

THE EMERGENCY COOKBOOK

COOKING WITHOUT ELECTRICITY

The 60 most helpful recipes divided into 3 phases
General introduction and behavior on the subject

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Blackout - War - Pandemic



60
Recipes



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HAVE A BOOK, HAVE A SMILE



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OUTLOOK FOR THE COMING PERIOD AND EPILOGUE

THE EMERGENCY COOKBOOK - COOKING WITHOUT ELECTRICITY

FOREWORD

There are countless cookbooks on the market. These are dedicated to a wide variety of topics. Many of them are general in nature or a collection of favorite recipes of the respective author, divided into the respective types of dishes such as soups, appetizers, main dishes, etc.

Other titles, in turn, specialize in selected topics. These can be based on dishes from regional cuisine, exotic cuisine, the best beef dishes, vegetarian cuisine or baking books. There are no limits to the subject areas here.

However, most cookbooks have one thing in common: the authors of these books assume that our infrastructure works. The ingredients needed for a recipe can be bought at any time in the supermarket or at the weekly market. The preparation and cooking is often done as a matter of course with a hand mixer, food processor, or blender. Cooking and baking is done on the stove or in the oven.

However, the useful little helpers in our kitchens, stove and oven are subject to an important aspect. Without electricity, nothing works.

But what do we do when the power goes out and we can't just cook our meals the way we're used to? This book should help you and show you ways to conjure up delicious dishes even in times of crisis.

This book consists of two parts. First, in the advice part, we deal with the concept of "emergency" in general. How can these arise and what is the best way to behave in them. You will also find useful tips on how your personal emergency plan could look like.

In the second part you will find a collection of recipes adapted to times of crisis, both in terms of ingredients and preparation.

All in all, this book is neither a manual for adventurers, nor for survival fans. It will not show you how to build a shelter for the night in the tropical rainforest, nor how to hunt or catch wild animals for food.

Adventurers can book organized adventure trips or survival trips to the most exotic places in the world, but these have nothing to do with a real emergency situation. Here, experienced guides are on hand and the adventure can be ended or canceled at any time.

Rather, the book is dedicated to all those who, without panicking, think about the consequences that unexpected, bad events can have in our usual living space and how to prepare for such situations without much effort. In this regard, this guide is a valuable tool. However, the book cannot guarantee that everything will work out as planned in an emergency. Too many possibilities and factors make perfect planning almost impossible.

To have an overview of "lurking" dangers and to be prepared for them is the basic idea for this work. The collection of recipes should help you not only in times of need, which you hopefully will never have to experience, but also to ensure a diet that is as varied as possible. The one or other recipes will certainly also find application in normal everyday life, if you have forgotten to shop, or if it should go once quickly.

PART I - GUIDE PART

The first question to ask is when do we speak of an emergency, a crisis, an emergency?

Times of crisis can arise as a result of certain events. The impact of a crisis or emergency depends on its cause, geography and duration. Another aspect is the extent to which a crisis affects our daily lives. What parts of our infrastructure are affected, and of course, who does the crisis affect? Each of us, businesses, civilians?

In the further course of this part, you will learn what you have to do in an emergency. How you behave. How to provide for yourself and your family. What you should pay attention to.

The focus is on satisfying essential basic needs such as food and drink.

HOW LIKELY IS AN EMERGENCY NOWADAYS?

We all have to admit: We are doing well. Apart from personal ups and downs, we've never been better off. We are getting older and older, living healthier and healthier lives. We have never had such good working conditions as we do today. New terms such as "work-life balance" are emerging, we are striving for a life that is individual and worth living. We indulge in luxury, have countless electric helpers and consumer electronics in our household. Individualism has taken on a new, high status. Everyone lives his life the way he wants to, sets goals, or at least tries to. Being one with oneself, one's family and one's environment represents the highest of the achievable goals of each individual.

The last paragraph refers to you, to me, to everyone who lives in the so-called industrialized nations. Be it in the European Union, the USA, Japan or all other states worldwide that operate according to the conditions of the free market economy. Even in states governed by planned economy there is a satisfaction of the population, even if the motivation and the demands on life are formed differently here.

Nevertheless, we encounter crises, hardship, suffering and misery every day. On the radio, on television or in the daily newspaper. Almost every day we hear about armed conflicts and natural disasters. Mostly, however, these are far away from us. So far away, in fact, that the report on the news makes us sad, but we forget about it as soon as we watch the crime thriller.

As early as 1985, the Austrian group S.T.S described with their song "Kalt und kälter" (Cold and colder) the way we deal with the daily horror news. Doesn't concern me, it's so far away. My life goes on here and I have my own problems.

Our life is tuned to fit everything. Everything that is normal for us. Just what corresponds to our standard of living. I will do tomorrow what I have done today. I have my weekly, monthly and annual goals, which I want to and will implement. However, we often do not consider that the implementation can depend on small things and normalities.

We always assume that everything we are used to is normal. Driving to work, shopping, cooking, watching TV, hobbies and so on. What happens now when the horror reports from the daily news, which left us so cold yesterday, suddenly hit us ourselves?

Yemen in Africa has been at war since 2015. A large part of the population is dependent on humanitarian aid. The war there is far away and has become normality. It is rare that the media still report on it. Yemen is not a state on which we are economically dependent. So the war there is not otherwise noticeable in our lives.

The situation is different, however, when crises and emergencies affect us, albeit indirectly. The Russia-Ukraine conflict, for example,

has been around since 2014, a "harmless skirmish" over power in our eyes. Until war broke out at the end of February 2022 due to massive attacks by Russia on Ukraine. At the same time, the analysts' possible scenarios were terrifying. Everything from World War III to nuclear first strikes and follow-on attacks were considered here. Due to military alliances such as NATO, Germany would become the focus of attention because of the American bases, such as in the U.S. base in Ramstein, and would become a target of Russian annihilation. Thus, Germany would be at the center of a possible theater of war. Currently, a military intervention by the U.S. or other powers is rather unlikely, which lets us breathe a sigh of relief.

Nevertheless, we notice the consequences of this war. On the one hand, our willingness to help by taking in Ukrainian refugees and donating relief supplies or money is very great. On the other hand, this war means an enormous cut in our daily life. And that, although we are not even directly affected.

How come? All markets, whether agricultural or industrial, are mutually interdependent in our time. To stay with our example in the Russia-Ukraine conflict, Russia is sanctioned in the markets by states such as the U.S., Germany or Great Britain in the hope of putting a stop to Russia's actions. Of course, Russia does not put up with these sanctions and reacts with supply stops for crude oil or natural gas, for example. These raw materials, in turn, are of essential importance to us and we are largely dependent on imports of these substances due to a lack of sufficient reserves of our own. The shortage of these raw materials is causing an immense upward price spiral. Thus we, as uninvolved states, nevertheless have our share or disadvantage in the crises of other nations, even if we initially only feel them in our wallets.

This example shows that emergencies and crises are not that far away from us. It makes sense and is in no way reprehensible to take an interest in this topic and, if necessary, to take precautions.

This part of the book is intended to sensitize you to possible emergencies and to enable you to recognize emergency situations

correctly and to react to them accordingly in a structured manner and without panic.

In the following, we distinguish between possible causes of emergencies and emergencies. While some are unpredictable, others can often be identified ahead of time. Preventive measures can then also already be taken here, which are described in the individual chapters.

BLACKOUTS?

Whenever and wherever we want, we enjoy the naturalness of putting all our little electric helpers into operation. Switch on, switch off, charge the batteries. For our e-bike, for our car. Lights on, lights off, hardly anyone thinks about that. When we cook, we think about efficiency from time to time. Should I use the stove or the microwave?

Efficiency is also a big issue when purchasing major kitchen appliances. After all, we all think about our environment and the follow-up costs that come with a refrigerator, a stove, or a TV.

All these aspects can be calculated, we feel on the safe side. But what if a so-called blackout occurs? What is that anyway?

A blackout is the failure of one or more power plants, which means that no more electricity is available to you. The power supply infrastructure is disrupted to the greatest possible extent, up to and including total failure.

However, let's start with rather small problems: There was a "short" in your kitchen and it blew the fuse. Check the reason for the failure and fix it. Replace the fuse or raise the switch and it should work. If you get stuck here, make an appointment with an electrician.

If the so-called "FI" switch is affected, it is better to leave it alone and call an electrician directly. He will measure all the voltages in your apartment / house, find and fix the fault.

Power outages can also be affected by local external influences. Excavation work, for example, can paralyze your house, your street or an entire town if a line is damaged. However, these impairments are not an emergency. Most of the time, these faults are repaired within hours, 1-2 days at most.

Almost everyone has had this experience, and it's a good time to get back to basics. A good book by candlelight or a conversation with the family suddenly takes on a completely different significance. However, we have been able to secure our food so far, even if we don't have electricity. In the event of short-term power outages, we can make ourselves a sandwich. If the outage is longer, but foreseeable in days, delivery services for pizza & Co. from the environment in which electricity is available, provide valuable services, albeit due to the increased demand to longer delivery times.

If an individual power plant fails, there are usually contingency plans in place. For a power plant that has failed unexpectedly, a short-term replacement can usually be made available to take over its electricity production. The failure of a single power plant is not enough to jeopardize a nationwide power supply. Power plant outages can be bridged well via the supply and transmission network. The same applies to the failure of individual high-voltage lines.

The worst case, however, is a total blackout. In other words, none or only a few of the available power plants within a geographical area are able to supply companies and private households with electricity. The reasons for such a blackout can be manifold. System failures, hacker attacks, destruction of plants by armed conflicts.

Experts have a wide range of opinions on the likelihood of nationwide blackouts in Germany, Austria or Europe. While many experts consider such a blackout unlikely, others predict a very probable blackout in the next few years. Possible scenarios describe a gradual phase-out of nuclear power. The resulting loss of energy production could not be made up simultaneously with renewable energy sources. At the same time, the energy demand increases due to the ever more extensive e-mobility. Many countries have already announced or even

sealed the complete phase-out of production for new vehicles with combustion engines in the next few years.

Although a number of specialists and experts consider a blackout to be unlikely, the recent past shows that they have occurred time and again. In 2005, for example, an unexpected onset of winter caused a power outage in the Münsterland region of North Rhine-Westphalia that lasted for days. A Europe-wide blackout in January 2021 was prevented at the last minute thanks to existing emergency plans. A technical fault in a substation caused the lights to go out in tens of thousands of households in Berlin for several hours at the beginning of January 2022.

Blackouts usually occur due to overloads, technical malfunctions, defects or shutdowns caused by safety deficiencies and are usually short-lived. Thanks to supply and emergency plans and the tireless efforts of those responsible, right down to individual mechanics and workers, normal conditions are usually quickly restored.

WAR?

Wars have long since been fought not only on the battlefield. In modern warfare, strategic goals are in the foreground in order to weaken the enemy and force it to surrender or give in. At least that is the claim of the Western powers. However, if one looks at the theaters of war in this world, the reality is quite different. The armed conflicts take place in the bloodiest way. High losses in the civilian population are accepted by the warmongers.

However, we are considering a possible military emergency in our latitudes that would directly affect us. Thanks to peace agreements, diplomacy and democracy, military conflicts are not to be expected in Europe. Our politicians solve conflicts verbally and not with weapons. But is it really so unlikely that Germany, Austria or France, for example, will be involved in a war?

We have defense alliances that require participating states to assist

another state in the event of defense. This assistance could make us a possible target for the aggressor. Even if our policy refrains from military assistance, it takes a position on warlike events and, if necessary, decides on economic sanctions against the belligerent state. These sanctions could also make us a possible target. The U.S. has strategic military bases around the world, such as the U.S. air base in Ramstein, in the middle of Germany. American interaction in a theater of war could mean that these very bases, such as the European headquarters of the U.S. Air Force in Rhineland-Palatinate, become a strategic target.

Whether war is likely or unlikely in our country, the possibility exists. If we now assume that a possible aggressor wants to minimize civilian losses, he will first select military targets such as air bases and barracks. The next step is to pursue targets to weaken the enemy. These include supply routes, transportation hubs such as airports or seaports, or major freight stations. Possible targets also include weakening power and water supply infrastructure. Although this form of tactical warfare keeps civilian casualties low, the consequences for the affected population are equally devastating.

NATURAL DISASTERS?

While the likelihood of war is rather unlikely in our country, the risk of falling victim to a natural disaster is much higher. Today, we can counteract some catastrophes, but we are helpless in the face of others.

The city of Los Angeles in the US state of California is located in the middle of an earthquake zone. Here, quakes up to magnitude 3-4 on the Richter scale are part of everyday life. The strongest earthquake took place in January 1857 and reached an estimated magnitude of 7.9. Nevertheless, the risk of a quake hardly worries the population. The entire architecture and infrastructure of the city has been adapted and perfected in construction to the recurring events. There are even numerous skyscrapers that are designed to withstand even the

strongest quakes. The situation is different, of course, if a quake occurs in a region that is less or not at all prepared for such an event, or if the quake is particularly strong. In this case, a total failure of the entire infrastructure can be assumed.

Hurricanes and tornadoes in the USA are similar to the earthquakes in Los Angeles. These are also almost commonplace in large parts of the USA and people are prepared for their effects. One exception was Hurricane Katrina in 2005, which caused more than \$108 billion in property damage and was the worst and most expensive storm to hit the U.S. so far. Regionally, there were weeks of power outages and flooding. In our country, of course, strong storms can also cause major damage. Katrina's foothills, for example, were still noticeable here and caused major damage.

Droughts and fire disasters are not to be expected in our temperate latitudes. Nevertheless, the risk of forest fires in hot summers should not be underestimated. Wildfires can cause high-voltage power lines to be interrupted, for example, which can lead to supply bottlenecks in the electricity supply. Weeks of heat can also cause groundwater levels to drop, leading to restrictions in drinking water supplies. Falling water levels also affect inland waterway traffic, resulting in a reduced supply of raw materials to industry.

In our latitudes, we are more familiar with continuous rain and flood disasters. Especially in regions that are geographically located along several rivers or estuaries, the issue of flooding is always on our minds. In many places, preventive measures have already been taken. Renaturation is the tried and tested magic word here. Artificially created channels are being deconstructed, and our rivers are gradually being restored to their original state. Space is being created for them to spread out during heavy rains, thus preventing possible flooding in our towns and communities bordering the rivers. A flood is not to be underestimated. Streams that become torrents carry away buildings and roads. So do high-voltage pylons. The logistics for our supply of goods collapses. A nationwide power supply is only possible to a limited extent or not at all. Although there is enough water, our

drinking water is becoming scarce. Groundwater is in danger of becoming contaminated by brackish water. While Germany has already had to contend with one or two floods causing billions of euros in damage, the flood disaster in 2021 was probably the worst ever to hit the country. In July of that year, heavy rainfall over western Germany caused catastrophic flooding. Large parts of Rhineland-Palatinate and North Rhine-Westphalia were cut off from the outside world within a very short time. Thousands of people were left with uninhabitable houses and apartments. The infrastructure was brought to a standstill, electricity and water supplies and the logistics for replenishing essential goods were partly down and in large parts not ensured. Thanks to the willingness of unaffected citizens to help and the tireless efforts of the relief workers, a worse scale was prevented. Nevertheless, the reconstruction work continues to this day and will probably not be completed any time soon.

Due to climate change, we have been experiencing increasingly unpredictable events in Europe in recent years. In recent years, storms, storm surges and floods have increased significantly.

TERRORIST ATTACKS?

9/11, although now over twenty years ago, is a familiar story to us all. On September 11, 2001, an Islamist-led al-Qaeda terrorist group carried out four coordinated airplane hijackings. The planes were used as a means of carrying out suicide attacks. The targets of the attacks were iconic U.S. buildings. The World Trade Center in New York City was completely destroyed, and the Pentagon in Washington was heavily attacked. Almost 3,000 people were killed and more than 6,000 injured in the attacks.

At the time, of course, every country wondered if something like that was possible here. However, no other terrorist attack on this scale has been reported so far. Nevertheless, we are still not safe from the dangers of terrorist attacks by aggressive minorities. While the danger

from Al-Qaeda was contained, IS, the Islamic State, another terrorist group with an Islamist background, shone in the headlines. Not as spectacular as 9/11, but still enough to get noticed. For example, with a suicide bombing in Paris in 2015 that killed 130 people and injured hundreds.

