

APRIL 13, 2019

Cooking with Retained Heat

Megan Smith author of
My Food Storage Cookbook.com

**MYFOODSTORAGE
COOKBOOK**

Megan Smith

**MOM OF FIVE
PREPAREDNESS ENTHUSIAST
LIVING IN SPOKANE, WA**

Preparedness Speaker

Specializing in emergency food preps,
solar cooking, low fuel cooking techniques,
planning & organization

Extensive Educational Content

Visit: [www. My Food Storage Cookbook.com](http://www.MyFoodStorageCookbook.com)





Family Tested Recipes

I'm a busy mom with kids. I worried "what will they eat if the power goes out and grocery stores closed?" I set to work to find out.

With more than ten years experience of trying and testing, cooking and cooking some more... I want to help others prepare too!

**MY FOOD STORAGE
COOKBOOK**

Today's Presentation:

A crisis waiting to happen:

Fuel shortages while using supplies

Fuel conservation Solutions:

Solar Cooking + Cooking
with Retained Heat

Retained Heat Cooking:

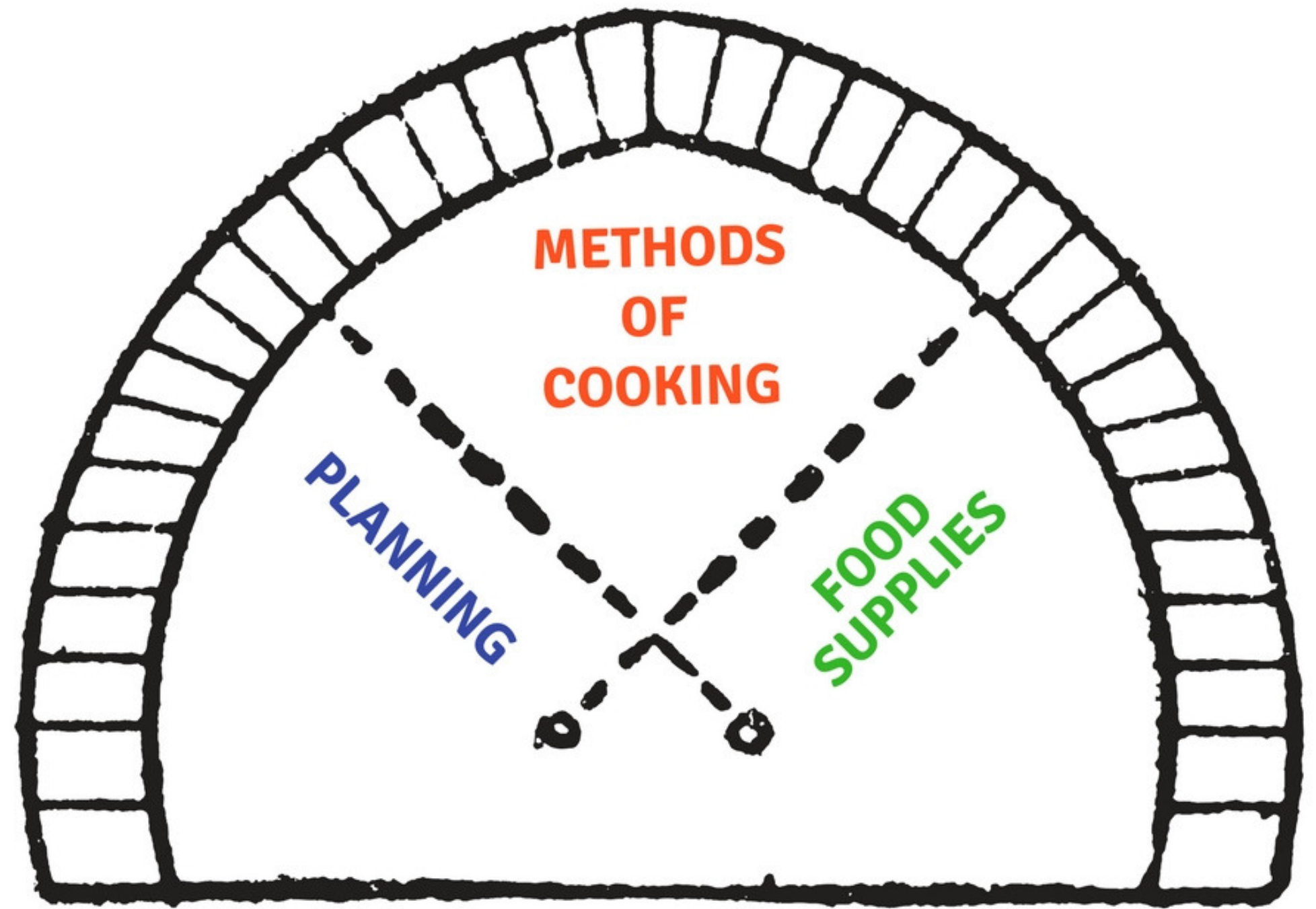
What is it? Historical use

Learn some techniques of

Retained Heat cooking

using a Wonder Oven!

