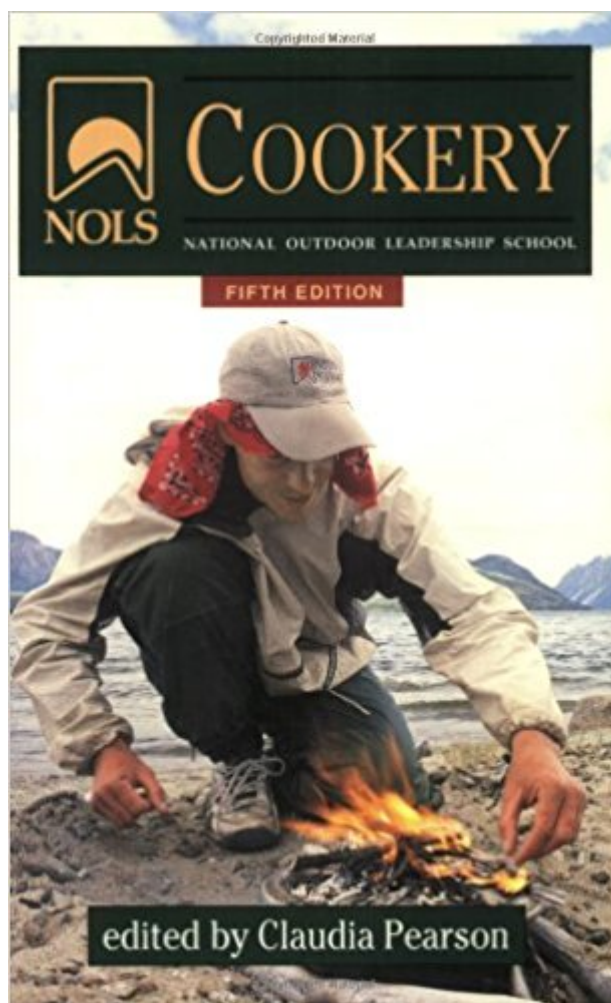


The book was found

NOLS Cookery (National Outdoor Leadership School) (NOLS Library)



Synopsis

Wilderness chefs looking to make their meals more nutritious and appealing need look no further than this newest edition of NOLS Cookery, the National Outdoor Leadership School's classic guide to backcountry cooking. From Cowboy Coffee to Darn Tootin' Black Beans to Scrambled Brownies, the book's recipes and culinary advice are guaranteed to please the palate and provide the energy needed for strenuous outdoor activity. Extensive revisions based on up-to-date research have been made to the nutrition section, and nutrient analyses are provided for all recipes. Additional sections cover fire preparation, cooking technique, and ration planning.

Book Information

Series: NOLS Library

Paperback: 160 pages

Publisher: Stackpole Books; 5 Revised edition (January 1, 2004)

Language: English

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Average Customer Review: 4.0 out of 5 stars 23 customer reviews

Best Sellers Rank: #687,611 in Books (See Top 100 in Books) #90 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #481 in Books > Reference > Encyclopedias & Subject Guides > Sports #570 in Books > Sports & Outdoors > Miscellaneous > Reference

Customer Reviews

Claudia Pearson is rations manager for the National Outdoor Leadership School's Rocky Mountain Branch. The National Outdoor Leadership School is the leading educational organization for outdoor skills and leadership and offers courses in the world's most spectacular wilderness classrooms. Since 1965, this nonprofit school based in Lander, Wyoming, has introduced over 60,000 people to activities such as backpacking, mountaineering, sea kayaking, canoeing, skiing, caving, horse-packing, and rock climbing.

I do a lot of cooking at home and love to cook good meals while camping, rafting, backpacking, etc. As I always say, I might not be able to control the weather on this trip, but I can control the quality of the food. So we eat well. This just didn't live up to my expectations for new ideas. A beginner might

find it more useful. Thus, I returned it.

One of the best of the many How-to-cook-in-the-backcountry books. Might as well buy a good digital kitchen scales along with the book since the so-called "NOLS System" is primarily weight based. I give it four stars because of it's claims regarding NOLS invention of the system (which worked great for the Greeks 2K years before Petzolt and his ilk laid claim to it). Next thing you know they're going to claim they invented wilderness First Aid. Oh wait! They already did:Â Nols Wilderness First Aid (Nols Library):)

I have not had a chance to try the recommendations yet; will update the review after I do. It looks good/helpful and arrived in good condition and on time. I wish I had had the book during my last 2 visits though!

This book explains nutritional needs in the backcountry, what foods to take, and how to prepare them. It is tailored to the bulk ration system used by NOLS, and applies primarily to groups camping together.

I thoroughly enjoyed the discussion of cooking methods and portion planning laid out in the book. The recipes were easy to duplicate in the field.

Yum

Really enjoyed all aspects of this book. Very useful in determining how much food to pack, how to analyze what sort of nutrition you want to bring and good recipes for making good, nutritious food on the trail.

a cookbook my son used while going to a nols session, he loves the cookbook even when your not camping or hiking.

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