

Powerless & Low Fuel

COOKING

OPTIONS

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**
- Best practices to get the best results from each method**

Retained Heat Cooking

4

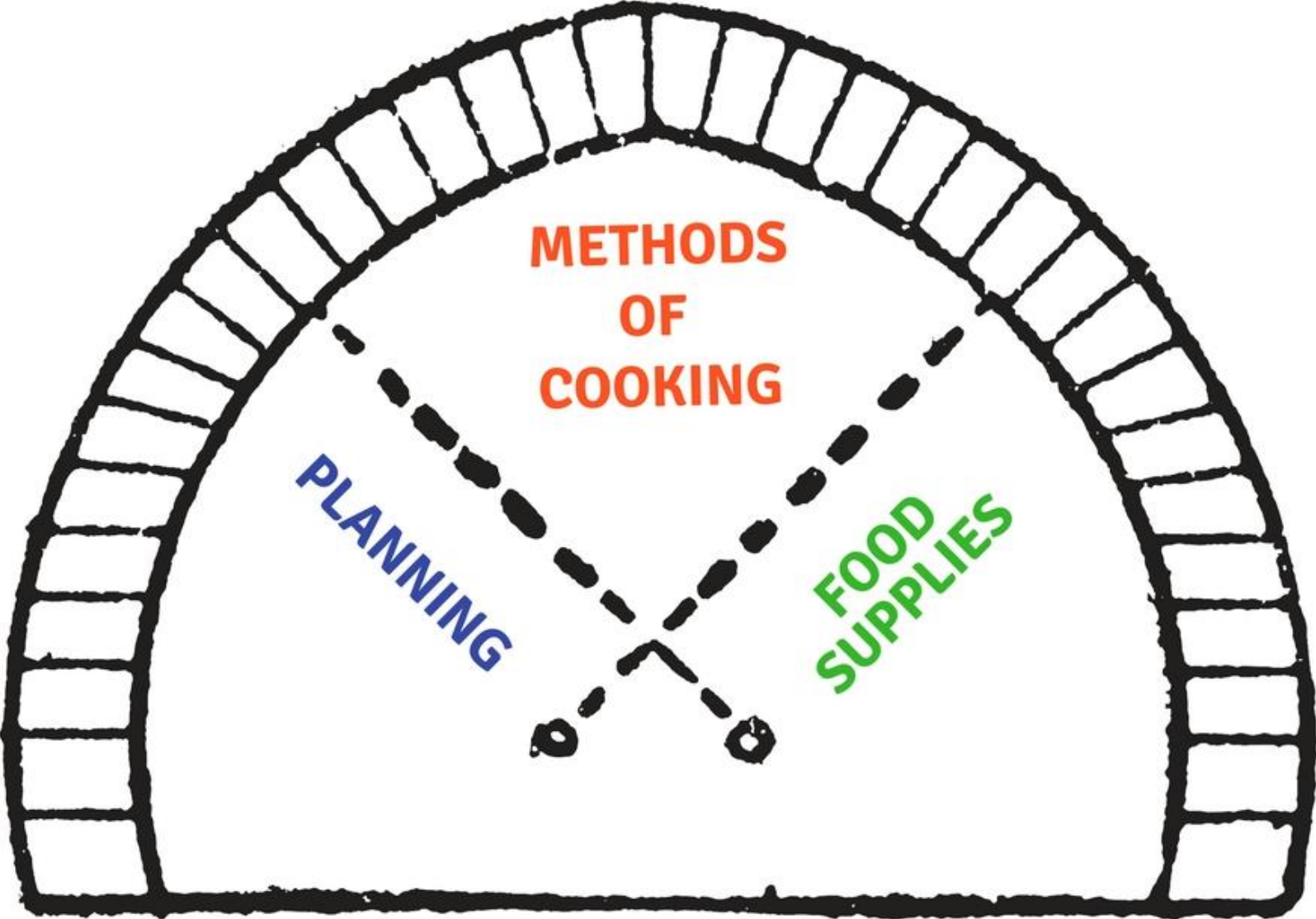
- Retained Heat Cooking: the powerless crock pot you need!
- Timeless and Dependable: historical and modern approaches
- How to cook successfully: what works, what doesn't
- Seven recipes with definitive instruction: see it work!

