

BEANS AGAIN OH NO! OH! YEH!

From: Lehman <lehman3@flash.net>
Newsgroups: misc.survivalism
Subject: Re: Food Question (beans) long
Date: Mon, 23 Dec 1996 23:20:56 -0500

Doug McKay wrote:

BCVojak@worldnet.att.net (Bill Vojak) wrote:

:When setting up my six month food supply I followed
:two basic rules:

:1) In a major emergency, I may only have the ability
:to cook (boil) and fry. That is to say, no ability
:to bake anything like breads, cakes, muffins.

:2) Fuel will be scarce so it should be conserved.

You can bake in a dutch oven. Cast iron isn't practical in a bug-out bag (!) but if you've got a permanent camp or housing, cast iron is wonderful. A couple years ago I bought a set of three Benjamin & Medwin skillets (I think they're better than Lodge) at Target to use in my Old West reenactment group's Cowboy camps. I seasoned them up and then decided to use them a bit at home to really break them in well.

WELL, I don't use my other fry pan EVER anymore. And I intend to get a couple dutch ovens. One legless model for the stove for stews and chili and one trilegged model for the campfire. Lids for skillets are usually not included and I've been using my old lids.

But I'm going to get cast iron lids for the pans. Lodge makes a cast

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iron tea pot that costs about \$35 and is also on my list. This stuff will last for generations. I love cast iron cookery. Lodge also make cupcake pans & trivets. Yep. On my list. I gotta get one of their catalogs.

Doug McKay
NRA Life. Old West Society of Minnesota

Does anyone know where to get cast iron "pots?"
I can find dutch ovens, skillets, and baking pans for muffins/cornbread, but I would like to get a couple of regular pots with metal handles.

I have seen some with wooden handles, but I really want some that are completely metal.

--

Lehman3@FLASH.NET
Life Member NRA & Texas State Rifle Association

From: "Brian Meisman" <DNAgroup@inconnect.com>
Newsgroups: misc.survivalism
Subject: Re: Food Question (beans) long
Date: Tue, 17 Dec 1996 09:26:30 -0700

Bill Vojak>

Anybody have any ideas on this? Are there any beans out there that require less cooking time than normal? Any other solutions to this problem?

I do have a solution, but must warn you, it is not for the weak in heart, the reason I add this is because it's my parents who I know of this--sprouting, and it is an aquired taste.

It requires no energy, just water, and they are very good for you,

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moreso than before you sprouted it, let alone cook it.

My parents swear by it, me, I'm still thinking it over.

Now as to your question, I would think that lentils and chick peas would do best, with size in mind. Always soak your beans too, that helps alot.

Brian

Lentils do not require soaking and cook up in about 20 minutes. They can be cooked along with rice. Being small, lentils store more efficiently than the bigger dried beans, but they also don't bulk up like say pinto beans do when they're cooked.

Nicole

Louisville, KY

PaigeTurnr@aol.com

From: Mark Taylor <n3tel@erols.com>

Newsgroups: misc.survivalism

Subject: Re: Food Question (beans) long

Date: Tue, 17 Dec 1996 22:15:07 -0500

Sprouting is good, and it converts a lot of nutrients in the beans to more usable forms. (I wonder if you could collect methane from...nah i'm not serious!)

Another option which you would have to verify...if you crack the beans up, like with a hand mill, just enough to break them, would they cook faster? I am asking now, in case someone knows already, but maybe i'll try it and let you know later.

Sender: degroff@netcom7.netcom.com

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From: degroff@netcom.com (21012d)

Beans and peas can be crushed or milled like grains, smaller pieces
soak and cook faster, Beans also can be steam cooked and then dried like some
of the fast cook rice, oats and wheat products.

Brown rice is better, but also remember that it does not store as long,
so store some brown rice, but for long term, find a better kind.
(it goes rancid from the oil)

From: Richard Edwards <richard@wdi.disney.com>
Newsgroups: misc.survivalism
Subject: Re: Food Question (beans) long
Date: Fri, 20 Dec 1996 18:46:35 -0800

2) Fuel will be scarce so it should be conserved.

As a result, my six month supply is pretty much MRE
types of foods, and rice:

6 40LB bags of dry dog food, (for the 2 dogs)
1584oz White Rice dry weight (99LB)
192 MREs
100 Jelly packs
100 Peanut Butters packs
432 4" x 4" Crackers
144 Apple Sauces
72 Scallop Potatoes & Ham Entrees
72 Chicken & Rice Entrees
90 Survival ration bars

2000+ Gal drinkable Water: Using stored water and

the PUR Water Filter.

500+ Gal washing water using the Coghlanâs water filter,
purification tablets and bleach

We won't be "eating like kings", but with the menu I
worked out, we will be able to survive in reasonable
comfort for 6 months.

I'd really like to be able to add a 100LB of nitrogen
packed beans to the supplys in order to add more protein,
fiber and variety. My main problem is, beans take ALOT
of energy to cook! Even if you pre-soak them they take
lot's of cooking time. I was even considering getting
a small pressure cooker to help cut down the time needed
for cooking.

Just as an aside, this is the menu I worked out for 2
people using the above supply list. . .

Normal usage for 2 people:

Rice is measured by dry weight:

For each person For 183 days Choose:

>>> Lunch

2 4"x4" Crackers
1 Jelly OR 1 Peanut Butter (200 meals)

OR

1 Apple Sauce
1 Bread (144 meals)

OR

1 Survival Bar

4 oz Rice. (30 meals, 120 oz rice used)

>>> Dinner

1 MRE
3 oz Rice, (192 meals, 576 oz rice used)

OR

1 Entree (Chicken/Rice OR Potato/Ham)
4 oz Rice, (144 meals, 576 oz rice used)

OR

2 Survival Bar
4 oz Rice, (30 meals, 120 oz rice used)

>>> Remainders (surplus)

56 Breads
192 oz Rice
??? Any canned goods and other food around the house.

>>> Water

4 Gal Drinkable water/day per person
1 Gal Sanitary water/day per person

Like I said, not exactly eating like kings. . . . :-)

Bill Vojak
BCVojak@worldnet.att.net

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Be sure to bring some vitamins along, you might not have much along the lines of fresh fruits or vegetables at first. You might also consider brown rice instead of white rice for the same reason.