A crisis
waiting
to happen...



To be prepared to successfully cook

-without power or outside supplies-

many aspects must be considered

Using a butane stove



=

2 hrs high heat

or

4 hrs simmer



IT REQUIRES

6 cans

TO SUPPLY THE FUEL NEEDED
TO COOK TWO
#10 CANS OF DRIED BEANS

**OTHER FOOD STUFFS
REQUIRE VARIOUS AMOUNTS**

OF

FUEL

TO COOK

AND...IT ALL ADDS UP!

Beans



**Regular Rolled
Oats**



Pasta



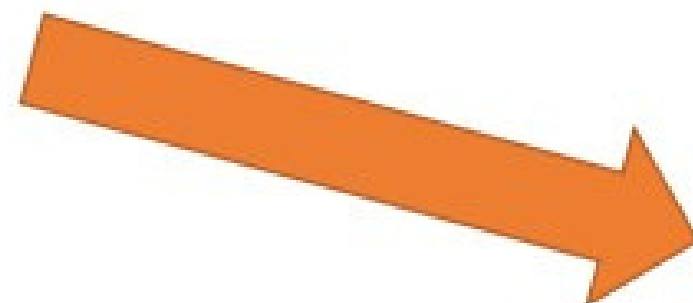
Rice



**Wheat
(wheat berries)**



**Freeze Dried
Potatoes**



**THESE SIX CANS
REQUIRE NINE CANS OF BUTANE**

THESE FOUR BOXES?



41 cans



TAKE NOTE

*THE CRITICAL DETAIL
NO ONE IS DISCUSSING IS:*

*HOW WILL WE COOK THE
FOOD WE HAVE STORED...
CONSIDERING THE FUEL
REQUIRED?*

FUEL CONSERVATIVE METHODS :



Solar Cooking

Zero fuel required

An essential method

Retained Heat Cooking

**Hours of cooking time made possible
because heat is**

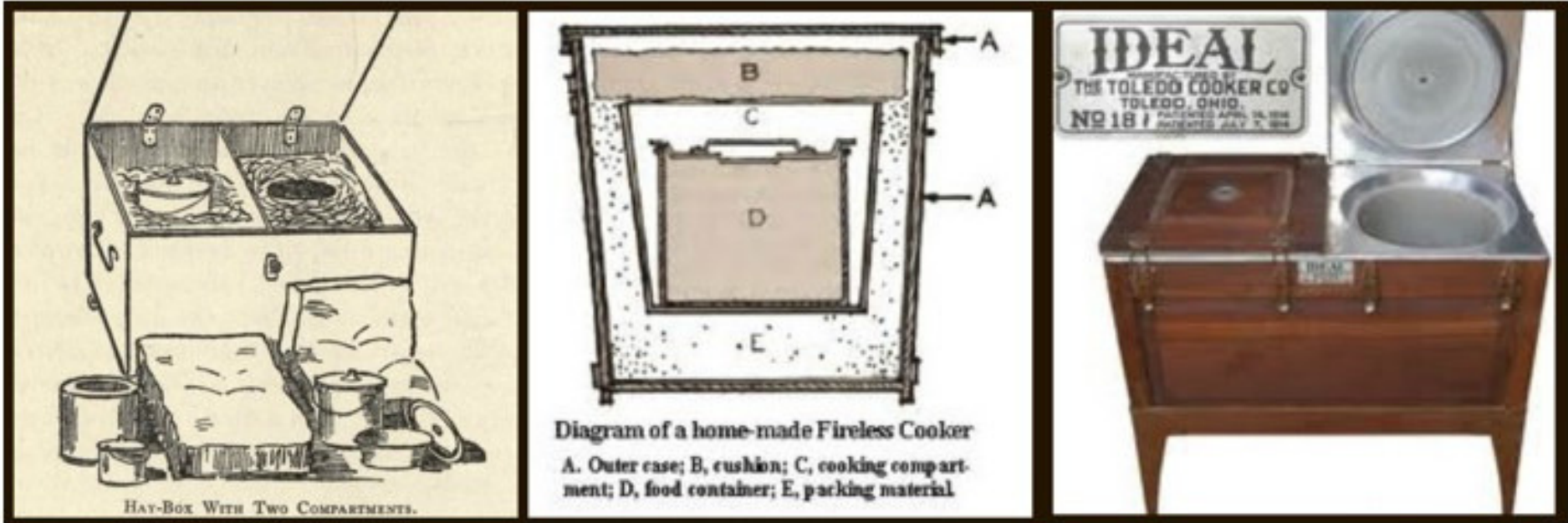
INSULATED & CONSERVED

Bio Mass Cooking Options

Effectively utilizes widely available fuel

example: Rocket Stoves

USED FOR HUNDREDS OF YEARS



World War I Era



Recent articles I've had published:



A Common Sense Guide to Emergency Preparedness, Self-Reliance and Provident Living



Retained Heat Cooking: The Secret to Stretching Your Fuel Supplies

The power is out and you have no idea how long until it will be restored. How will you cook your food in an emergency with limited fuel? Retained heat cooking can help you stretch your stored fuels to outlast the crisis. All cooking methods have one thing in common:...