The background is a solid green color with scattered small triangles in red, blue, and teal. A white speech bubble with a tail pointing downwards is centered on the page.

TODAY WE

SPELL OUT

THE MOST IMPORTANT
TOOLS YOU NEED
TO COOK WITHOUT POWER





FAMILY HOME STORAGE
Longer-Term Supply

PINTO BEANS

	CAN	POUCH
Servings	50	60
Net Weight	5.2 lbs 2.36 kg	6.2 lbs 2.81 kg

Preparation: Sort and rinse beans. Bring 2½ cups (about 1 pound) of beans to boil for 2 minutes in 8 cups of water, cover, and set aside to soak for 1 hour. Drain water, and rinse beans.

Cooking: Add 6 cups of water, and simmer beans for about 2 hours.

Distributed by Welfare Services
Salt Lake City, Utah 84150

Year packaged _____

Nutrition Facts

Serving Size ¼ cup (47g)

Amount Per Serving

Calories 150 Cal from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carb 27g **9%**

Dietary Fiber 7g **29%**

Sugars 1g

Protein 10g

Vitamin A 0% • Vitamin C 4%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredient: Pinto beans.

STORAGE LIFE 30 YEARS
with proper packaging and storage in a dry place
at or below 75° F (24° C)

Butane Stove



Each recipe asks for 8 cups



6 minutes / full flame = 4 cups

12 minutes / full flame = 8 cups

**TIME is proportional
to mass of water**

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at or below 75° F (24° C)



= 12 CUPS

≈ 5 RECIPES

5 x 12 = Full Flame 60 minutes

5 x 2 hrs = Simmer 10 hrs



=

2 hrs high heat

or

4 hrs simmer



==



Beans



Regular Rolled Oats



Pasta



Rice



**Wheat
(wheat berries)**



**Freeze Dried
Potatoes**

Beans



Regular Rolled Oats



Pasta



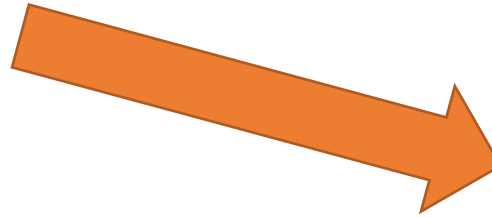
Rice



Wheat (wheat berries)



Freeze Dried Potatoes





41 cans



3 METHODS

1. Solar cooking
2. Retained Heat cooking
3. Biomass cooking

Solar Cooking:

