

Apple Box Oven

Materials Needed:

- 1- Apple box top
- 2- Heavy Duty aluminum foil and aluminum tape
- 3- Plastic cooking bag (for optional window)
- 4- Cooling rack and 4 pop cans filled with rocks or converted portable grill cut to fit
- 5- Blanket for insulation



1. Cut out a 4x9" window at the top of the apple box if desired. Cut a 1x4" hole on the bottom of both ends of the box to allow air to get to the coals. Tape a piece of the plastic cooking bag over the window area. Cover box with aluminum foil inside and out. Secure with the aluminum tape. **Trick is to make sure that none of the cardboard is showing as it will burn.**

2. Spread a piece of aluminum foil on a flat surface outdoors. Stack portable grill or cooling rack on top of pop cans filled with rock. Start charcoals and place evenly on the foil. After charcoals are ready for cooking, spread evenly and cover with apple box and allow preheating for a few minutes. Then place pan of food on top of the grill or rack and replace oven.

3. Oven bakes using only 10-14 charcoal briquettes. Use one coal for each 35 degrees desired. 10 coals = 350 degrees. Oven can maintain temperature for 45-55 minutes. Slip fresh coals underneath if longer cooking time is desired. Insulate by covering with a blanket if desired.

HayBox (Old fashioned crock pot)

Principles to be kept in mind are these:

- Insulation should cover all six sides of the box.
- The box and pot should be airtight.
- The inner surfaces of the box should be of a heat-reflective material.

There are some adjustments involved in cooking with hay box cookers:

- Less water and spice should be used since it is not boiled away.
- Cooking must be started earlier to give the food enough time to cook at a lower temperature than in the oven or over a fire.
- The food should boil for several minutes before being placed in the box. This ensures that all the food is at boiling temperature, not just the water.
- Haybox cookers work best for large quantities, as small amounts of food have less thermal mass and preheated stones could always be put in together with the pot to provide the additional thermal mass to maintain temperature.



(This above portion of this article was excerpted from Cooking with the Sun, State Technical College, Altötting, Neuötting Str. 64 c, 84503, Altötting, Germany) Using an SBC as a "Haybox"

The Sun Oven

Pros:

No cost for fuel
No need to stir
More leeway in cooking times
House stays cooler
Can also be used as a cooler
Food stays moist
Difficult to burn food

Cons:

Longer cooking times
Only works when sun is shining
(when you can see a shadow)
May need to refocus while cooking
May need to move oven to sunny spot while cooking
More limited cooking space than oven



For instructions on how to use a sun oven see:

www.aurorapower.net/pdf_reference/.../sunoven_instructions.pdf

For an excellent demonstration on many ways to cook with your sun oven, go to: www.lamptonfarms.com/ Click on YouTube videos—Global Sun Oven Demo

Also see www.sunoven.com/FAQ and www.sunoven.com/recipes

Become a pro: www.sunoven.com/emprep

Backpacking Gas Stoves

Best Uses: Grab-N-Go, Back Packing, Car Camping, and Food Storage Cooking Source

Jetboil – Personal Cooking System (PCS)

- Fuel: Jetboil Jetpower Isobutane / Propane Gas Cartridges
- Pro's
 1. Very efficient,
 2. Easy setup and storage,
 3. Lightweight,
 4. Easy use
- Con's
 1. Cold weather performance suffers,

Not for group cooking needs



MSR WhisperLite Universal Stove

- Fuel:
 1. 1) White Gas,
 2. 2) Kerosene
 3. 3) Unleaded Auto Gas
 4. 4) Canister Fuel (Butane, Isobutane, Propane)
- Pro's
 1. Easy to clean,
 2. Easy to light,
 3. Good power output,
 4. Great temperature control,
 5. Stable
 6. Multi Fuel Source
- Con's
 1. Bulky



Alcohol stoves

- Remove the center cardboard out of the center of a toilet paper roll
- Place toilet paper in a “New” tin can (can must have a lid)
- Pour isopropyl alcohol into the can.