Assassinations and terrorist attacks are unpredictable. They are usually intended to take as many uninvolved people to their deaths as possible. The risk of terrorist attacks targeting our infrastructure is also high. In this way, any terrorist organizations can significantly increase their sphere of influence and thus maximize the desired attention.

EPIDEMICS AND PANDEMICS?

Infectious diseases such as the plague have long been considered eradicated in the so-called civilized countries or industrialized nations, but they still occur in isolated cases in countries of the so-called Third World in Africa, Asia or South America. Improved hygiene conditions, vaccinations and other care measures have successfully contained or eradicated not only the plague but also tuberculosis, for example.

If an infectious disease occurs in one region or one country, it is referred to as an epidemic. If it spreads across several countries, continents or even worldwide, we speak of a pandemic. The Covid-19 virus has shown us that we are not completely protected against viral diseases in our latitudes, despite high standards of hygiene. This virus, colloquially known as the coronavirus, continues to hold the world in its spell to this day. In December 2019, the first cases of the novel pathogen were registered in the Chinese city of Wuhan. Cases of pneumonia with unknown cause caused a sensation. The number of ill people with flu-like symptoms increased more and more. Massive measures were quickly taken, up to and including a complete lockdown, to prevent the spread of the disease. Public life came to a

complete standstill. Nevertheless, further spread could not be prevented. On January 30, 2020, the WHO, the World Health Organization, issued the highest warning level. At that time, nearly 100 cases were already known in 18 countries outside China. By March 11, 2020, there were already nearly 120,000 cases reported in 114 countries. In addition, nearly 4300 deaths had already been recorded. On this day, Covid-19 was officially declared a pandemic by the WHO.

In the meantime, several vaccines have been developed. However, the spread has not yet been completely contained, partly due to the emergence of new virus strains. Nevertheless, curfews, contact bans and other measures have been lifted or at least relaxed in many countries.

The emergence of epidemics caused by plague or tuberculosis pathogens, for example, should not be seen as the cause of a supply emergency, but rather as a consequence. Such an epidemic is usually preceded by a pre-existing emergency. For this reason, they mostly occur in areas where the basic supply of the population in the form of clean water, hygiene and health care is not available, as is still the case today in the poorest countries of the world.

Viral pathogens such as the coronavirus do not initially pose a threat to our infrastructure. Nevertheless, bottlenecks and restrictions can occur. Among other things, so-called lockdowns have caused major transshipment centers for raw materials and goods, such as seaports in China, to shut down completely. In terms of energy supply, however, we are largely dependent on imports such as coal or crude oil. Our power plants have emergency reserves. Even a nuclear power plant can still produce electricity with the help of diesel generators in the event of a reactor failure, albeit with significantly less output. If the necessary raw and auxiliary materials for emergency operation are no longer available, the affected power plant is shut down.

In industry, the consequences of the pandemic and the associated shortage of supplies of raw materials and production goods are much clearer. A large proportion of our electronics come from China. Thus,

all industries are experiencing a shortage of semiconductors. Production of electronic goods, cars and medical equipment has had to be scaled down, and in some cases even shut down. This in turn also affects availability and prices on the market.

However, production and logistics for food are generally assured. However, so-called hoarding purchases by the population are causing a partial shortage of individual products in supermarkets.

EMERGENCY WHAT NOW?

In many parts of our world there is war, terror, hardship and misery. We, on the other hand, are doing relatively well. The Corona pandemic seems to be under control, and our lives have almost returned to normal without further major restrictions. We are largely safe from armed conflicts. Terrorist attacks occur from time to time, but have not yet led to a widespread state of emergency. We have also been hit by natural disasters in recent years. Here, too, however, they are not widespread, but rather regional.

Until now, the chalice of an emergency has always passed you by. But a blackout can catch you unprepared at any time. The next flood disaster can occur in your neighborhood. In a military conflict, we too can quickly become the center of attention and a target.

You should not lose your optimism, of course, as I said, the probabilities of getting into an emergency situation are low. Nevertheless, they are there. Thinking about it has nothing to do with pessimism or pessimism. Rather, it has to do with common sense. Modern man likes to be prepared for all problems and eventualities. We are full of thoughts about what could happen if something comes up in one or the other plan. Often we get in our own way with our considerations when it comes to realizing our plans. With all our thoughts about everyday things, there is often no time to deal with a contingency plan. One does not even want to. Who likes to think

about something unpleasant voluntarily?

Of course we take precautions. My house could burn down. So I take out fire insurance. The matter is settled. A storm could devastate my garden. That's covered by my homeowner's insurance. Topic closed. A war or force majeure? The insurance won't pay anyway. Can't be helped, that's the way it is.

That's how our thinking goes, or something like that, isn't it? We insure ourselves against all kinds of financial disadvantages, and that's a good thing. Taking out insurance not only protects us financially, it also reassures us. However, in doing so, we don't realize that when a real emergency occurs, they won't get us anywhere. Thus, having a plan for different scenarios is not reprehensible, but quite sensible. As I said, don't look at the black. Just look at the creation of an emergency plan from a different perspective. As if you were taking out an insurance policy. And just as you regularly check your insurance policies to see whether it makes sense to switch to a cheaper company, you check your emergency plan in between.

An emergency can occur at any time, whether unlikely or not. Whether you have a plan or not, you need to react quickly to the situation and take appropriate measures to protect yourself, your family, your personal environment and, secondarily, your belongings.

However, the most important thing is to recognize and assess an emergency as such. In the following chapters, we will show you how to recognize emergency situations at an early stage and how you can act. The focus is on basic care for you and your family. We would like to show you which possibilities and alternatives are available when the basic supply and / or the infrastructure breaks down. The following topics should also help you to create an individual emergency plan for yourself.

IMPORTANT BEHAVIOR IN CASE OF EMERGENCY (TECHNOLOGY, SAFETY, PSYCHE)

Who of us hasn't experienced this: a work colleague approaches us during the breakfast break, visibly frightened. "Have you been reading? World War III is right around the corner!" Such statements naturally worry us, but usually do not upset us. As a rule, we ourselves are well informed about current world events and know that there is little truth in the event prophesied by our colleague.

This already brings us to an important key point: information.

In addition to daily newspapers, news broadcasts on the radio or television, we have countless sources of information at our disposal via the Internet. The extent to which the reporting is credible remains to be seen. Nevertheless, all these sources are useful. However, it is important to assess the news according to its seriousness. To follow every prophecy of doom from dubious sources, and even to spread them further, would cause unnecessary panic.

The essence of it: **Perceive information, assess it and take initial action if necessary!**

In order to obtain suitable information in general, pay attention to your choice of sources. This is not only true with regard to possible emergencies, but rather in general. For example, if you compare the reporting on various topics on TV, you will find that this takes place much more dramatically on stations that are dependent on ratings and advertisers than on public programs. The situation is similar with daily newspapers or weekly magazines. The tabloid press relies on lurid titles, while the articles of serious newspapers receive worldwide recognition and are even quoted in the press. Great care should be taken with supposed reporting in social media. Not only is there a wealth of completely absurd information here, the reader is sometimes deliberately disinformed. False reports of this kind aim to make us feel insecure and/or unfairly treated. Mostly these contents have an anti-state or anti-government background. The horror scenarios described in these posts are usually not to be believed.

So if we assess and use all our sources of information correctly, we can also identify potential threats and prepare for them accordingly.

While many emergency events can be anticipated or detected in advance through information, some hit us unexpectedly and without warning. But there are also warning systems for this within the framework of emergency and disaster preparedness. Each of us has certainly noticed these consciously or unconsciously. In Germany, for example, alarm systems are regularly tested everywhere. For example, anyone who hears sirens at 12:00 on the first Saturday of the month knows that this is a test alarm. However, not everyone is familiar with the meanings of the individual warning sounds. The individual siren signals are not only different in the individual states, they also differ in the individual federal states, and in some cases even in the individual counties. For the interpretation of the individual signals, you can ask your local fire department or do some research on the Internet.

Basically, you should know the times for test alarms in your area to distinguish them from a real alarm.

The danger of an emergency or an emergency is not only present in our familiar surroundings. Even during our family vacation abroad or a business trip, a wide variety of events can unexpectedly turn us into affected parties. However, we can usually take this into account in advance in our planning. Vacation destinations such as Italy, Spain or Greece do not pose a problem with regard to armed conflicts. Those who like to travel to Syria, Kenya or Lebanon are usually aware of the risks. Warnings issued by the German Foreign Office can also be helpful when planning a trip. The countries or regions listed there should be avoided out of common sense.

The situation is different for business trips. However, the employer has a duty of care towards the employee. If a trip to a risk area is planned, the employer is obliged to draw attention to the dangers accordingly. In addition, companies must adhere to the travel recommendations of the German Foreign Office.

In the event of an emergency situation abroad, the embassies in the countries concerned will usually do everything possible to get you back home safely. However, it must be known that you are in this

country. Be it through your booking at the travel agency or your professional assignment by your boss. If you travel on your own as a globetrotter, choose a person you trust who always knows where you are.

While the last section was more informative and preventive, in the next step we will go into prevention for emergencies.

PREVENTION - WHAT CAN I DO BEFORE AN EMERGENCY?

If an emergency occurs and no precautions have been taken, the baby has already fallen into the well. This does not mean that the upcoming problems will not find a solution. It becomes more difficult to adapt to the circumstances and seek new solutions.

In the previous chapter we summarized: **Perceive information, assess it and take initial action if necessary!**

We now extend this insight and come to the next points. Emergencies can be assessed according to their nature and duration. We first distinguish between short-term, medium-term and long-term. At least for the first two periods we can work out solutions in advance. Of course, planning also depends on the type of emergency. While we can plan specifically against a prolonged power outage, we are powerless against a sudden attack with nuclear weapons. In the case of the latter, it is a matter of naked survival. But here, too, a prudent emergency plan can help.

The task now is to narrow down an expected emergency. In doing so, we first assume the expected duration.

- Short-term: For example, a regional power outage with a time window of a few hours to two days.
- Medium-term: Blackouts and small natural disasters affecting infrastructure for three to 14 days
- long-term: natural disasters and armed conflicts disable our infrastructure for an unforeseeable period of time.

Short-term emergencies should not worry us. These usually do not

pose a threat to our basic supply, even if it is down for a few hours. We like to grill and order from delivery services or go out to eat whenever we don't feel like cooking. While these circumstances are normal for us, a short-term blackout shouldn't cause serious shortages either. We just do what we are used to just maybe one place further where the power supply still works.

However, if the power goes out for days at a time and across the region, things look very different again. Not only do you have no electricity, but the supermarkets and department stores are also in the dark.

Outages over weeks mean a real state of emergency. The scenarios for this are not very promising.

We take out a further containment via the area coverage of the emergency.

- Local / Regional?
- Supraregional / Nationwide
- Supranational / International

In order to assess which measures to take, it is not only helpful to estimate the time span. The extent of coverage is also of great importance here. It makes little sense to drive a hundred kilometers to find a hotel in the event of an area-wide blackout. Nor does it make sense to flee somewhere in the event of a nuclear threat.

All in all, with appropriate forward planning, we are able to cope with medium-term emergency situations. But even in the case of long-term events, it is important not to lose heart and to do everything possible to ensure our survival. This brings us to the second essence:

Plan ahead and take advantage of your opportunities!

It is not easy to seriously carry out its possibilities for planning emergencies. Some of us do not have the possibilities either. Nevertheless, we would like to point out some possibilities within the framework of prevention.

STOCKING

Reports in our media about the development of the Covid-19 pandemic ensured in the spring of 2020 that everyday items such as flour, sugar or UHT milk experienced a veritable run on these items. In some cases, it even went so far as to restrict the dispensing of these products per person or household. Surprisingly, apart from the basic foodstuffs mentioned above, toilet paper was one of the most sought-after products. In some cases, people had to visit several supermarkets to get hold of a pack of this hygiene product.

Whenever there is talk of crises in the media, consumers tend to make hoarding purchases. This is an incomprehensible phenomenon, because basic foodstuffs should always be available in sufficient quantities in every household.

Most of our staple foods have a relatively long shelf life. For example, chicken eggs have a basic shelf life of at least 28 days. Even after that, they can be used in a cooked state for more days. Potatoes can be eaten for a long time if stored in the dark. Any sprouts that escape can be removed and do not affect consumption. Pasta and rice can be kept for at least two to three years in the forms in which we know them, if not longer. Canned foods in jars or tin cans often have a shelf life of up to ten years. Provided they are stored in a dark and dry place, flour or sugar are guaranteed to keep for up to 18 months.

With this knowledge, you can now build your personal warehouse. If you don't like to cook or bake yourself, you should focus your stock on ready-made meals. These also usually have a best-before date of two to ten years. The structure of an emergency store is of course also dependent on the space for the food to be stocked. If you have a cellar or a storage room, setting it up should not be a problem.

When stocking your storeroom or basement with emergency reserves, you should still keep track of food expiration dates. When a product reaches the point where it should be consumed, include it in your current menu and replace the used product. Also pay attention to produce rotation whenever you make a new purchase. In other words,

put foods with the most recent expiration date in front, and those with older dates behind.

Fruits and vegetables, as well as perishable meat and sausage items usually find their place in the refrigerator after our purchase until consumption. However, in view of times of crisis, a freezer or a chest freezer is also a sensible investment. Most of us have such a device anyway. It offers the possibility to freeze fresh vegetables, fruit, meat and ready meals. Although a power failure interrupts the cold chain, the thawed goods can still be used for days in an emergency. A reasonable stockpile of food can be coordinated with daily needs at any time. This also ensures surviving the first few days to several weeks at home in the event of a crisis.

Experts advise stocking up on food for a crisis situation for 10 days. Humans can survive for two to three weeks without food, even under extreme conditions. In the case of drinking water, the time is much shorter: this is two to three days until the worst failure symptoms can occur, which ultimately lead to death. It is therefore inexplicable why the same experts only recommend a water supply of five days. The water and beverage supply should also withstand at least 10 days.

WATER SUPPLY?

Water is a vital resource for mankind. We are all aware of this. Nevertheless, hardly anyone thinks about where our drinking water comes from and that there could be bottlenecks in the supply. Is it nevertheless so beautifully simple, at any time simply the water tap to turn on to be able. Be it for a daily bath, to sprinkle the lawn in the garden, to wash the car or simply to make coffee.

We seldom think of water as a vital elixir, since we quench our daily thirst with mineral water, soft drinks, juices or occasionally alcoholic beverages.

In industrialized nations, such as Germany, per capita water consumption is around 100 liters per day, eight liters of which are

used for food. Added to this is the consumption in agriculture for irrigating the cultivated areas and watering the livestock. The water consumption of our industry is also enormous.

What now if our water infrastructure collapses? A bottleneck in the water supply arises more quickly than one might initially imagine. In our recent past, winters with low precipitation followed by hot summer months have already led to shortages of this valuable commodity. In the affected regions, for example, the population was called upon to refrain from extensive lawn sprinkling and from filling garden pools. The calls were made as a preventive measure; a serious supply crisis was still a long way off here.

Hardly anyone would like to use this example to imagine the scenario we would face if there were a real emergency in the water supply. Such an emergency can be caused by prolonged droughts, wars or natural disasters.

In 2021, for example, prolonged rainfall in parts of central Germany led to massive flooding. This created the threat that brackish water could enter the groundwater and infect it with pathogens.

An example which should show us that our water is not a matter of course, which is available in unlimited quantities. How can you prepare for a water shortage in times of emergency and crisis and what options do you have if the emergency has already occurred?

First, similar to electricity and our power plants, there are supply and contingency plans for water supply, but we will go into these points in more detail later.

Although we call our water drinking water, our tap water is used for a wide variety of purposes. Yet the proportion of tap water that is actually used to quench our thirst is surprisingly small. Why do we nevertheless have such a high per capita consumption? There are many uses for water in our households. Of course, our tap water can be drunk directly. In some areas, the water is even close to mineral water quality. Many of us already use devices that carbonate the normal tap water in bottles. This can then be flavored as desired with

a wide variety of flavors. Cola flavor, orange, lime to exotic flavors are available here in stores. Then, of course, we need water for the preparation of coffee or tea.

