FREE READER BONUS

OFF-GRID RECIPE CARDS

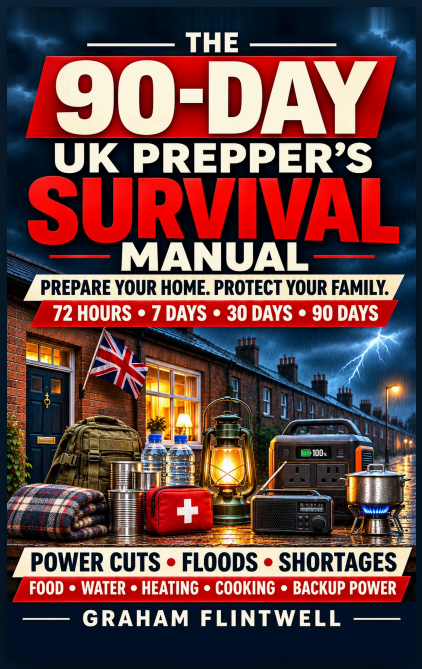
24 CARDS · COOK WITH THE POWER OFF

NO COOK: NO FUEL AT ALL
Bean and sweetcorn salad, Mackerel smash on oatcakes, Ten-minute soaked oats, Potato and salmon salad, Fruit, oat and honey pots

FLASK: BOILING WATER ONLY
Flask porridge with fruit, Flask couscous with chickpeas, Flask noodle soup, Flask pasta with tomato and tuna

THERMAL COOKER: 10 TO 15 MINUTES OF FLAME
Red lentil and tomato soup, Tomato rice and beans, Chickpea and vegetable curry, Split pea and ham soup, Bean and pasta soup, Tinned meat and potato stew

OUTDOOR STOVE: COOK IN THE OPEN AIR
One-pot tuna and tomato pasta, Pan flatbreads, Noodles with ham and sweetcorn, Sweetcorn fritters, Warm fruit with toasted oat crumble



For readers of *The 90-Day UK Prepper's Survival Manual* by Graham Flintwell. Read the next three cards before you cook.

CUT HERE

READ ME FIRST 2 of 24

How to use the cards

PRINT AND CUT

Print on A4, ideally on thin card (160 gsm or more), and cut along the dashed line. A plastic sleeve keeps a card clean and dry while you cook.

THE FOUR GROUPS

No cook needs no fuel. **Flask** needs boiling water only. **Thermal cooker** needs 10 to 15 minutes of flame, then the box does the rest. **Outdoor stove** cooks on the camping stove, in the open air.

THE FUEL BOX

Gas figures use the book's example of 15 g of gas to bring 1 litre to the boil. Measure your own (Chapter 9) and scale the figure. Simmering burns more, so time it.

Battery figures use 150 Wh a litre (Chapter 9). Check the kettle's rating plate against your power station's continuous output first: a standard UK kettle draws about 3,000 W, more than many units can supply.

INGREDIENTS

Everything comes from the book's pantry list. Tin sizes are typical, so use what you have. Cards serve two adults unless they say per flask. Check every label for allergens.

The outdoor rule

FLAMES AND FUEL STAY OUTDOORS

Never use a barbecue, camping stove, patio heater or generator indoors, or in a garage, shed, porch, tent or caravan awning. An open door does not make it safe. They give off carbon monoxide (CO), which has no colour and no smell.

YOUR SAFE SPOT

Firm, level paving that will not burn, in the open air but out of the wind, well clear of doors, windows, vents, fences, sheds, hedges and washing, with the wind carrying fumes away from the house. Keep a windbreak a little way off, never wrapped round the stove and cartridge.

CO ALARM AND SYMPTOMS

Fit a CO alarm marked BS EN 50291 and test it. A headache, dizziness, sickness or confusion near a stove or heater: switch it off if you can, go outside and get medical advice.

Gas appliance: 0800 111 999 (England, Scotland, Wales), 0800 002 001 (Northern Ireland). Call 999 if someone struggles to breathe, is suddenly confused or loses consciousness.

NO GARDEN?

A balcony is not a safe default: check your lease and your fire service's advice. Use the no-cook and flask cards instead.

CUT HERE

Thermal cooker and food safety

INTO THE BOX

Bring the food to a rolling boil on the outdoor stove and boil it hard for at least 10 minutes, stirring now and then. Move the pot into the nest within a minute or two, close the lid and keep the box shut. The pot is heavy and very hot: use oven gloves and keep children well away.

