**Incorporating Basic Food Storage in a Provident Living Plan**

**San Clemente Stake Plan for 2011-2012**

**Class #7**

**“**Using Sugar, Pancake Mix and Freeze Dried Foods”

For this lesson we are going to review some housekeeping items to make sure you are on track with your food storage goals. By now you should have your Emergency Preparedness Plan completed including your disaster kit, car kit, and 72 hour food kits. You should also have some food storage shelves or storage areas set aside and your two week supply of water. Your three month supply should be built up and constantly being used and replenished. Now is also a good time to start thinking about how you will cook your foods if you don't have access to electricity in an emergency. If that still intimidates you, don't worry about it yet, we’ll cover that in one of our next lessons. Remember: Take it in Baby Steps :)

Today's lesson is a reminder for you that food storage is going to be a constant part of your life. Disaster kits need to be updated as children grow. 72 hour kit food needs to be swapped out regularly. Water needs to be emptied and refilled at least once a year. Three month food supplies should be used every day and replenished whenever there are sales and/or coupons. The goal with long term food storage is that we learn to use it every day in our own recipes and/or try out new recipes to learn to cook with the types of shelf-stable foods that we are storing. It helps to write yourself reminders on your calendar, keep your inventory sheets easily accessible, and post reminders around your home to keep you on track with your food storage goals. It's also a great idea to practice your powerless cooking NOW to really get the hang of it ... BEFORE you are in an emergency situation. Any recipe that calls for baking can be done in a covered out door grille or in a Dutch oven or solar oven. Recipes that are prepared on a stove top can be cooked over an open flame stove.

Review the Neighbor Helping Neighbor Plan (the 3-3-3-3 Plan) on the websites [www.southocreliefsociety.org](http://www.southocreliefsociety.org) and [www.nhnpreparedness.com](http://www.nhnpreparedness.com) Teach this to your individual wards, your neighbors, your HOAs, and especially teach these principles to your family and loved ones.

Sugar

Life would be so boring without sugar.  Much like salt, sugar is essential to our enjoying the taste of some of our foods.

**Why do we need sugar?**

 Carbohydrates, which include sugars, are a source of fuel for the body. Carbohydrates are broken down by the digestive tract to form energy, but different types of carbohydrates provide energy at different rates. A healthy and well-balanced diet contains different carbohydrate sources in the right proportions. Other sweeteners such as honey can also be used but doesn’t store as well as sugar for long term food storage.

Uses of sugar: sweetener for beverages, breads, cakes, puddings, preservative, curing, insecticide (equal parts of sugar and baking powder will kill cockroaches) and for first aid wound treatment.

A variety of case reports provide amazing data supporting the use of sugar in treating infected wounds. Dr. Leon Herszage treated 120 cases of infected wounds and other superficial lesions with ordinary granulated sugar purchased in a supermarket. The sugar was not mixed with any anti-septic, and no antibiotics were used concurrently. Of these 120 cases, there was a 99.2 percent cure rate, with a time of cure varying between 9 days to 17 weeks.

**How much sugar should we store?**

To know how much sugar (or any food) you should store, use the food calculator in the following website:

<http://lds.about.com/library/bl/faq/blcalculator.htm>

If you use this calculator and enter in a family of 2 adults and 2 children, it will calculate that you should store 120# of sugar for a year. The cans of sugar from the cannery are approximately 6 lbs so you would need 20 cans of sugar for your family.

Some of the tasting samples you’ll have today will use sugar in the recipes. I’m not listing specific recipes for sugar, as you can use it at your discretion for your own family’s meals.

Pancake Mix

The Pancake Mix from the cannery is not sold in cans but in bags and requires that you add eggs and milk. However, if you don’t add eggs and milk and simply use water, it will still make a fairly decent pancake. The shelf life on these products is approximately 2 years unopened and stored in a temperature controlled area. The baking powder gets old after a few years and may not be reactive if it’s outdated.

Pancake mix is versatile and can be used to make a variety of crusts and breads. I’m listing recipes for everything from apple pie to pizza. Try these quick recipes for your family, and keep them with your emergency food file to remember how to use your pancake mix.

