

Cooking with

**RETAINED HEAT**

## 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

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- 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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MY LABOR IS  
FREE  
TO YOU!

WONDER OVEN SETS AVAILABLE AT COST!

*you pay just the price of materials.*

**first come first serve!**



**yes**  
**YOU CAN COOK**  
**-WITH- RETAINED HEAT**



**Beans**



**Regular Rolled Oats**



**Pasta**



**Rice**

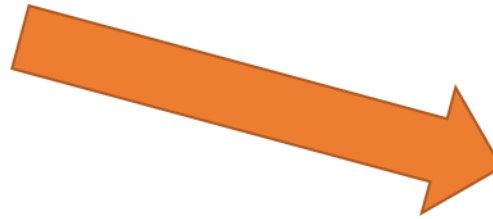
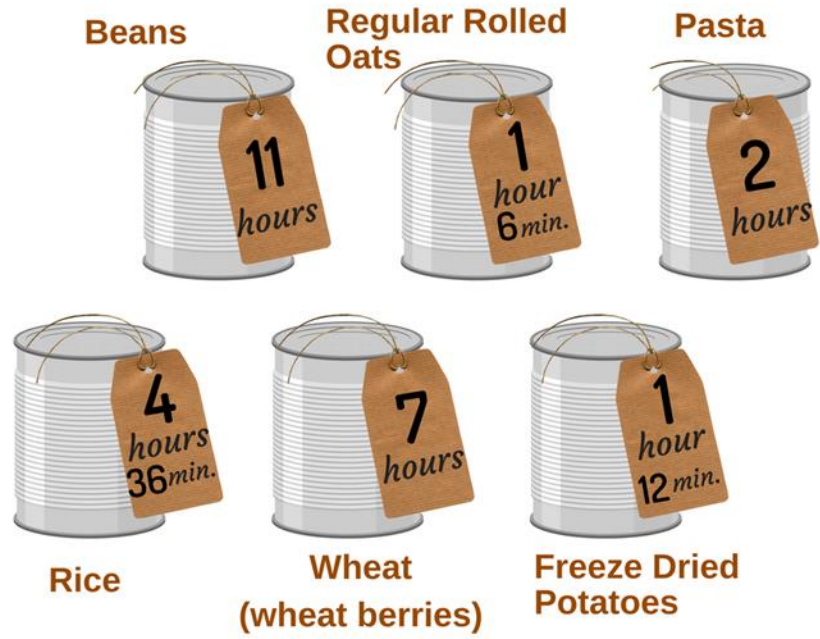


**Wheat  
(wheat berries)**



**Freeze Dried  
Potatoes**







**41 cans**





# Foam





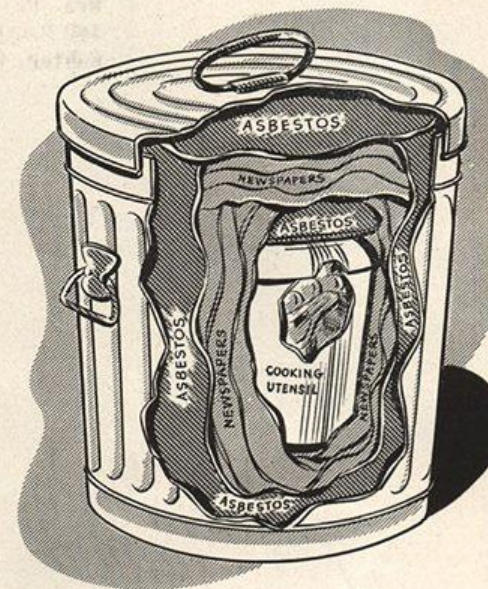
# World War I Era



## TIME and FUEL SAVER

• • • THE MODERN  
FIRELESS COOKER

*by Louise G. Royston*



**N**EXT to your household refrigerator, a home-made fireless cooker can be the item of greatest importance in your kitchen. The fireless principle is an old and tested one, used in ancient times — and it is a very valuable idea today. Peasants in some parts of Europe start their dinner cooking and then put it into a "hay box" or between layers of a feather bed, so that the cooking may be carried on to completion while the family is absent working in the fields. The American housewife can well borrow this technique and have her dinner cooking while she goes shopping, attends to club activities, or goes about her daily duties.

