

# No Power Cooking

Portions presented by Debbie Kent [www.peaceofpreparedness.com](http://www.peaceofpreparedness.com)

## Usual Ways to Cook Without Electricity:

A **Gas Stove** can be lit manually if the gas is working. Wood can be stored for **fireplaces/fire pits** (not efficient)

\*Exception: wood stove (efficient). **Camp Stove** (small propane canister 2 ½ hours – ½ per day / 182 for 1 year).

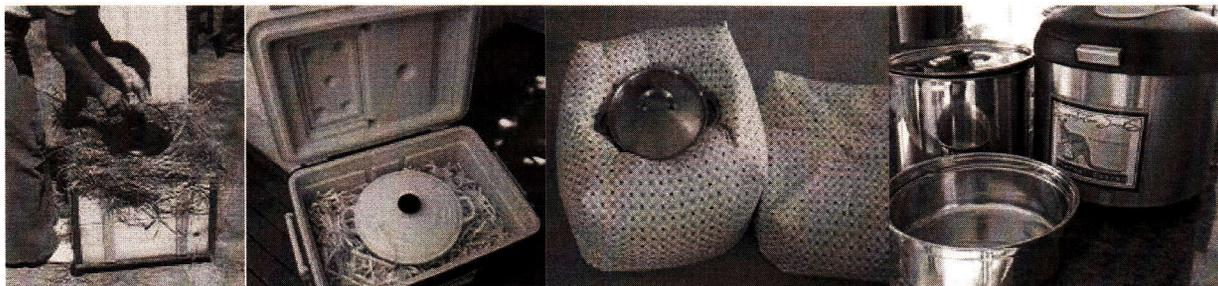
**Gas grills** are not very efficient for cooking, although propane does store indefinitely. It can be used for baking. To learn about baking bread on your grill go to <http://bbq.about.com/od/mealsandmenus/a/aa050199.htm>.

**Other options:** Stove-in-a Can, Thermal Cookers, Rocket Stove, Applebox Oven, Dutch Oven, Volcano Stove, Butane Stove and Solar Cooking.



## **Stove-in-Can**

It is small, compact, easy to make, inexpensive, and provides 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 90% rubbing alcohol and a #10 can with vents set over the stove. Just light and use as stove. Smother flame with lid. Stores 5+ years. Will bring food to a boil. **DO NOT USE INDOORS.**



## **Thermal Cookers (Haybox /Icebox/ Wonder Box/ Thermal Cooker)**

Fireless cookers have been in use for hundreds of years. They are essentially like using a crock pot with no electricity. The secret is in 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. Commercial thermal cookers are available. You can find one at [Saratogajacks.com](http://Saratogajacks.com). If you would like to sew your own Wonder Box cooker the pattern can be found at <http://prepared-housewives.com/alternative-cooking-wonder-oven-2/>. For recipes go to <http://ecowonderoven.com/recipes/>.