A large part of our water consumption is accounted for by our daily personal hygiene. Taking a full bath, a quick shower, washing our hands several times a day, or flushing the toilet are all normal processes for us. Then there is the cleaning of our households. Washing dishes, mopping floors or cleaning windows. Here, too, we consume considerable amounts of water. Watering the house, balcony and garden plants, sprinkling the lawn or washing the car is mostly and naturally done with drinking water. Some people even own a pool, the contents of which have to be replaced depending on the degree of pollution.

You would think that water is always available. In theory, this is true, provided the reason for a water supply emergency is not a prolonged heat wave. The situation is different in the case of a blackout or the collapse of the power grid due to other events such as natural disasters or wars. This is related to our water supply system or geographical location. For example, Vienna's drinking water flows down natural gradients from the Styrian-Lower Austrian Alps to the Austrian capital without pumps. The situation is similar in other mountainous regions in Europe.

In most cases, however, pumps are needed to transport the water to individual households and consumers. These are usually powered by electricity. So if the power supply fails, this also affects the water supply. This also affects cities, such as Vienna, which was mentioned as an example. While the water there reaches the city via natural gradients, it has to be transported to the upper floors by means of pumps, especially in multi-story buildings. In the event of short-term power failures, the pipes usually have sufficient pressure to ensure the water supply for a few hours. The waterworks also have appropriate emergency plans. This means that the pumps can usually continue to be operated via diesel generators or emergency power generators.

Even if the water supply is not limited due to electricity independence, a power failure can still have far-reaching consequences. The water pipes may be working, but only cold water is available. However, a lack of warm water from the tap does not immediately mean a state of emergency. We merely have to do without some comfort, for example when showering or washing. The situation becomes more critical when it comes to heating. Even if the heating system of a house or apartment is based on fossil fuels such as oil or natural gas, the transport of water through our radiators or underfloor heating is electric. Especially in harsh winter months, a prolonged power outage can therefore be critical.

Whether it's our home's heating system or the entire water infrastructure kept running by pumps, they both have one thing in common. As long as the water circulates with the help of pumps, water pipes do not freeze. Especially as these are additionally insulated against cold. If the circulation in our water supply comes to a standstill, permafrost or high sub-zero temperatures can cause the pipes to freeze. Frozen water has a higher volume than in normal conditions. If the water freezes in the pipes, they can suffer major damage. Cracks and holes in the supply lines would be a possible consequence, which could further impair an area-wide water supply, even if the power grid is intact again and temperatures in the surrounding area have returned to positive territory.

EMERGENCY DRINKING WATER SUPPLY AND EMERGENCY WELL

What is the situation in the event of an emergency such as a natural disaster or war? In Germany, securing the drinking water supply is regulated by the Water Security Act and is the responsibility of the Federal Office of Civil Protection and Disaster Assistance. In doing so, the BBK is supported by the cities and municipalities and the German Federal Agency for Technical Relief (Technisches Hilfswerk). The main task of emergency drinking water supply is to provide drinking water for the affected population in the event of a disaster. The law

itself dates back to the time of the Cold War, when a nuclear threat from the former Soviet Union was still omnipresent. However, due to other global events, it has endured to this day. Among other things, the law regulates the responsibilities for ensuring the supply. For example, the federal government has now established more than 5,200 emergency drinking water wells and drinking water sources. These off-grid facilities are located primarily in residential areas of large cities and metropolitan areas. You can find out whether there are such facilities in your area, and if so, where they are located, from your city council, the fire department or the technical relief organization. However, it is certain that an emergency well will not be located directly on your corner. According to the law mentioned above, a one-way trip of up to 2 kilometers is reasonable for anyone affected to fetch water.

The situation is different in rural areas. Here, a corresponding infrastructure with emergency drinking water wells is completely lacking, and no more are planned. This is provided for in the regional priority program of the individual federal states. But here, too, there are corresponding supply plans. Thus, a water supply for the rural population can be provided by tankers and trucks. Treatment of water from lakes and rivers can also be considered. The technical relief organization has the technical equipment for this and can, for example, produce up to 15 cubic meters of drinking water per hour with just one plant. The distribution of the existing treatment plants is the responsibility of the crisis teams of our administration.

The emergency plans provide for supplying citizens with up to 15 liters of water per person per day in case of need. If the situation deteriorates further, the emergency supply can be reduced to the pure drinking water requirement of two and a half liters.

In view of our daily average consumption of one hundred liters of drinking water per day, 15 liters may seem extremely little at first glance. In times of crisis or even in the event of an emergency or disaster, your common sense will lead you to do without some things without thinking twice. You probably won't carry 15 liters of water

two kilometers home from the emergency well to water the flowers. A full bath hardly works with this amount of water anyway. If you reduce the daily water demand to the essentials, the amount is sufficient for drinking, cooking, personal hygiene and even for a little house cleaning.

If the daily allotted amounts of drinking water are limited to 2.5 liters, there is hardly any buffer left except for the need for drinking and food preparation. Even personal hygiene must be limited to the minimum with this amount. Humans have a fluid requirement of at least 1.5 liters. According to recent findings and studies, the emphasis is on at least. The recommendation of one and a half liters is based on a healthy average adult at moderate ambient temperatures and low physical exertion. So if one of these baseline values changes, it directly affects our fluid needs. Examples might include extreme temperatures in midsummer or high levels of increased exertion such as physical work or sports. Illnesses and indispositions such as flu-like infections, influenza, and fever also increase our need for fluids.

As you have already experienced, the calculated water quantities are sufficient to critical. It certainly makes sense to have a "Plan B" to obtain drinking water as an alternative, or to increase the allocated quantities proactively.

DRINKING WATER PROCUREMENT, EXTRACTION AND STOCKPILING

Let's take our normal everyday life. Without emergency, without crisis. Most of us have a more or less equipped beverage store in the house anyway. We have our jobs, our families, our leisure activities. Who wants to take the time to drive out every day to buy drinks? We usually get our weekly supply once a week. So you might already have a week covered in an emergency.

Let's say you always buy your drinks on Saturdays. On Sunday we have an emergency. So you would be taken care of for the first few days, at least as far as drinks are concerned. However, if the

emergency occurs on Friday and the stores are closed or you can't leave your house, you'll be in a tight spot. Your reserves are almost used up.

How do you stock up on water and beverages? One possibility would be to increase your existing beverage stock. To stay with our example, you no longer buy on Saturdays in order to run out of drinks by next Saturday, but you build up a base stock that lasts for two or better three weeks. You then buy your consumption as usual once a week. The advantage of this is that you stock up on drinks to your taste and don't have to do without your favorite beverages during the first few days of an emergency.

With this variant, however, be sure to pay attention to the circulation of goods. Always consume the oldest drinks first. Various fruit juices, lemonades and light drinks may have a very short best-before date. Alcoholic beverages such as beer, wine or even spirits should be left out when planning your basic stock for emergencies.

The disadvantage of this variant is that the colorful mix of drinks limits your storage to pure consumption. If the water supply fails for whatever reason, you need liquids not only to quench thirst, but also for cooking and personal hygiene. Personal hygiene may be limited in times of need, but basic hygiene is still important. No one would think of cooking potatoes with cola or washing their face with apple juice. Water is therefore the most important element in your planning, as it can be used universally.

Therefore, the second option is to leave your everyday camp as you are used to and acquire a pure water camp for emergencies. The size of the storage depends of course on the size of your family and the space you have available. The most suitable are the 1.5 liter PET bottles available in all supermarkets in a six-pack. These can be stacked easily and therefore take up little space. If space is not an issue for you, you can plan a little more generously. Bottled water can be stored for years. Carbonated water has a longer shelf life than still water. Water spoils or "tips over" when it comes into contact with oxygen. In any case, it is still advisable to exchange the stored reserves

with everyday storage in between.

As already described, the recommendation for drinking water stockpiling is an incomprehensible five days. The minimum supply through drinking water wells is 2.5 liters per day. Two PET bottles make three liters. So you are a little bit above the minimum supply. With 10 bottles you already cover the recommendation. Per household member, of course. 30 bottles cover your needs for three weeks, that's five six-packs. Converting this to the size of your family and the space available to you is up to your personal emergency planning.

Important for your planning: Covid-19, for example, showed us how quickly panic buying can turn quite banal products like toilet paper into objects of desire. The supply of beverages, including mainly mineral water, was also sometimes limited, even though there was no specific emergency. Therefore, plan your reserves in normal times. If the sparrows are already whistling an emergency from the rooftops, you could find yourself standing in front of empty shelves in the supermarket.

We need water not only for drinking. For things like cooking, personal hygiene, washing clothes or anything else, we don't necessarily have to draw on our drinking water reserves. When boiling potatoes, for example, any germs are killed by the boiling of the water. When washing or performing personal hygiene, the water does not enter our circulation. For this reason, it makes sense to use alternatives to our bottled drinking water for these purposes. Of course, the possibilities depend on your personal and geographical situation. Therefore, you should consider which alternative sources of water are suitable for you.

If you have a small garden at your home or own a house with a plot and garden, you may already have a possible alternative. You have rain barrels or a large rainwater tank in your garden. In everyday life, you use these reserves to sprinkle the lawn, water flowers, or not have to use expensive drinking water to irrigate your kitchen garden. In times of crisis, such reserves are worth their weight in gold. Whether it is to continue to cultivate your kitchen garden or to use the water

for personal needs. Rainwater, except for emergencies caused by nuclear or chemical attacks, is of drinking quality. For personal hygiene or washing clothes, it definitely serves its purpose. So you don't have to use your drinking water reserves. If you don't have your own garden, collecting rainwater still makes sense, as long as you have the possibility to use open spaces like a balcony. Rainwater is a good way to conserve your drinking water reserves. However, if the emergency is due to a prolonged heat wave, this option is probably only theoretical.

Another option is to collect water from streams, rivers or lakes. The principle here is that flowing water is cleaner than standing water. Water quality is higher the closer you are to the source of flowing water. Lakes usually have confluences by rivers or streams. So with lakes, the cleanest water is found where they enter the lake. Ponds or ponds in the woods, for example, are often more off-putting. The water is often earth-colored and seems dirty. Nevertheless, these waters are cleaner than you might think. In general, however, for watering your kitchen garden or for washing, you can use water from these sources without any restrictions. If the water is intended for consumption, it should be boiled or otherwise "cleaned" beforehand.

How do you make the water you have laboriously dragged home from a lake usable as drinking water, for example? To be clear, this method is not suitable for stockpiling, but rather when other and better alternatives have been exhausted.

To make the water ready for drinking, in principle, there are four options. All options should include only the amount of water for immediate consumption. Most of us are familiar with boiling. The desired amount of water is brought to a boil over a heat source. By reaching the boiling point, most germs and pathogens are killed and the water is thus fit for consumption. Minerals and trace elements contained in the water are retained, so the water still has a certain nutritional value.

The next stage is distillation. Distilled water is known to everyone who owns an iron or a car. Irons or the radiator in a car need water

without any mineral residues in order to work with low maintenance. This is achieved by distillation. Simply explained, water is brought to a boil and the resulting water vapor is collected. Distilled water is sufficient to supply our body with liquid, but no longer has any nutritional value.

A third option is filtering. Polluted water should be filtered before use. Appropriate filtering equipment can often be easily and quickly built and improvised. From coffee filters to sand filters. However, depending on the efficiency of the filter used, only dirt residues in the water will be completely or partially removed. Anyone who has a garden pool with a sand filter knows the problem. The filter works better than conventional pool filters. The water is clean, but not germ-free. And this brings us to the fourth option: chemical cleaning.

You can make the extracted water drinkable with chlorine. Chlorine is available in various forms and dosage forms. As a garden owner, you may even have some at home. To stay with the example of the pool owner, his water is super clean thanks to the sand filter system, yet not germ-free. Natural algae formation and a possible health hazard for the pool visitors are not absent. That's why he adds chlorine to his pool. This chemical substance kills most germs. Chlorine tablets from the hardware store for your pool, however, are not suitable for your emergency water treatment plan. These tablets are designed for water volumes of five to ten thousand liters and are highly dosed for a long-term effect. Chlorine is not only a useful agent for killing germs, in high doses this substance is extremely harmful to humans. We all know burning eyes after an extensive visit to the swimming pool. For drinking water treatment, there are special, less highly dosed chlorine products, which are available in pharmacies or also on the Internet. All in all, these agents offer a very good alternative, especially since boiling or distillation require energy sources that may not be available in the current situation.

WHAT FOODS WILL GET ME THROUGH THE CRISIS?

Water is the most important food we need for our existence. We covered this topic in detail in the last chapter. Now let's move on to our food.

A few days without supermarkets open... any of us can easily survive that. Our stockpiling is usually enough to spend our time at home for a week or two without shopping. Refrigerators and freezers make this possible. But also canned food and improved manufacturing and logistics processes for fresh produce.

However, practice shows us something quite different. According to statistics, Maundy Thursday, which is the Thursday before the Easter weekend, is the busiest day of the year for food retailers. Panic-stricken, people shop for four days as if there were no tomorrow. This is understandable, as long as the products are fresh and have a short shelf life. However, according to market observations, masses of toilet paper, UHT milk, canned or frozen goods with a long shelf life end up on the checkout belts. The situation is similar before Christmas or bridging days. An inexplicable phenomenon. In view of this fact the question arises involuntarily, with the annual routine hamster purchases - how does it look in view of a state of emergency? We were able to gain experience in this regard during the Corona pandemic or, more recently, the Ukraine war. While the panic buying due to Covid-19 was completely unfounded, in the case of the Ukraine conflict it is not only the increasing demand but also the limited supply of, for example, cooking oil or grain products. After all, Russia and Ukraine are the main exporters to the German market for these products. Even if we do not have a local emergency, global trade, supply agreements, just-in-time warehousing and much more endanger our food and raw material supply as soon as one of the systems abroad collapses.

For your contingency plan, below we'd like to point out what foods will get you through potential crises and how you can prepare.

It can be said that 100 percent of households in industrialized countries have a refrigerator. A large proportion also have a freezer or chest freezer. Furthermore, many call a storeroom or a cellar storage their own. That is one side of the coin. On the other hand, fast food

chains, delivery services or pick-up meals are booming.

In recent years, our demands have become more and more individual. Away from ready-made meals, cooking yourself became and is becoming more and more popular. Whether as a single person or for the family. Cooking has long since ceased to be an annoying evil necessary for nutrition, but is both a leisure activity and a hobby. If you don't feel like cooking, a pizza cab or the next kebab stand is quickly at hand. You recognize yourself in this description at least a little bit? Then you probably decide spontaneously what you're going to make today and buy the appropriate ingredients after work. So your stockpiling is probably rather zero.

If you have already thought about what it would look like if the food supply collapses, you will now come to the realization that a certain amount of food storage makes sense. For your emergency plan you should definitely consider your personal preferences and your possibilities. You should also keep in mind that food cannot be stored indefinitely. Therefore, only include foods that have a long shelf life in your emergency plan or regularly replace products with a shorter shelf life with products from your everyday life.

Mainly available in online stores are emergency food packs. If you want to build a pure emergency stock without constantly thinking about replacing the stock with everyday items, these certainly offer an alternative. The big disadvantage here is that these packages are relatively expensive. On a day-to-day basis, you'll have little desire to prepare emergency ready-to-eat meals, which means your emergency stockpile will be languishing somewhere in the basement. Longer than 5 to 10 years, even these packages often don't last and need to be replaced. Expensively purchased food thus ends up in the trash and has to be purchased anew for a lot of money.

It's smarter to merge your everyday and crisis supplies. Even if you like to cook with fresh ingredients and get them almost every day, you surely already have a small stock of basic foodstuffs at home. Now it's time to build it up for your needs.

There are numerous checklists and recommendations on the Internet about which foods belong in your crisis stockpile. The quantities listed often refer to the average daily energy requirements of an adult. The composition of the food is often not comprehensible. Often, the recommendations do not take into account the wishes and possibilities of the individual. For example, it is assumed to store preserved fruits and vegetables. This recommendation is very practical if you have your own fruit and vegetable garden and already follow the practice of preserving the harvest anyway. However, as a single person living in a city apartment, it will be difficult to convince you to buy fruits and vegetables in large quantities and then preserve them.

REFRIGERATOR & CO.

