

Grain and Flour

While most of these recipes call for wheat, other grains can be used. Wheat has been a staple for food storage because it lasts a long time and is very versatile. The more fat a grain contains the shorter the storage time. Wheat stores exceptionally well. However, if you are vigilant in rotating your supply and using it the sky is the limit as to what grains you can store and use.

Wheat or grain sprouts

These don't require any cooking to be nutritious and eatable. However, when stored with oxygen pouches they will lose their ability to sprout.

Soak in a jar overnight or for several hours. Drain water off. Rinse twice a day draining water off each time. These are usually ready to eat on day three.

*While lentils, mung or adzuki beans, and some raw nuts and seeds are very good to sprout, large beans can carry a toxin that makes them less desirable.

Grain Based Soup/Gruel

This is a thin soup-like porridge. You can make it with about one part grain of choice and seven to ten parts water. Simmer it for a long time or soak the grain over night or all day and then bring it to a boil and place it in the thermal cooker for several hours. This last method requires very little fuel. Salt is added last.

1 cup grain (or nuts, seeds, legumes) *Rice is very versatile .
7 cups water
½-1 tsp salt

Any meat bits, herbs, vegetables, spices, sweeteners, fruits, fats, nuts, or seeds you want to add make this dish nice.

While this sounds rather boring, it is a great way to make something filling with a small amount of very basic supplies, and it lends itself to foraging.

*For added nutrition, grain can be sprouted before cooking if it has not been stored too long to sprout. This also reduces the protein gluten for those who are interested in this.

Flour Gruel

By itself, this is very bland. I recommend adding ingredients like salt, cinnamon and sugar, milk, or peanut butter and jam. It can even be made savory with herbs and onion. It would sustain life for a while in a pinch and make your flour go farther, but you would probably feel like Oliver Twist in the poor house unless you have things to add.

1 part flour, (Toasted flour, whole wheat flour, or coconut flour are welcome changes.)

7 parts water (more or less as desired)

Put the flour and half the water in a jar and shake it together until lumps are gone. Put it in a pan and cook stirring constantly to avoid lumps or burning until thickened.

*If you have bullion or soup base in storage, you can use just a little more water and make some gravy to put on potatoes or biscuits by adding the base or bullion for flavor.

Porridge/Pottage

This is similar to Gruel, but it is thicker because less water is used.

1 cup Oatmeal
2 cups water
¼ tsp salt

Cook 1 minute for quick oats and 3 minutes (plus adding a lid to hot mixture off heat for 10 minutes) for regular oats.

Other grains can be used, but the amount of water and cook time will vary. As an example, cornmeal requires 1 part meal to 4–5 parts water. Rice is 3 parts water to one part rice for porridge.

I like to cook whole grains like barley for 10 minutes and then place them in a thermal bag for 4–7 hours to absorb all the liquid. They can also be cooked for 20 minutes and then left overnight to cool and absorb the liquid.

These things are also fun the more things you have to add to them. Things like honey, brown sugar, maple syrup, cinnamon and sugar, jam, and dried or fresh fruit make these sweet while chicken or beef bullion, butter with salt and pepper, herbs and bits of vegetables or meat make them savory. Just by changing out the flavors can make something really simple eatable for a lot longer.

Tortillas

These can be made from white flour, whole wheat flour, or a combination of flours. You may need to experiment a little bit to use different ingredients. This recipe makes 5 tortillas 8” round.

1⅔ cups flour (by shake method)—can use part whole wheat
½ tsp salt
1 tsp baking powder
3 Tbsp. fat or oil (lard, coconut, shortening, vegetable oil, butter, schmaltz)
⅔ cups hot water

Mix by hand, dry ingredients and fat/oil until resembles coarse crumbs. Add in water until a sticky ball of dough is formed. Knead on a floured surface with floured hands until smooth, but soft. Cut into 5 pieces and cover with slightly damp kitchen towel. Let rest for 15 minutes. On a floured surface, roll each ball into a circle until thin and 8” across. Keep circles under damp towel. Heat a dry skillet to medium high. Cook each tortilla just until light brown spots form and turn. Cook the other side just until spots form. Serve or keep under towel until cool. Place in plastic bag. Store 12 hours out of fridge, but keep refrigerated after that.

Fry Bread

While a little like making tortillas, the fat is on the outside instead of the dough and the bread is thicker and softer.