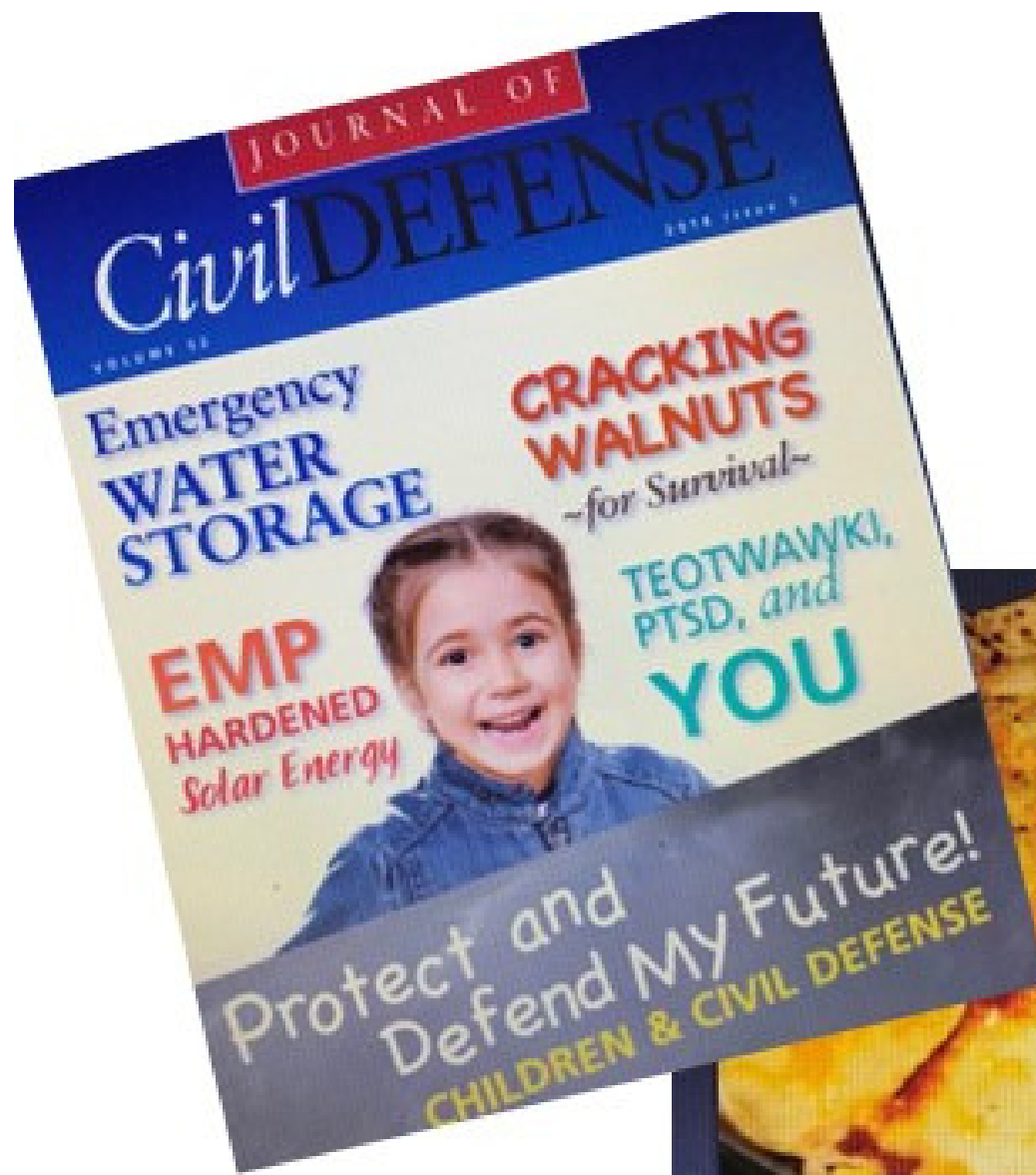
Surviving a Winter Power Outage - How to Stay Warm

A cozy warm home in the freezing winter temperatures is not only inviting, but can literally save your life. What would you do if your electricity and natural gas were to be suddenly disrupted in the dead of winter? We turned off our electricity in January so we could... [read more](#)

October 16, 2018
The Provident Prepper

to drink?