Thanks to our domestic refrigeration systems, long shelf life of staple foods and canned goods, the average household is already able to live well and diversified in everyday life without needing to buy food again for one or two weeks. If you stock up on long-life foods that are not dependent on a cold chain, the period of independence can be increased many times over.

Let's get this straight at this point: We are not talking about a crisis like the Corona pandemic or wars in other countries. We do feel the effects in that individual products are no longer available or become more expensive, but the infrastructure itself is still intact. Rather, we are speaking to stockpiling for a real emergency. Electricity and water supplies are interrupted for an unforeseeable period of time, supermarkets have closed because they are sold out, and replenishment logistics are also down. In this case we have the worst case, a miserable starting position for which you should be prepared.

It's now a matter of how you sensibly incorporate your supplies into your emergency diet. The first rule is to consume fresh food, refrigerated food, and thawed or frozen goods first. The point is to allocate your supplies wisely. It makes no sense to cook a ready-made meal that will keep for years if the powerless refrigerator is still full of

perishable goods. As a general rule, perishable foods should be used up first. Long-lasting reserves should only be resorted to when it is no longer possible to obtain fresh food. In everyday life, we sometimes have this. You wanted to cook something, but you don't feel like shopping. So today you have a ready-made meal from a can. In a state of emergency, you can't do that. Comparable to the primitive people, who were busy all day with the procurement of food, you should also exhaust every possibility to be able to save up your supplies for as long as possible.

All packaged foods have a best-before date printed somewhere on them. Some have a longer shelf life when refrigerated than when unrefrigerated. In principle, the term best-before date should also be understood as such. If a package of sausage expires tomorrow, for example, it can still be eaten for days or even weeks, provided the cold chain is not interrupted. An interruption of the cold chain can, of course, have the opposite effect, causing a product to spoil even before the best-before date has expired.

In the event of a long-term power failure, the food stored in your refrigerator will still have a limited shelf life. If necessary, you can counteract the spoilage of your goods. Therefore, open the refrigerator door only briefly to preserve the residual cold for as long as possible. If the outside temperature is below the room temperature, think about sensible storage options. Especially in the cold months, food can be stored well outdoors. However, make sure that your food is neither accessible to third parties nor to any animals. The same applies to frozen goods. Once defrosted, it should be processed as quickly as possible. Thawed minced meat, for example, can be preserved for further days by browning. If an emergency situation arises, it is therefore important to review the existing stocks, treat them accordingly and prioritize their consumption.

DRY STOCK & CANNED FOOD

Once all the supplies from the interrupted cold chain are used up, it's on to your dry supplies. As described, every average household

already has a certain basic stock. The task now is to adapt this to your emergency stockpile in a way that is suitable for everyday use.

Maybe you still know it from your youth, the father fetched from the farmer once or twice a year a hundredweight of potatoes. The potatoes were then stored in the cellar and were thus available at any time. Sprouting sprouts were broken off, small brown spots were cut out after peeling. The potato has a very long shelf life if stored in a cool, dark place. At the same time, the potato offers a versatility in preparation that few other staple foods can match. Today, one to two and a half, sometimes five kilo bags of potatoes are commercially available. If you have the possibility of a dark and cool storage, you can also stock up with this earth fruit in larger quantities.

With pasta and rice, on the other hand, the situation is somewhat different. Practically packed in 250 or 500 gram bags, these have a very long shelf life. It is therefore relatively easy to stock up on these products.

Eggs usually have a minimum shelf life of one to two weeks unrefrigerated. Unrefrigerated. If the eggs were stored in the refrigerator until the emergency occurred, they are still edible for many days in any case. Eating eggs raw is not advisable anyway. Therefore, to be on the safe side, make sure that eggs, especially in the emergency supply, have been sufficiently heated.

Apples or pears have a high vitamin content compared to other types of fruit and at the same time have a high storage capacity. These two varieties are a good alternative for stocking up during the winter months. Most other types of fruit have a much shorter half-life. However, since we are talking about a mix of everyday and crisis stockpiling, you can always include seasonal fruits.

Canned fruits and vegetables offer an alternative to fresh fruits and vegetables. These are available in many varieties, sizes and variations in grocery stores. A small supply of dried fruit completes your emergency assortment. Of course, if you like to cook and have the necessary equipment, you can also preserve fresh fruits and

vegetables for many years. Especially if you are the proud owner of a kitchen garden, this alternative can be worthwhile.

As already described, fresh fish, meat and sausage products are only suitable for emergency stockpiling to a limited extent. An alternative is offered by products that are presented in preserved form. Shrink-wrapped sausages can be kept for at least three months from the date of purchase, and the same sausages in a glass jar for up to three years. Delicious dishes such as beef roulades, cabbage rolls or shashlik are offered in canned form in supermarkets and are ideal for crisis stockpiling. Fish lovers will have to cut back a bit here. Apart from the well-known canned fish such as oil sardines or tuna in tomato sauce, the market offers few alternatives for hot ready-to-eat fish dishes.

Bread is one of our indispensable needs. Be it bread in its original form or varieties such as rolls, pretzels, multigrain pastries and much more. In everyday life, we enjoy an almost endless selection of bread varieties. Every one of us actually always has bread in the house. However, due to its short shelf life, stocks are relatively scarce. Bread can be kept for a very long time if it is stored properly. If you ignore the baked-on rolls in discount stores, bread can be stored for up to two weeks if kept cool and dark. Dark breads have a longer shelf life than light breads. The normal bread stock, however, provides on average only two to three days. A useful addition would be long-life dry bread products such as crispbread or rusks. These can be stored for years without concern. Unrefrigerated baked goods offer another alternative. Baking on serves the pleasure of biting into the bread roll. Since these are already pre-baked, they can also be eaten directly if necessary.

Cereals such as muesli or cornflakes have a relatively long shelf life and are therefore also well suited for appropriate stockpiling. Again, you can buy and store such products according to your preferences and habits. As before, it is best to include your everyday needs. Note, however, that most products are prepared with milk. Oatmeal is an exception. These can also be prepared with water to make a nutritious meal.

Dairy products are generally subject to a cold chain. H-products are an exception. These are homogenized, a special process used by the industry to make these products last longer even when unrefrigerated. Having a carton of 12 liters of UHT milk in the cellar is highly recommended. However, due to the shelf life of 3 - 4 months, this supply should also be included in everyday life and replaced regularly. Other UHT products in this category would include cream, chocolate milk or condensed milk. The latter, however, is also available as a canned product with a significantly longer best-before date.

Last but not least, we still have to deal with sweets. Officially frowned upon as fattening in everyday life, but everyone loves them and has a (secret?) supply at home. While we have our regular meals and snacks in everyday life, chocolate and the like provide us with additional calories that we don't actually need and perhaps can't break down due to lack of exercise. The result is the affliction of overweight, which plagues one or the other more or less. In an emergency situation, however, the bar of chocolate that we really shouldn't snack on in everyday life can be a real blessing. As a supplier of energy, chocolate helps to meet our needs. As a ready-made product without cooking or otherwise preparing. Chocolate makes happy, it is said, and so the cocoa product helps, perhaps briefly or at least somewhat diminished, to forget the stress caused by the emergency. Stored in a cool, dry and dark place, chocolate, like other sweets, can be kept for a long time.

STOCKING SUMMARY

As already described, this book is not intended to give you any guidelines for emergency stockpiling. Therefore, we do not provide specific information about individual foods and their storage quantities for X days.

Rather, take a moment to think meaningfully about how you will protect yourself in the event of an unforeseen disaster. Include your everyday life in your emergency planning, because no food can last forever. So your emergency stockpile is really your everyday

stockpile. One way to get a useful overview would be to create a checklist:

- Make notes on which foods you like and how to store them (refrigerated / non-refrigerated). Focus on products that are not too cold.
- Determine how many of the noted foods you need per week.
- Make notes on the best before date (BBD) and usability, e.g. UHT milk 3 months, can be two months over.
- Test it: For example, put an UHT milk aside and let the best-before date expire. Try the milk two to three months later to see if it is still edible. It is similar with unrefrigerated sausage products. Do a test run. If a vacuum-packed sausage item starts to swell, it is no longer edible. Of course, you can also test the edibility after the specified expiration date of all other products such as margarine, cheese or yogurts.
- Also make a note of whether items bought out of habit are actually consumed or regularly end up in the trash due to expiration. Such foods have no place in your food storage.
- Keep this list for several weeks and then evaluate it. Ideally, you will have determined your weekly requirements and can add an emergency requirement of one, two or even several weeks to the weekly requirement with regard to shelf life.

Not only can you plan your emergency supplies with a checklist like this, it will also help you review your regular purchases and even save you money.

ENERGY DEMAND OF THE HUMAN BEING

With all the planning for our everyday life and / or emergency, however, one thing must not be ignored: The personal energy needs of the person.

The energy or calorie requirements of a person depend on various factors. Young or old, fat or thin, tall or short, but also the general body composition. Here, younger people need more energy than older

people, men have a higher need than women.

Although the needs are much higher for most target groups, the emergency recommendations and laws have agreed on an average calorie requirement of 1900 Kcal per day and set this as a representative mean value. This recommendation is far below the opinions and findings of experts. Thus a 19 year old man needs on the average 2600 Kcal per day, a 65 year old still 2100 Kcal. Women need on average 200 Kcal per day less.

These figures refer to the pure basal metabolic rate. That is, these calories are consumed when the body of a person is not exposed to any stress. The so-called basal metabolic rate is supplemented by the performance or work metabolic rate. This is the need for calories that the human body requires in addition to the basal metabolic rate due to exertion.

There are many factors that influence the power metabolism. These include not only any kind of physical exertion. Stress, lack of sleep or illnesses that are developing or have not been cured also inevitably lead to an increased power requirement.

This is not about an "abandoned in the wilderness" scenario. We are not talking about looking for water, somehow making fire and accepting any kind of food. We are talking about an emergency situation that can hit anyone tomorrow out of everyday life. Still, your stockpiling should be planned accordingly. No matter what this will look like, you should consider the calorie needs of you and the affected people of your family or your environment with the choice of your food accordingly in advance.

Even if you are condemned to do nothing in a crisis situation, remain in the house, in the apartment the whole day, the stress factor provides for an increased energy requirement. Contrary to the recommendation of 1900 Kcal per person and day, at least 2500 Kcal should be ensured. And this is best for at least 10 to 14 days.

VEGETARIANS, VEGANS AND ALLERGY SUFFERERS

Nutritionists are completely divided with regard to vegetarian or vegan diets. The opinions range widely. The absence of animal protein in the diet ultimately leads to deficiency symptoms is a propagated opinion. Other scientists prove the opposite by long-term studies. Many of us feel by the renouncement of animal food more vital, others seem since their renouncement more ill. Often a vegetarian or vegan life is also a kind of demonstration. For purposes of animal or climate protection and the associated feeling of doing something good.

But what does it look like in times of need? From a purely statistical point of view, vegetarians and vegans have a higher educational background than the common "carnivore". Therefore, nothing should stand in the way of contingency planning with suitable food. Nevertheless, even as a vegan or vegetarian, you should have a contingency plan, so to speak. Just in case your fresh food reserves are not sufficient, you might have the problem of having to resort to canned meat and sausages. Even if it contradicts your conviction, it would still make sense to have something in the house for this worst case.

The situation is different for allergy sufferers. Of course, you can also plan an emergency stockpile here. This should of course be based on foods that you are not allergic to. If in doubt, know how you react to allergenic foods. For example, if you are lactose intolerant, you know your body's reaction to fresh or UHT milk. It is now your responsibility to assess the risks accordingly. If you can drink milk and it only makes you a little sick, this is an assessable risk. If, however, as an allergy sufferer you bite into an apple and the fruit acid causes you to have difficulty breathing and you may have to go to hospital immediately, apples do not make sense in an emergency supply - they are rather counterproductive.

As a result, a vegetarian of conviction can certainly jump over his shadow in emergency situations when it comes to daily nutrition and thus survival. An allergy sufferer cannot do this so easily. he is faced with the choice between eating and side effects or leaving it alone and starving. However, in a solid plan for the emergency, these points can

be taken into account from the outset.

FEATURES OF COOKING WITH OPEN FIRE, GAS, KITCHEN STOVE + SAFETY INSTRUCTIONS.

Almost 97 percent of our households cook with the help of electricity. Only three percent use gas stoves for cooking. So if the electricity fails, the kitchen remains cold in most households.

But cold is the wrong word. If the power fails, our refrigerators and freezers no longer work either. The stored goods thaw out, get warm and quickly become perishable.

If a power outage lasts for a longer period of time, it is referred to as an emergency. But what should you do in such an emergency? What alternatives do you have to ensure your nutrition despite a power outage? What do these alternatives have to take into account?

FOOD STORAGE

The expensive fridge-freezer in your apartment has failed thanks to the power outage? This cabinet still offers you the possibility to keep your stored food edible for a few days, if you pay attention to a few things.

Your refrigerator is an insulated room. If the power fails, the stored food gets warmer, but usually does not reach the outside temperature. Due to the darkness, the food is additionally protected. There are now a few points for you to consider:

Know the contents of your refrigerator. This will ensure that you can quickly remove an item you want. Avoid leaving the refrigerator door open for a long time to preserve the residual cold as long as possible.

Most foods are still edible long after the best-before date. However, make a visual and taste test in the event of a prolonged power outage. Bloated packages of sausage and cheese, for example, indicate that the

product has spoiled and should not be consumed. Food with a sour taste and unnatural appearance or odor should also be discarded. Some produce has a tendency to mold. While in everyday life we quickly throw these things in the trash, the part affected by mold can be cut off generously, and the rest can be used immediately.

Great care must be taken with minced meat and poultry products. Fresh minced meat should actually be consumed on the day of purchase and, as discount goods, can sometimes be kept for up to three days. Freezing extends the period. Defrosted goods must nevertheless be prepared directly. One way to preserve thawed or warmed goods is to sauté or boil the ground meat, poultry legs, or whatever. This extends the edibility by two to three days, or even longer if the storage is favorable.

If the crisis situation hits you in the cold months, you're in luck. Take your supplies out of the fridge/freezer and put them in bags. You can now place your supplies on the balcony or patio, or simply hang them out the window. However, be aware in your placement that neighbors, who may not be prepared for an emergency, will become mouth robbers and deprive you of your supplies. The same goes for wild animals, which might be attracted by smells of outsourced goods.

ALTERNATIVE ENERGY SOURCES

Without knowing it, many of us are already prepared for a state of emergency due to a blackout or something similar. Grilling is the magic word. A charcoal grill is already available in most households. Grilling has become a fad and at the same time a male domain. However, the following chapters show whether the grill can be used in a crisis situation, and what other alternatives are available.

GRILL BY WOODCHARCOAL OR BRIQUETTES

Although only just under 60 percent of Germans have a balcony, terrace or garden, almost all households own a charcoal grill. Often

these grills have a shadowy existence, as they are not allowed to be used on balconies or in residential areas, or only once or twice a year.

In emergency situations without electricity, however, these devices open up a whole new starting point. Meat stocks can be cooked through to be consumed immediately or preserved for a few more days after the cold chain has failed.

So if you have a grill, you already have an advantage. Nevertheless, there are a few things to keep in mind:

Never use your grill inside your apartment or house. The smoke and carbon monoxide gases produced can quickly create a life-threatening situation indoors. An open window alone is not sufficient.

Every one of us knows it: You don't get very long with a 2.5 kilo bag of coal. Grill it once or twice and it's gone. In an emergency situation, you have to expect to keep your grill going all the time. Be it to prepare food or boil water.

Therefore, if you include your grill as an emergency tool in your planning, you should definitely have a sufficient amount of charcoal on hand. The differences here are between charcoal and briquettes. Charcoal has a lower ignition point, tends to glow unevenly, and burns quickly. Enough for a few sausages and steaks. Briquettes have a much higher ignition point. They glow more evenly and last for several hours. In addition to the charcoal, of course, you'll also need an appropriate amount of charcoal lighters. These can be special barbecue charcoal lighters, but also spirit or alcohol. A small supply of matches and lighters is also helpful, so that you don't have to search the whole house for matches if the worst comes to the worst.

