

Required Items

Be sure to read the following before cooking! Recipes for Easy Rice, Soft Porridge, Soft Steamed Bread, Tuna-Dressed Spinach, and Easy Oral Hydration Solution available from pages 2 – 4.

- **Plastic Bag**

Some plastic bags soften or melt at a high temperatures, so check the product label before cooking.

- For the double boiler method: Use high-density polyethylene (HDPE) that can be heated up to 194 - 230°F (90 - 110°C).
- For mixing (not for boiling): Use low-density polyethylene (LDPE) that can be heated up to 158 - 194°F (70 - 90°C) or polyvinyl chloride (PVC) that can be heated up to 140 - 176°F (60 - 80°C).
- When closing the bag, make sure to press the extra air out so the bag won't bloat or pop.

- **Portable Butane Gas Stove**

Make sure to read the product instructions and use it properly!

- The shelf life for a portable gas stove is about 10 years and 7 years for a fuel canister (without any rust). Check the manufactured date before using.
- Use the appropriate fuel canister for the gas stove.
- Align the fuel canister and the stove. If it's not lined up properly, it can cause a gas leak or fire.
- Choose pots and pans that are smaller than the stove.
- Do not use it inside a tent or car.
- When storing the fuel canisters, make sure the caps are on and keep them in a cool, dry place without direct sunlight.

- **Double Boiler Method**

- Bring water to a boil in a pot. Wrap your ingredients in a heat-resistant plastic bag, then in a steam cloth and place it in the pot. Once cooked, remove the parcel using long chopsticks or tongs.
- Untie the knot or cut it open with scissors. You can transfer the contents to a dish or place the plastic bag over a dish to eat.
- A steam cloth* is recommended when using the double boiler method. A steam cloth is typically used to make steamed food by lining the bottom of the steamer. It can also be used in a double boiler to prevent the plastic bag from touching the pot directly and breaking.
- Wrap the plastic bag with a steam cloth using a *furoshiki* watermelon-wrapping method:
 1. Bring up two corners of a steam cloth on one side and tie them in a square knot, leaving a small gap;
 2. Place the plastic bag with its contents in the center of the steam cloth;
 3. Make a knot on the other side, leaving a small gap. Take one knot and pass it through the gap under the knot on the other side.

*Cheesecloth is an acceptable alternative.

Easy Rice

Yield: 2 servings*

Cooking Time: 45 minutes

What You'll Need:

Heat-resistant plastic bag
Steam cloth
Portable butane gas stove
Small soup or stock pot

Ingredients:

3/4 cup white rice (use *musen-mai*, or no-wash rice, if available)
7 ounces water (14 tablespoons or just shy of 1 cup)

Instructions:

1. Combine rice and water in the plastic bag and seal it airtight. Wrap the bag in a steam cloth.
2. Place the wrapped rice in a pot, cover with water and bring to a simmer for 20 minutes.
3. Turn off the heat and let the wrapped rice rest in the hot water for an additional 15-20 minutes.
4. Remove the wrapped rice from the pot, open carefully and enjoy directly from the bag.**

*If more servings are needed, prepare the rice in separate 3/4-cup portions per the recipe to ensure proper cooking.

**You can also mix in salted *kombu* (seaweed) or *furikake* (rice seasoning) and shape the cooked rice into *onigiri* (rice ball).

Soft Porridge

Yield: 1 serving

Cooking Time: 45 minutes

What You'll Need:

Heat-resistant plastic bag
Steam cloth
Portable butane gas stove
Small soup or stock pot

Ingredients:

1/4 cup white rice (use *musen-mai*, or no-wash rice, if available)
1 2/3 cup water*

Instructions:

1. Combine rice and water in the plastic bag and seal it airtight. Wrap the bag in a steam cloth.
2. Place the wrapped rice in a pot, cover with water and bring to a simmer for 20 minutes.
3. Turn off the heat and let the wrapped rice rest in the hot water for an additional 15-20 minutes.
4. Transfer the bag to a deep dish or a bowl. Open carefully and enjoy directly from the bag.

*Increase or decrease the water to achieve a thinner or thicker consistency.

Soft Steamed Bread

Yield: 1 serving

Cooking Time: 40 minutes

What You'll Need:

Heat-resistant plastic bag
Steam cloth
Portable butane gas stove
Small soup or stock pot
Scraper

Ingredients:

1 cup plus 1 tablespoon pancake mix (150 grams)
1 ounce dried fruit such as raisins or cranberries (may substitute corn and small diced vegetables)
2/3 cup shelf-stable milk (may substitute oat or soy milk)
1 teaspoon cooking oil

Instructions:

1. In the plastic bag, combine pancake mix and dried fruit. Mix thoroughly.
2. Add milk and oil to the bag and knead until well-mixed. Form the dough through the bag into a small log.
3. Close the bag airtight, and wrap in a steam cloth.
4. Bring water to a simmer in the pot, add the wrapped dough and cook for about 30 minutes.
5. Remove the wrapped dough from the pot, open the bag carefully, and keeping the dough in the bag, cut the bread into slices with the scraper.

Tuna-Dressed Spinach

Yield: 2 servings

Cooking Time: 10 minutes

What You'll Need:

Plastic bag

Ingredients:

3 ounces freeze-dried spinach (80 grams) (may substitute freeze-dried kale, broccoli or other leafy green)
2/3 cup shelf-stable milk (may substitute oat or soy milk)
1 (5-ounce) can of tuna (may substitute canned scallops or crab)

Instructions:

1. Place spinach in the plastic bag, add the milk and allow it to rest to absorb the liquid.
2. Mix in the canned tuna including the liquid it is packed in and serve.

Easy Oral Hydration Solution

Yield: 1 serving

Prep Time: 3 minutes

What You'll Need:

Water bottle

Ingredients:

2 cups water

2 tablespoons granulated sugar

¼ teaspoon salt

Lemon juice to taste, optional

Instructions:

1. Add water, sugar, salt and lemon juice (if using) to the water bottle. Close the lid and shake well until the solids are dissolved.

Note: This can also be made in a plastic bag and consumed with a straw.

Recipes translated and adapted from Kazuko Iida's *Sonae Irazu no Bosai Recipe* (Disaster Recipes Without Preparation), Tokyo Horei Publishing Co., LTD., 2020.