November, 2018 Journal of Civil Defense



Mexican Tortilla Lasagna

Fine Dining from Shelf-Stable Food Storage

By Megan Smith
MyFoodStorageCookbook.com

You've had it with "just add water" meals and - survival or not - all you want is something that tastes like normal food! This Mexican Tortilla Lasagna is just the answer. It is made entirely from shelf-stable long term food storage ingredients.

MEXICAN TORTILLA LASAGNA, continued

Best of all, it is brought up to temperature on the stove and then transferred to a Wonder Oven to slow cook for an hour utilizing retained heat, which allows its flavors to combine perfectly. It is guaranteed to hit the spot!

Your MyFoodStorageCookbook.com to learn more about how to use retained heat to stretch your stored fuel. Retained heat cooking is like using a slow cooker without electricity. It works like magic!

Mexican Tortilla Lasagna

Serves 8

- Ingredients:**
- 1 cup freeze-dried onion flakes (or one large onion diced)
 - 8-10 cup freeze-dried carrot slices (or 2-3 carrots sliced)
 - 1 cup water (to rehydrate the onion and carrot)
 - 1 (24 oz.) can crushed tomatoes
 - 1 (24 oz.) jar chunky salsa
 - 2 (12.5 oz.) cans canned turkey, drained
 - 1 (15 oz.) can whole kernel corn, drained
 - 1 (8 oz.) can sliced olives, drained
 - 1/2 cup soft cream powder (rehydrated with 2 TBS water)
 - 1/2 tsp onion powder
 - 1/4 tsp garlic powder
 - 1 tsp ground cumin
 - 1 tsp salt
 - 1/2 tsp chili powder
 - 2-3 cubes Knorr chicken seasoning (optional)
 - 1 cup freeze-dried cheddar cheese
 - 1/2 cup cold water for rehydrating

Corn Tortillas

- Ingredients:**
- 4 cups Masa flour
 - 1/2 tsp salt
 - 1/4 tsp baking soda
 - 1 (15 oz.) can whole corn (like Del Monte's brand)
 - 1/2 cup cold water
 - 1/4 cup oil
 - 1 tsp. lime juice



Tools and Supplies

Flexible Cutting Mats (set of 4)
Manual OXO hand held non-electric food used to pulse whole kernel corn in this recipe, adding additional corn flavor to the tortillas.

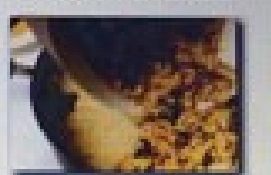
STEP 1: Make the tortillas like together masa flour, salt and baking soda. Add to pulsed corn (including the water in the can), stirring with a spoon and then add 1/2 to 3/4 cup of water, mixing with clean hands until the dough is a good consistency. Using your hands to mix in the water will make it easier to be able to tell if the dough is too wet or too dry.

Working with small to medium sized dough balls, press one dough ball at a time in between two flexible cutting mats. After covering with a second cutting mat, use a rolling pin to press the dough into a thin, round tortilla.

Carefully remove the tortilla from the cutting mat by using a third cutting mat to loosen the tortilla. After the top of the tortilla has been loosened, remove the top cutting mat and loosen the bottom of the tortilla in the same manner. Slide the tortilla off the cutting mat to cook on a hot skillet to cook 10 seconds on one flip over and cook 10-15 seconds on the other side (each) and set the tortilla aside to cool.

STEP 2: Combine the tomatoes and salsa in a pan and heat over a medium low heat.

STEP 3: Rehydrate the cheese with 1/2 cup cold water. After 5 minutes, the cheese should be ready to hit the stove. Combine the onion, carrots, turkey, spices, corn, olive oil and cream in a large bowl.

