

FR-1 DEFENSE PRIMITIVE COOKING BASICS

LEARN & THRIVE DIGITAL GUIDE, SURVIVAL COOKING TIPS



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Long before we had modern pots and pans, our ancestors knelt over fires and used what nature provided. Even if it was a large rock used to serve as a table. Campfire cooking is the heart and soul of most off-grid endeavors. Campers come from all over to experience this rustic way of eating. Wood was used for heating food in ancient times so it's no surprise that today's campfires still produce some delicious results.

Today, we have become comfortable using our modern pans, pots, spoons, and even large appliances like food processors. But that doesn't mean one day we might find ourselves having to cook without them. Whether you're camping or in an actual emergency situation, there are several common primitive cooking methods that you will learn in this Ebook. These are methods that don't require much more than hot water, some kindling and other natural resources in your surrounding area.

HERE ARE SOME

Basic Points To keep You On The Right Track

- ✔ Most hard woods are good for cooking such as (oak, maple, ash and beech) but there are a few that burn poorly such as Softwoods (pine, redwood, fir, cedar and cypress) are not ideal for cooking because they contain terpenes and sap. This can give your meat a bad tasting flavor.
- ✔ Majority of the time a bed of hot coals are needed to roast, bake and broil food.
- ✔ At Times your fire needs to be producing enough flames to boil and fry foods.
- ✔ Food is less likely burn at gradually decreasing temperatures.
- ✔ Its also important that you should never burn "wet, rotted, diseased, or moldy wood" in your campfire or fire pit.
- ✔ Learn about food safety, which foods have parasites, and which foods need to be cooked until well-done.
- ✔ Food is more likely to burn if temperatures are increasing.
- ✔ Split wood burns better than whole chunks. Most of the time it's best to remove the bark beforehand.

Introduction

NEVER WALK AWAY

From Food Cooking On An Open Fire!

Make sure you have plenty of fire wood gathered already split and ready to burn before you start cooking. Last thing you want to do is venture off and leave your fire. If someone is with you then they can go and collect cooking fire wood. This allows you to watch the fire and the food. Completely burnt food can be a real bummer for the night especially if that was the only meal you had for the day.

To make sure your food is cooked the most efficient way, it's important to have a rough idea of what temperature you will be cooking at. You can use this scale by holding your hand at the height above the fire that you intend to cook. Then start counting from there. "1 Mississippi, 2 Mississippi," etc.



One Second= 450 - 500+ Fahrenheit

Two to Three Seconds= 400 - 450 F.

Four to Five Seconds = 350 - 400 F.

Six to Eight Seconds = 250 - 350 F.

