

# Many Main Meals

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"The counsel to have a year's supply of basic food, clothing, and commodities was given fifty years ago and has been repeated many times since. Every father and mother are the family's store keepers. They should **store whatever their family would like to have in the case of an emergency.**"

- James E. Faust (General Conference, April 1986)

**So the question is what would your family like to eat for their Main Meals?**

Do they want to eat: boiled wheat, plain pasta or plain rice and beans?



Or would they rather have: Millennium Meatloaf, Latter day Linguini, Curry-in-a-Hurry over rice or delicious soup and rolls-aka Buns of Perdition, etc?



This is what these cooking with Food Storage classes are all about. Learning to cook with our food storage and make delicious meals that your family will clamor for every night of the week. This class we will be giving you some ideas for main meals that your family can make using the basics from your food storage PLUS a few extra ingredients that can transform your food storage from yucky to YUMMY!

We talked in January's class, "Use it or Lose it" about the importance of dusting off your cans or buckets of food storage and learning to use it now. The reasons for this are many. Going from a 21<sup>st</sup> Century menu of fast and convenience foods to one of whole grains and beans can leave you: bloated, constipated, with the runs or in extreme cases can land you in the hospital. On the other hand eating whole foods, like those stored in our long term food storage is healthier, cheaper and can taste better than those empty calorie meals in a box. The other well kept secret is that cooking with food storage can be fast. With a little planning and practice you can make delicious meals faster than going out to eat. Another BIG reason you want to start cooking with your food storage now, is that you want to find out what you and your family like and what they don't like, now, before your lives depend on it. You will find that by adding just a few, simple ingredients to your food storage basics you will be able to make meals instead of mush.



The goal of this class is for you to think of what kinds of main meals you can make from your food storage. I have included lots of different recipes for: stove top cooking, casseroles, soups, side dishes, salads and even a roll recipe, *Buns of Perdition*. I have even included a section with mixes, that if used will make using your food storage quicker and easier.

## 7 breakfast + 7 lunches + 7 dinners $\times$ 13 = 90 Days of Delicious Meals

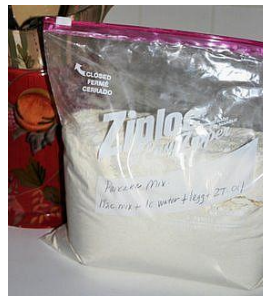
Look through these recipes, try them and find the ones that your family really likes. Put it in your Family Food Storage Recipe Book and be sure and by the extra ingredients that you will need to make them. Don't find any they will eat? Then turn your family favorites into food storage meals. Your ultimate food storage goal is to have your year supply AND the other foods you will need to turn that into meals. Make a list: 7 breakfast, lunches, dinners and snacks (eat once a week). Then figure out what you will need to make those meals. Want more variety? Then expand to 14 (2x per month) or even 30 meals (once per month).



**Ideas to Store your meals.** We had a demonstration on some ways to put your meals together ahead of time. I don't know if you are like me, but getting out ten different kinds of foods and then measuring them to make a meal can be a bit time consuming not to mention messy. What if you could pre-measure your meals and seal them up in a bag or jar ahead of time? Then all you would have to do is open it up, add a few simple ingredients and then, TA DA you have a meal. First, start with a recipe that is mostly dried ingredients with a few additional things added.



Most of the recipes I have included fall into this category, as do the recipes from the “Gifts In a Jar” series or use one of your own. Just remember you will be packing the dry ingredients separate from the wet ones. Then you will package them for long term storage. This can be done in one of two ways: sealed up with an oxygen absorber packet in a mylar bag using an impulse sealer or iron, or in a pint or quart sized jar using a Seal-a-Meal with jar attachment.



### Why Use Mixes

- Using mixes will help rotate your food storage
- Save up to 90% of the cost of commercial mixes by making your own.
- Spend Less time in the kitchen and enjoy that good old-fashioned taste
- Lower the preservative content in your meals
- Adjust mixes as necessary to fit special dietary needs
- Great for fast dinners, camping, unexpected company, 90-day menu
- Enjoy no-nonsense cleanup. Just add water for a few simple ingredients
- Great for gifts
- “Gifts in a Jar” recipes are a great source for quick food storage cooking
- Put together mixes or do-a-head recipes for family home evenings

### Important Tips

- Mixes can be made from regular or instant powdered milk
- Sugar substitutes can be used in place of sugar, experiment with amounts
- Always use Cream of Tartar if listed in recipe
- Pam, or other spray, can be used to grease pans
- If dehydrated products (milk, butter, shortening, etc) become hard or lumpy, just sift
- For longer shelf life of mixes, put flour in freezer for 2 days before using
- Dried egg whites and dried whole egg can be used interchangeably in most recipes
- Powdered shortening/butter/margarine work well in quick mixes, but DO NOT give good results in regular cake and cookie recipes.
- Store in covered container in dry place (Ziploc bags, jars, plastic w/ lids) optimal temperature is 40-68 degrees.

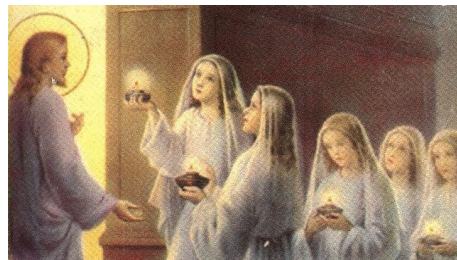
In his October 1973 conference address, President Ezra Taft Benson gave some excellent instructions about home storage: "For the righteous the gospel provides a warning before a calamity, a program for the crises, a refuge for each disaster. The Lord has warned us of famines, but the righteous will have listened to prophets and *stored at least a year's supply* of survival food. Brethren and sisters, I know that this welfare program is inspired of God. I have witnessed with my own eyes the ravages of hunger and destitution as I spent a year in war-torn Europe at the close of World War II. I have looked into the sunken eyes of Saints, in almost the last stages of starvation. I have seen grown men weep as they ran their hands through the wheat and beans sent to them from Zion—America. Thanks be to God for a prophet, for this inspired program, and for Saints who so managed their stewardship that they could provide for their own and still share with others." ("Prepare Ye," *Ensign*, Jan. 1974, pp. 69, 81-82.)

"I bear my humble witness to you that the great God of heaven will open doors and means in a way we never would have supposed to help all those who truly want to get their year's supply. I know we will have time and money if we will commit and keep the commitment."

Vaughn J. Featherstone, "Food Storage," *Ensign*, May 1976, 116



**Friends, I don't need to remind you of the scenes taking place all around us: job loss, foreclosures, empty fields because of flooding and droughts, pandemics, terrorism and more. We have been sent not only to be our families storekeepers, to be able to provide meals for them when there is no food to be found, but also, to be in a position to help the poor and the needy. Our goal this year is to move each month, each day a little further UP the path of preparedness. So the question is, "What have you done today to prepare?" Think you can't do it, that it is too hard? The Lord is there to help you all along the way. He comes again, will you be ready?**



**Recipes in Yellow were Demonstrated or on the Tasting Table.**