ESBIT STOVE

Esbit stoves are almost forgotten today, but they are still available in specialized stores for camping supplies or on the Internet. The name Esbit is an abbreviation of "Erich Schumms Brennstoff in Tablettenform" and has become a brand name. These are urotropin-based tabs or tablets, or more colloquially, dry alcohol.

Esbit is used today, among other things, as a barbecue lighter. However, the tablets, which are available in various sizes, can also be used directly as a source of energy for heating or cooking. Esbit continues to enjoy great popularity in the hobby sector, for example when casting tin. But it is also popular with campers, especially hikers or cyclists who travel with their tents and have to watch the size and weight of their luggage.

Matching Esbit stoves are little more than the size of a pack of cigarettes and are simply flipped open for use, allowing a pot or pan to be effortlessly placed on top. In the German Armed Forces, these simple stoves, which of course also come in luxury versions, have been part of every soldier's emergency equipment for decades. The advantage of Esbit is obvious. It is easy to ignite and reaches high temperatures. One tablet, comparable in size to a lump of sugar, is easily enough to heat a meal for the whole family. So you can cook for almost a week with just one space-saving pack of Esbit. Besides, this dry fuel also has an unlimited shelf life.

Toxins produced during combustion are consumed directly by the flame, which means that an Esbit stove can also be used in the house or apartment. All this makes Esbit with a suitable stove a real universal device. At the same time, the acquisition costs are vanishingly small.

COOKING AND HEATING WITH GAS

Perhaps you are one of those who heat with natural gas and use a gas stove in the kitchen. However, if you think you are prepared for a blackout, you may be under a misapprehension.

Modern gas heating systems and gas furnaces are controlled electronically. The ignition spark required for operation is also generated electrically. Older systems can possibly still be started up without electricity using a match or a lighter. In practice, however, these systems have usually long since given way to modern and energy-efficient systems.

Cooking and heating with gas is nevertheless an aspect worth considering, especially for emergency preparedness. Gas is available apart from the gas network that supplies your heating and / or your stove also in closed units. Maybe you have a gas grill on the terrace or in the garden, or you have a caravan or motor home in which you cook with gas. Then you are certainly familiar with the commercial propane gas cylinders.

If you now think you could quickly convert your gas heater or gas stove to cylinder operation in an emergency situation, it is generally possible. However, this requires not only manual skills, but also the appropriate expertise. If you would like to have a cylinder operation as an alternative in times of emergency, it would be more appropriate to have a conversion carried out by a specialist in normal times. This way, you can simply switch the operation in case of emergency.

Gas cylinders are also used in many areas without need. The gas grill in the garden, the mushroom heater on the terrace or the blowtorch in the garage. There are many examples. Liquid gas bottles are offered in the trade from 3 kg to 33 kg. The most common gas cylinder size is 11 kg. The connections and hoses are usually standardized. The safety standards for gas are very high. In addition to the aforementioned gas grill, gas hotplates, radiant heaters and even gas lights are available in stores.

Since gas is completely consumed when burning, the individual users such as stove, heating or light can also be used indoors. Regular ventilation of the rooms should still take place. The most important aspect here is, if none of the aforementioned consumers are used, the gas supply must also be shut off. Unburned gases in enclosed spaces not only pose a high risk of explosion. They displace oxygen in closed rooms. In return, toxic gases are formed that can quickly lead to unconsciousness, respiratory arrest and even death.

In addition to the aforementioned gas cylinders, there are also so-called gas cartridges. These are much more compact and have a format comparable to a standard 800 ml food can. For these cartridges there are also plate stoves, heating elements and light sources. These

are mainly used in camping or outdoor areas, but are also useful helpers for an emergency plan, the acquisition of which is certainly worth considering due to manageable costs and space-saving accommodation.

COOKING ON OPEN FIRE

An open fire in a city apartment is only theory. In practice, it should go without saying that you should not have an open fire in your apartment or on your balcony. However, if you have an open space such as a garden or a meadow near your apartment, an open fire is certainly an alternative to consider in order to at least be able to cook in times without electricity.

As a heating source, an open fire is out of the question for the reasons mentioned above. An exception would be if you are forced to spend the night outside anyway due to the situation and also want or need to use the fire as a heat source.

Open fires must always be used with caution. Careless handling, especially in the summer months, can easily lead to an undesirable and ultimately difficult to contain spread. In order to use an open fire safely on the one hand, and effectively on the other, there are some points to consider.

First, find a suitable open area for your fire pit. Make sure that there are no other possible sources of fire such as wooden huts, dry trees or bushes or similar in the immediate vicinity in the event of an undesired spread of the fire. Although the fireplace should be chosen as freely as possible because of the danger of spreading, on the other hand the place should also be protected from wind and rain. Ambient oxygen in a low-wind area is quite sufficient. Sudden gusts or drafts could bring your fire to an uncontrollable extent. This can be especially critical if you want to use the planned fire as a heat source at night while you are sleeping.

Once you have found a suitable place, it is best to dig a small pit. The excavation also serves as a border for your fireplace. Look for suitable

large stones, perhaps you have a few unneeded bricks lying around somewhere, and fasten the border with them.

Now you need suitable fuel. This can be, for example, anyway available firewood, but also in the forest collected branches, logs and twigs. In an emergency, furniture that is not needed can also be processed into firewood. Important here is, the wood should be dry. Wet wood does not burn easily and has a high smoke emission. Furthermore, the materials should also be free of paints and varnishes and contain no plastics. Burning the latter substances produces toxins that pose a high health risk even when burned outdoors.

To start your fire you will need a starter. This can be wood chips, newspapers, dry grass or fire accelerants such as gasoline, Esbit, charcoal lighter or spirit. However, especially when using accelerants, never put them directly into an existing fire or embers. There is an increased risk of injury here.

Once your fire is started according to plan, you can keep it going by adding firewood.

In order to use your fireplace for cooking, you need a grate. This can be the grate from your oven, which you place on the built perimeter of the fireplace. Alternatively, you can wrap food in aluminum foil and place it directly into the embers of the fire.

Fireplaces do not necessarily have to be improvised only when an emergency situation arises. Provided you have appropriate facilities such as a garden, you can set one up at any time. There are no limits to your imagination when building your own. In the meantime, a wide range of fire bowls or similar is available in the building and garden markets. In everyday life a nice feature offers such an installation for a solid fallback option in case of emergency.

COOKING WITH ELECTRICITY WITHOUT ELECTRICITY

The headline sounds paradoxical. Cooking with electricity without electricity, how is that supposed to work? Admittedly, the wording is not quite correct. Rather, we cook with electricity that we generate

ourselves.

Maybe you're a hobby mechanic, have a remote garage or barn where you do all sorts of things to your vehicles. As long as everything is manual work, everything is ok. However, if you need to use machinery, or it's getting dark, good advice is needed in a powerless barn. One solution you may have found is a power generator.

Power generators, not to be confused with emergency generators, which ensure operation for at least a basic supply in the event of power failures, for example in hospitals, are becoming increasingly popular. Modern generators are whisper-quiet, have a high output and low consumption.

Many have long since recognized the advantage of power generators. Whether camper, craftsman or hobby screwdriver. Nevertheless, such a device is only conditionally suitable for use in an emergency. Generators run on gasoline. This means that they are completely unsuitable for use indoors due to the exhaust gases produced during operation. However, if you have a balcony, terrace or garden, there is nothing against the use of such a device. If the device is placed outdoors, you only need appropriate cables to use the generated electricity indoors. Splash-proof outdoor extension cables are best suited here.

Originally, these devices were designed to meet the needs of craftsmen. The operation of drills, flex and grinding machines and even energy-guzzling welding equipment thus became possible everywhere away from regular power sources. Today, such generators are also becoming increasingly popular in the private sector. Be it for the garage or the garden shed.

A suitable generator has a four-stroke gasoline engine. The four-stroke ensures smooth running. Of course, the output power depends on the purse. However, affordable products usually provide enough power to keep the most necessary electrical appliances running. This includes your refrigerator, for example, as well as your freezer. The lighting of your apartment or house is also part of it. However, you should rather

connect free floor lamps or lamps to your genset. Do not try to change the polarity of your overhead lighting, which depends on the power grid.

The same applies to your electric stove. The commercially available power generators work with a voltage of 220 volts or 230 volts alternating current. Your stove usually has a 380 volt power connection. Experimenting with the connections to a gasoline generator would be extremely dangerous.

An alternative to this is the purchase of a hotplate. The market here is very versatile. From simple electric hotplates with one or two hobs to ceramic hotplates and induction hotplates. For everyday use, the purchase is not even that far-fetched. Often, especially at Christmas or Easter we cook extensively and our stove is much too small or four plates are not enough. Especially when visitors have announced themselves. So we are back to our goal of integrating contingency planning into everyday life.

Back to the topic of generators, it remains to be said that operating materials are of course necessary for operation. To keep a generator running, you usually need gasoline and engine oil. Similar to a car, the oil of the generator engine must be changed regularly. However, this plays a rather minor role. It is much more important that you stock up on gasoline according to the consumption of your generator. Commercially available generators are able to supply a single-family house without any problems.

When buying a power generator, you should also calculate fuel consumption as part of stocking up. Continuous operation to maintain basic supplies such as lighting, refrigerator and cooking is certainly not the same as peak loads such as the use of a welding machine. However, you should allow for a consumption of six to 10 liters of gasoline per day. You should not store your gasoline supply in your living space. The best place to store gasoline cans is in the garage or a tool shed. If this is not available, you should store gasoline in the basement.

WHAT ELSE DO I NEED TO CONSIDER?

Emergency situations can arise from a variety of causes. Sometimes circumstances force us to remain in our house, our apartment until an all-clear is given. In some cases, however, we are forced to leave our familiar surroundings as quickly as possible.

Regardless of which case hopefully never occurs, it is still important to be prepared.

You have TV, radio and internet? All great. However, keep in mind that all these sources of information depend on a functioning power infrastructure. Therefore, keep a battery-powered radio at hand. With it you will be able to perceive important information. Flashlights are also useful. A small supply of batteries for radio and flashlights should also be available. Alkaline batteries may be more suitable than rechargeable batteries. Rechargeable batteries need to be recharged from time to time. But even disposable batteries have a limited shelf life. Since you must be able to rely on the batteries in an emergency, replace them with new ones after three years at the latest.

Create an escape plan. The emergency plan you have already created will help you with this. The difference is that you limit yourself to the essentials. In any case, you should be prepared for the worst.

Tie an emergency backpack for yourself and each of your loved ones. Top priority should be given to copies of the most important personal documents. Cash is certainly also one of the resources that can be helpful in the event of an emergency, so it should also be included in the emergency pack.

When choosing clothes, limit yourself to the most necessary items. However, pack warm clothes for the summer months as well. If you have to spend the night outdoors, it can get very chilly even in the summer, especially in the early morning hours. Blankets, a sleeping pad and a sleeping bag are also useful items to have on hand in case of emergency.

Whether you can make an emergency escape in your car or must flee

on foot is difficult to plan in advance. It is best to start from the worst possible position. On foot, of course, you can only carry a small amount of luggage. In any case, you should take this into account in your planning.

If you can escape by car, keep in mind that you won't be the only one with this idea. The roads will be accordingly full, the traffic could even come to a complete standstill. Field and forest roads should only be considered if you know the area well. Those who are not familiar with the area will quickly end up in nowhere. In addition, not all paths are suitable for normal motor vehicles. The danger of getting stuck is very high with a vehicle that is not suitable for off-road use.

It does not always make sense to escape. In some situations, it makes more sense to stay in the safe house or the safe basement. If escape is nevertheless advisable or necessary, try to consider the "where to" with a cool head. If the emergency affects only you or your immediate area, consider whether you can stay with friends, relatives or in a hotel. If it is an area-wide emergency, do not go or drive anywhere. you do not know what the situation will be like elsewhere.

In large-scale crisis situations, every effort is usually made to set up emergency shelters, camps and military hospitals for the affected population. So keep your radio tuned in and follow the crisis team's announcements and recommendations.

SUMMARY OF THE FIRST PART

There is no perfect plan for action in an emergency situation. There are many possible threats, and each one requires its own planning. Therefore, consider only two aspects in your emergency planning. Either you cannot leave your house for a longer period of time and have to do without electricity and water or you are forced to leave your house and your immediate surroundings and can only take the most necessary things with you.

As I said, there is no perfect plan. If life and limb are directly threatened, there may not even be time to get the carefully packed backpack out of the basement. Nevertheless, it is better to be prepared for the worst than to have no plan at all. Just the psychological effect of knowing you are prepared will help you when an emergency situation arises. You avoid initial panic and have your back free to think calmly about the situation and then take further sensible measures.

The aim of this guide is not to make you paranoid and to keep a possible threat in mind all the time. On the contrary. Knowing that you are prepared for an emergency will make your everyday life a little easier. With sensible planning and stockpiling, you don't need to run out and panic shop every time there's a negative report in the news.

Statistics and probabilities also speak in our favor. Germany is not located in an earthquake zone. So why worry about an imminent severe quake? The probability is zero.

Worrying about area-wide wildfires would be completely unnecessary if you live in the middle of a major city. However, if you live in an affected rural area, the local news will keep you informed as to whether or not you are at risk. Especially since fires like the ones we know from America or Australia are unlikely due to our climate.

If you live in an elevated location, far from rivers and lakes, it would be scaremongering to worry about a possible flood. If, on the other hand, you live in a known flood area, you will have long since drawn up a corresponding plan.

Even wars or nuclear threats can usually be detected early on the basis of news and reporting. The important thing here is that you trust reputable sources. Especially on the Internet and social media, there are countless doomsayers who prophesy the imminence of World War III on an almost daily basis and for ever different reasons. Rank such information according to its value and credibility. Although wars are taking place all over the world, some of them even frighteningly close,

our region is far from being involved in a warlike event.

Pandemics, such as the Corona virus, have shown us that we can adapt quickly to restrictions. Government, business, research, and ultimately the population itself help prevent worse.

The probability of a blackout is statistically at its highest. Whether local, regional or nationwide, over hours, days or even weeks. However, the probability decreases again with the geographical and temporal extent. But even in the event of a widespread power outage, there is reason for optimism. Every single one of us depends on a functioning energy infrastructure. Without electricity, our entire economy also comes to a standstill. For these reasons, not only are there appropriate emergency plans by the state or the energy industry, you can assume that everything will be done to restore normal conditions as quickly as possible.

PART II - COOKBOOK PART

Cooking has long ceased to be a necessary burden of preparing raw or unfinished ingredients according to a recipe and thus making them edible. Of course, a finished dish had a high value in life. The highest demands on taste and quality have always existed - people just wanted to have little to do with the preparation. It was up to the housewife, the restaurant or the servant to satisfy our palate.

Today, many of us are amateur cooks. Preparing food and then eating it together has become a very important part of our leisure activities, even though restaurants, delivery services and fast food still more or less determine our diet. Over the years, everything has just become a little more global and exotic.

Today, we have food in our everyday supplies that we didn't even know existed until a few years ago. Supermarkets offer a wide range of products, and there is hardly a small town without an Asian market or oriental food market. And whatever ingredients are missing can be ordered at any time via the Internet.

So what does this have to do with emergency prescriptions? That is a legitimate question at this point. As already described in the advice section, there are no mandatory requirements for sensible emergency stockpiling. Much more sensible than keeping a dull stockpile according to a checklist is to integrate the emergency supply into everyday life. Of course, you can buy 24 cans of pea soup and even spoon it out cold if necessary.

Food and drink keep body and soul together, they say. If you enjoy cooking anyway, why deviate from it in times of crisis? A hot meal not only satisfies your basic need for food. Preparing food may also distract you from the unpleasant events of the day, as does eating

afterwards. It doesn't matter whether you cook for yourself or with or for your family. Cooking and eating together has a pleasant psychological side effect, especially in times of crisis.

For this reason, you will find here not only recipes like can open, warm and ready. You will find a selection of starters, main courses and desserts. The recipes have been divided into phases. As long as you can still use what fresh produce, fridge and freezer give you, it's different from relying only on canned food. A look at our fields, meadows and forests gives you another option.

The recipes are not set in stone. You can vary and change them at any time. This depends not only on your preferences, but also on what food is actually available in a crisis.

Of course, you can also try out all the recipes in normal times. Then you have enough time to experiment and the recipes are then also familiar to you.

