



# One-Pan Gourmet Fresh Food On The Trail

*Don Jacobson*

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## **How to prepare simple, delicious meals on the trail**

If you think eating in the backcountry means either cooking out of your car trunk on a multiburner stove or subsisting on dried fruit and freeze-dried pouch food, think again. In the first case you're not really in the backcountry, and in the second case, says Don Jacobson, you're not really eating.

*The One Pan Gourmet* shows you how to enjoy Mother Nature and enjoy easy, tasty, and satisfying meals using fresh ingredients and only one pan, pot, or small oven.

Don has gathered and trail-tested all the recipes, and he's added some new favorites for this edition. He's also included up-to-date information on cookware, outdoor stoves, and water filtration, as well as:

- More than 175 recipes for breakfast, lunch, dinner, and dessert
- Vegetarian options and low-fat choices
- Provisioning and packing advice
- Weekend menu plans for pan, pot, and oven

"Will improve the eating habits of all hikers. Gives the overnighter a delightful (yet luxurious) addition of tasteful, well-devised meals that require only one pan, pot, or do-it-yourself stove." *Sierra Outdoors*

"Jammed full of a wide variety of dishes." *Sea Kayaker*

"Offers a unique perspective on using fresh foods in the wild." *American Hiker*

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Reading can called brain hangout, why? Because if you find yourself reading a book specially book entitled One-Pan Gourmet Fresh Food On The Trail the mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely will end up your mind friends. Imaging just about every word written in a book then become one form conclusion and explanation which maybe you never get before. The One-Pan Gourmet Fresh Food On The Trail giving you one more experience more than blown away the mind but also giving you useful facts for your better life within this era. So now let us demonstrate the relaxing pattern this is your body and mind will probably be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary spending spare time activity?

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