

Remarks on cooking

safe cooking

- tripod must be arranged in optimal angles of sticks to achieve a stable position, sticks must stand in corners of a regular triangle;
- if cooking takes place in the big tepee, smaller pots can hang directly on the inner chain coming from the tepee top. If the bigger pot is needed (over 11 litres), it is necessary to use the tripod;
- it is forbidden to run near the fire, especially at cooking time, it is not allowed to lean against the tripod, and around the fire area there is no place for children to play – because of the possible injury by being burning or others;
- the space near the fireplace - between fire stones and chairs must be kept clean, do not put any wood onto this place, it is more dangerous than it could seem at first sight;
- all the pots must hang on the chains without any deformation of the chain;
- pot on the big tripod must hang on a hook, never in the chain curve, as is the practice with smaller pots hanged in tepees. The hook should never be put in the chain eye, but the pot chain should be put freely in a hook.



fire and regulation of its intensity

- fire becomes more intensive if the burning wood pieces are pushed close to one another and its intensity goes down if the burning wood pieces are put farther from one another;
- best wood for burning is dry wood without bark, „white“ coloured branches of diameter 1 - 4 cm.

what to choose for cooking

- primary choice should be made in the small cellar on the camping place (near the fire place); where is always some food left;
- second choice is made in the food cellar where is chosen vegetable according to its longevity;
- on the basis of that choice the final menu is decided and completed with food of longer longevity (vegetable tins, soya meat, rice, potatoes ...)

how to cook basic meals

The quantity of the food is compared with the portion table in the cellar, on colder and rainy days or in work camps it is better to use quantities for higher portion levels. The time management is as follows: first we cook vegetables, sauces and then, shortly before serving we cook rice or pasta. Potatoes can be cooked earlier.

cooking rice

Forget the known rules, rice is put into boiling drinking salted water, the amount of water is at least 5 litres for one kilogram of rice. For cooking more than 2 kilograms of rice, it is therefore necessary to use the big pot. The rice is carefully taken off the fire shortly (1-2 minutes) before it is cooked and is immediately removed out of the water with sieves. Rice will get cooked properly in the big amount by itself.

cooking pasta

similar procedure like with rice, enough water, it should be cooked „al dente“, do not leave the cooked

pasta in water, take it out with sieves and put it into a special pot, add little oil and stir carefully

pancakes

solid non-sticky dough made from flour (“polohrubá mouka”), little oil, leaven (from yeast), salt and rye (grey) flower - maximally 10%

preparing leaven

For one kilogram of flour we need $\frac{2}{3}$ to 1 cube of the yeast package, which is crumbled into lukewarm water (body temperature) - circa in one quarter of a litre, we add a big spoonful of flour and a small spoonful of sugar. We leave it work in a warm place for about 10 minutes and then we add it into the flour.



Management of cooking waste

- tins are washed in the creek water and put into the fire; after they get cold, we hammer them flat and put into the cellar to be taken away to be recycled;
- vegetable, potato and mushroom rests are put onto the compost;
- paper and thin plastic bags packages are burned immediately on the fire;
- not eaten cooked food is burned on the big fire;
- wood litter (small pieces of wood or bark) is put to the side of the fire, not into the fire centre not to cause smoke;

further recommendations

- immediately after cooking it is good to hang on the fire an adequate pot with water for tea or coffee;
- the cooking team should ensure cleaning the place and washing common dishes immediately after rating



important !

- it is really healthy risk to leave any cooked meal in copper or brass pots because there is a danger of metal dissolution, thus when the meal gets cold it is necessary to put it into the stainless steel pot