It's also important that you provide as much variety in your food selection as possible, but also keep an eye on the condition of your supplies. It doesn't make much sense to prepare a canned meal on the first day while perishables are thawing in the freezer.

A small collection of natural recipes for remedies and medicines completes our cookbook section. The use of these recipes is also a good alternative in everyday life and not dependent on a crisis.

NOTE ON THE RECIPES

- The recipes deliberately do without pictures/photos, since the dishes never end up looking like the photos anyway.
- The lack of photos allows for a high number of recipes at a very low price.
- The lack of photos allows for a handy and small format.
- This cookbook is made to be used in the kitchen and not to gather dust on the shelf. Therefore, it does not matter if it gets dirty.
- The nutritional values may vary as they depend on the manufacturer/supplier.
- Each recipe can be easily recreated as detailed step by step instructions are provided.

THE RECIPES

PHASE I: THE LAST FRESH FOOD

APPETIZER RECIPES AND SOUPS

CUCUMBERS STUFFED WITH COTTAGE CHEESE

INGREDIENTS FOR 4 SERVINGS:

*2 cucumbers
Salt and pepper to taste
500 g low fat curd
4 tablespoons cream
2 small onions
1 clove garlic
2 peppers, red and green
1 carrot
1 tsp mustard
Garden herbs at will*

PREPARATION:

Wash the cucumbers, peel them, cut them in half and remove the seeds. Mix the quark with the cream until creamy. Dice the onions, garlic, peppers and carrots very finely and fold in. Season to taste with salt, pepper and mustard.

Fill the hollowed out cucumbers with the curd mixture and cut into pieces. Sprinkle with the herbs.

The filling can also be used for tomatoes. To do this, cut a slice on the side with the stem end and hollow out.

ZUCCHINI COTTAGE CHEESE TOWER

INGREDIENTS FOR 4 SERVINGS:

1 large zucchini (approx. 250 - 300 g)
200 g cottage cheese
1 bunch basil
2 garlic cloves
2 tablespoons olive oil
4 tablespoons roasted flaked almonds
Cayenne pepper to taste
Salt and pepper to taste



PREPARATION:

Wash the zucchini and remove the stalk. Then cut into about 1/2 cm thin, diagonal slices.

Squeeze the garlic cloves and mix with olive oil and cayenne pepper. Coat the zucchini slices with it. Fry in grill or frying pan until soft but still firm to the bite on both sides.

Finely chop the basil, leaving small leaves for garnish. Slice the cottage cheese and mix carefully with the basil, salt, pepper and a little cayenne pepper.

Alternate slices of zucchini and cottage cheese on 4 plates. Sprinkle with flaked almonds and garnish with basil leaves. A few drops of olive oil can be drizzled over the towers.

The dish tastes warm or cold and can also be used as a main course. To do this, simply double the amount and serve with a salad or crusty bread.

COLD CUCUMBER SOUP WITH HOT POTATOES

INGREDIENTS FOR 4 SERVINGS:

800 ml sour milk
1 cucumber
2 tablespoons dill tips
Salt, white pepper to taste
Garlic pressed
4 potatoes (potatoes)



Acidified milk can be purchased as such in stores. This is most comparable with the more common product soured milk. In times of the Second World War, overstocked, i.e. sour milk was not poured away, but boiled and often processed into desserts.

PREPARATION:

Peel the cucumber, remove the seeds and cut into very fine strips, mix with the sour milk.

Mix in dill tips, garlic, salt and pepper, let steep for 12 hours. Serve in chilled soup cups or plates.

Boil the potatoes with their skins with a little salt, peel them and add them hot to the cold soup.

GARLIC SOUP WITH CROUTONS

INGREDIENTS FOR 4 SERVINGS:

*40 g butter
30 g flour
1 small onion finely chopped
0,75l beef broth or vegetable stock
250 ml sour cream
1 clove of garlic pressed
Salt, pepper to taste
some chopped parsley*



For the croutons:

50g white bread or toast, 20g butter, 2 cloves of garlic pressed



PREPARATION:

Melt the butter and add the chopped onion, sauté briefly. Stir in the flour, brown slightly and add the garlic, stir everything well. Pour in the hot stock, stir well and cook for 10 minutes, then finish with sour cream stirred until smooth. Season with salt and pepper to taste and sprinkle with parsley.

For the croutons, melt the butter, add the garlic and fry. Cut the white bread into small cubes, turn in it and brown at the highest possible temperature (250 degrees). Sprinkle over the soup.

ONION SOUP AU GRATIN

INGREDIENTS FOR 4 SERVINGS:

*1l beef broth
300g onions (3-4 large garden onions)
3 tablespoons olive oil
30g butter or margarine
4 slices of white bread or toast
120 g Swiss cheese (Emmental or
Greyerzer), grated
Salt, pepper to taste*



PREPARATION:

Heat the butter with the olive oil in a saucepan, brown the onions cut into strips as long as possible and pour the hot beef broth. Season to taste and boil until crispy.

Toast or brown the slices of white bread with a little fat. Arrange the onion soup in fireproof bowls, place the slices of white bread on top and sprinkle thickly with the grated cheese. If possible, bake in the top heat or place the fireproof dishes in the open fire or in the charcoal embers of the grill.

TOMATO SOUP WITH CHIVE CREAM

INGREDIENTS FOR 4 SERVINGS:

1 kg tomato puree
500 ml vegetable broth
8 tablespoons applesauce
2 bunch chives
Salt and pepper to taste
250 g whipped cream

Pour the tomato puree into a pot and add the broth and bring to a boil, stirring in the applesauce. This will make the soup particularly fruity. Season the soup with salt and pepper.

Whip the cream until stiff. Wash and chop the chives and gently fold into the cream.

Divide the soup among plates, garnish each with a dollop of cream in the center and serve immediately.

Serve with white bread or toast.

POTATO SALAD HEDDUS STYLE

INGREDIENTS FOR 4 SERVINGS:

1.5 kg potatoes, firm boiling
1 jar Miracel Whip
2 large onions, diced very finely
200 g meat sausage (if possible, with garlic), finely diced
200 g gherkins, finely diced
7 eggs, hard boiled
1 lightly heaped teaspoon salt
1 well heaped tsp Mustard
50 ml cucumber liquid
Pepper to taste
Parsley to taste



PREPARATION:

Boil the potatoes, rinse with cold water, peel and leave to cool. Then dice into small cubes and set aside.

Place Miracel Whip in a larger bowl and add the salt, pepper, diced onions, cucumber liquid and mustard and mix thoroughly. Then mix in the meat sausage and the cucumbers. Now mix in the potato pieces well and carefully fold in six finely diced eggs. Taste again and season if necessary.

Place the salad in a suitable bowl and garnish with the last egg, gherkin and, if at hand, fresh parsley.

The salad can be served as an appetizer with white bread, but also as a side dish with bockwurst, grilled meat, meatballs, etc.

If you want it to be a little lower in calories, use only half a glass of Miracel Whip and balance it out with natural yogurt. Then, however, rather less cucumber liquid and more spices and fresh herbs, such as chives, parsley, or even quietly mix in a finely chopped, sweet and sour apple (gladly with peel).

The salad also tastes good with cucumber instead of gherkins. As

variations, you can also add finely chopped matie or finely diced leftover roast to the salad.

VEGETABLES - BRUSCHETTA

INGREDIENTS FOR 4 SERVINGS:

*Olive oil to taste
1 red bell pepper, halved
1 orange bell pepper, halved
4 thick slices of ciabatta or baguette (approx. 400g)
1 bulb fennel, sliced
1 red onion, cut into rings
2 zucchini, cut diagonally into slices
2 garlic cloves, halved
1 tomato, halved
Salt and pepper to taste
some fresh sage for garnish*

PREPARATION:

Preheat the electric, gas or charcoal grill and brush the grate with a little olive oil. Place the bread on the grill, toast on both sides until golden brown and keep warm.

Cut the bell pepper halves lengthwise into 4 strips each. Place fennel and peppers on grill and grill for 4 minutes, turning. Add onion and zucchini and grill for another 5 minutes, until vegetables are cooked but still slightly firm to the bite (if necessary, grill vegetables in several portions so they are not on top of each other).

In the meantime, first rub the garlic halves, then the tomato halves over the cut surfaces of the bread slices. Place the grilled vegetables on the bread slices, drizzle with olive oil and season with salt and pepper. Garnish with sage leaves and serve warm.

SPICY PAPRIKA - CHEESE - SAUSAGE - SALAD

INGREDIENTS FOR 4 SERVINGS:

1 bell pepper each, green, yellow and red
1 package (approx. 400g) Gouda cheese
500 g ham sausage
1 Onion
2 vine tomatoes
5 tablespoons oil
3 tablespoons vinegar, wine vinegar or balsamic vinegar
1 tsp salt
½ tablespoon mustard
Pepper to taste
Sugar to taste



PREPARATION:

Cut the peppers, tomatoes, cheese and ham sausage into approx. 0.5 cm small cubes, dice the onion very finely. Mix everything.

Mix the remaining ingredients to a dressing (works best in a shaker) and pour over salad, let sit for about 1 hr.

The salad is suitable as an appetizer, but also goes well with grilled food or simply as a side dish.

CUCUMBER CARROT SALAD

INGREDIENTS FOR 4 SERVINGS:

*1 cucumber
2 carrots, grated
1 small onion, diced
65 g natural yogurt
1 tablespoon vinegar, e.g. elderflower or raspberry vinegar)
1 tablespoon oil (herb oil)
1 piece ginger, about 1.5 cm
Salt and pepper to taste
Sugar to taste
Lemon juice to taste
fresh chives to taste*



PREPARATION:

Put the diced onion in a bowl. Add salt, pepper, squeezed ginger, sugar and lemon juice, then add vinegar and oil and mix briefly. Then stir in about 1/2 cup (65 g) of plain yogurt.

Peel the cucumber and grate into fine sticks, as well as the carrots and mix both well with the salad dressing.

Finally, round off with finely chopped chives. Allow the salad to infuse a little before eating.

MAIN DISH RECIPES

BEANS WITH BACON

INGREDIENTS FOR 4 SERVINGS:

*1 jar of white or red beans
1 large or 2 small onions
1 larger piece of bacon or raw ham
Salt and pepper to taste
some oil, fat or butter for frying*



PREPARATION:

Beans with bacon taste best when prepared over an open fire or grill. The best way to do this is to use a cast iron pan. This is best suited for preparing food over an open fire.

First, cut the bacon into cubes and chop the onions. Fry the bacon and onions in a pan with a little fat until translucent. Add the beans and simmer for about 5 minutes. Stir and season with salt and pepper.

MARINATED BEEF STEAKS FROM THE GRILL

INGREDIENTS FOR 4 SERVINGS:

4 large beef steaks (200 - 300 g)

Some oil

Salt and pepper to taste



Ingredients for marinating at its discretion such as: mustard, beer, garlic, pepper, spices and herbs. Marinades are almost limitless in terms of ingredients and depend on their own preferences and availability.

PREPARATION:

Prepare a marinade with the selected ingredients. Depending on the amount and consistency, you can rub or brush the beef steaks seasoned with salt and pepper or marinate them for several hours or overnight.

Heat the grill and let the fire burn down so that only the embers remain. Place the steaks on the oil-coated grate and grill for one to two minutes on each side. Finish grilling as needed, whether raw, medium or well done. For steaks that have been out of the cold chain for a longer period of time, it is better to cook them well done.

As a side dish serves a salad, bread or fried potatoes.

BEEF JERKY WITH RICE AND CHILI SAUCE

Beef jerky is part of everyday life in the north of the USA and in Canada and can be found in all supermarkets. It is packaged dried beef, which has its origin with the Indians. They preserved meat by drying and curing it. This method was then adopted by settlers and has been a tradition until today. Even in our wide you can already find jerky or dried meat on supermarket shelves.

INGREDIENTS FOR 4 SERVINGS:

600 - 1000 g beef jerky
2-3 bags rice
1 bottle of chili sauce (200g)
1 pinch salt

PREPARATION:

Boil water with a little salt and let the rice steep over low heat. Drain the water and add the beef jerky. Mix with the chili sauce and boil briefly.

The dish can be prepared on any stove, grill or even a simple Esbit stove.

PASTA OR RICE WITH GRILLED SAUSAGES, GRILLED TOMATO, AND TOMATO SAUCE

Of course, the dish can be prepared in the pan on any hotplate, electric or gas. However, grilling over an open fire or charcoal grill gives the sausages and tomato a special flavor.

INGREDIENTS FOR 4 SERVINGS:

4 pairs of Vienna sausages, bockwurst or other grilled and fried sausages
4 tomatoes
Tomato sauce, pesto, chili sauce or similar.
500 g pasta or rice
1 pinch salt
Some oil

PREPARATION:

Put enough water for the noodles or rice in a saucepan with a pinch of salt and bring to a boil. Add the pasta or rice and let it swell over medium heat.

Coat the grill grate with oil. Score the sausages and tomatoes in places with a knife. The tomatoes can be additionally wrapped in aluminum foil. Place everything on the grate. If the fire is open, wooden sticks are suitable to hold the sausages and tomatoes into the fire.

Once the sausages and tomatoes are nicely grilled, cut them into bite-sized pieces and mix them with the drained pasta or rice. Add some salt, tomato sauce, pesto or/and chili sauce to taste. Stir the whole thing well.

PASTA WITH BOLOGNESE SAUCE

The dish is particularly suitable when only a stovetop or a small Esbit stove is available, goes quickly and is still a classic with young and old. The simple dish can be spiced up with all kinds of ingredients.



INGREDIENTS FOR 4 SERVINGS:

500 g noodles

1 jar of bolognese sauce

Optional extra tomatoes and sausages

1 pinch salt



PREPARATION:

Cook the pasta in salted water, drain and pour the finished Bolognese sauce over it. Stir well and ready.

The dish can be spiced up even more by adding fried minced meat, sliced sausages, fresh tomato pieces, grated cheese and much more.

OLIVE OIL PASTE WITH BREAD, TOMATO AND TURKEY HAM AND / OR CHEESE

A homemade olive oil paste does not quite fit into the concept of this book, as the production requires a functioning refrigerator. To make an olive oil paste, you pour the oil from the bottle into a jar and put it in the refrigerator for a long time. If the olive oil is of good quality, refrigerating it will make it solid. Similar to drip-proof honey, just firm enough so that it doesn't run, but spreads well. Thus, you get a healthy spread. In the event of a power outage, it won't go away as quickly. Provided the paste is stored in a cool place, it will keep for days in this form. Try it!

To prepare a main course with this base, you can heat all kinds of forms of bread, for example, toast it over the grill. Spread with the olive oil paste and top with ham, cheese, tomato or many other things as you like. The whole thing can then be baked.

RICE SALAD WITH TOMATOES, TUNA AND DRESSING

Especially when cooking options are limited, it makes sense to cook in advance. Rice is particularly suitable for this. Rice has a relatively long cooking time. It doesn't matter whether you cook one portion of rice for now or several portions for the next few days. You need more time to bring the larger amount of water to the boil. However, this saves energy compared to freshly prepared small quantities several times.

Rice also has the advantage that, once cooked, it can be quickly reheated or used for cold dishes.

INGREDIENTS FOR 4 SERVINGS:

Rice, 3 bags for this dish or more as needed for the next few days

1 to 2 cans tuna

3 - 4 tomatoes

1 head of green lettuce, also iceberg lettuce or other varieties according to season and availability

Salad dressing, homemade, stirred from a pre-package or ready from the bottle.

a pinch of salt

PREPARATION:

Cook the rice with a pinch of salt. Then mix the tuna, tomatoes, lettuce and dressing into the rice. Depending on your preference, you can chill the rice first for a cold dish or stir it directly into the still warm rice.

VEGETARIAN QUINOA WITH SALAD

Quinoa is similar in texture to rice. Nevertheless, it has a high protein content and is therefore a suitable meat substitute. For many vegetarians, quinoa is therefore often used in everyday life.

INGREDIENTS FOR 4 SERVINGS:

2 bags quinoa

for the salad:

4 small tomatoes

2 red onions

1 -2 cucumbers

A little nutmeg (freshly grated)

1 pinch salt

1 pinch hot paprika powder

1 dash fresh lemon

1 dash olive oil

PREPARATION:

First wash the quinoa and then cook it for about 20 minutes. The preparation is the same as for rice.

