

Cooking with

**FOOD STORAGE**

## Food Storage Planning and Organization

1

- Planning to be self sufficient with a HOPE-centered mindset
- My LDS faith based perspective: WHAT are we preparing for?
- Six planning components for a dependable food storage plan
- My three- binder organization system for food storage use

## Cooking with Food Storage

2

- Appetite fatigue and the importance of variety for survival**
- Five "lost art" essential recipes to add interest in a meal plan**
- Kitchen supplies I've used while cooking with food storage**
- 7 smart ingredients you might not be storing**

## Powerless & Low Fuel Cooking

3

- The foods you're storing vs the fuel required to cook them
- Three methods to save fuel and meet most cooking needs
- Solar, retained heat & biomass units: pro's & cons of each
- How to cook and get the best results: each method

## Retained Heat Cooking

4

- Retained Heat Cooking: the powerless crock pot you need!
- Timeless and Dependable: historical and modern approaches
- How to cook successfully: what works, what doesn't
- Seven recipes with definitive instruction: see it work!



# MY FOOD STORAGE COOKBOOK

[www.myfoodstoragecookbook.com](http://www.myfoodstoragecookbook.com)

100% Food Storage Recipes  
Low Fuel/ Powerless Cooking  
Planning & Organization

Meals for an emergency can still taste **Good!**

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**EXPERIENCE + INFORMATION**