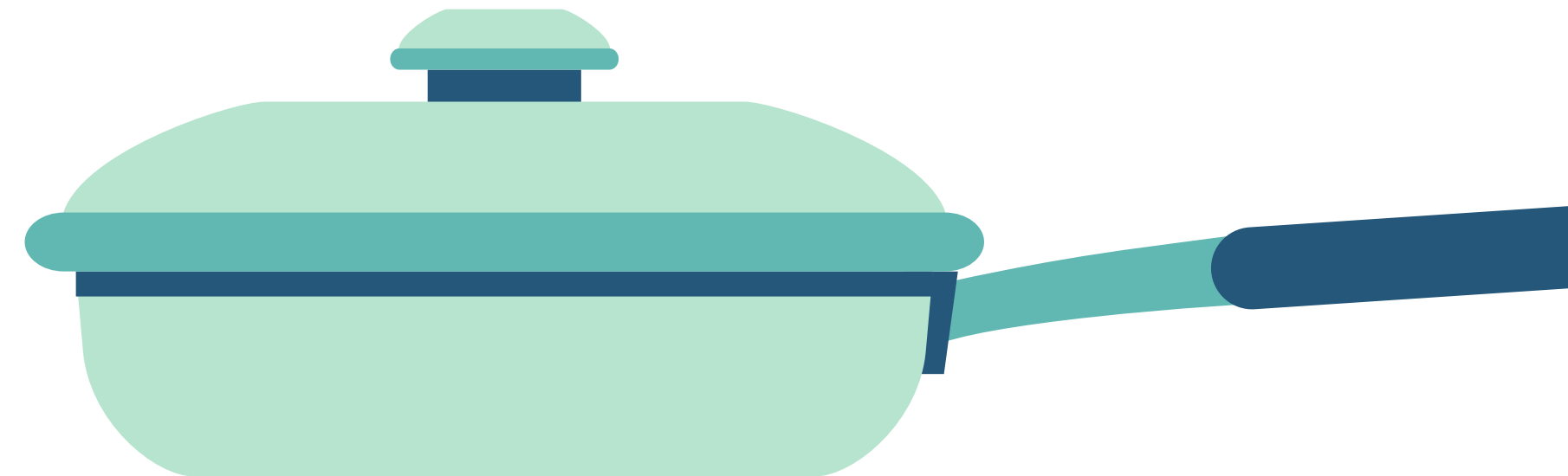


About the Author:
Megan Smith blogs at www.MyFoodStorageCookbook.com and is an expert on retained heat cooking and using food storage to create delicious meals. She designed The Wonder Oven as a convenient way to use retained heat to accelerate cooking.

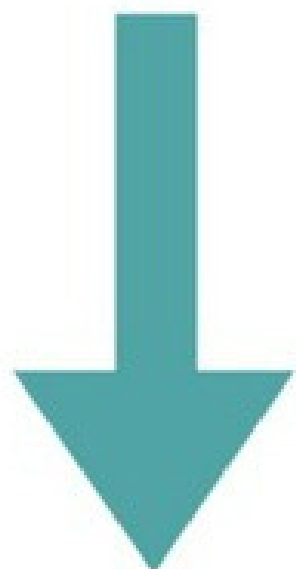
**Food is cooked by the heat
from surrounding
boiling water**