63°C OR HOTTER

Food between 8°C and 63°C is in the danger zone, where bacteria may grow. Check with a probe before serving and bring it back to the boil if it has dropped below 63°C. Never leave cooked food standing warm for hours.

LEFTOVERS

Only if cooled and put somewhere cold within 2 hours: eat within 48 hours and reheat once, until steaming hot. Cooked rice is riskier: eat it straight away and never keep it without a fridge. When in doubt, throw it out.

BEANS

These cards use tinned beans, which are already cooked. Dried red kidney beans must be boiled hard on the stove for the time on the packet, never just put in the box.

Bean and sweetcorn salad

SERVES 2 | 10 MINUTES

YOU NEED

- 1 tin (400 g) mixed beans or chickpeas
- 1 small tin (about 200 g) sweetcorn
- 2 tbsp oil
- 1 tbsp vinegar or bottled lemon juice
- ½ tsp dried mixed herbs
- Salt and pepper
- Crackers or oatcakes to serve

FUEL
No fuel and no water to boil.

METHOD

1. Drain the beans and the sweetcorn. Rinse the beans if you have water to spare.
2. Shake the oil, vinegar, herbs, salt and pepper together in a clean jar with a lid.
3. Toss the beans and sweetcorn in the dressing and leave for 5 minutes so the flavour soaks in.
4. Serve with crackers or oatcakes.

Stir in a drained tin of tuna to make it a bigger meal.

SAFETY Eat it all at this meal: never keep food in an opened tin, and without a fridge do not keep leftovers.

CUT HERE

Mackerel smash on oatcakes

SERVES 2 | 5 MINUTES

YOU NEED

- 1 tin (about 125 g) mackerel or sardines in tomato sauce
- 1 tsp vinegar or bottled lemon juice
- A pinch of pepper or chilli flakes
- 8 oatcakes or crackers
- A tin of fruit to follow

FUEL
No fuel and no water to boil.

METHOD

1. Tip the fish and its sauce into a bowl.
2. Mash it with a fork. The small bones in tinned sardines are soft and fine to eat.
3. Stir in the vinegar and pepper.
4. Spread it thickly on the oatcakes and eat at once.

Oily fish such as mackerel and sardines keep well in tins and make a good protein meal.

SAFETY Eat it all at this meal: never keep food in an opened tin, and without a fridge do not keep leftovers.

Ten-minute soaked oats

SERVES 2 | 10 MINUTES

YOU NEED

- 100 g porridge oats
- 300 ml UHT milk or UHT plant drink
- 2 tbsp raisins or chopped dried fruit
- 1 tbsp honey, jam or sugar
- A handful of nuts (optional)

FUEL
No fuel and no water to boil.

METHOD

1. Put the oats into two bowls.
2. Pour the milk over and stir.
3. Leave for 10 minutes to soften.
4. Top with the dried fruit, honey and nuts.

Small 200 ml cartons of UHT milk suit a power cut: open one and finish it.

SAFETY Once opened, UHT milk needs a fridge. With the power off, open only what you will use at this meal and finish it.

CUT HERE

Potato and salmon salad

SERVES 2 | 10 MINUTES

YOU NEED

- 2 tins (about 300 g each) new potatoes
- 1 tin (about 200 g) salmon or tuna
- 1 small tin peas or sweetcorn
- 2 tbsp oil
- 1 tbsp vinegar or bottled lemon juice
- ½ tsp dried dill or parsley
- Salt and pepper

FUEL
No fuel and no water to boil.

METHOD

1. Drain the potatoes and cut them into chunks.
2. Drain the fish and flake it with a fork, lifting out any skin you do not want.
3. Drain the peas or sweetcorn.
4. Shake the oil, vinegar, herbs, salt and pepper in a jar and toss everything together.

Tinned potatoes are already cooked, so they are fine eaten cold.

SAFETY Eat it all at this meal: never keep food in an opened tin, and without a fridge do not keep leftovers.

Fruit, oat and honey pots

SERVES 2 | 5 MINUTES

YOU NEED

- 1 tin (about 410 g) peaches, pears or fruit cocktail in juice
- 4 tbsp porridge oats
- 1 tbsp honey or jam
- A handful of nuts or dried fruit
- A pinch of cinnamon

FUEL
No fuel and no water to boil.

