



New Zealand Backcountry Cooking: The Best Recipes for Trampers, Campers and Other Outdoor Adventurers

Paul Garland, Rebecca Garland

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Drawing on years of experience tramping and cooking in the outdoors, Paul and Rebecca Garland have created a comprehensive backcountry cooking guide that is quite unlike anything else published in New Zealand. Written especially for trampers and other outdoor adventurers, New Zealand Backcountry Cooking provides a huge range of delicious and lightweight food options that can be created with simple cooking techniques. The book covers all possible outdoor experiences, from multi-day trips where lightweight ingredients and cooking speed are essential, family adventures where tasty food can be a crucial element in making the experience enjoyable for children, through to weekend and camp cooking where weight is not a consideration, and more gourmet options are possible. In addition to these many recipes, the authors provide lots of invaluable practical advice around preparation at home, cooking basics, equipment and menu planning. Additionally, the dry weight of every meal is also provided. If you are just starting out as a trumper and need to understand the fundamentals, or if you are an experienced outdoor adventurer who would enjoy some inspiration for your backcountry cooking, then this book will prove to be a perfect companion.

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