OR

**by heated skillet + lid
with food equally warmed**



**15 min.
FUEL**



**12-15 HOURS
COOK TIME**

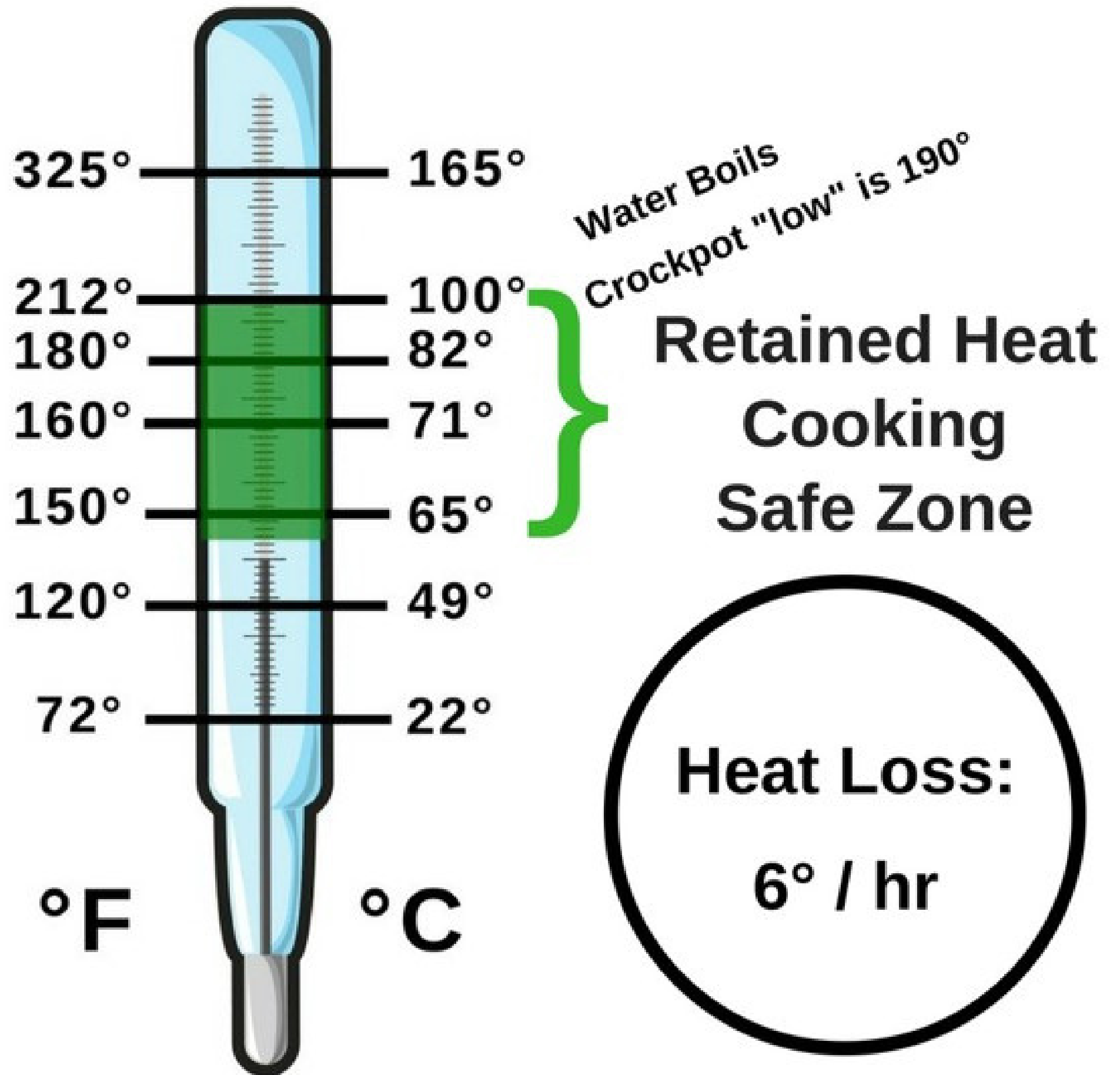




Pillows used inside an
18-20 gallon plastic tote



Compacted foam creates a wall of thermal insulation



Making Bread: Container Choices



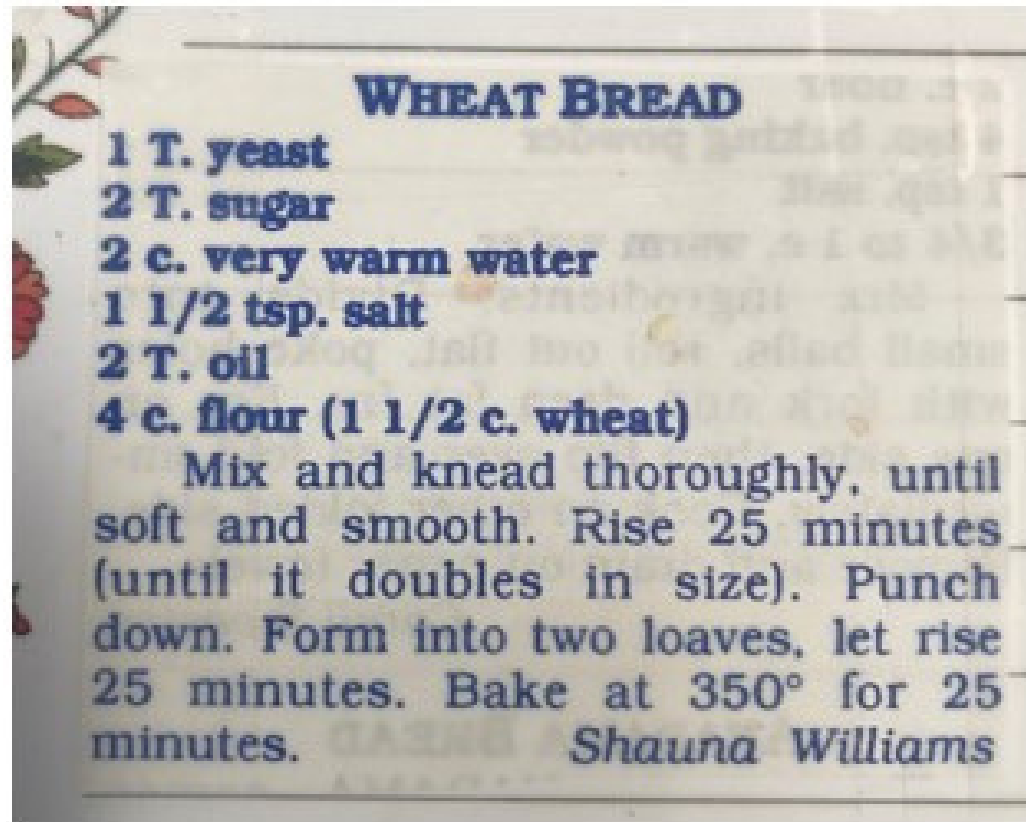
