



OUTDOOR COOKBOOK

Petra Pospěchová

CV of the author

Petra Pospěchová is one of the most influential food-writers in Czech Republic. She has worked as journalist since the age of eighteen, being part of the team of *Týden* or *Hospodářské noviny*.

Recently is she freelance writer, cooperates with the major Czech magazines and newspapers. From the culinary field she reports mostly for *Reportér*, *Lidové noviny* and *MF Dnes*. She also contributes to Future Perfect international on-line magazine.

When not busy writing or cooking, she enjoys hiking and rock climbing. Petra considers the Slovakian mountain ranges her second home, but often and with pleasure explores the wilderness of the mountains in Romania, Ukraine, Albania or Macedonia too. With lectures on her travelling and also mountain cooking she takes part on travel festivals and other outdoor events.

She has a degree from sociology and speaks English, German and French.

Three years ago Smart Press published her *Regional Cookbook*, a collection of local recipes and ethnographical chapters from traditional Bohemian, Moravian and Silesian ethnographic regions.



An essential book for hikers, climbers and trippers, who do not satisfy themselves with instant soup or canned food. The book introduces quick, tasty, easy and nutritious recipes for all kinds of outdoor activities and also ways how to organize the menu for hike and how to pack the supplies best. The book includes diet plans and useful list of edible ingredients, that can be used in wilderness as medicine. Petra Pospěchová capitalized her years of experience in the mountains to prepare unique publication, that covers all the possible aspects of preparing food for the week trekking in Alps, winter crossing of wild mountains of Balkans, expedition to Himalayas, but also one day trip with smaller or grown up kids. The Outdoor Cookbook is a must for anybody, who is heading to the mountains and doesn't want to suffer from the culinary or nutritive point of view and at the same moment want to reduce the weight of the rucksack on minimum.

Publication information:

Recipe photos: David Turecký

Format: 148 x 210 mm

Binding: V4, with special coating suitable for the outdoors

Full color

Number of pages: 192 pages

Price app. 15 Euro

In case of interest please contact:

Olga Formanová

e-mail: formanova@smartpress.cz,

tel: +420 608 265 337

Published by Smart Press, s. r. o.,
Velflíkova 12, 160 00 Prague 6,
Czech Republic

www.smartpress.cz

smart
press



OUTDOOR COOKBOOK

Petra
Pospěchová

Food for hikes: from family trips with kids
to tough winter mountain expeditions



smart
press

Table of Contents

10 Introduction

14 COOKWARE, UTENSILS AND GADGETS

16 Gasoline vs. gas

18 Shelter from the wind

21 A bottle in the sock

22 Flint in the knife

26 HOME PREPARATION OF THE TREKKING MENU

28 Against the stereotype

29 Asian pantry

30 Home dried

31 Hot air and infrared

33 The drying rules

34 Mixed or separately

35 Hungry and exhausted

37 A sample menu for one week

40 FOOD AS BOTH NUTRITION AND MEDICINE

42 3-litre standard

44 Sneaky hunger

45 Consistent carbs

46 Grease for power

47 Edible first-aid kit

50 THE STARS ON THE MOUNTAIN TOPS

51 Liquid engine

53 For the crisis and thirst

54 The Scientist's fifty

55 From hittobe to pemmican

56 No need to be tender

57 Dried traditions

59 Porridge below the summit

64 ONE-DAY TRIP WITH KIDS

69 Potato pancakes over a stone

71 Chicken in clay

73 Bread-dough snakes

75 Mushroom goulash from fire-cooked pot

77 Seton pot

79 Corn on the grill

81 Bandit-style grilled fish

83 Meadow tea

85 Sweet kebab

88 BREAKFASTS

93 Salty musli

95 Rice pudding with dried cherries

97 Ladak morning soup

99 Porridge for a rough day

101 Bear's couscous

103 Granola with apricots and coconut

105 Millet porridge with bananas and pecans

107 Corn puree with Parmesan cheese

109 Homemade musli bars

112 WEEKEND MOUNTAIN HIKES

117 Soba noodles with dried mushroom

119 Sheep-cheese "mamaliga" porridge

121 Lentil couscous with tuna

123 Red-beet carpaccio with rye bread

125 Arabian pita bread with sardines

127 Three-bean salad

129 Chicken quinoa

131 Summer oat porridge

133 Outdoor ramen

136 SUMMER TREKKING

141 Mountain miso

143 Red lentils with parmesan cheese and parsley

145 Hummus with hemp seeds

147 Cellophane noodles with dried tofu

149 Buckwheat grain with dried prawn

151 Sweet couscous

153 Pumpkin spaghetti with dried tomatoes and olivas

155 Green pea mush with Tyrolean bacon

157 Oats patties

160 WINTER TREKKING

165 Ramen noodles with dried salmon

167 Mashed potatoes with fried onion

169 Boar ragú on pears

171 Polenta cake with peppers and cheese

173 Grain with seaweed

175 Dijon mustard jerky

177 Couscous with garlic

179 Root-vegetable broth

181 Chocolate nutrition drink



Bread-dough snakes



Potato pancakes over a stone



Outdoor ramen



Polenta cake with peppers and cheese



Oats patties



Mountain miso