No Power… No Problem
Cooking When the Power is Out
Presented by Debbie Kent
Complete handout found at peaceofpreparedness.com

So, when might YOU be caught without power?
Each year from 2002-2008 over 5,000,000 people in the U.S. lost power for 3 or more days.

With so many modern day conveniences we have become more and more dependant on electricity for everything. Yet with all our technology, we are not immune from power outages that affect large geographical areas for long periods of time. In recent years we have experienced in the U.S large power outages in the middle of the winter and even in summer months affecting millions of homes. Most of these only last a few hours or days but in severe cases this can last months.

“Strive to have a year’s supply of food and clothing. The counsel to have a year’s supply of basic food, clothing, and commodities was given fifty years ago and has been repeated many times since. Every father and mother are the family’s storekeepers. They should store whatever their own family would like to have in the case of an emergency.”


What do you choose?

Cold, hard noodles sprinkled with some cheese powder OR HOT tuna casserole and biscuits.

Usual Ways to Cook Without Electricity:

Stove if gas is working can be used by lighting manually.
Wood can be stored for fireplaces/fire pits (not efficient) *Exception: wood stove (efficient)
Gas grills not very efficient for cooking. Although propane does store indefinitely, not safe to store in large quantities. Can also be used for baking.
Camp Stove (small propane canister 2 ½ hours – ½ per day / 182 for 1 year)
*Generators: Expensive, can’t store very much gas for safety reasons. Would help for emergency that last few days, but not for weeks or longer.
What Other choices do we have?
We are going to talk about seven different options for cooking without electricity. These options that not only are for the most part inexpensive, but are easy to use and as an added bonus, environmentally friendly. **These are: Stove-in-a Can, Icebox Cookers, Solar Cooking, Rocket Stove, Dutch Oven, Volcano Stove and Applebox oven.**

**Stove-in-Can**

Small, compact, easy to make, inexpensive ($3.25), 3 hours of cooking (add 1 c. alcohol). It is made from a new quart size paint can with lid, a roll of toilet paper and denatured alcohol (found in paint department) or 70% rubbing alcohol. In addition a 12 oz chicken chunk type can with holes/vents (sets on top of can to allow air) or a #10 can with vents set over the stove. Just light and use as stove. Smoother flame with lid. Stores 5+ years. Will warm food can bring to a boil. **DO NOT USE INDOORS.**

**Ice Box Cooker**
(also: Haybox / Fireless / Wonder Box/ Victory Oven)

Fireless cookers have been in use for hundreds of years. They are essentially like using a crock pot with no electricity. Secret in is the insulation. You just bring your meal to a boil in a pot, cover with tight-fitting lid, turn down heat and simmer on medium for 3 minutes (exception beans 10-15 min) then quickly put in cooker, cover with topper and leave for 4 times the usual cooking time. That’s it! No stirring or burning. Food can be left up to 8 hours and still be hot and delicious. It is perfect for foods like: soups, stews, rice, and even bread! Because of losing less steam during cooking you can add up to 25% less liquid to the recipe. Also great for making yogurt or letting bread rise! (Just put a pot of warm water next to it.) **For safety food must stay above 140°, if it drops below that; remove, reheat, replace.** It is VERY important to test your cooker before using. Any container may be used: cardboard/wooden box, ice chest or even just pot wrapped in towels surrounded by Mylar blanket. There must be 3+ inches (1-2 in ice chest) of insulation surrounding pot. Insulation materials may include: hay, shredded newspaper, towels, blankets, pillows, Styrofoam popcorn.

**Resources:**
Rocket Stoves

Also: you tube: “How to Build a Rocket Stove Part 1” and Part 2
[http://www.stovetec.net/](http://www.stovetec.net/)

Made from a #10 can or 5 gallon metal can, stove pipe and a soup can or even bricks: this stove will cook a full meal with just a handful of twigs. It makes very high heat (regulate heat by amount of fuel). Great for bringing food to a quick boil. Can is filled with insulating material (ashes). It burns so hot there is very little smoke. It is amazing! Outside cooking only.
HINT: Will make pots black.

Applebox Oven

This new improved version of the Applebox oven is made from a foil-lined apple box and is an inexpensive way to bake in an emergency. It uses about half the charcoal that a Dutch oven uses and gives the same results as baking in at regular oven. It bakes bread (two loaves at a time), rolls, muffins, casseroles, cookies and cakes, anything you would bake in an oven. For 350º use 10 coals (evenly distributed)=charcoal burn time 35 minutes. If longer baking time required add ½ the original coals every 30 minutes. Baking once a day for 1 hour, at 350º will use @15 charcoals. For one year = 20 (16-pound bags) about $60.
HINT: Use Kingsford coals (longer more even burn time) =17 coals per pound.
Keep dry, stores indefinitely.
Other Things: wire rack, small baking sheet, 4-pop cans, rocks/sand, newspaper, matches and charcoal chimney, piece of foil, pot holders, charcoal tongs, candy thermometer to stick in front.
Dutch ovens are big, heavy cast-iron pots with lid. They incredibly versatile and can used to cook: breads, main dishes, and desserts. You can cook with them over an open fire, in a buried fire pit, in your oven, over our stove burners, over coals or using briquettes. They work as frying pans, pots and ovens. They come in many sizes: Important: Tight fitting lid with rim and legs (can be stacked 5 high), LODGE really good. Can cook pretty much anything. No need to wash (scrap, cook, oil). Food tastes fantastic. Dutch Ovens Last Forever. Before using the first time you will need to season your oven