METHOD

1. Spoon the fruit and a little of its juice into two cups.
2. Sprinkle the oats, nuts and cinnamon over the top.
3. Drizzle with honey.
4. Leave for 5 minutes so the oats soften in the juice.

Fruit in juice rather than syrup keeps the sugar down.

SAFETY Eat it all at this meal: never keep food in an opened tin, and without a fridge do not keep leftovers.

CUT HERE

Flask porridge with fruit

PER FLASK (ONE PERSON) | 20 MINUTES

YOU NEED

- A 500 ml wide-mouth food flask
- 40 g porridge oats (about 4 heaped tbsp)
- 200 ml water that has just boiled
- 1 tbsp raisins
- 1 tsp honey, jam or sugar
- A pinch of cinnamon
- A splash of UHT milk (optional)

FUEL
Boil 200 ml for the food plus about 150 ml to warm the flask: 0.35 litres.
Gas: about 5 g at the example 15 g a litre.
Battery kettle: about 50 Wh at 150 Wh a litre, if your kettle's rating is below your power station's continuous output.

METHOD

1. Warm the flask with boiling water for 1 minute, then tip it out (into a mug for a hot drink).
2. Put in the oats, raisins and cinnamon.
3. Pour in 200 ml of water that has just boiled, stir with a long spoon and seal.
4. Wait 20 minutes. Open slowly, then stir in the honey and milk.

Make one flask per person. Fill flasks the moment a power cut is forecast.

SAFETY Fill the flask only to the shoulder, open it slowly pointing away from you, eat the food hot and never keep leftovers in the flask.

Flask couscous with chickpeas

PER FLASK (ONE PERSON) | 10 MINUTES

YOU NEED

- A 500 ml wide-mouth food flask
- 60 g couscous
- 90 ml water that has just boiled
- ¼ stock cube, crumbled
- ¼ tsp ground cumin or mild curry powder
- 1 tsp oil
- 3 tbsp drained tinned chickpeas
- A few raisins (optional)

FUEL
Boil 90 ml for the food plus about 150 ml to warm the flask: 0.24 litres.
Gas: about 4 g at the example 15 g a litre.
Battery kettle: about 35 Wh at 150 Wh a litre, if your kettle's rating is below your power station's continuous output.

METHOD

1. Warm the flask with boiling water for 1 minute, then tip it out.
2. Put in the couscous, stock cube and spice.
3. Pour in 90 ml of water that has just boiled, stir and seal. Wait 10 minutes.
4. Tip into a bowl, fork it through with the oil, then stir in the chickpeas and raisins.

Make one per person and share the tin of chickpeas between you, so none is left over.

SAFETY Fill the flask only to the shoulder, open it slowly pointing away from you, eat the food hot and never keep leftovers in the flask.

CUT HERE

Flask noodle soup

PER FLASK (ONE PERSON) | 5 MINUTES

YOU NEED

- A 500 ml wide-mouth food flask
- 1 block (about 75 g) instant noodles, broken up
- Its flavour sachet, or ½ stock cube
- About 300 ml water that has just boiled
- 2 tbsp drained tinned sweetcorn or peas
- A few drops of soy sauce (optional)

FUEL
Boil 300 ml for the food plus about 150 ml to warm the flask: 0.45 litres.
Gas: about 7 g at the example 15 g a litre.
Battery kettle: about 70 Wh at 150 Wh a litre, if your kettle's rating is below your power station's continuous output.

METHOD

1. Warm the flask with boiling water for 1 minute, then tip it out.
2. Put in the noodles, the flavouring and the vegetables.
3. Pour in water to cover, leaving a gap at the top. Stir and seal.
4. Wait 5 minutes, open slowly and pour into a bowl.

A good hot lunch on a cold day in the warm room.

SAFETY Fill the flask only to the shoulder, open it slowly pointing away from you, eat the food hot and never keep leftovers in the flask.

Flask pasta with tomato and tuna

PER FLASK (ONE PERSON) | 30 MINUTES

YOU NEED

- A 500 ml wide-mouth food flask
- 60 g small pasta (macaroni, orzo or small shells)
- 250 ml water that has just boiled
- A pinch of salt
- 3 tbsp tinned chopped tomatoes or 1 tbsp tomato purée
- Half a small tin of tuna, drained
- A pinch of dried oregano or mixed herbs

FUEL
Boil 250 ml for the food plus about 150 ml to warm the flask: 0.40 litres.
Gas: about 6 g at the example 15 g a litre.
Battery kettle: about 60 Wh at 150 Wh a litre, if your kettle's rating is below your power station's continuous output.