During the cooking time, chop the tomatoes, cucumbers and onions, mix the remaining ingredients to make a dressing. Put everything in a bowl and mix well. Then mix the finished quinoa with the salad. Can be enjoyed warm or cold.

DESSERTS

The selection of desserts is relatively high. However, many desserts can certainly be enjoyed as a sweet main course.

3 - MINUTES – BROWNIE TO SPOON

INGREDIENTS FOR 1 SERVING:

4 tablespoons flour
4 tablespoons brown sugar
2 tablespoons cocoa
1 Egg
3 tablespoons milk
3 tablespoons oil



PREPARATION:

Mix flour, sugar and cocoa with a fork in a large (ovenproof) cup. Add the egg, milk and oil and mix very well until a uniform mass is obtained.

With the cup for 3 minutes at 1000 W in the microwave. Alternatively, the cup can be placed in the hot embers of the charcoal grill or open fire. The brownie is ready when it stops "growing" and settles back into the cup.

SEMOLINA PANCAKE

INGREDIENTS FOR 4 SERVINGS:

*0.5 l milk
1 pinch salt
120 g butter
220 g semolina
70 g sugar
1 pk. vanilla sugar
40 g raisins
grated zest of half a lemon*



PREPARATION:

Put milk in a saucepan, add a little salt and bring to a boil. Stir in semolina and boil down to a thick porridge.

Stir the semolina mixture into the heated butter, place the Schmarrn in the hot embers of the charcoal grill, let it steam out, stirring several times with a fork. As an alternative to the oven, a gas grill with a lid is suitable, preferably with a temperature indicator.

Then stir in sugar, vanilla sugar, lemon zest and raisins. Continue steaming until the Schmarrn has a nice color and is grainy.

SEMOLINA PORRIDGE FROM GRANDMOTHER

INGREDIENTS FOR 4 SERVINGS:

800 ml milk
80 g soft wheat semolina
2 tablespoons sugar
1 pk. vanilla sugar
1 pinch salt
1 egg
25 g butter



PREPARATION:

Bring the milk to a boil in a wide saucepan with the sugar, vanilla sugar and a pinch of salt. Stir in the wheat semolina with a whisk and bring to the boil again. Then remove the pot from the heat and let the semolina steep covered for 5 minutes.

In the meantime, separate the egg yolks from the whites. Beat the egg whites until stiff. Stir the egg yolk into the semolina porridge. Also add the butter to the semolina porridge and stir until the butter has melted. Finally, carefully fold the beaten egg whites into the finished semolina porridge.

Serve with compote of your choice, cinnamon and sugar or brown butter.

THE PERFECT RICE PUDDING - BASIC RECIPE

INGREDIENTS FOR 4 SERVINGS:

1 liter whole milk, room warm

250 g rice pudding

4 tablespoons sugar

1 tablespoon butter

1 vanilla pod or 1 pk. vanilla sugar

Cinnamon sugar or applesauce, red fruit jelly or fresh fruit to taste



PREPARATION:

Melt the butter in a large saucepan, then briefly sauté the rice pudding in the butter. Now add the room-warm whole milk and 4 tablespoons of sugar. If available, also add the pulp of a vanilla bean and the slit pod to the pot, otherwise add vanilla sugar. Bring everything to the boil once, stirring carefully with a wooden spoon and taking care that nothing sticks to the bottom of the pot.

Milk should continue to simmer slightly. Leave the rice pudding to stand in the closed pot for about 30 minutes. Stir after about 15 minutes, or earlier if necessary.

After 30 minutes the rice is ready to serve, it can be eaten hot or cold.

Mix cinnamon and sugar to taste and pour over rice pudding or serve with applesauce, red fruit jelly, fresh fruit, etc.

CREPES

INGREDIENTS FOR 4 SERVINGS:

250 ml milk
2 eggs
125 g flour
1 pinch salt
1 dash canola oil



PREPARATION:

Beat the eggs with the milk, add a pinch of salt and a dash of oil. Stir in the flour and mix well so that there are no lumps. Pour a small ladle of the batter into the center of a non-stick pan and swirl it so that the batter is spread very thinly and without holes in the pan.

After a minute, turn the crêpe over to make the other side golden and the crêpe is ready to be served with or without filling or rolled up, as you wish!

KAISERSCHMARREN

INGREDIENTS FOR 4 SERVINGS:

*¼ liter milk
3 eggs
some salt
1 tablespoon sugar
160 g flour, smooth
1 tablespoon liquid whipped cream
30 g raisins, soaked in rum or juice
60 g butter, for frying
1 pk. vanilla sugar
some powdered sugar for sprinkling*



PREPARATION:

Separate the eggs and beat the whites until stiff. Mix the milk, egg yolks, salt, sugar and flour together well, fold in the cream and the stiff snow, mix in the raisins. Let the dough rest a little, if necessary.

Heat half of the butter in a frying pan, pour in half of the dough and let it brown on the underside, turn it over, brown it as well, tear it into small pieces with two forks, toast it for a moment more and arrange it; prepare the second half of the dough in the same way.

Before serving, sprinkle the Schmarren with powdered sugar. Serve with stewed plums or other compote.

CURD CHEESE PANCAKE

INGREDIENTS FOR 4 SERVINGS:

120 g flour
1 pk. custard powder, vanilla
250 g curd cheese (curd)
3 eggs
125 ml milk
125 ml cream (Obers)
1 pinch salt
60 g sugar
1 pk. vanilla sugar
½ lemon (peel of it)
Raisins, to taste
6 tablespoons butter, for baking
some powdered sugar for sprinkling



PREPARATION:

Separate the eggs and beat the whites until stiff. Beat the egg yolks with the sugar until creamy, then mix well with the remaining ingredients (except the butter).

In a large hot coated pan, heat half the amount of butter, pour in half the amount of batter, brown and turn down the temperature a bit, breaking up and loosening the batter with a fork, turning it over and over until the Schmarrn is a nice golden brown color. Transfer to a plate and keep warm. Prepare the second half of the dough in the same way.

Sprinkle the curd cheese pancake with powdered sugar and serve with any compote or fruit sauce.

ENGLISH APPLE CREAM

INGREDIENTS FOR 4 SERVINGS:

500 g applesauce

100 ml cream

2 tsp. cinnamon

Sugar to taste



PREPARATION:

Whip the cream and mix with the applesauce and cinnamon.

Depending on taste, perhaps add a little sugar if the applesauce is not sweet enough. The dessert tastes best well chilled. Refrigerator or cellar)

SCHÖNBRUNN APPLES

INGREDIENTS FOR 4 SERVINGS:

*4 large apples
150 ml milk
70g walnuts grated
40g breadcrumbs
30g granulated sugar
25g raisins
1 tablespoon rum
Lemon juice*



Wine brew:

*8 cl water
8 cl white wine
2 cloves
Cinnamon bark
20g granulated sugar*



PREPARATION:

Peel the apples and cut off a little at the top so that a lid is formed. Hollow out apples generously inside, rub inside and out with a little lemon juice. Boil the milk, stir in the sugar, nuts, breadcrumbs, rum and raisins, cook until it swells and forms a thick paste. Pour this mass into the apples, put the lid on.

Boil water, white wine, sugar, cloves and cinnamon bark together for 2 minutes, strain. Place apples in suitable casseroles, pour wine broth over them. Cover the casseroles. Steam in the embers of the grill until crisp. Remove the apples from the broth and serve.

PHASE II: SURVIVAL WITH CONSERVEN AND OTHER STORABLE FOODSTUFFS

STARTERS

STUFFED ONION HALVES WITH TUNA

INGREDIENTS FOR 4 SERVINGS:

4 medium onions
Pepper, salt
1 can (185 g) tuna in oil
10 capers
1/4 bunch parsley
30 g dried tomatoes in oil
50 g parmesan cheese
1 tablespoon breadcrumbs
1-2 tablespoons olive oil for drizzling

PREPARATION:

Peel the onions and pre-cook them in boiling salted water for about 5 minutes. Pour into a sieve and drain. Hollow out the inside of the onion with a small knife.

Drain the tuna in a colander. Place in a bowl and shred with a fork. Drain the capers and chop. Wash parsley, shake dry. Pluck off leaves and chop finely. Drain tomatoes and cut into small pieces. Mix tuna with capers, tomatoes and parsley. Season to taste with salt and pepper.

Finely grate the Parmesan and mix with the breadcrumbs. Pour the tuna mixture into the hollowed out onions. Place the onions side by side in 2 ovenproof baking dishes (approx. 15 cm Ø each; or in a large dish approx. 23 cm Ø). Sprinkle with the Parmesan mixture and drizzle with olive oil. Bake in the embers of the grill with the lid on for 10-15 minutes. Remove and serve.

RED LENTIL TOMATO SOUP

INGREDIENTS FOR 4 SERVINGS:

150 g potatoes
1 onion
1 clove garlic
300 g red lentils
400 g tomato pieces (can)
300 ml vegetable broth
Salt, pepper
4 stalks parsley
Cayenne pepper
Tabasco



PREPARATION:

Peel potatoes, onion and garlic and cut everything into very small cubes. Rinse lentils under cold water and drain.

Sauté potatoes, onion and garlic in a non-stick saucepan over medium heat for 2 minutes. Add the lentils, tomatoes and broth, salt, pepper and simmer over medium heat for 15-20 minutes. Meanwhile, wash the parsley, shake dry, chop the leaves.

Season soup with cayenne pepper and 1 dash Tabasco, pour into 4 bowls and sprinkle with parsley.

MILLET WITH DRIED FRUITS AND NUTS

INGREDIENTS FOR 4 SERVINGS:

375 g millet

600 ml milk (3.5% fat)

100 g mixed and unsweetened dried fruit (e.g. cranberries, apricots)

200 ml apple juice (lukewarm)

100 g mixed nuts (e.g. walnuts, hazelnuts, almonds)

4 tablespoons liquid honey

½ tsp vanilla powder



PREPARATION:

Rinse millet in a colander until water remains clear and drain.

Bring milk to a boil in a pot, add millet and let it swell for 10-15 minutes while stirring. Meanwhile, soak dried fruit in apple juice.

Toast nuts in a pan without fat until fragrant. Add honey and let it caramelize slightly.

Loosen millet with a fork and stir in vanilla powder. Remove dried fruit from juice and add to millet with nuts.

MAIN COURSES

REFINED CANNED RECIPE: MUSHROOM RISOTTO WITH TUNA

INGREDIENTS FOR 4 SERVINGS:

400 g rice (loose)
1 can of mushrooms (sliced mushrooms)
50 g hazelnuts
1 onion
50 g hard cheese
150 g canned tuna
2 tablespoons butter or margarine



PREPARATION:

Chop the onion, chop the nuts and fry both briefly with a little butter.

Add the mushrooms and sauté them as well. Add the rice and pour water until everything is covered, bring to a boil and simmer gently. Gradually pour until the rice is cooked. Grate the cheese and fold it in. Finally, serve the tuna in portions with the rice - or mix into the risotto.

CANNED LENTILS WITH ROUX

The term Einbrenn comes from Austrian cuisine and you're probably more familiar with it as roux.

INGREDIENTS FOR 4 SERVINGS:

2 cans of lentils (drained weight 1 kg)
Salt, pepper to taste
1 pinch of Maggi herb (dried)
2 tablespoons balsamic vinegar (white)
3-4 bay leaves
4 tablespoons flour (handy)
2-3 tablespoons oil
1 onion (finely chopped)
6 tablespoons bacon (diced)
200 ml water or broth

PREPARATION:

Peel and finely dice the onion. Heat the oil in a pan, sauté the bacon and the onion cubes in it, sprinkle the flour through a sieve and stir well.

Then deglaze the roux with a dash of vinegar and the water, stirring constantly so that there are no lumps, and add the lentils.

Season with bay leaves, salt, Maggi herb and some pepper and simmer for a few minutes.

CHILI SIN CARNE: FOR VEGETARIANS

Even if you're a vegetarian, you can cook delicious dishes from a can - how about a chili, for example? You're sure to find most of the ingredients in your pantry.



INGREDIENTS FOR 4 SERVINGS:

1 can kidney beans
500 g brown lentils
900 g canned corn
800 g canned chunky tomatoes
4 tablespoons tomato paste
approx. 500 ml vegetable broth
Spices to taste



PREPARATION:

Sweat tomato paste and vegetable broth in a pan and add canned tomatoes. Bring to the boil briefly and deglaze with the vegetable stock. Stir in the drained corn, kidney beans and lentils and spices. Add remaining broth until desired liquid level is reached. Simmer over medium heat with the lid closed for about 20 minutes, stirring in between.

DESSERT

PLUM TART WITH CANNED FRUIT

Even if you run out of flour, that's no reason to give up a delicious tart for dessert. Nuts and prunes make up the ingredients for the dough. The topping can be chosen from any canned fruit, such as tangerines or apricots.

INGREDIENTS FOR 4 SERVINGS:

100 g dried plums
50 g hazelnuts
Canned fruit at will

PUDDING:

Soak the prunes in warm water, then chop very finely. Finely chop the nuts and fold them into the prunes. Knead everything very well and lay out the dough in ramekins.

Boil the pudding with milk according to the package instructions or mix it with water, or use a ready-made pudding. Spread it on the plum dough.

Cut canned fruit, such as tangerines or pineapple chunks, into small pieces as desired and spread colorfully over the pudding.

PHASE III: USE OF EDIBLE WILD PLANTS IN NATURE.

If you have to resort to ingredients for your dishes on nature and garden, plants are not only dependent on the season, but also on the region in which you live. Since you then also have to take what you find, we use in the following recipe suggestions partly also no quantities. Here you need to improvise a little.

STARTERS AND SOUPS

SIMPLE NETTLE SOUP

Sauté one finely chopped onion in fat (butter or oil), deglaze with meat or vegetable broth. Add finely chopped young nettle shoots (about one cup per plate of soup), let it boil briefly. Finally, stir in an egg, add some butter, soy sauce and bread croutons.

HERB SOUP WITH GROUND IVY

Sauté fresh groundsel, stinging nettle shoots, melder, wild chickweed, deadnettle, daisies, plantain, and other wild herbs of your choice in equal parts with a finely chopped onion in fat or clarified butter, then pour on water or meat broth. Season to taste with soy sauce, Maggi seasoning or other spices.

GUNDERMANN POTATO SOUP

Boil potatoes, cut into small pieces and strain. Bacon, carrot and onion cut into small cubes, add and continue to cook. Then season and add a large pinch of chopped gundermann leaves.

FIRST SPRING SALAD

*2 handfuls of goutweed (preferably the tender, still folded, glassy-looking shoots).
Dandelion rosettes, lesser celandine (before flowering) watercress, daisy flowers,
cowslip leaves, sorrel.
Gundermann leaves for seasoning
1 onion
1 boiled egg*



For the salad dressing: lemon or natural vinegar, olive oil or other extra virgin oil, seasoning to taste, 1 tablespoon nutritional yeast, a pinch of salt.

Cut the onion and add it to the dressing together with the plants, mix well and let it sit for a while. Slice the egg and use as a garnish together with the cress.

HERBAL SOUP WITH GOUTWEED

About 160 g of soup wild herbs (goutweed, mallow, nettle, plantain, shoots of meadow hogweed, bird's knotweed, etc. in equal parts).

40 g oat barley

1 carrot

1-2 onions

10 g fat

1 cup sour cream



First boil the pearl barley half-cooked and chop the carrot and onion. Then add the herbs and the carrot and cook for another 15 minutes. Finally, fry the onion and add, season to taste and refine with sour cream.

RUSSIAN RIBWORT SALAD

120g young plantain leaves
50g nettle leaves
80g onion
50g grated horseradish
Salt
Essog
1 egg
Sour cream



Briefly immerse the plantain and nettles in boiling water and drain. Cut into small pieces, add chopped onion, grated horseradish, salt and vinegar to taste. Garnish with egg slices and pour over sour cream.

CHICKWEED SOUP

*1.5 l chicken or vegetable broth
6 spring onions
1 large potato
2 bunch chickweed
Salt, pepper
some cream*



Bring the broth to a boil, add finely chopped chickweed, potato and onion, simmer for 10 min, season and season with cream.

