



Simple Foods for the Pack: Sierra Club Books

Vikki Kinmont, Claudia Axcell

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Anyone planning a wilderness trip should read Simple Foods For The Pack."

-- The New York Times

This new, updated edition of the original -and best -- natural foods backpacking cookbook features a wealth of trail-tested recipes for portable, delicious, easy-to-prepare meals, now enhanced by the expertise of a Cordon Bleu chef. The more than 180 mouth-watering recipes stress variety and flavor as well as convenience, low cost, and nutritional value.

Highlights include:

- Exotic delicacies such as Moroccan cous-cous, hot and sour soup, and salmon in tomato orange sauce
- An expanded dessert section featuring such taste-tempting treats as chocolate fudge pudding, walnut spice cake, and high mountain pie
- Recipes to make both at home and in camp
- Tips on packaging and packing foods
- Suggestions for tools, utensils, and staple ingredients

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