peanut-butter-brownies,) but for delicious meals like the Gado-Gado spaghetti or cheesy hash browns, this book has you covered.My recommendation? Get both the Cookery (write some of the recipes down) and this book, and take this one in your pack with your recipe notes. My thanks to Claudia, Joanne, Pat, and the rest of the amazing support staff who made this book and all the expeditions out of the RMB possible!

Too few recipes. This is more of a pamphlet than a book. Very disappointing.

A perfect addition to my home NOLS library. No better source for information and training!

This has very basic information about back country cooking where weight is a concern with everything, the food, as well as the pots and pans, etc. If you are new to camping and need a place to start, this book is simple and concise and will help you get started. If you are already familiar with backpacking or are looking to upgrade your meals from pre-packaged freeze dried camp food, then look to Laurie Marsh's "A Fork in the Trail" or other more gourmet offerings.

Not as substantive as I'd hoped for.

When you don't need the Full on cook book and want EASY - short alternatives; try THIS book.ALL the Principles of NOLS cooking,but SO much simpler!!

Great little book with really good info. A bit smaller than I had anticipated, but I certainly can't complain about the info and recipes it contained!

I am going to school to become a National Park Ranger, and this book instills a lot of values that we look for in our National Park visitors. These things include 'Leave No Trace' and the menu choices are definately affordable and healthy! Great buy!

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