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# Expedition Cookbook

Gunn

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# Expedition Cookbook

**Carolyn Gunn**



## **Expedition Cookbook:**

*The Expedition Cookbook* Carolyn Gunn,1988      *The Expedition Cookbook* Carolyn Gunn,1988      **Cooking on the Lewis and Clark Expedition** Mary Gunderson,2000 Discusses the everyday life cooking methods and foods eaten on the journey of Meriwether Lewis and William Clark up the Missouri River to the Pacific as they charted the vast territory of the Louisiana Purchase Includes recipes      *The Food Journal of Lewis & Clark* Mary Gunderson,2003 Blending excerpts from Lewis and Clark s journals with brief history lessons and more than 80 authentic recipes faithfully created for the book by Gunderson this is the book that links food to the spirit of the endeavor      **The Book Club Cookbook, Revised Edition** Judy Gelman,Vicki Levy Krupp,2012-03-01 Part cookbook part celebration of the written word The Book Club Cookbook illustrates how books and ideas can bring people together Publishers Weekly We are what we eat they say We can eat what we read too The Book Club Cookbook by Judy Gelman and Vicki Levy Krupp Tarcher Penguin 21 95 first published in 2004 and now newly updated and revised offers up dozens of new recipes inspired by book clubs favorite books their characters and authors USA Today It s pretty much a no brainer why we love something like The Book Club Cookbook it combines two of our all time favorite things food and books Even better the recipes in the book let us get a fuller experience of our favorite novels by thinking up recipes either inspired by the story or literally contributed by the author as essential to the book Flavorwire The Book Club Cookbook excels at offering book groups new title ideas and a culinary way to spice up their discussions Library Journal Whether it s Roman Punch for The Age of Innocence or Sabzi Challow spinach and rice with Lamb for The Kite Runner or Swedish Meatballs and Gl gg for The Girl with the Dragon Tattoo nothing spices up a book club meeting like great eats Featuring recipes and discussion ideas from bestselling authors and book clubs across the country this fully revised and updated edition of the classic book guides readers in selecting and preparing culinary masterpieces that blend perfectly with the literary masterpieces their club is reading This edition features new contributions from a host of today s bestselling authors including Kathryn Stockett The Help Demetrie s Chocolate Pie and Caramel Cake Sara Gruen Water for Elephants Oyster Brie Soup Jodi Picoult My Sister s Keeper Brian Fitzgerald s Firehouse Marinara Sauce Abraham Verghese Cutting for Stone Almaz s Ethiopian Doro Wot and Sister Mary Joseph Praise s Cari de Dal Annie Barrows The Guernsey Literary and Potato Peel Pie Society Annie Barrows s Potato Peel Pie and Non Occupied Potato Peel Pie Lisa See Snow Flower and the Secret Fan Lisa See s Deep Fried Sugared Taro The Book Club Cookbook will add real flavor to your book club meetings      **The American Alpine Journal 1989** American Alpine Club,1997-10-31      **Chef Paul Prudhomme's Kitchen Expedition** Paul Prudhomme,1997      *The Sacagawea Cookbook* Teri Evenson,Lauren Lesmeister,Jeffrey W. Evenson,2001 Inspired by the journey of Lewis and Clark and the Corps of Discovery this cookbook includes historical quotations from the journals of the Lewis and Clark Expedition and reproductions of works by John F Clymer Charles M Russell and others      *Yucatán* David Sterling,2014-03-30 Winner James Beard Foundation Best Cookbook

