

A campfire cookbook for real outdoorspeople

By AC Shilton, *Outside*

Just-add-water stroganoff is a convenient and light dinner option when you're backpacking, but that's where the "pros" list ends. Cons, on the other hand, range from "mushy" to "tasteless" to "can this legally be called stroganoff?"

You can do better. In fact, you deserve better. And a new book promises that with a few key techniques and recipes, you'll never give freeze-dried food a second glance.

Author Nikki Fotheringham is a longtime adventurer and travel writer. She grew up in South Africa, where outdoor cooking over built-in fireplaces is the norm. She says that no one there cooks with gas when barbecuing; cooking over fire is a proud South African tradition that she's happy to pass on to readers.

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