The modern air-conditioned refrigerator saves food from spoilage and drying out — and a fireless cooker reduces the cost of preparing a meal by enabling one to save on fuel for cooking, not to mention the time and effort saved in the actual cooking process.

A good-sized new garbage can makes an excellent cooker. Line it throughout with asbestos paper and pack several layers of newspapers tightly around the sides and at the bottom. Use one large tightly covered utensil to hold the food, or three smaller utensils. Cover the top with a circle of asbestos paper and several layers of newspapers, and make a round, thick cushion to place just over the outside cover of the cooking utensil containing the food. Then put on the garbage can cover tightly. This cooker, made at very small cost, can be used for every kind of cooking except baking or frying.

### HOW TO USE

Pack the material in tightly to prevent the heat from escaping. Be sure the food is boiling hot before putting it into the cooker. Allow five minutes for small vegetables and grains to half an hour or longer for a large piece of meat. The food will be ready to serve in from five to eight hours.

Your receptacle must be nearly full of food. If you cook a small quantity, you must use a small receptacle.

Reheat the food that requires long cooking, if it cools before it is finished. Reheat the food again before serving, if necessary.

### WHAT TO COOK

The cooker is fine for the cheaper cuts of meat. Bring the water with meat in it to a boil. Leave in the cooker for several hours.

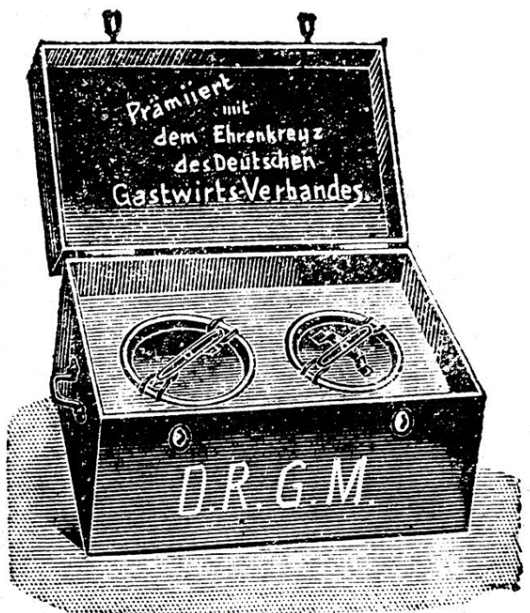
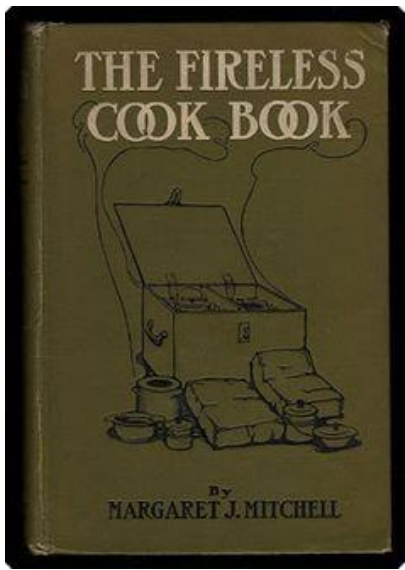
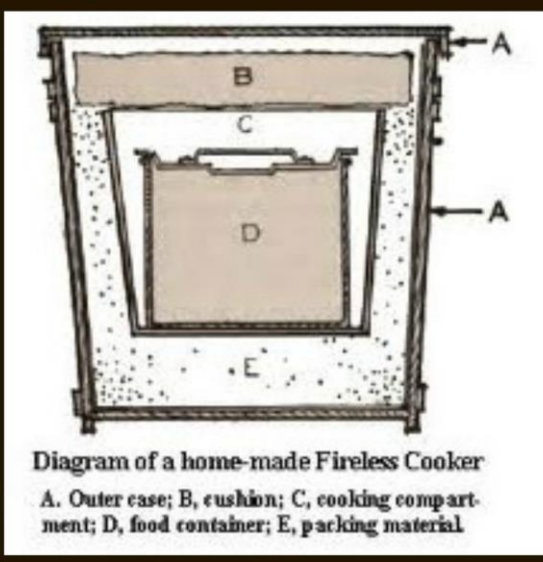
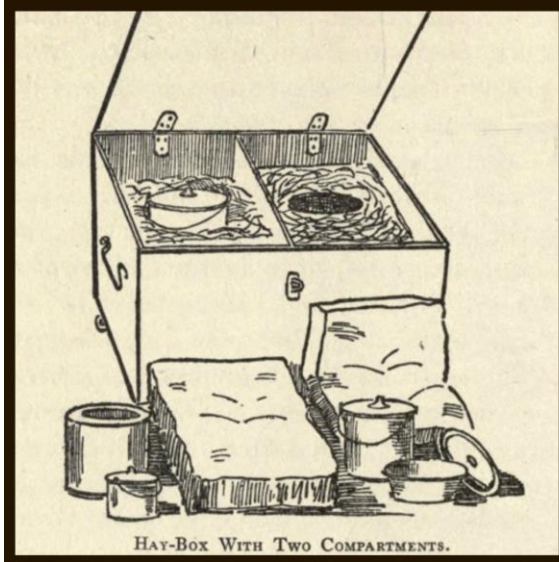
Fresh vegetables or dried vegetables may be put in the cooker. Wash dried vegetables and soak over night, then boil for fifteen minutes and leave in the cooker for four hours.