**= KNOWLEDGE**

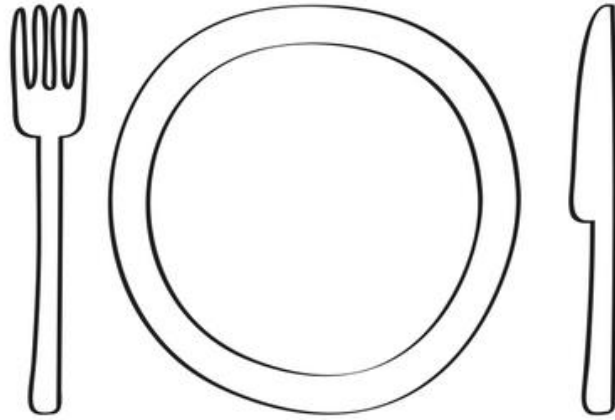
*- Jim Phillips*



**INVEST**

**In YOURSELF**

**In YOUR SKILLS**



**Appetite Fatigue**

# Bread





Clasp left undone





# Homemade Pasta

Flour  
Egg powder  
Salt  
Oil  
water







*Mamma Mia!*



# Homemade Tortillas



Corn



Flour

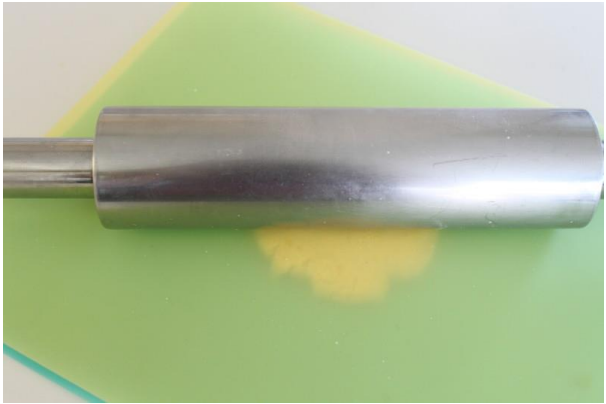
# Corn Tortillas



Corn Masa Flour  
Baking Soda  
Salt  
Water  
Oil



Canned Corn







# Corn Tortillas



# Flour Tortillas



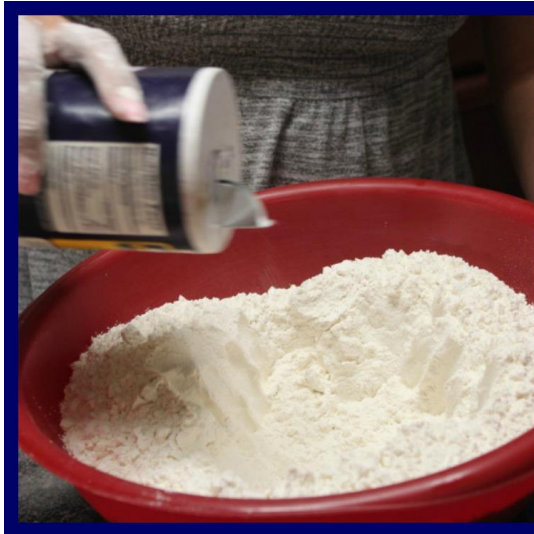
Flour

Baking powder

Salt

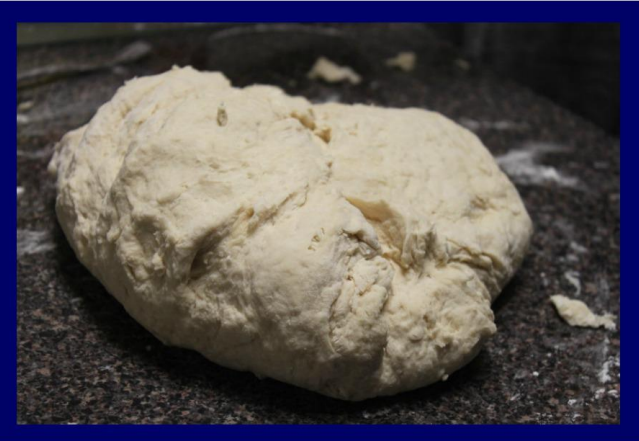
Oil

Water





**Dough preparation**



# Quick Fixes















HOTPOINT

The  
One Fish  
Two Fish  
By  
My  
on water  
G



# Gnocchi











# Spaetzle



Flour

Egg Powder

Dry Milk

Water

Baking Powder

Salt







**Smart Ingredients**



Chia seeds

1 1/4 cup freeze dried (or 1/2 lb. canned) ground beef

1 1/4 cup freeze dried (or 1/2 lb. canned) sausage crumbles

2 cups warm water

3 TBS finely ground chia powder (about 1/4 cup seeds)

1 c. cooked couscous (1/3 cup dry couscous + 1/2 cup water or broth) -or- bread crumbs

1/4 c. grated parmesan cheese (+ additional 1/3 cup for sprinkling)

