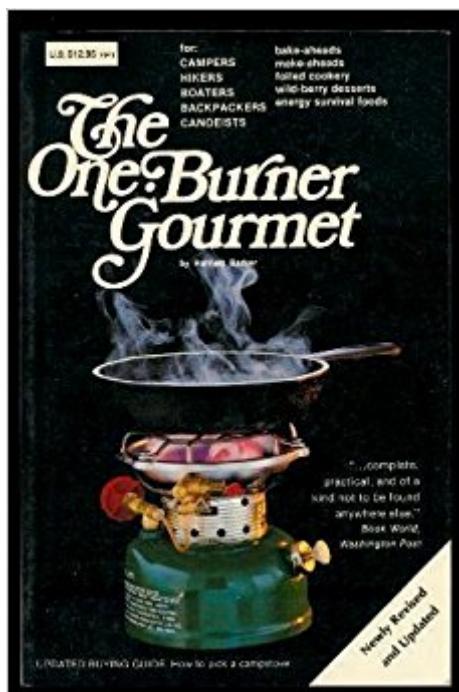


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# The One Burner Gourmet For Campers, Hikers, Boaters, Backpackers, Canoeists



## **Synopsis**

"Offers some lip-smacking alternatives that will spice up anyone's outdoor menu." --Backcountry magazine

## **Book Information**

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## **Customer Reviews**

Eating one-pot meals when backpacking can really get old. Harriett Barker's One-Burner Gourmet gives enough variety for a lifetime of backpacking. Some critics mention that many of the recipes call for canned ingredients. This is true, but for most of us, backpacking trips rarely go more than three days, so these ingredients are quite reasonable. If you are backpacking more than three days or so, there are still recipes for you in this book or you can modify by using dry ingredients - or just skip all this and buy freeze dried. All in all, a good book with recipes using a variety of ingredients. I really enjoyed the backpacking stove review from the 1980 perspective. I found it fascinating that as much as things have changed, they have mostly stayed the same. What was true in 1980 is still true today with respect to the different fuels and the stoves that use them. It is no wonder that there is a return to some of the classic single burner stoves like SVEA 123, Optimus, Primus, etc. This seller, by the way, provided a book in better quality than I expected and shipped it immediately.

Good book but some recipes were dated (pancakes from scratch using eggs and milk that you pack in). Still a worthwhile purchase.

Enjoying this cookbook. It has a variety of recipes for camping or outdoor cooking. Would recommend to all outdoor cooking people.

Very old fashioned. Most recipes include canned soup. Not healthy cooking

Thankfully I got this book from a thrift store so I didn't pay a lot for it. It's full of recipes using canned food. Every recipe I looked at sounded just awful. No healthy choices. Of course if you are a cook who adds a can of soup to whatever and call it gourmet, this may be for you but there are so many easy things to cook while camping that are so much healthier. My biggest question is who wants to tote all those cans of food while hiking and carry out all the empty cans - you'd need a wheelbarrow for all of it. The kicker was the recipe using canned Franco American pasta - just gross. I'm donating it back to the thrift store. I just can't believe anyone finds this useful or would even consider making any of this. For hikers and campers, I take regular food (Chili, Spaghetti Sauce with meat) and other homemade items and dehydrate them and pack in vacuum bags (like Seal a meal, Foodsaver or Ziploc units). You can add boiling water to the contents and have an instant meal - lightweight and easy to eat.

As a young explorer scout I started out learning to cook in the wilds using this and the Hungry Hikers Book of Good Cooking by Gretchen McHugh. Since then I've put together a wide variety of meals for many different types of outdoor adventures. From beach camping in remote areas in Baja, backpacking deep in the Frank Church Wilderness, to canoe camping with family and friends, this book has served me well. I just bought a new dehydrator and was looking to see if there were any new books on the subject. When I saw this listed I had a odd moment as I realized this book has been a valued resource for over 20 years. Yes - some of the recipes use canned food. So what? The primary focus is cooking a meal on a single burner. The real gems are the advice sprinkled throughout the book as "Chef's Secrets". In the 40 years since this book originally came out in 1975 much has changed, especially the science of nutrition and sports, but the basics of good food in the outdoors hasn't. What I like best about this book is the no nonsense approach. Most of the recipes are easily translated to the dehydrator and other prep techniques. Swap out cans for their dehydrated equivalents - easy peasy. The recipe that everyone asks for again and again is One Burner Fondue (made of croutons, dehydrated eggs, dry milk, spices, and cheese) which I serve piping hot in mugs for dipping crackers, fruit, dehydrated veggies, etc. Then there is Harriett's slaw recipe which I adapted for dehydrated cabbage and carrot - super nutrition, super simple, super

easy, super tasty, I've also made again and again her dry milk nogs, nut butter mix-ins spreads, breakfast corn pancakes, (I use the leftovers as sandwich bread) I've made dehydrator versions of her 15 Minute Stroganoff, All at Once Spaghetti, Tortilla Sloppy Joes, and many others. When it came time to buy a sleek new cooking pot I remembered her advice and made sure the lid could be used to warm tortillas or bread while the main meal in the pot was cooking. I've also used her advice on how to make wild rose-hip campsite jam, dandelion blossom fritters, and to use wild foraged clover blossoms in scones, pancakes, salads, and tea. This book is a classic for a reason.

I've had this book for several years. While preparing for an extended car camping trip, I pulled it out again and was once again amazed at the breadth of recipes. There are recipes, variations of recipes, ideas for recipes, tips, hints, "chef's secrets"--her wealth of ideas is practically awe-inspiring. It's a terrific book just for leafing through and getting ideas. At home, I strive for fresh ingredients and creative cooking; while camping, ease of preparation and ease of clean-up are my primary rules. There are recipes in this book that meet each of those situations, and more than a few that meet both. Sure, there are a few I'll never use (even while camping I can't quite bring myself to eat Spam), but overall there's no better resource. I've bought several other camping cookbooks recently, but this one retains its spot as my most treasured camping cookbook.

Not only are these great recipes for camping, they're great quick recipes at home. In addition to "one burner" meals, there are also good recipes for dutch oven cooking, preserved food (pemmican, jerky, trail mix), and make-aheads (cook before going).

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