

Cooking with Food Storage Ingredients



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The FULL RECIPE BOOK is accessible on this website:

<http://extension.usu.edu/cache/htm/classes>

Each section with additional recipes can be found on this website: <http://extension.usu.edu/duchesne/htm/fcs/foodstorage>

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Why store food?

We never know when an emergency may happen and we may not be able to obtain food or drink. The emergency may be loss of a job or natural catastrophes such as floods, earthquakes, or storms. The Civil Defense and Red Cross have recommended storing food and drink for your family. Certain religious organizations have recommended their members have on hand a year's supply of food, clothing, and where permitted, fuel, as well as some accessible cash.

How do we store it?

It is important to understand what to store and how to store it. Learning how to cook with your food storage ingredients as well as learning how to rotate them is important.

Using food storage in your menu planning can save money, add nutrition to your diet and expand your family's menu choices.

If food storage is not used and rotated with fresh items, it will become a waste of time, money, and resources.

How much of what should be stored?

A recommended amount of water to store is 1 gallon per person per day for about 2 weeks. One pound of dry matter per person per day is recommended. Dry matter may consist of dried beans and legumes, wheat, flour, rice, sugar, dried fruits and vegetables, pastas, dried milk, etc.

When should we start storing?

To minimize financial burden, food storage should be built over a period of time, a little at a time as quickly as possible. Wise storing of food and using food which has been stored will result in savings of time, money and resources.

In order to insure that there is no waste, all items should be labeled and the oldest should be used first. In other words, rotate your food supply to maintain the highest quality possible.

When should we start rotating our food storage?

Immediately. Unfortunately, even the best stored items do not last forever. The longer they are stored, the poorer the quality, the less desirable they are, and the greater the likelihood they will be discarded. In addition, the food could also lose color, texture, flavor and nutritional value.

It is an investment to store these food resources, but today our insatiable desire for convenience, speed, and refined taste often push these food items to the back of the storage shelf where they sit and wait for the disaster that will force them to be consumed. The sudden use of food storage items in an emergency can also cause great distress to the stomach. It's better to ease into using them and continue their use on a permanent basis. This also is known as rotating your food supply.

How do I incorporate basic life sustaining storage items into our diet/menu?

We eat the same main dishes about 80% of the time because of taste, habit, awareness, familiarity, etc. Using your food storage can be as simple as creating a list of dishes eaten and liked by your family. The created list should be at least 10-20 dishes long.

Which of the dishes could include the addition of basic food storage items? Make small adjustments to recipes and increase changes as taste preference allows.

For Example:

Meat Loaf	Add rice and/or wheat berries and/or dry beans.
Chili	Add wheat and/or rice.
Tuna Noodle Casserole	Add wheat.
Stroganoff	Serve over rice. Add wheat berries to sauce.
Hamburger Macaroni	Add dry beans.
Stuffed Green Peppers	Add rice and/or wheat.
Chicken Tonight	Add cooked dry beans.
Chicken Enchiladas	Use dry milk base.
Shepherd's Pie	Add cooked dry beans.
Chicken Noodle Soup	Add rice and wheat.
Chicken Divan	Add wheat. Serve over rice.
Ham Fried Rice	Add wheat.
Choc. Chip Cookies	Add oatmeal and wheat flour.
Pancakes	Make mix using dry milk, wheat flour, and oatmeal.
Cream Soup	Use dry soup mix.
Vegetable Soup	Add rice and wheat berries

For best results:

- Choose familiar recipes your family likes.
- Avoid creating abnormal dishes. The further from a “normal” dish the recipe becomes the greater the chance the dish will be rejected and considered undesirable.
- Add new dishes and recipes to the master menu which use basic storage.
- Make a conscious effort to use the master menu and basic storage items.
- Start out slowly to avoid gastrointestinal problems

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.