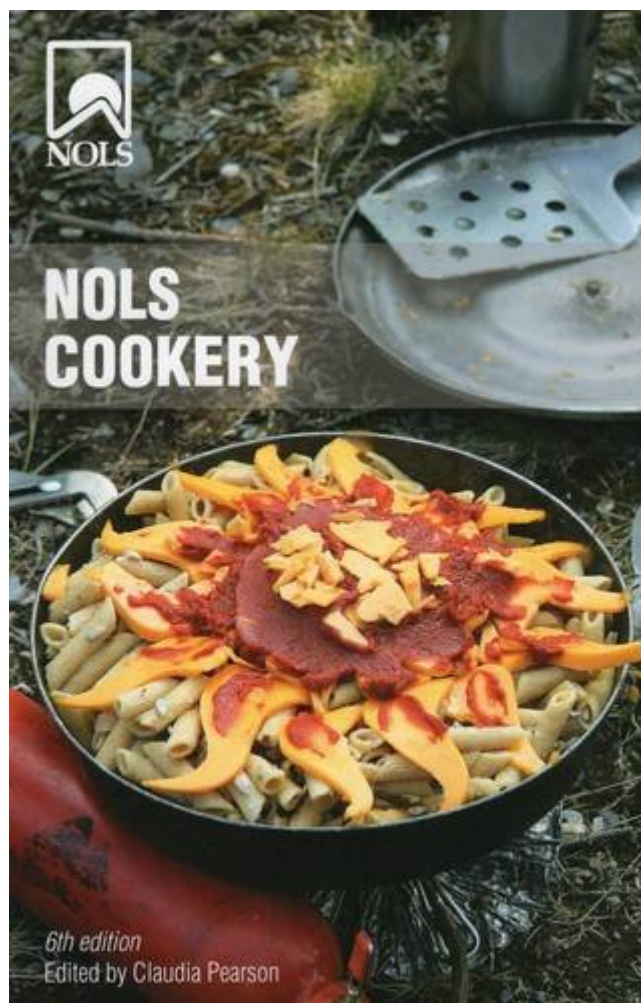


The book was found

# NOLS Cookery Book



## Customer Reviews

I completed NOLS back in the 1980's and am now guiding a Boy Scout Troop Backpacking program. This book has been the best one I have found to teach how to plan for backcountry cooking & meals! The explanations of caloric and protein requirements and counts, the NOLS cooking method (bulk, creative vs. pre-planned meals), and backcountry kitchen tools was understandable by the Scouts, as well as adults. And the recipes were great! A key resource for any backcountry program.

Nice update to the 5th edition, adding some recipes with home preparation or simpler trail prep. The NOLS-style from scratch recipes are still there. Every recipe has nutritional info--fat, protein, carbs, and so on. Even if you don't plan to cook NOLS style, you should get this book for the chapters on planning and cooking technique. The info on nutrition and ration planning is clear and comprehensive. The cooking techniques include the best discussion of cooking fires that I've seen. I read this before bed and dreamed of making yeast bread on the trail. Maybe tonight I'll dream of Donna Orr's Gado-Gado Spaghetti.

This book contained all the information I was hoping for and some more. The NOLS method presented makes eating well in the field a lot cheaper than the freeze dried meal in a bag method. It also makes for much tastier meals that are far easier to customize. It will also stimulate your imagination and creativity for outdoor cooking.

The Kindle version is perfect to take outdoors with you! Easy outdoor recipes that have been taught to thousands of NOLS students, I found they really worked well for me. A must have for anybody keen on backcountry life.

I am so glad that I found this book. The recipes are easy to follow and prep. A great resource for anyone not wanting to eat freeze dried meals in the backcountry.

Good book but looking for smaller use for biking/M/Cs

excellent backpackers cookbook

Amazing book with lots of recipes, guidelines to plan a nutritious outdoor trip...

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