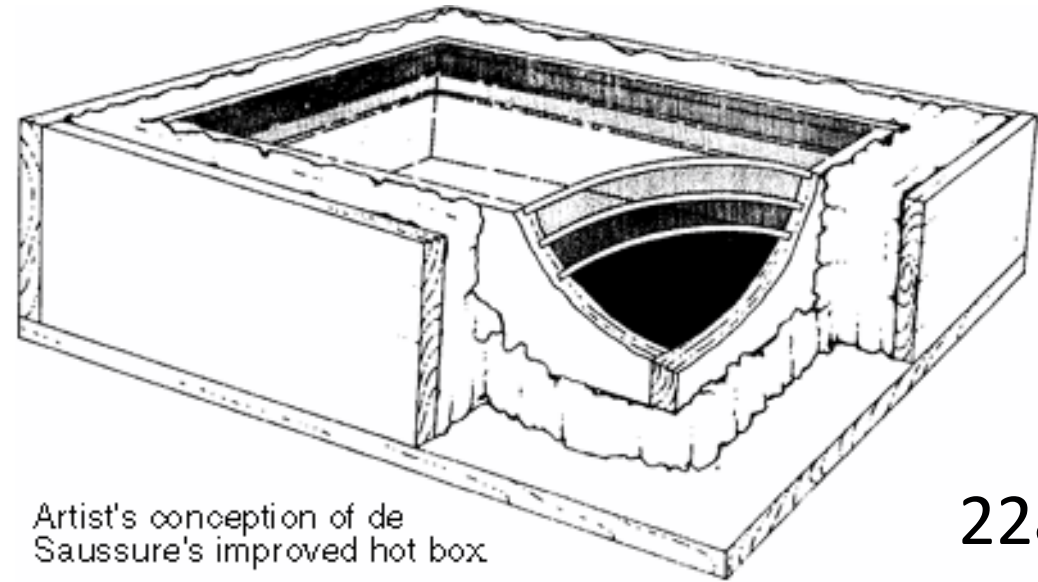
Zero Fuel

1760's



Horace de Saussure

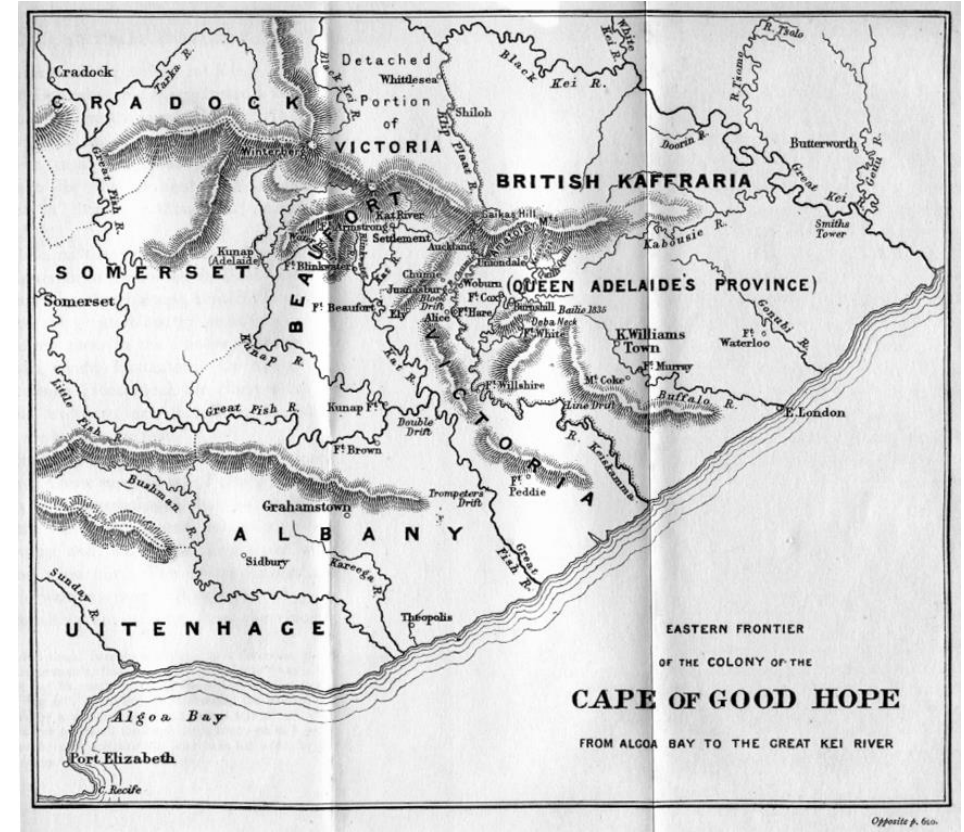
"It is a known fact, and a fact that has probably been known for a long time, that a room, a carriage, or any other place is hotter when the rays of the sun pass through glass."



Artist's conception of de Saussure's improved hot box

228 °F

1830 's

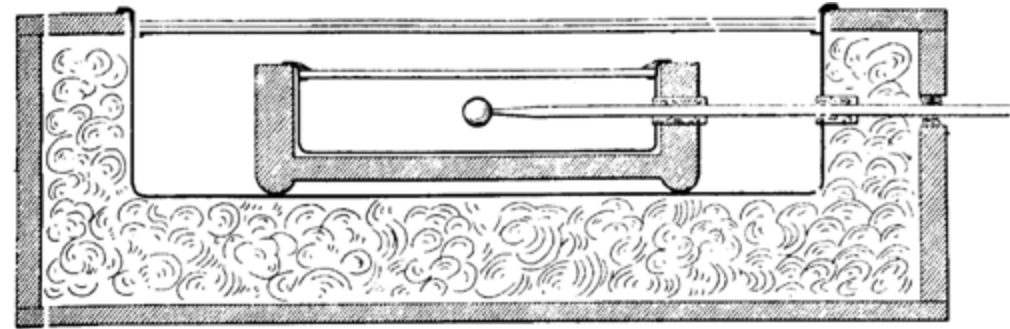


Sir John Herschel

1881



Samuel Pierpont Langley



Cross-section of Langley's hot box, which was similar to de Saussure's later models. A thermometer penetrating the walls at right was used to measure the air temperature inside the inner box.