1 tsp. salt

1 1/2 tsp. oregano

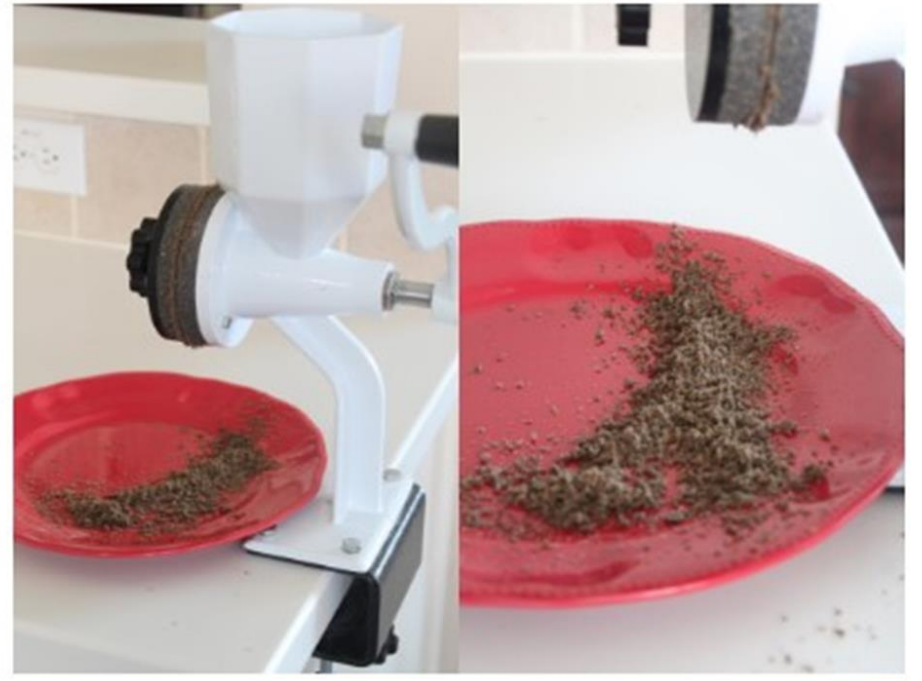
1 tsp. fennel seed

1/2 tsp. garlic powder

1/4 tsp. pepper

1/4 c. milk (or 1/4 cup water + 1/2 TBS dry milk)

olive oil spritz -or- 1-2 tsp olive oil





Add in the "milk"...





Psyllium seed husks





1 cup sunflower seeds

1/2 cup flax seeds

1/2 cup hazelnuts or almonds (\*or choose your own nut/substitute with seeds)

1 1/2 cups rolled oats

2 Tbsp. chia seeds

4 Tbsp. psyllium seed husks (3 Tbsp. if you're using psyllium husk powder)

1 tsp. fine grain sea salt (add 1/2 tsp. if using course sea salt)

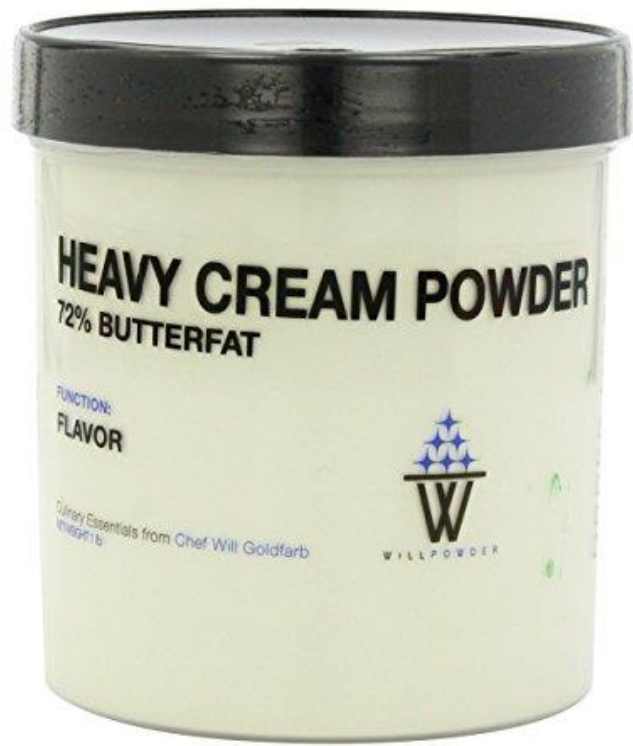
1 Tbsp. maple syrup (for sugar free diets, use a pinch of stevia)

3 Tbsp. melted coconut oil or ghee

1 1/2 cups water







**Ingredients:**

3/4 cup Heavy Cream Powder

1 1/2 cup warm water

1/4 tsp salt

2 1/4 tsp. white vinegar

**Instructions:**

Heat the water over medium heat. Once warm, add the powdered heavy cream and combine until smooth. Heat all just until boiling. Remove from heat and add 2 tsp. vinegar. Return to heat, lowered to medium low, and stir until milk begins to separate into curds. Strain into a colander draped with cheesecloth and allow to drain. Return the “milky” whey (from the first strain) to the pot, adding 1/4 tsp. vinegar to curd. Strain a second time through the cheesecloth. Once the strained curds have cooled to room temperature you can gently squeeze the remaining whey out. Transfer to a bowl and add salt. To “cream” it, blend with a mixer or egg beater until smooth.