Large Juice Cans



Asparagus Steamer



Bain Marie Pot



Place inside
a larger pot



Rise Once



Grease container

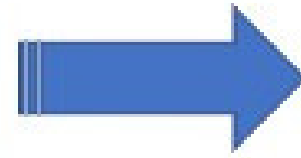


Add
warm water

Allow 2nd rise



Boil
10 min



Allow to cook for at least 2 hours



Containers: Making Muffins



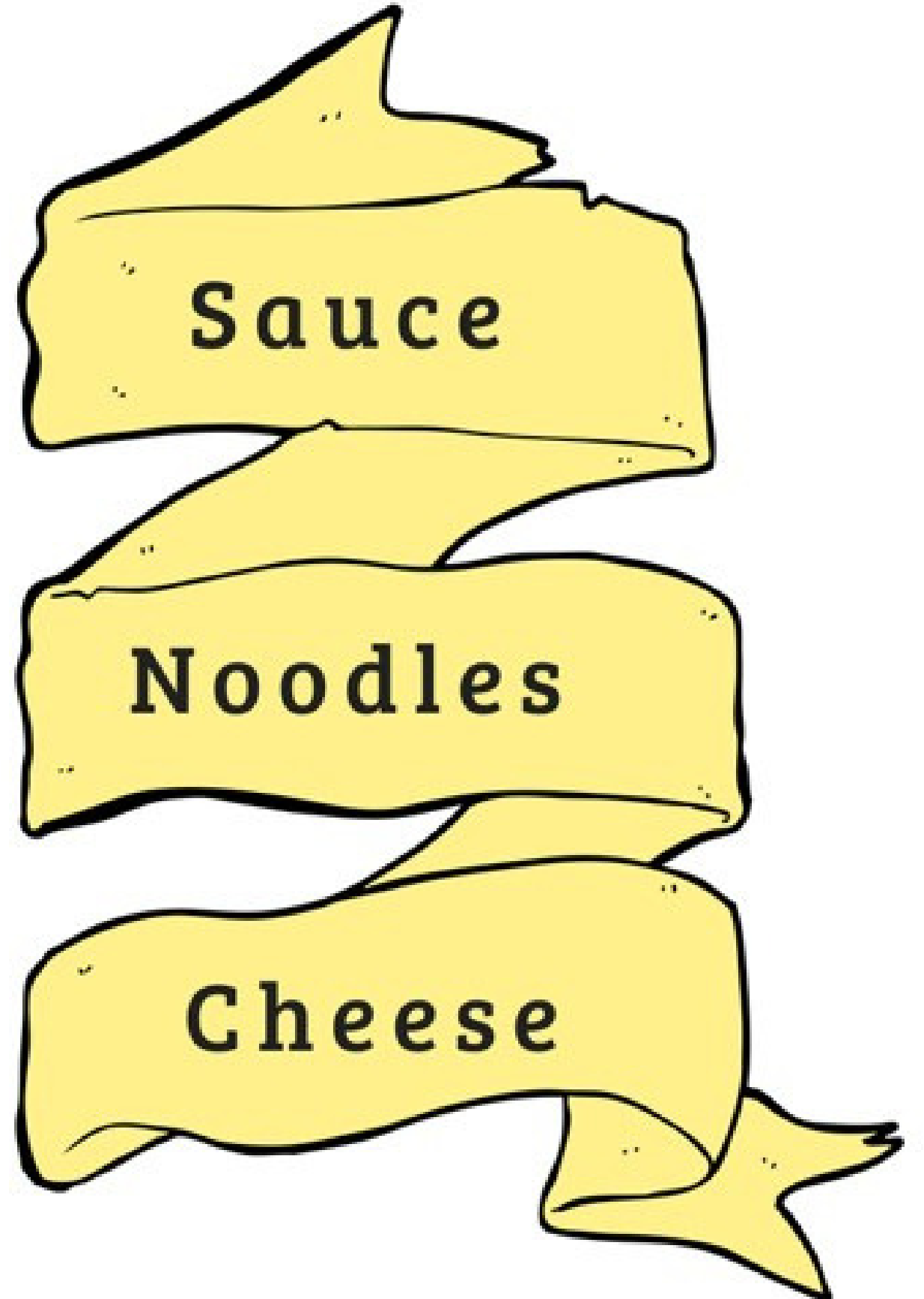




Cooking Process