Cereals should be placed in the cooker at night after bringing the water to a boil. Reheat in the morning. Rice and macaroni take only two hours in the cooker.

After dried or evaporated fruit has been soaked in cold water for several hours, it should be boiled a few minutes, then left in the cooker for about eight hours. Sweeten. Apricots, peaches, prunes, pears, apples, plums and cherries are delicious prepared this way.

1948 issue

Modern Woman  
Magazine





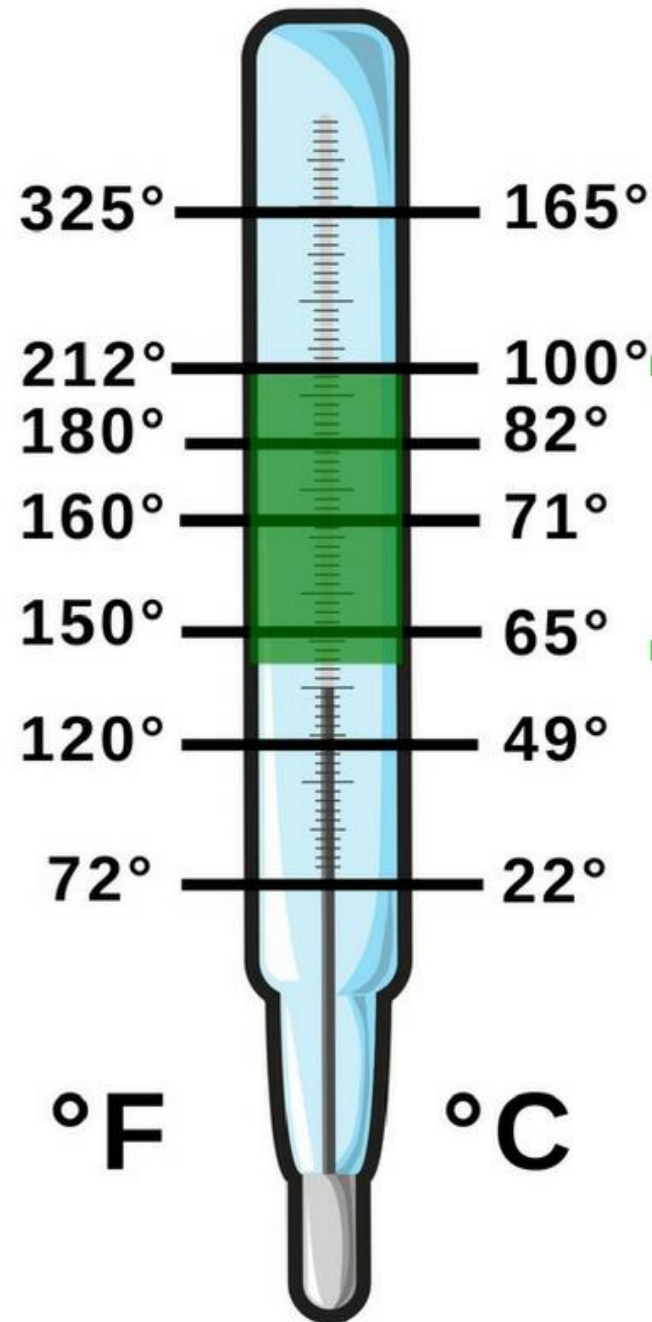




Pillows used inside an  
18-20 gallon plastic tote



Compacted foam creates a wall of thermal insulation



Water Boils  
Crockpot "low" is 190°

Retained Heat  
Cooking  
Safe Zone

Heat Loss:  
4°- 5° / hr

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 :



