



Energy Efficient Ideas.... for your Family

Fuel for Cooking

WITHOUT POWER

Favorite Fuels

Cooking Methods

SUNSHINE

Free
Renewable Energy
Saves Money
Not Always Available
Can't Store

SOLAR OVENS

OUTDOOR: Solar Ovens are wonderful when the sun is out, because you are using free energy.
Benefits: You can save and conserve all the other fuels you have stored. They can be used for baking and dehydrating food.
Tips: Always keep glass door and reflectors clean, for efficiency. Once you start this method, keep checking on it, continueing to keep the unit turned towards the sun, as it moves through the sky.
Drawbacks: They don't work on a cloudy day. In fact the reflector panels are your fuel, so you need to protect them from any and all bad weather. Too much wind, or a sudden hail storm can ruin your oven. Not Portable when in use.

BUTANE

Buy by the case for best price
Safe Indoors (Restaurant Approved)
Need Butane Stove (Cheap)
Store Inside - Doesn't like cold
Warm can of fuel under arm, before using if cold.

THERMAL COOKERS

INDOORS/OUTDOORS: Thermal Cookers are like a non electric crock pot. They have inner cooking pots that you can use with any fuel, to bring your meal to a hard boil for just 2-4 minutes. You then can turn off your fuel, to conserve it, and you transfer the pots into a highly insulated thermos unit and shut them inside where they continue to slow cook for up to 8 hours without power.
Benefits: You can get your dinner started in the morning, and have it cooking and ready to serve all day. They are portable. Once inside the outer unit and the lid is shut, they are completely cool to the touch on the outside, and the cooker has a handle.
Drawbacks: This is not something you would use last minute. Not the best tool for baking(can be done with tricks) Better for soups, stews, crock pot recipes.

PROPANE

Stores Outside (or garage)
Works even if Cold.
Use Outdoors Only.
Buy small tanks for CampStove.
Fill large tanks for BBQ

PRESSURE COOKING

INDOORS/OUTDOORS: Preassure Cookers are Your Grandmothers version of a microwave. They are wonderful in that they can be used indoor or outdoors. Use any fuel you have to get the water inside to a boil to create steam pressure and it cooks very quickly. Tip: They also can be used for canning, including meat. Which can help in a power outage if you are trying to save your food from your freezer.
Benefits: We like this method when we need to get something done fast and last minute, and it does a great job with cooking old BEANS.
Drawbacks: They are not portable. They need to stay put while cooling. Keep rubber seals oiled and pressure gauges checked annually.

CHARCOAL

Store Matches, Lighters, & Fire Starters
Use Outdoors Only
Store In Dry Place (can be inside)
Store only the kind without Starter Fluid
Need a briquette chimney starter

DUTCH OVENS

OUTDOOR COOKING: Dutch Ovens are heavy, but the cast iron really retains the heat. Every meal requires around 10-15 charcoal bricketts. You stack hot coals beneath the dutch oven and on top of the lid. To make your charcoal cooking more energy effecient, invest in a Volcano Stove, and a Insulated Oven Cover for it. They are wonderful!
Tips: In addition to your Dutch Oven you can make for a few dollars an Apple Box Oven that works with Charcoal as well.
Benefits: The food is delicious, the seasoned oven produces great baked goods. Charcoal is cheap and can store well.
Drawbacks: Dutch Oven Cooking Must always be done outside when using charcoal.

WOOD

Store Matches, Lighters, & Fire Starters
Outdoors: Use Harness Fire Outside methods or you waste energy.
Inside use: a wood fireplace insert can heat and cook (Considering lining insert for also burning Lump Coal, which is cheaper and burns Hotter.)

HARNESS FIRE

OUTDOORS: Wood can use a lot of energy just heating the air. We suggest two methods of cooking that are outdoor and wood burning, but very fuel effecient.
Rocket Stove: They are heavy, but they only use Small Twigs, and kindleing to produce enough heat to cook a meal. Helping you to conserve your wood supply.
Adobe Ovens: The fire heats the inside, and it continues to stay hot for hours after the fire has gone out. Large well made, adobe style outdoor ovens (We mean big!) can produce enough bread goods in one baking day, using only one fire, to feed several families for a week. This would be a great resource to a neighborhood block.

Be prepared to cook **INSIDE & OUTSIDE**. Do not rely on one method or fuel only.