Other Things: lid lifter/pliers, leather gloves, 18# charcoal tongs, charcoal chimney, lid holder, wooden spoons, newspaper, charcoal.
Free Cookbooks: macscouter.com/cooking/dutchoven.html or scoutingthenet.com/cooking

Volcano Stove II
or http://boyscouttrail.com/content/content/volcano_ii_stove-1940.asp

The Volcano Stove II is the only grill on the market today that uses three sources of fuel: propane (both small and large bottles); charcoal and wood. On the 13” cooking surface you can: grill, boil, fry, simmer, smoke, use Dutch ovens and even bake. It is collapsible and expands from 5” to a full height of 13” with a light tug of the handle and then can easily collapsible back down by gently lifting up on the bottom. It has some other unique features such as: a patented heat chamber that conducts heat more efficiently than conventional stoves thus using less fuel; double-wall construction which allows it to be used safely on any surface; multi-level cooking; a collapsible lid to cover for baking or smoking and a venting system to regulate the heat, the cooking speed of charcoal and a diffuser plate for even heat distribution. When using a 12” Dutch oven, you use as few as 16 coals and cook for up to 3 hours. Cleanout is so easy, just dump out the ashes, wipe out, and store. It weighs in at 19 lbs and stores completely in a carrying case. It is built tough and can hold up to a 375 lb person. It is extremely easy to use and versatile. Perfect for all outdoor cooking uses, from tailgating to emergency preparedness.
Solar Cooking
(www.solarcooking.org and solarcooking.org/plans/windshield-cooker.htm)

Funnel Cooker      Roasted Potatoes      Sanitizing Water      Baking Bread      WAPI

All Solar Cooking works on the same 3 principles. Represented by C.A.R.

1) **Collect the light**: Use reflectors with an approximately 20” x 20” opening
   Reflective surface materials include: aluminum, mylar, aluminum or chromium paint
2) **Absorb the light**: Paint the pot matte black or another dark color. Pots can be
   elevated by a wore base or posts, allowing the bottom of pots to collect sunlight
3) **Retain the heat**: Oven bags work best.

**Types of Solar Ovens**

**Box Cookers**- Most popular to build and use. Lid of a box reflects light onto food
under glass. It can cook and bake large quantities of food. Up to $300.

**Parabolic Cooker**- Highly focused light and high temperatures. Cooks nearly as fast as a conventional oven.
Costly and complicated to make and use. Potentially hazardous.

**Panel Cooker**: Usually made from cardboard and foil. Very inexpensive.

**Solar Funnel Cooker**- Cheap and easy. A funnel concentrates sunlight onto
a dark pot in a plastic bag. Anyone can make one. $5

**Solar Facts**
Problem: Half the people in the world must burn wood or dried dung to cook their food. Nearly
1.2 billion people, 1/5th of world population does not have access to clean drinking water. Over 1
million children die yearly because of un-boiled water. Wood cut for cooking purposes
contributes to the 16 million acres of forest destroyed annually.
Impact: Expect solar ovens to replace 60% of cooking fuel in most places.
Guidelines for Solar Cooking

HINT: Get the food on early and don’t worry about overcooking!

Most recipes take 25% less liquid when cooked in a solar oven.

Use lightweight, dull, dark pans w/tight fitting lids. Glass too can be used.
No shiny stuff.

Best on cloudless days when sun is above 45° in sky. (between 10-2 pm).

Allow plenty of time. Foods hold well in solar ovens without scorching.
Most recipes calling for a higher temperature will do fine with longer cook times.

Rotate cooker every hour. Check food about every 60 minutes until you get the feel of it.

If windy, weight down box/bucket or bury in ground.

Use sun glasses and pot holders.

Can be used on cloudless nights to cool food 20° lower than outside temperature.

Cooking Times….Approximate

Cooking times will be faster in box ovens vs funnel ovens

Vegetables: 1.5 hours: No need to add water if fresh. Cut into thin slices or small cubes for uniform and quicker cooking.

Grains: 1.5-2 hrs: Mix 2 parts water to every 1 part grain. Amount may vary according to taste. Let soak for a few hours for faster cooking. To ensure uniform cooking shake every 50 minutes.

Pasta and Dry Soup (65-85 minutes): First heat water to near boiling (50-70 min) Then add pasta or soup mix. Stir and shake and cook 15 additional minutes.