METHOD

1. Warm the flask with boiling water for 1 minute, then tip it out.
2. Put in the pasta and salt, pour in 250 ml of water that has just boiled, stir and seal.
3. Wait 30 minutes, giving it a gentle shake halfway.
4. Open slowly, pour off any water left (carefully, it is hot), then stir in the tomatoes, tuna and herbs.

Two people share one tin of tuna, so make two flasks at once.

SAFETY Fill the flask only to the shoulder, open it slowly pointing away from you, eat the food hot and never keep leftovers in the flask.

CUT HERE

Red lentil and tomato soup

SERVES 2 | 15 MINUTES, THEN 3 HOURS IN THE BOX

YOU NEED

- 150 g red lentils
- 1 tin (400 g) chopped tomatoes
- 1 litre water
- 1 stock cube
- 1 tsp mild curry powder or ground cumin
- 1 tbsp oil
- Salt and pepper

FUEL
About 1.4 litres in the pan: about 21 g of gas to reach the boil at the example 15 g a litre, then the 10-minute hard boil.
Flame on: about 15 to 20 minutes in all.

METHOD

1. At your outdoor spot, put everything in a heavy pan with a tight lid.
2. Bring to a rolling boil, then boil hard for 10 minutes, stirring now and then so the lentils do not stick.
3. Lift the pan into the box within a minute or two and close it up. Leave for 3 hours.
4. Check the temperature, stir well and season.

Lovely with pan flatbreads (card S2) or crackers.

SAFETY Check it is 63°C or hotter with a probe before you serve. If it has dropped below, bring it back to the boil. Eat it straight away.

Tomato rice and beans

SERVES 2 | 15 MINUTES, THEN 1½ HOURS IN THE BOX

YOU NEED

- 150 g long-grain white rice
- 1 tin (400 g) chopped tomatoes
- 1 tin (400 g) kidney or black beans, drained (tinned beans are already cooked)
- 600 ml water
- 1 stock cube
- 1 tsp paprika or mild chilli powder
- 1 tbsp oil

FUEL
About 1.3 litres in the pan: about 20 g of gas to reach the boil at the example 15 g a litre, then the 10-minute hard boil.
Flame on: about 15 to 20 minutes in all.

METHOD

1. At your outdoor spot, put everything in a heavy pan with a tight lid.
2. Bring to a rolling boil, then boil hard for 10 minutes, stirring often so the rice does not catch.
3. Lift the pan into the box within a minute or two and close it up. Leave for 1½ hours.
4. Check the temperature and stir. It makes a thick, soupy one-pot.

Add a drained tin of sweetcorn with the beans for colour.

SAFETY Check it is 63°C or hotter with a probe before you serve. If it has dropped below, bring it back to the boil. Eat it straight away. Cooked rice must never be kept without a fridge.

CUT HERE

Chickpea and vegetable curry

SERVES 2 | 15 MINUTES, THEN 2 TO 3 HOURS IN THE BOX

YOU NEED

- 1 tin (400 g) chickpeas, drained
- 1 tin (about 300 g) mixed vegetables or new potatoes, drained and cut up
- 1 tin (400 g) chopped tomatoes
- 200 ml water, or tinned coconut milk if you have it
- 1 to 2 tsp curry powder
- ½ stock cube
- 1 tbsp oil

FUEL
About 1.0 litres in the pan: about 15 g of gas to reach the boil at the example 15 g a litre, then the 10-minute hard boil.
Flame on: about 15 to 20 minutes in all.

METHOD

1. At your outdoor spot, put everything in a heavy pan with a tight lid.
2. Bring to a rolling boil, then boil hard for 10 minutes, stirring often. Add a splash of water if it starts to stick.
3. Lift the pan into the box within a minute or two and close it up. Leave for 2 to 3 hours.
4. Check the temperature and serve with flask couscous (card F2) or crackers.

Thick mixtures catch easily, so keep stirring while it boils.

SAFETY Check it is 63°C or hotter with a probe before you serve. If it has dropped below, bring it back to the boil. Eat it straight away.

