

Cooking In a Disaster

Remember...

- Make safety your first consideration
- Plan to be able to cook indoors and out, in the home or evacuated, in cold and hot weather
- Store water and food
- Conserve fuel
- Think creatively. Variety is key

Notes: _____

WOOD		GAS		SOLAR		CHARCOAL	
<ul style="list-style-type: none"> • Open Fire (w/ grill) • Reflector Oven w/ Open Fire • Wood-Burning Stove • Dutch Oven (w/ Tripod) • Underground Pit 		<ul style="list-style-type: none"> • Propane • Butane • White Gas 		<ul style="list-style-type: none"> • Solar Oven (w/ Reflectors) 		<ul style="list-style-type: none"> • Open Fire (w/ grill) • Apple Box Oven • Dutch Oven 	
<u>Pros:</u>	<u>Cons:</u>	<u>Pros:</u>	<u>Cons:</u>	<u>Pros:</u>	<u>Cons:</u>	<u>Pros:</u>	<u>Cons:</u>
Fairly inexpensive	Takes up storage space	Easy to regulate temperature	Expensive (depends on gas) Highly flammable when stored	Free energy	Long cooking time	Easy & safe to store	Takes time to heat up
Safe to store	Takes time to start a fire.	Quick to start	Can't store large quantities	No storage required for fuel	Lower temperatures	Fairly inexpensive	Takes up storage space
Provides heat for living	Requires work to refuel fire	Less work to keep the flame going	Takes up storage space	Earth friendly	Dependent on weather	Some ability to regulate temperature	Not earth friendly (CO ₂ Emissions)
Provides high temperatures	Difficult to regulate temperature	No smoke	Flame (less safe)	No flame (safe)	Difficult to regulate temperature	Minimal smoke	Non-renewable source
Renewable resource	Lots of smoke	Fairly earth friendly	Non-renewable source	No smoke		Provides high temperatures	
	Flame (less safe)	Provides high temperatures		Unlimited supply		Minimal flames (safe)	
	Not earth Friendly (CO ₂ Emissions)	Easy to use					

Recommended websites:

- www.simplylivingsmart.com
- www.yourfamilyark.org
- www.foodstoragemadeeasy.net
- www.everydayfoodstorage.net
- <http://solarcooking.org/plans/>

- Amazing preparedness site, various topics and videos
- Great info on fuel and other preparedness topics
- Baby steps checklist to reach your preparedness goals
- All about food, great recipes and videos
- Build your own solar oven!!! Choose from several designs

Apple Box Oven

To make you will need:

Sturdy cardboard apple box (20 inch x 13 inch and 12 1/2 inch high.)
Roll of heavy duty aluminum foil
Masking tape or can of spray adhesive
Metal repair tape (looks like duct tape but it is shiny, found some at hardware store)
Optional for a window: plastic oven bag (ex. Reynolds)

- 1) If there are any holes in your apple box, cut extra cardboard to fill holes and cover patch with metal tape on both sides. If an oven window is desired, cut a horizontal oven window (approx. 9 x 4 inches) in one of the long sides, centered and 2 1/2 inches from the closed bottom of the box. Make sure that you measure and cut the hole in the correct spot so that it will view right over the rack level.
- 2) You will need to completely cover the box inside and out with foil, shiny side out. Secure the foil to the cardboard box with masking tape curls or spray adhesive. (Tape circles are small lengths of masking tape, curled around to attach ends so that the sticky side of the tape is on the outside of curl.) These are used to hold the foil into place until you can tape outside seams and corners with metal tape. With the tape curls hidden underneath, smooth out foil so it is snug on the box. Using metal repair tape, tape up all seams. Do not leave any edges un taped.
- 3) If you are making a window: Using scissors, cut a horizontal slit in the middle of the window hole, stopping 2 inches from each side. Fold the outside flaps through the window to the inside of the box. Cut a plastic roasting oven bag 1/2 inch larger than the window in a rectangle shape. Using a double layer, secure the roasting bag edges with metal tape.

To bake you will need:

4 empty soda cans, filled part way with rocks (so they don't tip over) & opening covered with metal tape
10 x 14 inch cookie cooling rack
Ground Heavy Duty Foil (Make it longer than the apple box)
Charcoal briquettes
Matches
Long handled tongs
Chimney starter
1 inch rock

- 1) Place foil, shiny side up, on level ground. Space soda cans on foil to support the cookie cooling rack.
 - 2) Position cooling rack so that only the very corners are resting on the soda cans. Check to make sure the cans are not spaced too far apart to prevent the apple box from fitting over them.
 - 3) You will regulate the temperature of your oven by the number of briquettes you put in it. One briquette = aprox. 35-40 degrees F. (Example: for 350 degrees, use 10 charcoals.)
 - 4) Using tongs, place hot briquettes on foil, spreading them out evenly between the cans and across the middle. Place cooling rack on top of cans.
 - 5) To preheat oven, place the apple box over coals and empty rack, resting on corner on a 1-inch rock. (This allows enough air in the box for the charcoal to stay lit.) Let stand for 5 minutes. Charcoal will become whiter as heat spreads.
 - 6) Carefully lift apple box off coals taking care not to tilt and place it beside the ground foil. (This holds trapped heat in the box.) Quickly place food on the cooling rack that is on the soda cans and replace box over coals, resting one corner on the rock.
 - 7) The charcoal will burn for about 40-45 minutes. When longer cooking times are required, you can add more hot charcoals by slightly lifting the box and slipping them in with long tongs. We found that if a recipe calls for longer baking time and it is warm outside, no additional charcoals would be needed.
- REMEMBER: One briquette-approx 35-40 degrees F (350 degrees=10 charcoals)
GOOD ADVICE: You will not want to use lighter fluid to start your charcoal since it may affect the taste of your food. If you use a chimney charcoal starter, your charcoals light faster and are ready to use within 5 minutes time. They are ready to use when there are white spots on them the size of a dime. As the cooking time goes on, they will become whiter. Highly recommended: Oven thermometer \$6 @ Target