## Extra Easy Pizza

**1 ½ cups pancake mix**

**1/3 cup very hot water**

**1 can (8 ounces) pizza sauce**

**1 package (3 1/2 ounces) sliced pepperoni**

**1 cup sliced fresh mushroom**

**1 cup chopped bell pepper**

**1 ½ cups shredded mozzarella cheese (6 ounces)**

**Heat oven to 450ο. Grease 12 inch pizza pan. Stir together pancake mix and hot water, beat til soft dough forms. Press dough in pizza pan. Spread sauce over dough. Top with remaining ingredients. Bake 12 to 15 minutes or until crust is golden brown and cheese is bubbly.**

## Pizza Biscuit Bake\*

**3 1/3 cups pancake mix**

**1 cup milk**

**2 cans (8 oz. each) pizza sauce (2 cups)**

**8 oz sliced pepperoni or hot Italian Sausage (or both- why not?)**

**½ cup Sliced mushrooms**

**½ cup sliced bell pepper**

**2 cups shredded mozzarella cheese**

**Heat oven to 375ο . Spray 13x9 inch glass baking dish with cooking spray. In medium bowl, stir pancake mix and milk until soft dough forms. Drip half of dough by spoonfuls evenly over bottom of baking dish (will not complete cover bottom of dish). Drizzle 1 can pizza sauce over dough. Scatter half of the pepperoni, mushrooms and bell pepper on top. Top with 1 cup of the cheese. Repeat layers with remaining dough, sauce, toppings and cheese.**

**Bake 25 to 30 minutes or until golden brown. Serve hot. Makes 8 servings.**

## Cheese Garlic Biscuits

**2 cups pancake mix**

**¼ teaspoon garlic powder**

**¼ cup firm butter or margarine**

**2/3 cup milk**

**½ cup shredded Cheddar cheese**

**3 eggs**

**Heat oven to 425ο. In medium bowl, combine pancake mix and ¼ teaspoon garlic powder. Cut in butter, using pastry blender or fork until mixture looks like coarse crumbs. Stir in milk, cheese and eggs until soft dough forms. Drop dough by 10 spoonfuls onto ungreased cookie sheet. Bake 8 to 10 minutes until light golden brown. Mix ¼ cup melted butter and ¼ tsp. garlic powder, brush on warm biscuits before removing from cookie sheet. Serve warm. Makes 10 biscuits.**

## Sesame Wedges\*

**1 cup pancake mix**

**¼ cup water**

**1 tablespoon melted butter**

**1 tablespoon sesame seeds**

**Ground black pepper and ground salt to taste**

**Heat oven to 400ο. In a small bowl, stir pancake mix and water with fork until soft dough forms. Pat dough into 12 inch circle on cookie sheet. Brush with butter and sprinkle with sesame seeds. Sprinkle with pepper and salt (coarsely ground).**

**Bake 15 to 20 minutes or until golden brown and crisp. Serve warm or cold.**

## Quick Berry Cobbler\*

**2 cups pancake mix**

**1 cup milk**

**1 tsp salt**

**1 tablespoon canola oil**

**½ cup plus 1 tablespoon sugar**

**1 tbs. flour**

**1 teaspoon cinnamon**

**1 pint fresh, frozen or drained canned berries or fruit (black berries, peaches, strawberries, raspberries)**

**2 tablespoons oatmeal, ½ tsp cinnamon and 1 tablespoon brown sugar mixed together**

**Preheat oven to 350ο. Mix berries in a bowl with ½ cup sugar, flour, and cinnamon. Place berries in 8x8” glass dish. Mix pancake mix, milk, salt, oil and tablespoon of sugar together. Spread or drop evenly over berries. Top with oatmeal mixture. Bake for 10 to 15 minutes or until crust is golden brown and crisp on top. Cool for at least 30 minutes before serving to allow berries to thicken. Delicious with whip cream or vanilla ice cream if you have it available.**

## Easy Chicken Pot Pie\*

**2 cups mixed vegetables (frozen or canned) I like peas and carrots**

**1 cup diced cooked chicken**

**1 can condensed cream of chicken soup (or cream of chicken with mushroom soup)**

**½ teaspoon coarsely ground black pepper**

**1 cup pancake mix**

**½ cup milk**

**1 egg**

**Heat oven to 400ο. In ungreased 9 inch pie plate, stir vegetables, chicken and soup, sprinkle pepper over. In medium bowl, stir remaining ingredients until blended. Pour over chicken mixture, covering well and touching sides of pie plate all around. Bake uncovered for about 30 minutes or until crust is golden brown. Serve while hot. Makes 6 servings.**

