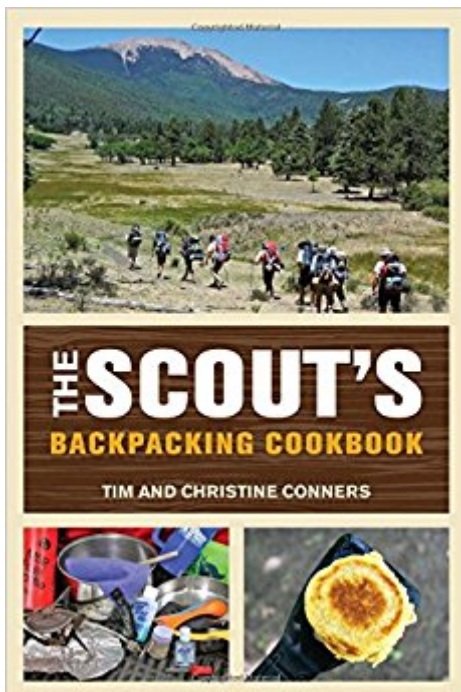


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Scout's Backpacking Cookbook



Synopsis

Like *The Scout's Outdoor Cookbook*, this new cookbook will bring together outdoor recipes, cooking methods, and tips for a Scout-friendly cooking experience. This user-friendly cookbook is aimed at Boy and Girl Scouts and their leaders, but is appropriate for backpackers, campers, canoers and kayakers, or anyone else who wants to eat well in the wilderness.

Book Information

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Average Customer Review: 4.7 out of 5 stars 13 customer reviews

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Customer Reviews

"Veteran backpackers Tim and Christine Conners prove once again that they know their territory well. They share a wealth of new trail-tested techniques for packing energy-charged food that doesn't weigh down your pack or you. This is the long-distance hiker's essential guide for dumping the nonessentials and going farther faster while feeling stronger longer." —John R. Clark, Managing Editor, *Scouting* magazine

"With *The Scouts Backpacking Cookbook*, leaders have a wonderful tool to help them introduce a wonderful skill to their youth. The introduction takes us through the basics and is a great refresher for anyone taking scouts on a backpacking trip. The menus vary from great things to try with a small troop on their first expedition to an experienced Venture Crew looking to 'chow down' after a great day on the trail. Well done and a great resource that should be in every Troop and Venture Crew library and used when menu planning!" —Vincent P. Cozzone, Scout Executive/CEO, Venture Crew Advisor Crew 149, Waterloo, Belgium; Boy Scouts of America Transatlantic Council

"Christine's and Tim's books are a wealth of cooking and camping knowledge that every novice and

experienced camper/hiker should not do without. The recipes are clear and easy to follow and the preliminary "how-to" tips are invaluable for the planning work and safety advice, in order to "Be Prepared" for all possibilities. I think that everyone wanting to learn more about outdoor cooking should run out and get a copy for their cooking library!"

— Michael Kaiserauer, Council Training Chair, Boy Scouts of America Transatlantic Council, Berlin, Germany

Reviews for the Connors's previous books: *Lipsmackin' Backpackin'*: "Dutch oven, campfire, camp stove and box oven recipes are just some of the many that can be found in this cookbook."

— Scouting Life "Authors and avid hikers Christine and Tim Connors have collected and compiled recipes and tips from Boy Scouts, Girl Scouts, and Scouting leaders all across the country representing the best in campout cooking for troops large and small. Each tasty recipe is accompanied by easy-to-read information about cooking method, basic essentials, and instructions. Everyone can enjoy healthy eating balanced by a little bit of indulgence . . ."

— Scouting magazine *Scout's Outdoor Cookbook*: "A unique cookbook for all campers."

— Library Journal "Some of [the recipes] are a little wacky, but that's half the fun! The recipes are about good food."

— The News and Observer (Raleigh, NC) "You will love these great outdoor cooking recipes, and so will any other camping fan.... Plenty of recipes for every outdoor cooking situation."

— USA Fundraising.com

Cooking on the trail is a unique challenge requiring unique solutions. For newcomers to the trail, *The Scout's Backpacking Cookbook* addresses the skills necessary to meet the challenge by showing how to successfully plan and prepare a backpacking menu while keeping the weight of your food and cooking gear within reason. Each recipe has been personally tested and approved by the authors and is accompanied by at-a-glance information about cooking method, preparation time, challenge level, and servings. Over one hundred outstanding recipes spanning a wide range of preparation techniques and meal categories for experts and novices alike provide plenty of easy options for your next adventure. The backcountry beckons and the high mountains call. Whether you're hungry for Fear-Factor Beef Jerky, Coyote Butte Coleslaw, Vent-the-Tent Burritos, or another trail treat, you'll find the perfect backpacking recipes collected in this book. As you follow the lure of the trail, may this book enhance the fun and fellowship that you and your troop or crew find in the wild places of the world.

If you are a scout leader buy this book and plan your first trip. The introduction is excellent for the boys, explaining in concise language how to prepare and execute backpacking meals. The book

even includes step by step instructions on how to prepare your first meal. There is a good portion of recipes that require drying equipment but not that many that you are limited. The book is more of an instruction guide with suggestions and tips on how to prepare rather than a list of ingredients and how to put them together. I have a trip planned in two weeks and plan to test out several of the recipes on the trip. I will update once I get back. I have not been able to locate the NIDO powder at any specialty stores near me but have found it here at Nestle Nido Instant Dry Whole Milk, 12.6oz - Pack of 2 Cans! It's been several months and a couple of trips on the AT later. I have field tested many of the recipes and I have to say they are excellent. The directions are spot on and I have my son who is a webelo looking to the book to prepare the next meals when we are hiking. When we get home he tells mom that the food was excellent. I have also purchased the companion Dutch oven book and have received rave reviews for the jambalaya.

There are some great recipes to try as described. There are also recipes that I will experiment with (as many chefs do :-). For example, some of the recipes rehydrate by boiling water in a pot, adding the ingredients and then simmering. I'd like to try using the vacuum pack bags I package meals in and pouring boiling water into them (approved by the manufacturer) and then placing them in a cozy to heat and rehydrate. This would add to preparation time, BUT cut down on fuel consumption and the amount of dishes to wash! That said there are some great recipes, good directions, and a sprinkle of humor as well in some of the descriptions. Great book!

Bought this book to meet the free shipping mark. Refreshed our memory and gave us some new ideas for the two new scouts in the family that we can share with their Pack and Troop (one of the new scouts is a girl).

Several simple recipes and old standbys but also some good selections. Like most cookbooks, a recipe is just a starting place. The trickiest part is using the recipes to inspire the scouts to tastier cooking and meal preparation. So good so far.

The recipes look good and are not too hard to follow. Now we need a dehydrator. Purchased for my son as he is a Life Scout and in charge of meal planning for his troop.

The Scout's Backpacking Cookbook is excellent starting source for young and old scouts. Simple easy to make recipes at home or on the trail.

Great book for a little Boy Scout Camper!

The church scout troop will put it to good use.

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