The Light of Christ

Doctrine & Covenants 88: 7, 11

2 Nephi 22:2

7) Which truth shineth. This is the light of Christ. As also he is in the sun, and the light of the sun, and the power thereof by which it was made.

11) And the light which shineth, which giveth you light, is through him who enlighteneth your eyes, which is the same light that quickeneth your understandings;

2) Behold, God is my salvation; I will trust, and not be afraid; for the Lord JEHOVAH is my strength and my song; he also has become my salvation.

PARABOLIC



BOX



PANEL



HOT

LOW

COOKS QUICKLY

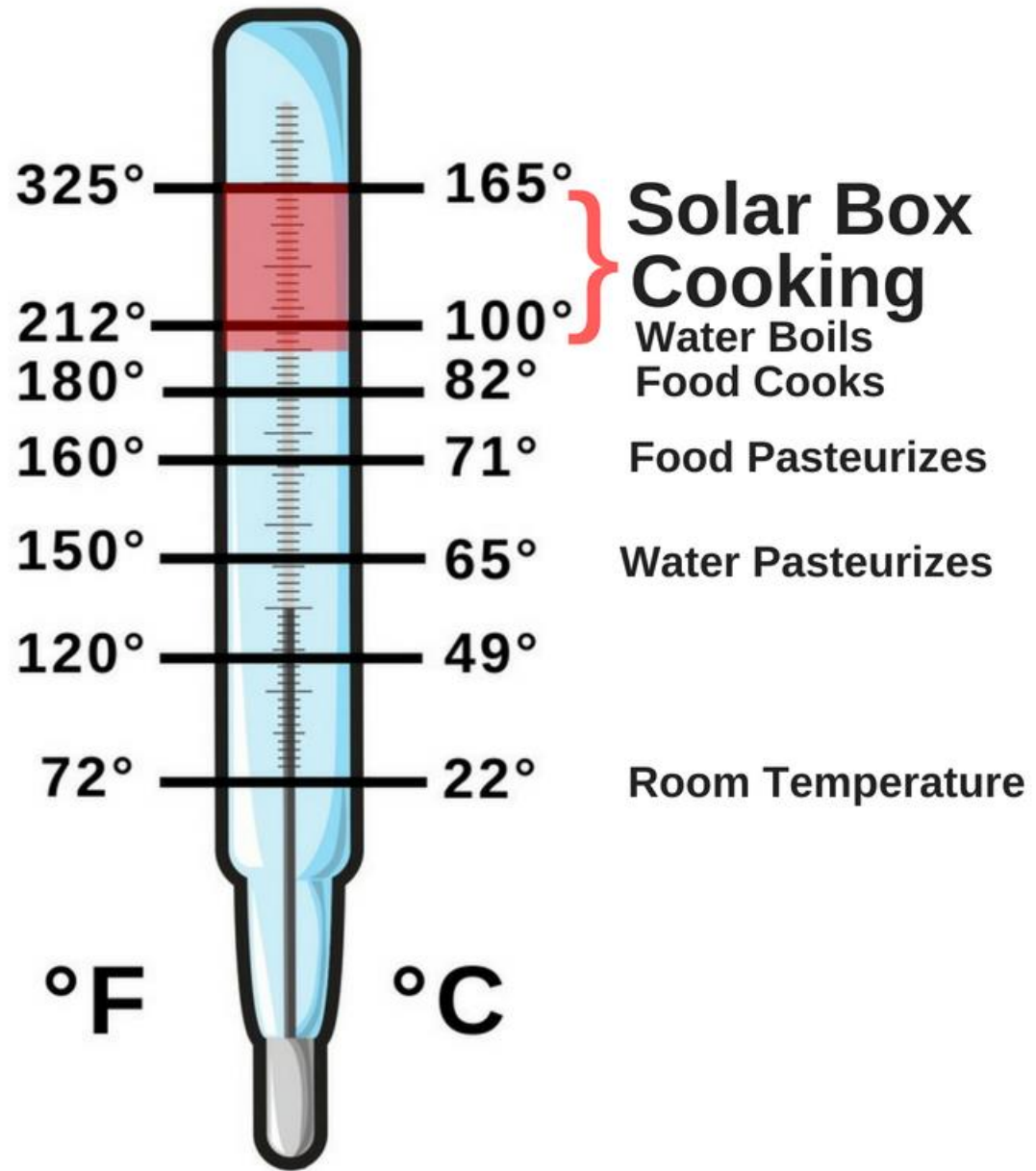
FRY, GRILL

SIMILAR TO A

TRADITIONAL OVEN

LONGER COOKING TIME

SLOW COOKER

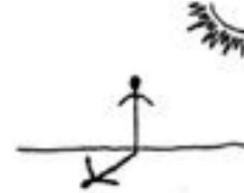




Faster Cooking

Slower Cooking

Time of year and day :



Amount of sun :



Amount of wind :



Thickness of pot :



Amount and size of food :



Amount of water :



Retained Heat Cooking:

Less Fuel



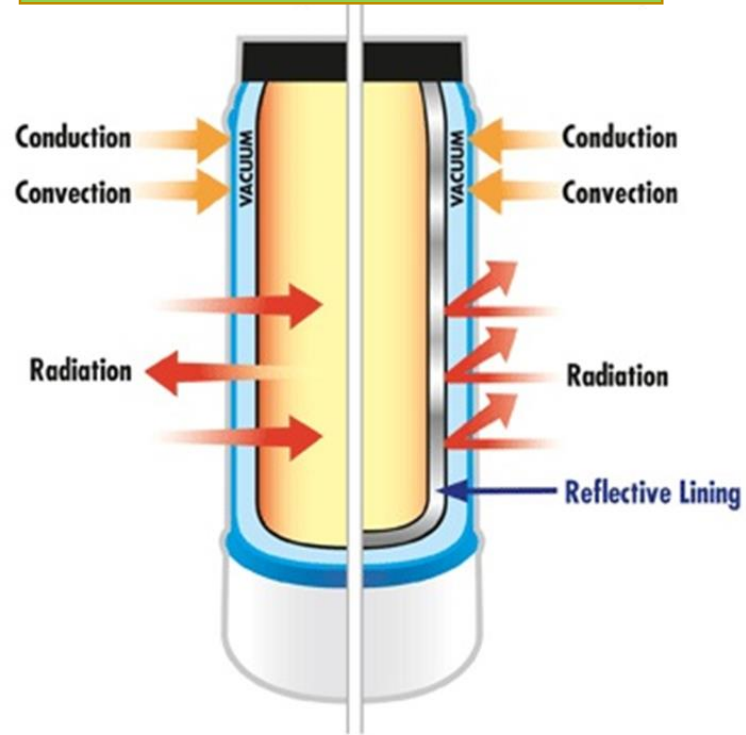
**15 min.
FUEL**



12-15 HOURS

Two Methods:

Vacuum



Foam



Vacuum



Foam





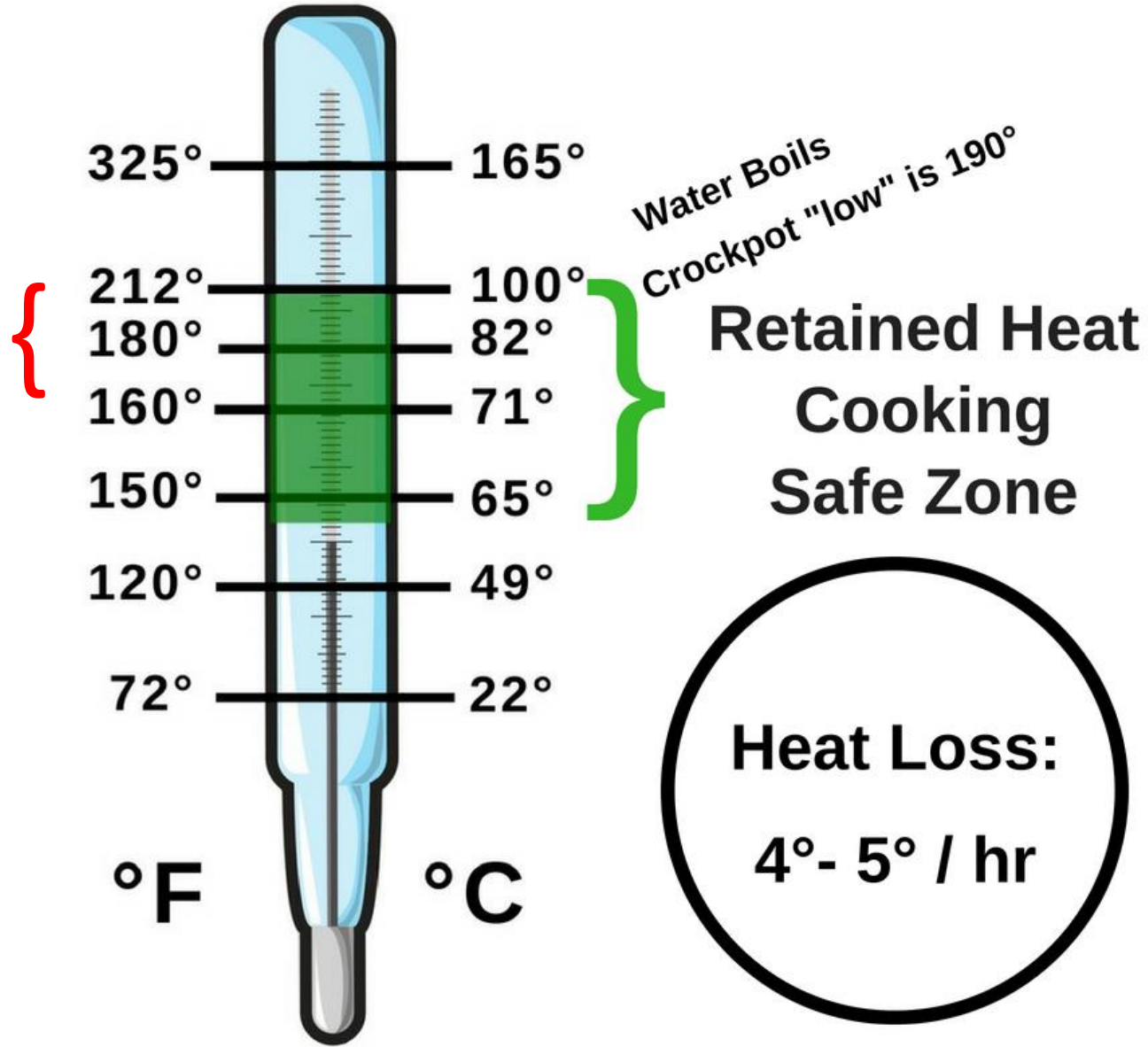




Pillows used inside an
18-20 gallon plastic tote

Active Cooking Goal:

**Keep temperature
above 165° in 8 hours**



More effective

Less effective

Amount of food :



Pot's capacity filled :



Tightness of lid to pot :



Thickness of pot :



Temperature of lid to pot :



Set to cook effectively :