**Ingredients:**

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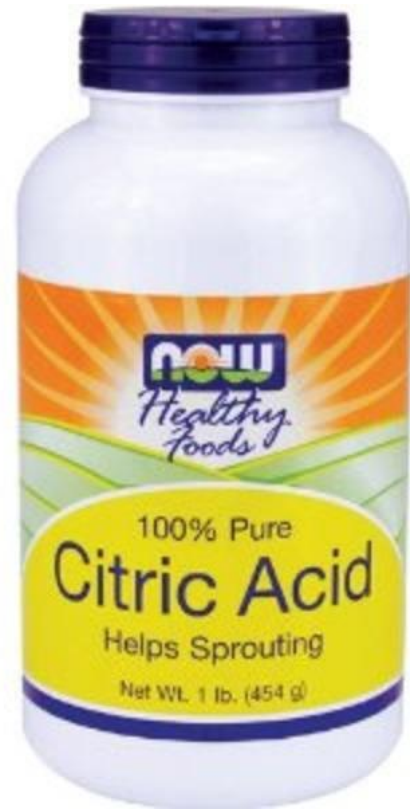


After all is said and done, this recipe yields 4 oz. of cream cheese. I weighed the powder (at 3 oz.) before beginning. In all, this cream cheese cost about \$4.50 to make since it was made successfully with the Wilpowder brand (free shipping, \$1.47/oz).



Philedelphia brand on the left, homemade on the right.





**NOW**

*Healthy  
Foods*

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**Citric Acid**

Helps Sprouting

Net Wt. 1 lb. (454 g)



## Pantry Ricotta Cheese



4 cups water

2 cans evaporated milk

3 tsp. Citric Acid powder (\*see notes for where to buy this)

3 cups powdered milk

3/4 cup parmesan cheese, divided (1/2 cup for the cheese, 1/4 cup for topping casserole)

Making the cheese...



First strain...



Check the cheese. If mostly drained (and cool enough to handle), pull up the sides of the cheese cloth and squeeze out the remaining liquid. Set cheese aside in a dish.



Second round of cheese curdling. Heat milk to 140 degrees. Then add 1/4 tsp at a time of citric acid (you definitely don't want to add too much) until the milk immediately curds. You shouldn't need any more than 1 tsp citric acid in this step.



You can see the difference in the liquid against the curds this second time — it's not milky any more.



Again, straining the curds and allowing to drain and cool.



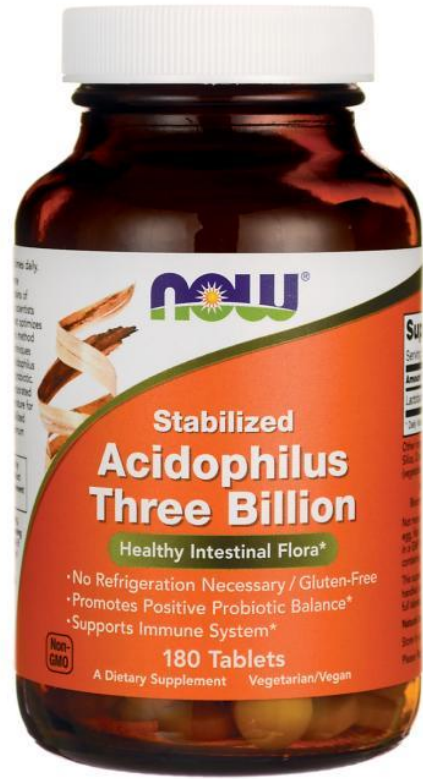


Now you have a crumbly cheese ready to cream and be made to taste “ricotta style”. Slowly mix in the other can of evaporated milk until it’s a consistency that you like. Add 1/2 cup of Parmesan cheese and 1/4 tsp. salt (to taste).



Add the spinach mixture to the finished ricotta.





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**BE WILLING TO  
SEE THINGS  
DIFFERENTLY**







9.



11.



12.



13.



10.

**14.**



**15.**



**16.**







# Manual Food Mill – Add flavor & create different textures











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