Split pea and ham soup

SERVES 2 | SOAK OVERNIGHT, 15 MINUTES, THEN 4 TO 5 HOURS IN THE BOX

YOU NEED

- 150 g yellow or green split peas
- 600 ml water to soak them
- 1 litre fresh water
- 1 tin (about 200 g) ham or chopped pork, cut small (leave out for a meat-free soup)
- 1 tin (about 300 g) carrots, drained
- 1 stock cube
- ½ tsp dried thyme
- Pepper

FUEL
About 1.5 litres in the pan: about 22 g of gas to reach the boil at the example 15 g a litre, then the 10-minute hard boil.
Flame on: about 15 to 20 minutes in all. Uses about 1.6 litres of water in all, counting the soak.

METHOD

1. The night before, soak the split peas in a covered bowl of water. Drain them in the morning.
2. At your outdoor spot, put the peas, fresh water and stock cube in a heavy pan. Bring to the boil and boil hard for 10 minutes, skimming off any froth.
3. Add the carrots and ham, bring back to the boil, then lift into the box. Leave 4 to 5 hours.
4. Check the peas are soft. If not, boil again for 10 minutes and box for another hour.

The longest cook in the deck, so start it after breakfast for an evening meal.

SAFETY Check it is 63°C or hotter with a probe before you serve. If it has dropped below, bring it back to the boil. Eat it straight away.

CUT HERE

Bean and pasta soup

SERVES 2 | 15 MINUTES, THEN 1 HOUR IN THE BOX

YOU NEED

- 1 tin (400 g) chopped tomatoes
- 1 tin (400 g) cannellini or borlotti beans, drained
- 1 tin (about 300 g) mixed vegetables or carrots, drained
- 75 g small pasta
- 800 ml water
- 1 stock cube
- 1 tsp dried mixed herbs
- 1 tbsp oil

FUEL
About 1.7 litres in the pan: about 26 g of gas to reach the boil at the example 15 g a litre, then the 10-minute hard boil.
Flame on: about 15 to 20 minutes in all.

METHOD

1. At your outdoor spot, put everything except the pasta in a heavy pan with a tight lid.
2. Bring to a rolling boil, add the pasta and bring it back to the boil.
3. Boil hard for 10 minutes, stirring now and then, then lift into the box. Leave for 1 hour.
4. Check the temperature and stir before serving.

A filling, Italian-style soup that uses three tins and a handful of pasta.

SAFETY Check it is 63°C or hotter with a probe before you serve. If it has dropped below, bring it back to the boil. Eat it straight away.

Tinned meat and potato stew

SERVES 2 | 15 MINUTES, THEN 2 HOURS IN THE BOX

YOU NEED

- 1 tin (about 400 g) stewed steak in gravy or chunky chicken
- 1 tin (about 300 g) new potatoes, drained and halved
- 1 tin (about 300 g) carrots or peas, drained
- 200 ml water
- 1 tbsp gravy granules (optional)
- A pinch of dried thyme and pepper

FUEL
About 1.0 litres in the pan: about 15 g of gas to reach the boil at the example 15 g a litre, then the 10-minute hard boil.
Flame on: about 15 to 20 minutes in all.

METHOD

1. At your outdoor spot, put everything in a heavy pan with a tight lid.
2. Bring to the boil, stirring, then boil for 10 minutes, stirring often because it is thick.
3. Lift the pan into the box within a minute or two and close it up. Leave for 2 hours.
4. Check the temperature and serve.

Everything in the pan is already cooked, so the box simply keeps it hot and blends the flavours.

SAFETY Check it is 63°C or hotter with a probe before you serve. If it has dropped below, bring it back to the boil. Eat it straight away.

CUT HERE

One-pot tuna and tomato pasta

SERVES 2 | 20 MINUTES

YOU NEED

- 150 g pasta shapes
- 1 tin (400 g) chopped tomatoes
- 400 ml water
- 1 tin (about 145 g) tuna, drained
- ½ tsp dried oregano or mixed herbs
- 1 tbsp oil
- Salt and pepper

FUEL
About 0.9 litres in the pan: about 14 g of gas to reach the boil at the example 15 g a litre, plus about 15 minutes' simmer.
One pot, no draining, so it also saves water.