Advantages

Homemade – Simple designs and easy to make

Simplicity - just add fuel and light a match - no pumping, priming or pre-lighting required

Reliable - many designs are fail-proof

Availability of Fuel - can be found at any hardware store or gas station (great for thru-hikers)

No Maintenance - no time or repair kit need for adjustments and cleaning

Safety - fuel not explosive and can be easily extinguished

Easily Transportable Fuel - don't need a heavy metal container to transport fuel - a disposable plastic water bottle is sufficient

Low Cost - the cheapest around or even free (use common recycled items)

Disadvantages

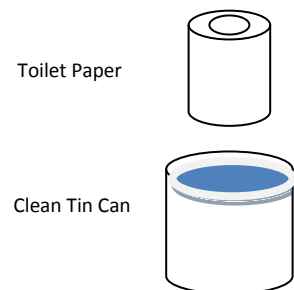
Reduced Output - about half the heat output per ounce compared to other liquid fuels (white gas, butane, etc) and not appropriate for groups, long treks (greater than a one to two weeks without refitting) or melting snow

Invisible Flame - refilling with fuel or handling the stove can be dangerous to those that depend solely on the sense of sight for evaluating dangers

Cold Sensitive - most setups depend on vaporization of fuel and may not work well in frozen environments

Durability - if you step on your stove made from pop cans, you might have to say goodbye to hot meals for the rest of your trip

DIY (Do It Yourself) - Many of the stove designs out there require you to fabricate your own setup which can prove to be challenging or inconvenient for many



QUICK STOVE #10 CAN INSERT

The Quick Stove is a quick and easy emergency stove solution that requires no fire building skills. The Quick Stove Insert can use Quick Stove Red Fuel Cells, Instafire, homemade Buddy burners, Canned Heat, or Sterno cans. All you need is to add a flame to your choice of fuels and you're cooking.

The Quick Stove uses a recycled #10 can as part of its form and function. It's made to last a lifetime, built of 20 gauge aluminized Steel, and MADE IN THE USA. It folds flat for easy storage and transport and will fit inside, under the white plastic can lid.

QUICK STOVE RED FUEL CELLS

Quick Stove Red Fuel Cells are the perfect emergency fuel. Made of food grade wax and red cedar shavings they are completely safe, easy to light (yet they will never flare up), and are stable to store (with no legal storage limits) because they aren't combustible. You can store them near food because there are no harmful chemicals to worry about. The red cedar is also anti microbial which means that the fuel cells will never grow bacteria or mold (a common problem with other paraffin based fuels) which gives them an indefinite shelf life.

Half a fuel cell is enough for one meal, a whole fuel cell will burn for about 30 minutes, depending on conditions, and could last as long as 50 minutes.

FOLDING FIREBOX STOVE

The Firebox Folding Stove is perfect for all types of camping and emergency situations. It adapts to use several types of fuel including wood and commercial fuels. It is made of 18 gauge stainless steel and is the toughest and one of the largest wood burning stoves on the market. It's also the most compact and easy to pack, folding down flat to 3/8 of an inch thick. Being hinged rather than sliding together, it has no critical parts to lose and doesn't require assembly. Just open it up and you're ready to enjoy a no trace, portable campfire with family and friends.

While searching for a wood burning stove to use with my emergency kit I stumbled across a review for this steel box called the "Folding Firebox" on Youtube. Soon my original plans were in the bin and I bought the Firebox. I'm glad I did as without a doubt this is one of the best wood/multi fuel stoves on the market. Capable of burning anything from twigs from your yard/campsite to solid fuel tablets, gel fuel cans, recycled wood fuel blocks to charcoal briquettes.

Construction is first rate throughout with precision cut pieces perfectly joined by good strong hinges. The ventilation holes and firestick slots are all cleanly cut without any trace of burr or sharp edges anywhere. The included ash pan and two firesticks follow the same high quality as the firebox. The firebox employs an ingenious design for folding. Once the attached fire grate is hinged up into position the firebox folds up much like a book closing. The ash pan snaps onto the closed firebox and the two firesticks slide into slots and hold everything closed

100% stainless steel and MADE IN THE USA makes this a must have for your camping or emergency kit,
-Malc.