

Cooking Without Electricity

Non-Electric Cooking Options

Outdoors

- ✓ Gas Grill
- ✓ Charcoal Grill
- ✓ Wood Fire
- ✓ Gas Camp Stove
- ✓ Portable Butane Burner
- ✓ Rocket Stove
- ✓ Solar Ovens

Indoors

- ✓ Canned Fuel (Sterno)
- ✓ Portable Butane Burner
- ✓ Wood-Burning Stove or Fireplace (vented)

Cooking Safety

1. **Avoid "Tea Light Ovens"** – Some use 20+ tea lights at once. Tea lights have a flash point of 400-520 degrees and some brands burn hotter than others. Never leave unattended!
2. **Beware of Carbon Monoxide Fumes.** Never use charcoal indoors!! Carbon monoxide fumes are odorless and deadly.
3. **Always check propane connections for leaks and line clogs, especially after periods of misuse or moving.**
"Speaking from experience here! We moved our gas grill to a new house and forgot to check the connection. During our first BBQ, a hose came loose and the grill exploded with a 14 ft. high tower of flame! No one was hurt, praise the Lord!"
 – Pat D.

(Some info in this section is adapted from www.iwillprepare.com/cooking.htm)

BASIC PRINCIPLES of Simply Ready Cooking

1. Be ready to cook:
 - indoors or outdoors
 - at home or evacuated
 - in all types of weather
2. Use methods that conserve fuel
3. Cook in a well-ventilated area



SOLAR COOKING

Solar Panel Cooker – a reflective panel that directs sunlight to a dark colored pot enclosed in an oven bag

- Food cooks at low heat 200°-275°
- Folds flat, lightweight, inexpensive to make or buy



Solar Box Cooker – Insulated box-in-a-box; glass lid pointed to the sun traps heat like a greenhouse, often has reflective flaps

- Food in dark, covered pots
- Reaches cooking temperatures of 300°-450°
- Ease to make or buy



Parabolic Cooker – Uses a parabolic mirror to focus light on a cooking pot placed at the focal point

- Can reach temperatures over 600°
- Mirrored ones are expensive; imitate using Mylar windshield screen (may not get as hot)



OUTDOOR COOKING to Conserve Charcoal or Wood

Rocket Stove – buy or easy to build with low cost material
 (Want to make one? Go to: <http://bit.ly/1s40Z2Z> or <http://bit.ly/1medGij>)

- Burns branches, twigs, leaves, dung or just about any small combustible material. Material burns from the tip, which increases efficiency, creates a very hot fire and eliminates smoke.
- An insulated chimney makes sure that heat goes into the cooking pot and not the stove.
- A double door rocket stove allows you to burn charcoal as well.



Double Door Version

Volcano Stove – portable multi-fuel outdoor grills
 (www.volcanogrills.com)

- Collapsible to 6" for easy transport
- Uses minimal fuel; gets up to 15,000 BTUs
- Sturdy to hold heavy pots
- Cost about \$150.00



One Grill - 3 Options!

Propane

Charcoal

Wood

COOKING FUEL TYPE	PROS	CONS
Butane	Relatively Easy to Find Convenient Clean Burning Easy lighting, no Priming, no Pumping Long Storage Life Can use Indoors	Relatively Expensive Freezes at low temperatures Must buy Butane canister that fits your appliance
K-1 Kerosene	Relatively Inexpensive Easy to find; can buy in bulk Burns easily and hot Can be used indoors Stores Indefinitely	Burns dirty Has an odor Priming required Can clog stove parts
White Gas/ Coleman Fuel (Outdoor Only)	5-10 Years storage life Relatively Inexpensive Easy to Light and Burn	Volatile Priming Required Highly Flammable
Alcohol (Liquid)	Inexpensive Readily available Alcohol Stove has fewer moving parts	Doesn't burn as hot Evaporates Harder to light
Alcohol Gel (Sterno)	Safe; fuel can't be spilled Environmentally friendly Easy to light	Fuel relatively expensive Easily blown out by the wind unless protected
Propane	Relatively Inexpensive Readily available Stores Indefinitely Rotten egg smell alerts you to leaks	Can explode at ignition source If leaking, gas can accumulate and explode
Charcoal	Very Inexpensive = 1 yr. about \$100 Easy to Locate Stores Indefinitely (Dry) Predictable Heat (1 Briquette = ~35°)	Must remain dry Hard to ignite
Wood	Free if you collect/chop your own No Toxic Fumes Typically readily available	Low burn efficiency Need lots of storage space Not all wood burns well
Hexamine/ Trioxane Compressed Tablets	No spillage No smoke Can calculate how much fuel needed Quiet Can reuse remnants	Relatively expensive Blackens pots and pans Has an odor some don't like Flame is sensitive to wind

Did You Know...?

Fuel is a precious commodity in times of emergency. Here are two ways to conserve fuel and still cook your meal completely.

1. Use a Pressure Cooker

- Foods cook 70-90% quicker
- Can use on all heat sources
- Modern cookers are safe and quiet-no spitting, hissing
- Don't want soot on your pot when using over campfire? Wipe soap over the bottom and sides before cooking.

2. Make or Buy a Heat Retention Slow Cooker (Hay Box/Wonder Bag)



- A heat retention device reduces the fuel you need to cook your meals. Simply bring a pot of soup, stew, beans, dessert, etc. to a boil. Then, cover the pot, remove it from the fire and place it in a Hay Box (an ice cooler half-filled with bean bag filler or shredded foam packing popcorn. Cover the pot with more filler and close the lid) or a Wonder Bag (fabric drawstring bag with pockets of packing filler) and in just 1-4 hours the food will be slow-cooked, just as if you had put it in an electric crockpot!

Want to make a Wonder Bag?

Go to: <http://bit.ly/X8Trxv>

- Or, you could wrap the hot covered pan in a towel, place it in a blanket-lined laundry basket, surround the pot with more blankets and achieve the same results.