of the Year Award 2015 James Beard Foundation Best International Cookbook Award 2015 The Art of Eating Prize for Best Food Book of the Year 2015 The Yucatán Peninsula is home to one of the world's great regional cuisines. With a foundation of native Maya dishes made from fresh local ingredients, it shares much of the same pantry of ingredients and many culinary practices with the rest of Mexico. Yet due to its isolated peninsular location, it was also in a unique position to absorb the foods and flavors of such far-flung regions as Spain and Portugal, France, Holland, Lebanon, and the Levant, Cuba, and the Caribbean, and Africa. In recent years, gourmet magazines and celebrity chefs have popularized certain Yucatecan dishes and ingredients such as *Sopa de lima* and *achiote*, and global gastronomes have made the pilgrimage to Yucatán to tantalize their taste buds with smoky pit barbecues, citrus-based pickles, and fiery chiles. But until now, the full depth and richness of this cuisine has remained little understood beyond Yucatán's borders. An internationally recognized authority on Yucatecan cuisine, chef David Sterling takes you on a gastronomic tour of the peninsula in this unique cookbook, *Yucatán Recipes from a Culinary Expedition*. Presenting the food in the places where it's savored, Sterling begins in jungle towns where Mayas concoct age-old recipes with a few simple ingredients they grow themselves. He travels over a thousand miles along the broad Yucatán coast to sample a bounty of seafood, shares the people's food at bakeries, *chicharronerías*, street vendors, home restaurants, and cantinas, and highlights the cooking of the peninsula's three largest cities: Campeche, Mérida, and Valladolid, as well as a variety of pueblos noted for signature dishes. Throughout the journey, Sterling serves up over 275 authentic, thoroughly tested recipes that will appeal to both novice and professional cooks. He also discusses pantry staples and basic cooking techniques and offers substitutions for local ingredients that may be hard to find elsewhere. Profusely illustrated and spiced with lively stories of the region's people and places, *Yucatán Recipes from a Culinary Expedition* is the long-awaited definitive work on this distinctive cuisine.

*The National Parks Cookbook* Linda Ly, 2022-10-11 Feast on the flavors of America's national parks with more than 70 delicious recipes inspired by their iconic lodges, landscapes, and chefs, including savory dishes, cocktails, and desserts. Since the world's first ever national park, Yellowstone, was established, national parks have fed millions of hungry visitors in their historic dining rooms and restaurants. From Acadia's famous puffy popovers to Zion's loaded Navajo tacos, guests have long enjoyed a range of unique regional cuisines, meals made from foraged foods, and gourmet menus whipped up by celebrated chefs, even in the middle of nowhere. Who can forget that piping-hot platter of Moose Drool Braised Bison Short Ribs in Yellowstone or the massive slab of Mile High Blackberry Ice Cream Pie in Shenandoah? Maybe you keep dreaming about the Huckleberry Margaritas from Grand Teton and the spectacular sunset that accompanied them on the deck of Jackson Lake Lodge, or you still order the same boysenberry pie from Yosemite that you remember from your childhood. Pssst! It's still made the same way as it was more than 60 years ago. Now you can re-create and enjoy these legendary recipes at home with *The National Parks Cookbook*. Part cookbook and part escapist lifestyle book, filled with stunning travel photography and national park history, *The National Parks Cookbook* features recipes from popular national

park destinations in the west east north and south You ll find signature dishes from the top 10 national parks in the country including Classics like the Grand Canyon Hiker s Stew from Phantom Ranch and the Yosemite Firefall Cocktail from The Ahwahnee Bar Original recipes inspired by park flora and fauna such as Lingonberry Brie en Croute from Denali Local culinary specialties like Fried Fish and Fungi with Creole Sauce from the Virgin Islands Take a food driven tour through the parks and take your taste buds on an adventure with memorable recipes from breakfast to dinner appetizers to dessert and everything in between *Backpacker* ,1989-08 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Mordecai Richler**

Reinhold Kramer,2008-03-20 Based on never before published material from the Richler archives as well as interviews with family members friends and acquaintances Mordecai Richler Leaving St Urbain shows how Richler consistently mined his remarkable life for material for his novels Beginning with the early clashes with his grandfather over Orthodox Judaism and exposing the reasons behind his life long quarrel with his mother Kramer follows Richler as he flees to Ibiza and Paris where he counted himself as one of the avant garde who ushered in the 1960s His successes abroad gave him the opportunity to remain in England and leave novel writing behind but he did neither More than a biography Mordecai Richler Leaving St Urbain is the story of a Jewish culture finding its place within a larger stream a literary culture moving into the colloquial and a Canada torn between nationalism and cosmopolitanism [The Camp Dutch Oven Cookbook](#) Robin Donovan,2017-05-30

