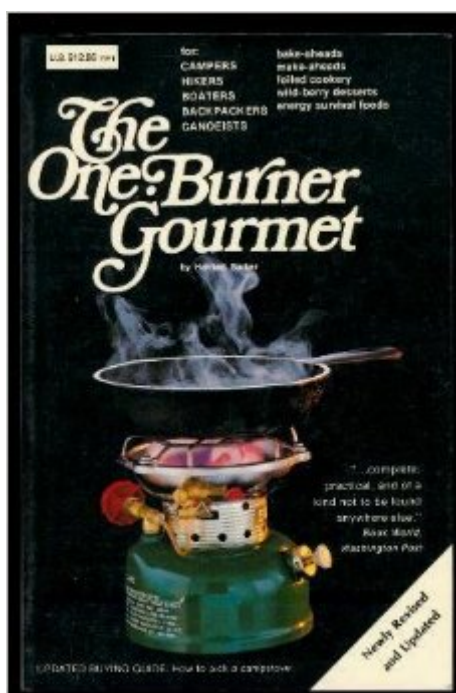


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# The One Burner Gourmet For Campers, Hikers, Boaters, Backpackers, Canoeists



## Synopsis

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

## Book Information

Paperback: 288 pages

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #843,972 in Books (See Top 100 in Books) #99 in [Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs](#) #325 in [Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet](#) #428 in [Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two](#)

## Customer Reviews

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.

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