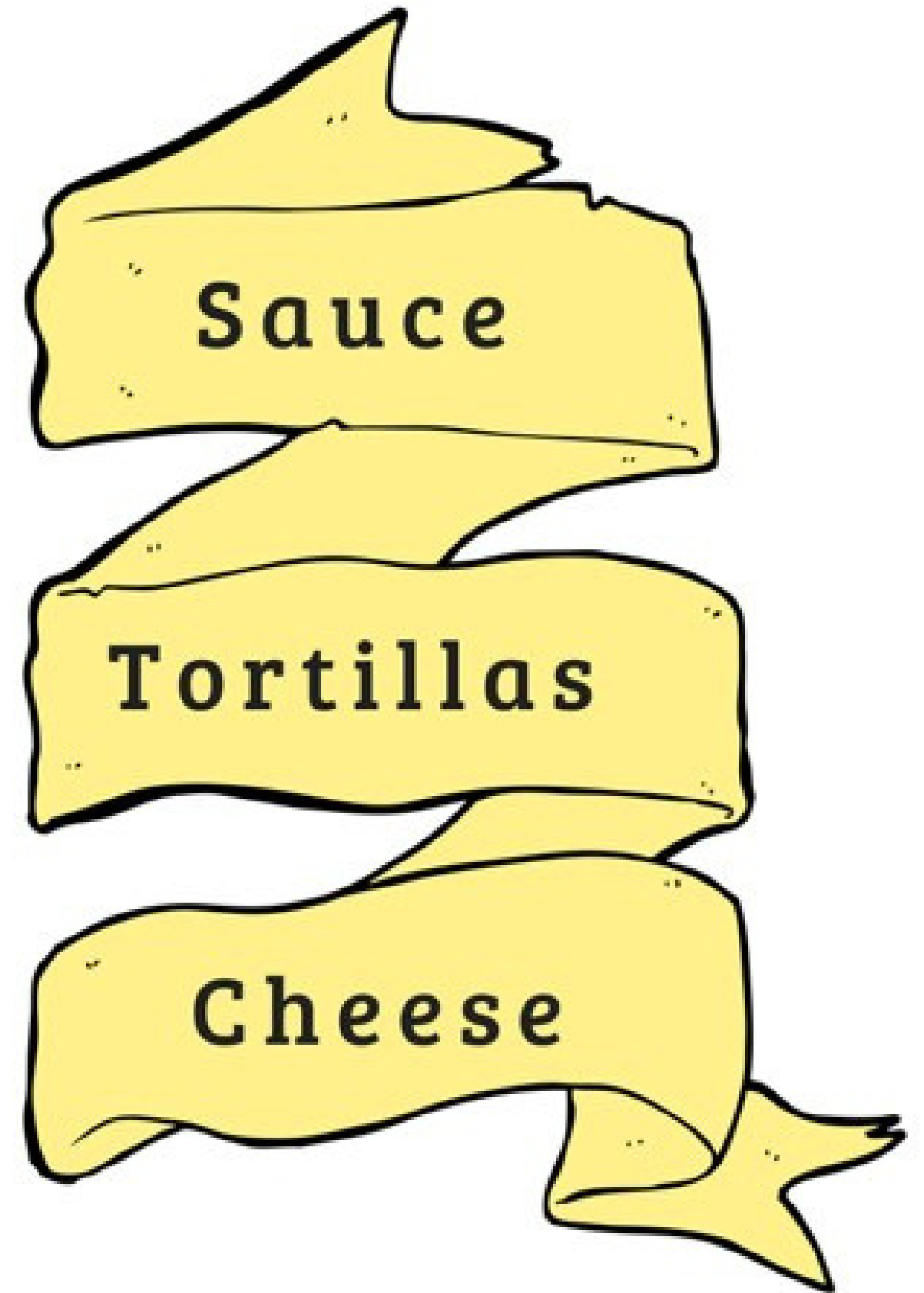
Skillet Lasagna





Allow to cook
3 - 4 hours

Mexican Tortilla Lasagna







Cook for
4 - 6 hours



Skillet Frittata





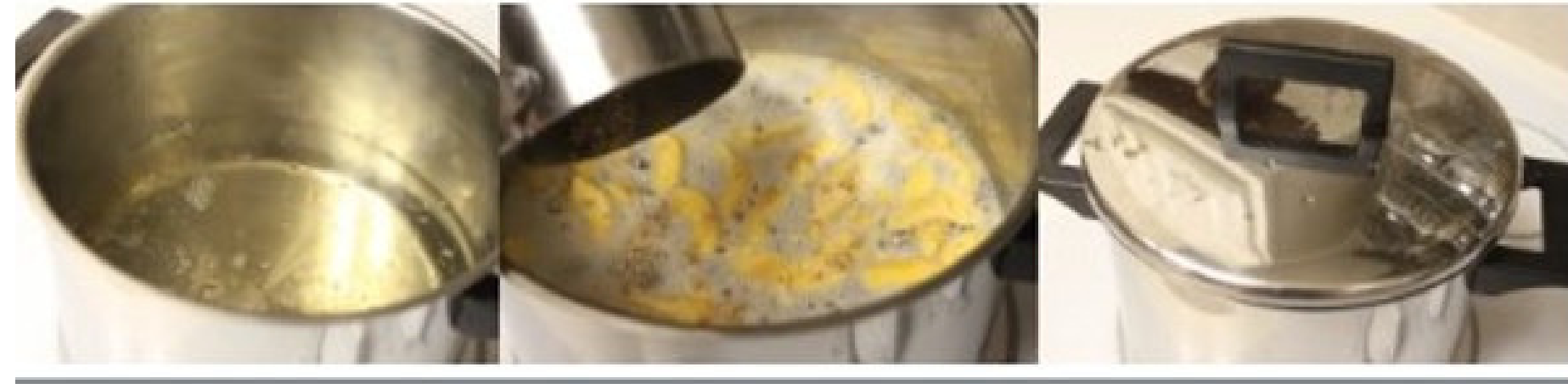
Skillet here is
EMPTY & HEATING



Slow Cooking Meat



Overnight Oatmeal



Cooking with

RETAINED HEAT

MY FOODSTORAGE COOKBOOK