## Impossibly Easy French Apple Pie

**Filling:**

**3 cups thinly sliced peeled apples (can use dehydrated apples from food storage - just rehydrate for 1 hour prior to using)**

**1 tsp. cinnamon**

**¼ tsp. ground nutmeg**

**½ cup pancake mix**

**½ cup sugar**

**½ cup milk**

**2 Tbs butter or margarine**

**3 eggs**

**Streusel:**

**1/3 cup pancake mix**

**1/3 cup chopped nuts**

**¼ cup packed brown sugar**

**3 tablespoons firm butter**

**Heat oven to 325ο. Grease or spray 9 inch pie plate. In medium bowl, mix apples, cinnamon and nutmeg and place in pie plate. In medium bowl, stir remaining filling ingredients until well blended. Pour over apple mixture in pie plate. In small bowl, mix all streusel ingredients, using fork until mixture is crumbly. Sprinkle over filling. Bake 45 to 50 minutes or until knife inserted in center comes out clean. Makes 6 servings.**

## Swedish Pancakes

**3 eggs**

**2 cups milk**

**1/1/4 cup pancake mix**

**½ tsp. vanilla**

**¼ cup butter, melted**

**Blend eggs and milk with egg beater or mixer in medium bowl, add vanilla. Add pancake mix and blend til smooth. Slowly add the melted butter to mix completely. Preheat large heavy sauté pan. Add one large dab of butter to pan, enough to generously coat the entire bottom of the pan. Slowly ladle small amount (1/4 cup) of batter into center of pan (into melted butter pat). Tilt the pan slightly to cover bottom of the pan. Cook about one minute until bottom of pancake starts to brown. Using wide spatula, carefully turn pancake over. Pancake will be very delicate. Cook another minute or so until other side starts to brown. Move to a large plate. Coat entire pancake with filling (see below). Insert fork sideways into one edge and spin fork to roll pancake into a tube shape with filling inside. Garnish with dab of filling if desired.**

**Fillings: Homemade strawberry jelly or jam, traditional lingon berries, cinnamon sugar, white or brown sugar and strawberries, syrup, etc. Also, use savory fillings like seafood or chicken salad.**

**Or, just sprinkle with powdered sugar and serve.**

## Mini Crab Cake Pies

**Crab Mixture:**

 **2 cans (6 0z) crabmeat, drained, flaked**

**½ tsp seafood seasoning (I like Old Bay)**

**1 Tbs vegetable oil**

**½ cup chopped onion or leeks**

**½ cup finely chopped green bell pepper**

**½ cup finely chopped red pepper**

**1 cup shredded mozzarella cheese**

**Baking Mixture:**

**½ cup pancake mix**

**½ cup milk**

**2 eggs**

**Crab Cake Aioli:**

**½ cup mayonnaise**

**½ tsp seafood seasoning**

**1 Tbs. fresh lemon juice**

**Heat oven to 375ο. Spray 12 regular size muffin cups with cooking spray**

**In small bowl mix crabmeat and ½ tsp seafood seasoning; set aside. In 10 inch skillet, heat oil until hot. Cook onion and bell peppers in oil 4 min. stirring frequently. Add crabmeat mixture stirring until mixture is heated through. Cool 5 min, stir in cheese.**

**In med. Bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon into each muffin cup. Top with about ¼ cup crab mixture. Spoon 1 tablespoon baking mixture on top of crab in each muffin cup. Bake 30 minutes or until toothpick comes out clean and tops are golden brown. Cook 5 minutes. With thin knife, loosen sides of pies from pan and remove. Place top sides up on cooling rack. Mix Aioli ingredients. Serve each pie topped with generous tablespoonful of aioli.**

## Southwest Tamale Tart

**½ cup pancake mix**

**¼ cup cornmeal**

**¾ cup Cheddar Cheese**

**1 tablespoon canned Old El Paso chopped green chilies, drained**

**3 tablespoons condensed beef broth**

**1 cup black beans drained and rinsed**

**¼ cup chopped fresh cilantro**

**1 small tomato seeded and chopped**

**Favorite Salsa, Sour cream, Guacamole for toppings**

**Heat oven to 350ο. Spray cooking sheet with cooking spray**

**In small bowl, stir pancake mix, cornmeal, ½ cup of the cheese and the chilies together thoroughly. Stir in broth. Spread mixture in a 10 inch circle on cookie sheet. Mix beans and cilantro, spoon over cornmeal mixture to within ½ inch of edge. Sprinkle with remaining cheese.**