Biomass Cooking:
Widely available fuel

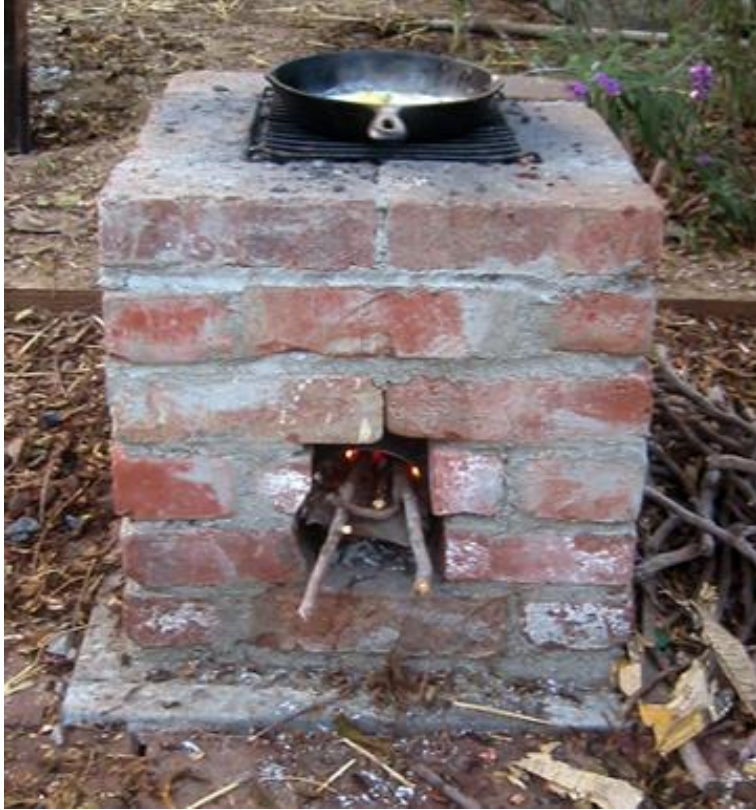


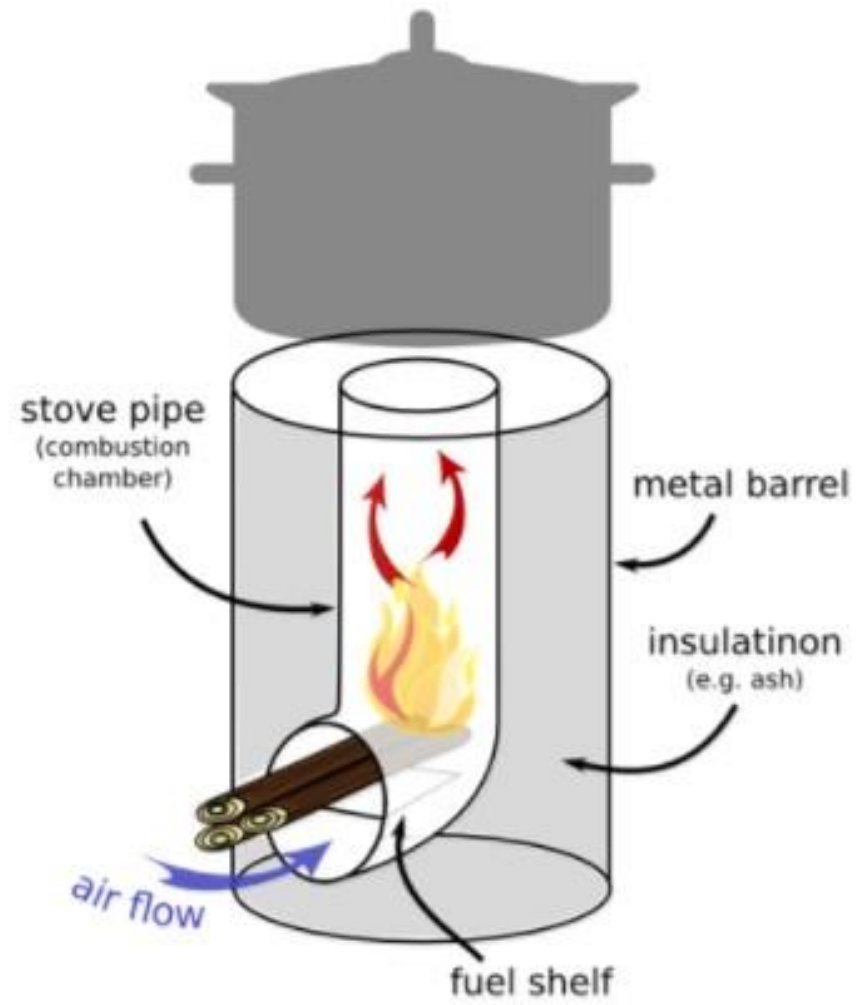


Homesthetics - Inspiring ideas for your home.