METHOD

1. At your outdoor spot, put the pasta, tomatoes and water in a wide pan with a lid.
2. Bring to the boil, then simmer with the lid half on for 12 to 15 minutes, stirring often, until the pasta is soft and the sauce is thick. Add a splash of water if it gets dry.
3. Stir in the tuna, herbs and oil.
4. Heat for 2 minutes more, until steaming hot.

Swap the tuna for a drained tin of beans for a meat-free night.

SAFETY Outdoors only, on level paving, well clear of doors, windows, vents and fences. Stay with the stove and keep children and pets back.

Pan flatbreads

MAKES 4 | 20 MINUTES

YOU NEED

- 150 g self-raising flour (or plain flour and 1 tsp baking powder)
- ¼ tsp salt
- 1 tbsp oil, plus a little for the pan
- About 90 ml water

FUEL
No water to boil. About 12 minutes on a low flame.

METHOD

1. Mix the flour, salt and oil, then add the water a little at a time to make a soft dough.
2. Knead for a minute on a floured plate, divide into 4 and press each flat, about 3 to 4 mm thick.
3. Heat a frying pan on a low to medium flame, wiped with a little oil.
4. Cook each bread for 2 to 3 minutes a side, until puffed with brown spots and cooked through.

Wrap them in a clean tea towel to keep them warm and soft.

SAFETY Do not taste the raw dough: flour needs cooking. Outdoors only, on level paving, well clear of doors, windows, vents and fences. Stay with the stove and keep children and pets back.

CUT HERE

Noodles with ham and sweetcorn

SERVES 2 | 15 MINUTES

YOU NEED

- 2 blocks (about 150 g) instant or dried noodles
- 500 ml water
- 1 tin (about 200 g) ham, chopped pork or chicken, cut into strips (or a tin of beans)
- 1 small tin sweetcorn or peas, drained
- 1 tbsp soy sauce or ½ stock cube
- 1 tsp oil

FUEL
About 0.5 litres of water: about 8 g of gas to reach the boil at the example 15 g a litre, plus about 5 minutes' cooking.

METHOD

1. At your outdoor spot, bring the water to the boil in a pan with a lid.
2. Add the noodles and vegetables and cook for 3 to 4 minutes, stirring, until most of the water is taken up.
3. Stir in the meat, soy sauce and oil.
4. Heat for 2 minutes more, until steaming hot.

The same pan makes a hot drink afterwards while it is still warm.

SAFETY Outdoors only, on level paving, well clear of doors, windows, vents and fences. Stay with the stove and keep children and pets back.

Sweetcorn fritters

MAKES 8 SMALL, SERVES 2 | 20 MINUTES

YOU NEED

- 100 g self-raising flour
- 150 ml UHT milk
- 1 small tin (about 200 g) sweetcorn, drained
- A pinch of salt and pepper
- ½ tsp paprika
- 2 tbsp oil for frying

FUEL
No water to boil. About 12 minutes on a medium flame.

METHOD

1. Whisk the flour and milk into a thick batter, then stir in the sweetcorn and seasoning.
2. At your outdoor spot, heat 1 tbsp oil in a frying pan on a medium flame.
3. Drop in tablespoons of batter and flatten them a little.
4. Cook for 2 to 3 minutes a side until golden and cooked through, adding oil as needed.

Good with bean and sweetcorn salad (card N1) or a tin of baked beans.

SAFETY Shallow-fry in a little oil only, never deep-fry on a camping stove. If the oil catches fire, turn off the stove only if it is safe, never throw water on it, get everyone away and call 999.

CUT HERE

Warm fruit with toasted oat crumble

SERVES 2 | 10 MINUTES

YOU NEED

- 1 tin (about 410 g) peaches, pears or apricots in juice
- 6 tbsp porridge oats
- 1 tbsp sugar
- 1 tbsp oil
- A pinch of cinnamon
- Long-life custard (optional)

FUEL
No water to boil. About 8 minutes on a low flame.

METHOD

1. At your outdoor spot, toast the oats, sugar and oil in a dry frying pan on a low flame, stirring all the time, for 3 to 4 minutes until golden. They catch quickly.
2. Tip the crumble onto a plate.
3. Warm the fruit and its juice in the same pan for 2 to 3 minutes, until steaming.
4. Spoon into bowls and scatter the crumble over the top.

A proper pudding from the store cupboard, and a real morale boost on day ten.

SAFETY Outdoors only, on level paving, well clear of doors, windows, vents and fences. Stay with the stove and keep children and pets back.