Beans: 4-6 hours: Soak beans overnight, drain, rinse. Place in pot with water.

Meats: 1-4 hours: No need to add water. Longer cooking makes the meat more tender.

Chicken(cut-up) 1.5 hrs, beef (cut-up)1.5 hr. fish:1-1.5 hours.

Baking: Bread(1-1.5 hrs), Biscuits (15-30 min), cookies(15-30 minutes)
Baking Bread

To bake bread: Make dough put in bread pans; put in solar oven and cover so they can rise; remove cover, let oven preheat, bake (mine usually takes about 2 hours).

Pasturizing Water: Place in sun, 3-4 hours, until reaches 159º for 10 min. Use WAPI.

Solar Cooking Resources:

- Included in email
- youtube.com “solar cooking”
- solarcooking.org
- To Order: Tami: btcrawley@msn.com

We all can FEEL a storm a brewing...

Are you on the Path to be Prepared?

“The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times. Have we heeded His counsel?

Ezra Taft Benson, “Prepare for the Days of Tribulation”

We have learned about some alternative ways of cooking when the power goes out.
It really isn’t a matter of if BUT when. The only question that remains is how will your family fare when the time comes... will you be having dinner by candlelight or sitting in the dark?

My hope and prayer is that in our class tonight we have given you some knowledge and confidence in cooking without electricity. Go home, pray and ponder what will work best for you and your family, plan for what you need, then act upon that. Gather your supplies, build your cookers, gather and store your fuel, matches and other items you will need, practice cooking with these new methods. Why? So during an emergency cooking you not only will be able to help your own family but be able to help others.

“If we are Prepared, We Shall NOT Fear”
FUEL FACTS

CANDLES: ¾” diameter x 4” burns about 2:20 hours
7/8” diameter x 4” burns about 5 hours.
2” x 9” burns about 75 hours

Store candles in a cool area. Store at least 3 candles per day

CANNED HEAT: Stores easily and can be used indoors. A 7-ounce can burns about 1-1/2 hours. Good only for warming, not boiling. Store in cool place.

CHARCOAL: Use for outdoor cooking only. Stores indefinitely if kept dry. Use good quality like Kingsford for easier lighting and better burn time. When used in an applebox oven, use 1 briquette for every 35 degrees burns for 35 minutes. For Dutch oven cooking, use the oven size in inches plus 3 briquettes on top and the oven size in inches minus 3 briquettes on the bottom for 350-375 degrees. 1 hour per day baking in applebox oven = 24 - #15 lb bags charcoal.

COOKING OIL: Emergency candles can be made from oil. Take a piece of string, lay one end in cooking oil and allow the other end to hang over the edge of jar. Light the dry end. Use 7-8 strings for more light. These are very smoky and should be used only when nothing else is available.

FLASHLIGHTS: 2-battery flashlight with new batteries will work for @ 6 hours. Store in a cool area. Don’t store batteries in flashlights. Store extra batteries and bulbs. Some headlamps last for up to 200 hours on 3-AAA batteries. Crank flashlight last about 30 minutes on 1 min. cranking. Okay light. Shake flashlights not recommended because they are so dim when lit.

GASOLINE: Only outdoor use. For use with generators, use a lot of fuel. Stores 1 year in tightly sealed container, longer with additive, keep in cool place. Limits on amounts to store.

KEROSENE: Only use outdoors. With 1” wick, a kerosene lantern will burn for 45 hours on 1 quart. Burning 5 hours each day the following amounts of kerosene would be used: @1 quart per week, 3 ½ qts. per month, 10 gallons per year. It can be used indoors. Dangerous to store. Refuel and light outside to avoid smell. Only store high-quality 1K kerosene. Store outside/shed only in shade. Stores 1-2 years.

LAMP OIL: Petroleum based. For hurricane type lamps. Odorless/smokefree, 10 hours per ounce burn time or 640 hours/128 days for ½ gallon. Stores indefinitely in house or garage. Lamp oil should be ½” below top of neck and not less that 2” below while using. Wick should not be visible above the dome while burning. If it’s too high it will cause smoke.

2 gallons = 1 year per lamp. Store extra wicks and lamps if possible. (available at Walmart)

NEWSPAPER LOGS: Four logs burn approximately 1 hour and produce heat comparable to the same amount of wood on pound-per-pound basis.

PROPANE: Outdoor use only unless appliance has ODS (oxygen depletion sensor). Stores indefinitely. Store outdoors in shade in upright position. Propane containers must be recertified every 10 years. Small cylinder will burn about 2 ½ hours. Can be used for lanterns, stoves, and heaters. Usual legal limit 5 – 5 gallon tanks. Small tanks $4+ each.

WHITE GAS: Costly and only outdoor use. 38 gallons = 5 hours a day, 2 mantel lantern, 91 gallons = 4 hours 2 burner stove per day.

WOOD: Stores many years. Hardwood burns longer. 2-6 cords for winter warmth/cooking.