1 cup flour
1 tsp. baking powder
¼ tsp salt
⅓ cup milk (or add ½ tsp vinegar to milk and use ½ tsp. baking powder)

Mix ingredients. Knead on a floured surface until the dough is smooth, but still soft. Cover and let it rest for 15 minutes. Cut into 4 pieces. Shape the pieces into balls. Then using a rolling pin, roll out on a floured surface until about ¼” thick. Fry on med. High in ¼”–½” hot oil until lightly browned, turning once, and drain on paper towel covered plate. Serve warm.

These are nice with beans, jam, cinnamon and sugar, cheese, yogurt and fruit, or just plain as an accompaniment to a soup or stew. They are the base for Navajo tacos if you are lucky enough to have a can of chili and the lettuce, cheese and tomatoes to go with it.

Drop Biscuits

These are easy to mix in a bowl and drop onto stew in a Dutch oven, a reflector oven, a cobbler, or fruit dumplings. They are also a quick and easy accompaniment to a dinner.

2 cups flour
3 tsp. Baking powder (or add 1½ tsp. vinegar/lemon juice to milk and use 1 tsp. baking soda)
1 tsp salt
⅓ cup fat (shortening, coconut oil, butter...)
1 cup milk

Mix dry ingredients. Cut in the fat. Stir in the milk. Bake in a 400° oven for 10 minutes or until lightly golden brown.

*If using for cobbler or dumplings add sugar. I like 2 tbsp. for dumplings or more for cobbler. If I use these for chicken and dumplings instead of fruit, I like to add poultry seasoning instead of sugar.

*If eggs are available, I like to put an egg in the measuring cup, beat it, and then pour in milk to make a cup. This is especially nice for dumplings.

*When cooking over fruit, stew, or chicken and broth in a frying pan, cook 10 minutes with the lid on and then 10 minutes without the lid.

Baked Biscuits

These are nice for breakfast, with gravy, with jam, or as a dinner accompaniment. They are great with a nice bowl of soup.

2 cups flour
3 tsp. baking powder (or 1 tsp baking soda with 1½ tsp vinegar added to milk)
1 Tbsp. sugar (optional)
1 tsp salt
⅓ (butter, shortening, coconut oil...)
¾ cup milk

Mix dry ingredients. Add fat. By brushing hands together in the flour and fat you can cut in fat until it resembles crumbs. Add in milk, and mix just until dough forms a ball. Press out to 1" thick on floured board to ¾" thick. Turn over in flour. Fold dough in thirds and press out again to make flaky layers. Cut into biscuits. Bake in oven at 400° on plain or lightly greased baking sheet for 10 minutes or until golden.

*(In a pinch you can use water. Or you can use the liquid off canned fruits, then omit the sugar and vinegar and use baking soda instead of baking powder. Keep sugar if fruit is in its own juice instead of syrup.) – Fruit flavored biscuits are nice, but a little strange with gravy.

*These can also be baked in a Dutch oven, a sun oven, a reflector oven, or you Can shape them around a stick and roast them like a marshmallow.

Noodles

Noodles are a welcome addition to warm broth or vegetable soups. They can also be eaten with butter (oil) and salt or a little cheese. This recipe is for one person. Multiply for more people.

1 egg (or 2½ tablespoons water for egg-less pasta)
½ cup flour
Dash salt

Beat egg. Mix in flour until it forms a slightly sticky ball. If too sticky add a little more flour. If dry add a little bit of water. Knead on lightly floured board until smooth. Cover and let rest 5–10 minutes. Roll as thin as possible (paper thin). Rest the dough again. Cut with a knife or pizza cutter in desired size and shape. Cook in boiling water or let dry completely for later.

*A nice investment for using food storage is a hand crank pasta machine.

Alternate recipe:

2 large eggs
1–2 teaspoons salt
2 Tablespoons milk
1½–2 cups all-purpose flour

Pancakes

2 cups milk
2 eggs (or ¼ cup yogurt or juice off canned beans + 1½ tsp oil)
2 Tbsp. oil
1 Tbsp. sugar
2 slightly rounded cups flour
3 teaspoons baking powder (or add 1 Tbsp. vinegar to milk and use 1 tsp baking soda)
¾ tsp salt

Mix all ingredients well and fry on greased griddle.

* Did you know that you can use pancakes to make a sandwich? I had a coworker who told me he grew up on pancake sandwiches in his lunch every day. Here are some interesting sandwich ingredients I have heard of people eating in hard times: fried peppers and eggs, simple ricotta cheese (coming later under milk) and jam, garden vegetables and herbs, honey with cream cheese and walnuts or cucumbers. Roasted chicken skin. You can really get creative.