# My Experience



# Making Bread: Container Choices



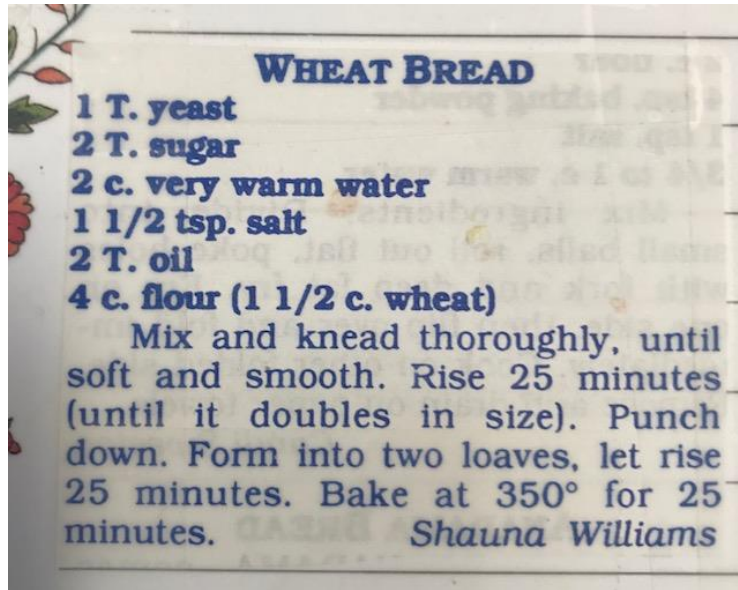
Large Juice Cans



Asparagus Steamer



Bain Marie Pot



Place inside a larger pot



Rise Once



Grease container



Add warm water

Allow 2<sup>nd</sup> rise





Boil  
10 min



Allow to cook for at least 2 hours



# Containers: Making Muffins







**Cooking Process**



# Skillet Lasagna



**Sauce**

**Noodles**

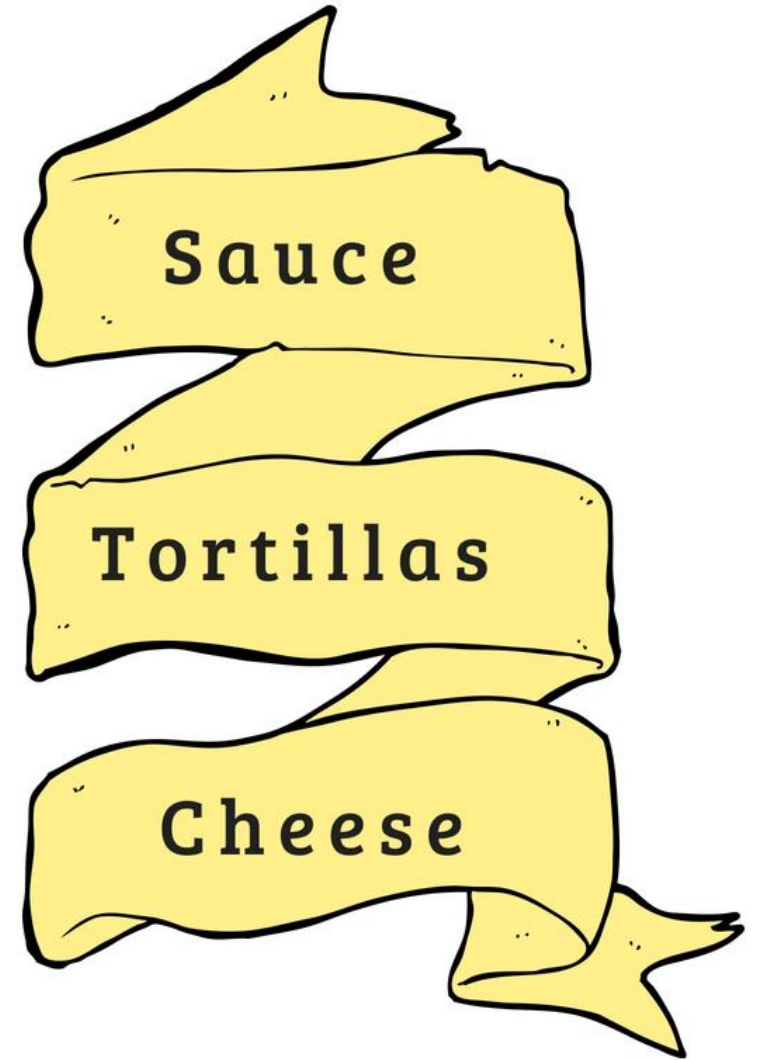
**Cheese**



Allow to cook  
3 - 4 hours



# Mexican Tortilla Lasagna







Cook for  
**4 - 6 hours**



# Skillet Frittata





Skillet here is  
EMPTY & HEATING



# Slow Cooking Meat



# Making Yogurt

1. HEAT MILK USING  
A DOUBLE BOILER

2. COOL THE MILK

3. COMBINE MILK  
WITH STARTER

4. PUT MIXTURE INTO  
JARS AND THE JARS INTO  
WARMING COOLERS

5. TRANSFER JARS FROM  
COOLERS TO FRIDGE





***Produced using a low heat single pass drying process. Ingredients: 100% milk with vitamins A & D added. Just add water and stir.***

***Cost: \$16.60 / can (49 ounces)  
about \$7 / gallon***



***Spray-dried non-instant milk fortified with Vitamins A & D. Product requires a good amount of mixing to dissolve into water.***

***Cost: \$4.50 (28 ounce)  
about \$3 / gallon***



4 C water

2 C instant powdered milk

2-4 T plain yogurt (active cultures)

OR 3 Acidophilus tablets, crushed

1/3 C sugar

1 T vanilla





*Change water  
if needed to  
keep ideal  
temperature*

## TEMPERATURE

Ideal: 100-120°F  
38 - 43 °C

(130°F / 54 °C is too hot!)



Incubate  
18 - 24 hours



# Tamales















# Overnight Oatmeal







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