**Bake 25 to 30 minutes or until edge is golden brown. Arrange tomatoes ar9und edge of tart, cut into wedges, and serve with salsa, sour cream and guacamole.**

**Makes 4 servings.**

**\*on tasting table**

Freeze Dried Foods

You may not realize it, but fruits and vegetables, no matter how fresh, can lose valuable nutrients when cooked. Studies have shown, for example, that broccoli can lose more than half of its Vitamin C when simply cooked with water, while green beans can lose nearly half of their Vitamin C when stir-fried.

Luckily, though, there is a way to get the best bang for your buck where nutrients are concerned. According to scientific research, freeze-dried green and berry extracts can contribute to optimum health and free radical oxidation in ways that traditionally stored and prepared fruits and vegetables cannot. While other cooking methods remove nutrients from your food, freeze-drying simply removes the water, leaving the antioxidants and phytonutrients intact.

And freeze-drying is not only superior in nutrient retention when compared to cooking methods, but with other storage methods as well. For instance, studies have shown that more than 90 percent of some nutrients can be lost in green beans even when refrigerated; freezing, though, resulted in better stability of nutrient retention. Similarly, canning and blanching resulted in significant nutrient loss.

The study results were clear - freeze-dried food sources provided definite defense against the harmful effects of processing. The researchers noted that when greens are frozen, "nutrient loss prior to processing is minimal," and that in some cases, "frozen vegetables may be better sources...than their fresh counterparts" if they are frozen very quickly after picking.

According to the evidence, freeze-drying preserves the most nutritional value of food. So Mom was right - eat your fruits and vegetables, just make sure they're freeze-dried first.

All freeze foods are prepared and placed into very large vacuum-type containers.  The temperature inside the vacuums is lowered to about -60 degrees and the food is left in there between 2-4 days.  The cold forces any moisture in the food to evaporate out.  Once the actual freeze drying is completed the food is brushed to remove any frozen water and then nitrogen packed into #10 steel cans.  All of the cans have an enamel coating to protect the food from picking up the "flavor" of the can and to eliminate the possibility of any moisture getting into the can.  Once this process is completed the cans are labeled by the manufacturers (there are only two freeze drying companies in the country - Oregon Freeze Dried (OR) and Freeze Dried Foods (NY)).

There are several companies that have the freeze drying manufacturers prepare food for them. We have samples from “Daily Bread”, the “Wise Company” and “Ova Easy” egg crystals. Some of these companies sell several tasty freeze dried meals in pouches or in cans. Sadly, they don’t always sell individual meal products, but like to “bundle” food storage plans. You can contact them for free samples for your family at the following sites and if you want to add these products to your food storage, you can contact them directly. You may get preferential pricing if you tell them how you got their information, but I don’t have any other influence on pricing. I have invited these companies to participate in our Emergency Preparedness Fair so they may offer special “fair” pricing at that time.

Mat Karren, Daily Bread Food Storage (702) 810-6476, mattkarren@dailybread.com

Wise Company, (801) 335-0345, [www.wisefoodstorage.com](http://www.wisefoodstorage.com)

Quinn Cottle, 801-677-1071 qcottle@myfoodstorage.com

Ova Easy Products: [www.nutriomstore.com](http://www.nutriomstore.com/) Ed Hernandez, Sales Manager, Nutriom, LLC,

360-413-7269 ex. 108 (office). 360-481-5887 (cell) “If you can get folks to order in large groups, I could give you our wholesale pricing, otherwise they will have to order on line from us.  You can get free shipping if they order $99 or more.”

I have also purchased a variety of delicious freeze dried fruits and a wonderfully tasty and nutritious “Seaweed Snack” at Trader Joe’s and you can sample those today as well. The fruit may seem expensive at first, but when you consider the quantity of food in the package, the nutritional retention and the convenience of storing food in such light-weight packaging, it is well worth the dollars spent.

All of these freeze dried foods are great to add to your food storage and especially to the 72 hour kits as they are so light weight, especially if you end up carrying your 72 hour kits!