“Block Stove” photo courtesy of
Survival Common Sense





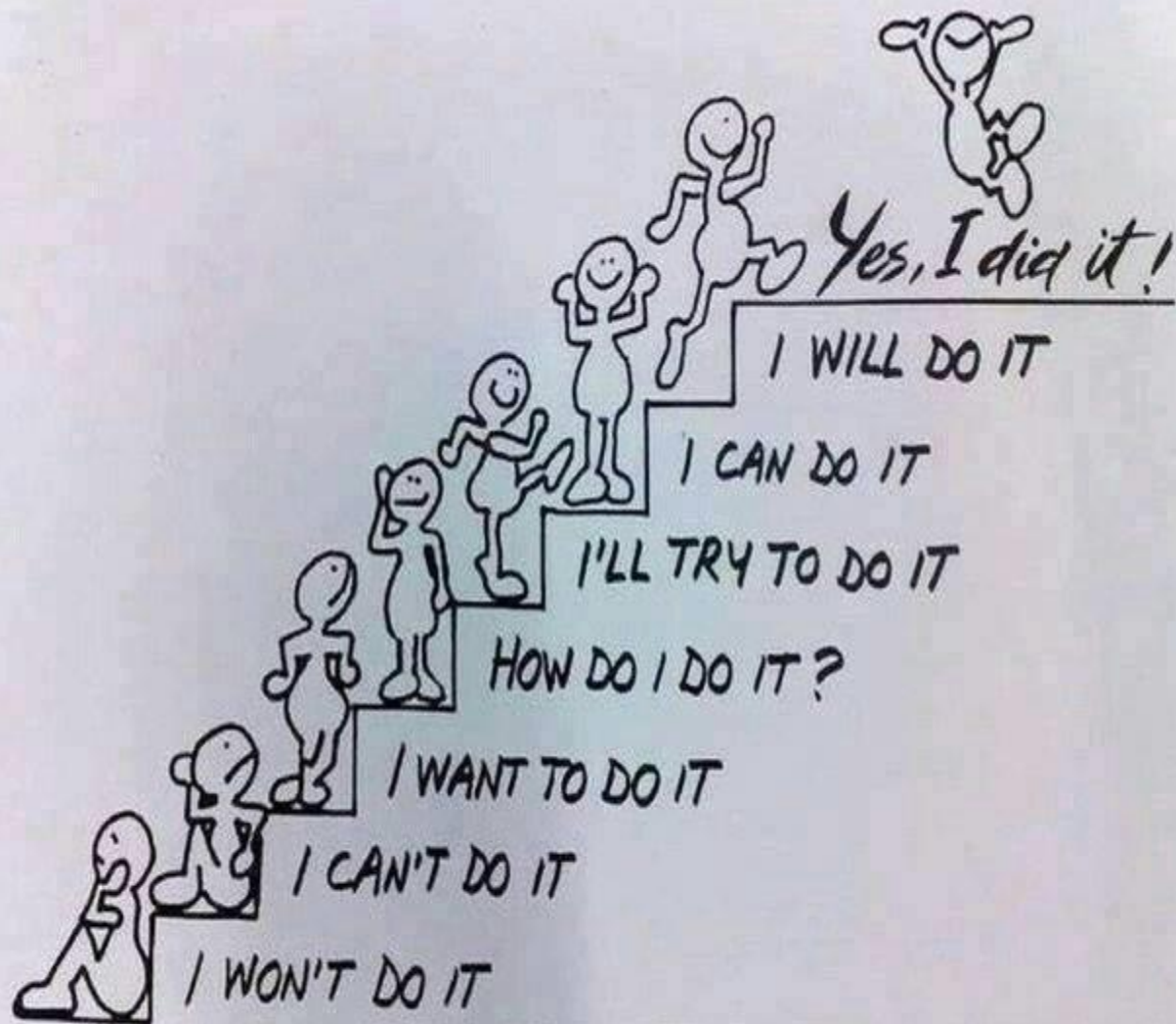
IMPORTANT:

1.) Set up on a
stable surface

IMPORTANT:

2.) Use an
appropriately
sized pot





WHICH STEP HAVE YOU REACHED TODAY?