Simple flavorful 5 ingredient Dutch oven meals to savor under the stars Cooking at your campsite doesn t have to mean canned beans and instant noodles Redefine camp cuisine with a camping style Dutch oven a few easy ingredients and The Camp Dutch Oven Cookbook This compact cookbook is packed with more than 85 unique 5 ingredient recipes making it the ideal outdoor companion for surprisingly simple gourmet meals Whether you re a new or seasoned camper you ll learn everything you need to know to make fresh flavorful dishes at your campsite from food packing hacks to easy cooking techniques The recipes only require five or fewer wholesome ingredients not including staples like salt pepper butter and oil nothing processed or hard to find With this one pot cookbook and your Dutch oven you ll discover how satisfying campsite cooked meals can be The Camp Dutch Oven Cookbook features 86 Hearty 5 ingredient recipes Dig in to Lemon Buttermilk Biscuits Green Chile and Corn Chowder Chicken Braised in Coconut Milk with Basil Crusty No Knead French Bread and much more Dutch oven guidance Mastering outdoor cooking is a breeze with guides for purchasing seasoning cleaning and cooking with your camp style Dutch oven Outdoor cooking hacks Discover tips and tricks for creating a cooking kit meal planning pre prepping ingredients and staying safe while cooking Savor great meals in the great outdoors with The Camp

Dutch Oven Cookbook      **Feasting and Fasting with Lewis & Clark** Leandra Zim Holland, 2003 Leandra Holland's narrative about what the expedition members are on their journey makes this book a rich treat as well as a solid reference for historians, researchers, and reenactors. Extensive illustrations and a sprinkling of authentic recipes.

**The Antarctic Book of Cooking and Cleaning** Wendy Trusler, Carol Devine, 2015-05-05 A visually captivating novelistic travelogue that chronicles the first civilian environmental cleanup expedition in Antarctica, an engaging true story told through anecdotes, journal entries, vignettes, recipes, and archival and contemporary photography. The first thing that comes to mind about Antarctica is not likely the food. But if you are going there, it is the second. Wendy Trusler and Carol Devine. *The Antarctic Book of Cooking and Cleaning* is a unique journey through an austral summer when a group of dedicated individuals, fifty-four people from five countries, picked up nearly three decades worth of garbage during a three-month period in Antarctica. In this visually captivating polar journal, Wendy Trusler and Carol Devine transport readers back twenty years and thousands of miles to Bellinghousen, the Russian research station that became their temporary home. Devine, a humanitarian who piloted the project, and Trusler, a visual artist and cook, use journal entries, letters, provision lists, recipes, and menus to document their voyage. They share pithy, insightful observations on life, food, science, politics, and the environment. Showcased throughout are modern and vintage photos and vignettes from Antarctica's short history, all of which add delightful color and warm detail to this unique book. Trusler reveals the challenges of cooking in a makeshift kitchen during long white nights at the bottom of the world. While the dozens of eco-tourists strive to help preserve the continent, she must figure out how to cook for all of them in the small camp kitchen using limited ingredients. *The Antarctic Book of Cooking and Cleaning* includes forty-two eclectic, tasty, and hearty recipes tinged with Russian, Chinese, and South American influences, such as Honey Oatmeal Bread, Cheese Fondue, Great Wall Dumplings, Roasted Pepper Goulash with Smoked Paprika, Roast Leg of Pork, and Frozen Chocolate Cream. All beautifully photographed, these dishes reflect the expedition's colorful cultural fabric and the astonishing raw beauty of their surroundings, a continent uniquely devoted to peace, cooperation, and science.

**The Astronaut's Cookbook** Charles T. Bourland, Gregory L. Vogt, 2009-10-31 Astronauts, cosmonauts, and a very limited number of people have experienced eating space food due to the unique processing and packaging required for space travel. This book allows anyone with a normal kitchen to prepare space food. Since some of the processing, such as freeze dehydration and packaging, cannot be accomplished in the normal kitchen, many of the recipes will not produce the food that would be launched in space but will prepare food similar to what the astronauts would eat after they had added the water to the food in space. Many of the space foods are prepared to the point of ready to eat and then frozen and freeze-dried. Food preparation in this book stops at the point of ready to eat before the freezing and dehydrating takes place. Recipes in this book are extracted from the NASA food specifications and modified for preparation in a normal kitchen. The book will contain the following chapters: Introduction, Appetizers, Beverages, Bread and Tortillas, Cookies, Sandwiches, Desserts, Main Dishes, Soups and Salads, Vegetables, and

Future Space Foods Interesting tidbits of space food history will be spread throughout the book Examples like did NASA invent Tang who was the first person to eat in space the Gemini sandwich fiasco why there is no alcohol in U S space food systems astronauts favorite food etc      **Austin's First Cookbook** Michael C. Miller,2019-04-15 Get a taste of Texas culinary history with this quirky diverse community cookbook from Austin s nineteenth century residents plus photos and informative essays Tacos and barbecue command appetites today but early Austinites indulged in peppered mangoes roast partridge and cucumber catsup Those are just a few of the fascinating historic recipes in this new edition of the first cookbook published in the city Written by the Cumberland Presbyterian Church in 1891 Our Home Cookbook aimed to cause frowns to dispel and dimple into ripples of laughter with myriad receipts from the early Austin community From dandy pudding to home remedies worth knowing these are hearty helpings featuring local game and diverse heritage including German Czech and Mexican With informative essays and a cookbook bibliography city archivist Mike Miller and the Austin History Center present this curious collection that s sure to raise eyebrows if not cravings      **Into the Carpathians** Alan E. Sparks,2020-08-18 Finalist 2021 Next Generation Indie Book Awards Travel and Regional Non Fiction categories The journey continues in Part 2 of Into the Carpathians an engaging and informative chronicle of a hiking and wildlife research expedition along the Carpathian and Sudety Mountains from Romania to Germany some 800 miles as the crow flies Still on the trail of wolves we now explore the enchanting mountain landscapes of Slovakia Poland and the Czech Republic where encounters with wolves bears and lynx lumberjacks shepherds and outlaws poets tyrants and saints nomads nobles and knights sprites spirits and witches and such ancient peoples as Neanderthals Celts and Quadi and such imposing historical figures as Marcus Aurelius of the Roman Empire Svatopluk I of Great Moravia Stephen I of the Kingdom of Hungary Boles aw the Brave of the Kingdom of Poland and Jan Sobieski of the Polish Lithuanian Commonwealth provide broad insight into the natural historical and mythological forces that have shaped and continue to shape the nations cultures and psyches along the way 72 beautiful color photographs also emblaze this memorable trek      *Backpacker* ,1989-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured      *A Worthy Expedition* National Outdoor Leadership School,2017-01-06 A HISTORY OF OUTDOOR LEADERSHIP In 1965 in the Wind River mountains of Wyoming legendary mountaineer Paul Petzoldt founded a new school dedicated to the notion that the wilderness classroom could teach leadership In the fifty years since the National Outdoor Leadership School NOLS has embraced and explored the unknown leading over a quarter of a million students through transformative educational experiences both vast in scale and deeply personal Graduates of NOLS are leaders across society conservation exploration

public policy education land management business and wilderness medicine And they carry firsthand appreciation for the value of protecting our wild planet for generations to come Built by dedicated staff and the legacy of its students NOLS has diversified and expanded to become a global presence and an industry leader As the school moves into the future the name of NOLS will continue to represent as it always has leadership expertise and the power of the wilderness It is with one eye on the future that NOLS celebrates its past This is its story



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