CHICKWEED SALAD AND WILD GARLIC

*1 large bunch chickweed
Handful of fresh wild garlic
20 g sour cream
Spices to taste
1 boiled egg*

Chop chickweed and wild garlic with a knife. Mix with the sour cream, season and garnish with the sliced egg.

DANDELION SALAD

Dandelion leaves
Vinegar, oil
1 onion
Salt
Egg, hard boiled



Mix young, tender dandelion leaves with oil, vinegar, finely chopped onions and salt. Hard boiled eggs soften the somewhat bitter taste.

Variations: rendered bacon cubes, ground hazelnuts, chopped capers, feta cheese, anchovy paste, horseradish, watercress, tarragon, sour cream, yogurt, lemon juice, sugar and much more.

MAIN COURSES

TROUT GRÖSTL

Trout are not plants, but they still occur in nature in almost all streams, rivers and lakes. Therefore, the fish still find use in this section.

INGREDIENTS FOR 4 SERVINGS:

*4 trout fillets
2 tablespoons plain flour
some lard
1 onion
300 g potatoes
150 g zucchini
1 large carrot
Salt, pepper
1 bunch parsley
a little oil for frying*

PREPARATION:

Wash trout fillets, dab well and season with salt and pepper. Cut into strips about 2 cm thick and roll in flour. Then quickly fry in hot lard and keep warm.

Boil potatoes and cut into thin slices, zucchini cut in half lengthwise and slice. Finely chop onion and roast in oil, add potato and zucchini and roast.

Roughly grate the carrot, finely chop the parsley, add both and fry briefly, season with salt and pepper. The carrots taste better when they are still crunchy. Carefully add the pieces of trout that have been kept warm, taking care that they do not fall apart.

CHANTERELLE LOAF

Chanterelles are also available in cans, so the dish would have fit into the previous section. However, fresh chanterelles from the forest taste much better.



INGREDIENTS FOR 4 SERVINGS:

600 g chanterelles/egg mushrooms
1 large onion
110 g oatmeal
2 eggs
Salt, pepper
Nutmeg
chopped herbs
Vegetable oil



PREPARATION:

Finely chop the chanterelle and onion, add oatmeal, eggs, spices, and herbs and mix well, let rest and then form loafs. Heat oil, put in the loafs and fry covered on both sides for about 6 minutes at not too high heat. Boiled potatoes are suitable as a side dish.

ENGLISH "NETTLE PUDDING

INGREDIENTS FOR 4 SERVINGS:

1 bowl (4l) fresh young nettle tops
2 large leeks or 2 onions
2 broccoli or 4 Brussels sprouts or 1 small cabbage
250 g rice
Salt



PREPARATION:

Chop the vegetables and mix with the nettles. Fill in layers alternately with the rice in a muslin bag or a nylon net and tie it tightly. Boil in salted water until vegetables and rice are cooked. Serve with butter or meat sauce.

JAPANESE NETTLE TEMPURA

Nettle leaves

Grease or oil

Soy sauce

For the pancake batter

Flour

Milk

Water

Eggs

some salt



Dip nettle leaves in pancake batter and deep fry in hot fat. Serve with soy sauce

DESSERT

AUSTRIAN ELDER COOK

INGREDIENTS FOR 4 SERVINGS:

*500 g elderberries
0,25 l water
2-4 tablespoons milk
1/8 l whipped cream
Sugar to taste
Cinnamon, cinnamon bark
3 cloves
5 plums (damsons)
1 apple
Pudding powder (chocolate or vanilla to taste)*



PREPARATION:

The de-stemmed and washed elderberries, the halved plums, the peeled and cut apple as well as sugar and cinnamon, cinnamon bark and cloves Boil in a 1/4l water. Mix the pudding powder in milk and add to the elderberries, boil briefly and finally add the cream.

PLANTAIN VEGETABLES

Cut the plantain leaves into small pieces and sauté them in fat together with other wild vegetables (goutweed, sorrel, meadow hogweed, cabbage thistle, shepherd's purse, etc.), add salt and a little water, cook for 20 minutes. Pour red wine and thicken with flour or starch. Serve with sour cream and roasted onions.

DANDELION WITH HOT BACON

*4 strips bacon
4 handfuls of dandelion greens
3 tablespoons butter
¼ cup cream or milk
1 pinch each salt, bell pepper, paprika
1 tablespoon honey
4 tablespoons apple cider vinegar
2 eggs*



PREPARATION:

First fry the bacon until crispy. Heat butter and cream (or milk) in the pan. Stir together spices, honey, vinegar, and beaten eggs and add to cream-butter mixture. Cook, stirring, until it thickens.

Now heat the dandelion leaves and bacon in it for about a minute. Serve hot.

GOOSEFOOT SPINACH WITH FRIED EGG

INGREDIENTS FOR 4 SERVINGS:

Approx. 1 kg fresh goosefoot

1 onion

1 tablespoon butter

Nutmeg, salt, pepper

4 eggs



Goosefoot free from the coarse leaf veins. Thin leaf veins can be left intact. These provide some bite. Then wash the goosefoot spinach thoroughly and then drain in a sieve, or use a salad spinner.

Finely dice the onion and sauté in butter in a large pot until translucent.

Add the spinach and let it collapse with the lid closed. Cook spinach for 5-10 minutes, depending on the desired consistency.

Fry the eggs into fried eggs, season with salt and pepper.

Finally, season with freshly grated nutmeg, salt and pepper, top with the eggs and serve immediately.

BUTTON CABBAGE VEGETABLES

100 g young stem tips and leaves of dumb nettle

Bacon

Onion

Nutmeg

Lovage

Wild garlic

Marjoram



Cook the button cabbage leaves in boiling salted water. Then remove, squeeze and chop.

Cut the bacon and onion into cubes and sauté. Add the vegetables, season, cook well and refine with the chopped herbs.

DESSERT

SEMOLINA PORRIDGE WITH ROSEHIP-APPLE SAUCE

INGREDIENTS FOR 4 SERVINGS:

2 large apples
250 ml apple juice
300 g rosehip spread
1 tsp ground cinnamon
1 l milk
4 tablespoons cane sugar or honey
140 g semolina



PREPARATION:

Peel, halve and core the apples. Cut the flesh into thin slices.

Bring apple juice, rosehip spread and cinnamon to a boil in a small saucepan. Steam apple slices in it for 2 to 3 minutes. Remove the sauce from the heat and allow to cool.

Cut the vanilla bean lengthwise and scrape out the pulp. Bring milk, vanilla pulp and vanilla pod with sugar or honey to a boil in a small saucepan.

Slowly sprinkle in the semolina while stirring. Simmer for 2-3 minutes, stirring repeatedly. Serve still warm with the apple-rosehip sauce.

Prepare apple-rosehip sauce the day before and store in a cool place.

ROSEHIP CHUTNEY

This recipe is not for the quick. Rather, this rosehip chutney is a canning recipe. The chutney will keep for about 6 months in sealed jars.

INGREDIENTS FOR 3 GLASSES:

250 g rose hips
1 kg quinces
300 g red onions
100 g dried figs
25 g fresh ginger
275 g brown sugar
250 ml apple cider vinegar
1 tbsp coriander seeds
1 tbsp yellow mustard seeds
1 cinnamon stick
2 small fresh or dried chili peppers
½ tsp salt
also: twist-off glasses

PREPARATION:

Remove stem and flower remnants from the rose hips and rub them with a kitchen towel. Cut the fruit in half and scrape out the seeds including the hairs with a small kitchen knife.

Peel the quinces, quarter them, remove the seeds and cut the quarters crosswise into thin slices.

Peel the onions and cut into wedges. Quarter the figs. Peel and finely dice the ginger.

Put all the ingredients in a large pot with 100 ml of water and leave to infuse for 1 hour. Bring everything to a boil and simmer over low heat, stirring frequently, for 35-40 minutes until the chutney is creamy. Towards the end of the cooking time, stir more frequently so that the chutney does not stick to the bottom of the pot.

Pour into the hot rinsed jars and close tightly. Place jars on lids, invert after 20 minutes, then cool completely.

EVENING PRIMROSE BLOSSOM FLAN WITH CORNEL CHERRIES SYRUP

INGREDIENTS FOR 4 SERVINGS:

3 dl evening primrose flower essence
1,5 dl milk
1,5 dl cream
60 g sugar
1/2 KL agar agar
1 dl cornelian cherry syrup
2 apricots
1 handful of summer flowers (wild pansy, marigolds)

PREPARATION:

Evening primrose flower essence:

Fill a 3 dl glass with fresh evening primrose flowers. Add the juice of half a lemon. Boil 3 dl of water and pour over it. Immediately close the jar tightly and turn it upside down. Leave to infuse for 1-2 days.

Evening primrose flower flan:

Finely mix the evening primrose flower essence, including flowers, and bring to a boil with the remaining ingredients. Simmer on low for 2-3 minutes, stirring constantly. Pour into small glasses, let cool and cover and chill in the refrigerator for about 2 hours.

Invert the glasses onto a plate and spread cornelian cherry syrup all around the flan. Cut the apricots into small pieces and garnish the flan, along with the summer flowers.

CANDIED ROSE PETALS

INGREDIENTS:

1 egg white
50 g powdered sugar
1 handful rose petals



PREPARATION:

Beat the egg whites briefly until foamy, add 10g powdered sugar and continue beating.

Using a pastry brush, brush the flowers or petals with the egg white powdered sugar mixture. Sprinkle with more powdered sugar. Let dry on a baking paper for about 2- 3 days. After one day, turn over so that the other side also dries well.

The candied flowers can be stored for about 1 month.

CARAMELIZED HAZEL CATKINS

INGREDIENTS:

1 handful of fresh hazelnut catkins (these are the grape-like flowers of the hazelnut bush)

1 tsp butter

1 tsp beekeeper honey (e.g. from summer flowers)

Creamy natural yogurt to At will



PREPARATION:

Melt the butter in a small frying pan over medium heat, then add the hazelnut catkins and fry, turning, until lightly browned. Add the honey and stir everything well. When the honey begins to caramelize, remove the pan from the heat and tip the hazelnut catkins onto a plate.

When the hazelnut catkin caramel has cooled, it can be cut or chopped into small pieces as desired. It goes very well with a creamy natural yogurt or as a topping for desserts, cakes and even salads.

The caramelized hazel catkins, packed in a tin, will keep for at least a week.

PEAR COMPOTE

900 g pears

150 g granulated sugar

Lemon juice

as needed approx. 600 ml water



Peel the pears, cut them in half, core them with a corer. Bring the water, sugar and lemon juice to the boil, add the pear halves, bring to the boil and simmer until tender and pithy.

APPLESAUCE

*800g apples, peeled and cored
150g granulated sugar
Lemon juice
1 cinnamon bark
3 cloves
250 ml water*



Turn the apples in lemon juice. Boil water, cloves, granulated sugar and cinnamon bark for a few minutes. Cut apples into quarters, cover and steam until soft. While still hot, strain through a fine sieve.

REMEDIES AND HOME REMEDIES WITH WILD HERBS AND FOODS

Many still swear by time-tested home remedies for minor illnesses or injuries. On the contrary, making home remedies and cures yourself is becoming more and more popular. Most ingredients are available in health food stores, pharmacies and drugstores, you can also often find them in nature.

COMFREY WRAP

Comfrey compresses help with bruises, sprains and bone bridges.

Chop comfrey root and apply fresh with the peel and juice to the affected painful area. Wrap with a cloth and leave for at least 3 hours.

VINEGAR WRAP

Helps with infections with slightly elevated temperatures, but also with bruises. For wraps either on the whole body or in certain places, such as the calf, wet cloths are placed on the body either soaked only with water or with various substances, which stimulates the blood flow to the skin and organs.

For a vinegar wrap, add 1 tablespoon of vinegar to 1 liter of water.

HOME REMEDY FOR SORE MUSCLES

100 g pumpkin seeds, 1 tbsp pumpkin seed oil, 1 kitchen towel

Crush the seeds in a knife or blender. Then add a tablespoon of pumpkin seed oil and mix everything again. Spread this mixture on the painful area and cover it with a kitchen towel. The poultice should be left on for about a quarter of an hour. You can apply a new poultice

several times a day.

HOME REMEDY FOR SPRAIN

Pour 300 ml of olive oil over 30 g of marigold petals. Let both infuse for a day. Melt 10 g of beeswax and mix it with the oil. Rub it into the sprained area.

Several times a day rub rubbing the affected, sprained area with rubbing alcohol. Just as well is also suitable for this purpose pre-run.

For sprains, beat egg whites until stiff and mix with a chopped bunch of parsley. Spread it on a cloth and leave it for 12 hours.

Heat 20 g lanolin, 6 g beeswax and 40 ml olive oil in a water bath. Add 30 drops of juniper oil. Allow the mixture to infuse for a while and pour it into a cream jar so that it can cool. The cream can be kept for several months.

HOME REMEDIES FOR BRUISES

Spread bruises with cottage cheese and wrap with a towel. After about 5 hours change the bandage. For older bruises, mash boiled potatoes and put them in a linen bag, then put the hot bag on the affected area and fix it with a bandage. This bandage should stay on for up to 12 hours.

HOME REMEDIES FOR SKIN PROBLEMS

15 g butter, 10 g very finely chopped ribwort, 10 g very finely chopped marigolds.

Melt the 15 g butter in a water bath and add the ribwort and marigolds respectively. After careful stirring, let the mixture cool in an ointment tin. The ointment can be applied to pimples.

PIMPLE MASK

Puree two tomatoes and add a teaspoon of honey. Leave the finished mask on the face for about 10 min.

APPLE CIDER VINEGAR APPLICATION

Mix equal parts of apple cider vinegar and mineral water. Wash the face with it to prevent pimples. Application should be regular.

COLTSFOOT TINCTURE

Put one tablespoon of dried coltsfoot leaves in a dark glass with 100 ml of 70% alcohol. Leave the infusion in a warm place for 2 weeks. After that, filter the liquid and pour it into dark glasses. Applied regularly, coltsfoot tincture improves the appearance of the skin.

SIMPLE REMEDIES FOR SUNBURN

Take a bath as cold as possible and add some starch to the bath water.

Apply cream with aloe vera. The thick juice of aloe vera contracts blood vessels and takes away the pain of sunburn.

Mix 20g calendula leaves with 150ml olive oil. Add a little dissolved beeswax. This mixture makes an analgesic ointment.

HELP WITH GASTROINTESTINAL PROBLEMS

Pour hot water over the cumin seeds. Leave to infuse for 15 min. covered. With caraway seeds it is very important to cover, otherwise the essential oils will volatilize.

CONSTIPATION TEA

Boil 15 g of dandelion, 10 g of fennel, 10 g of caraway and 25 g of rhubarb root in a cup of water and steep for 10 minutes.

OAK TEA

The oak bark should come from young branches collected in the spring. Simmer 2 teaspoons in a saucepan with 300ml of water for 5 minutes. Strain the whole and let it cool down before drinking. Do not

drink more than 2 cups of it per day.

RUPRECHT HERB TEA

1 tablespoon of fresh or dried Ruprechtskraut or 1 teaspoon of the dried, finely chopped root with 250 ml of hot water. Leave the herb infusion to infuse for 5 minutes, the root infusion for 15 minutes. covered. Helps with gastritis and diarrhea.

TEA TO ACTIVATE THE CIRCULATION

Thoroughly mix 20 g rosemary leaves, 20 g lemon balm leaves, 10 g rose hips with seeds, 10 g hibiscus flower. One heaped teaspoon per cup is very enough.

EHRENPREISTEE

Pour 2 tablespoons of fresh, finely chopped leaves and shoot tips of Persian speedwell with 250 ml of boiling water, cover and steep for 5 minutes. The intense tasting tea promotes digestion and metabolism and can also be used externally for skin washes for impure skin.

BLADDER AND KIDNEY DISEASE

GOLDENROD TEA

Crush 2 teaspoons of goldenrod herb and brew it with 250ml of water. Let the tea brew for 10 minutes, strain all parts of the plant. You should drink 2 liters of it per day.

Tea from raspberry leaves

Pour 2 heaped raspberry leaves to 250 ml of boiling water and infuse for 5 minutes. Drink 2 - 3 cups of it daily unsweetened.

GREENGAGE TEA

Brew 3 tsp fresh or 2 tsp dried leaves with 250 ml water. Let the tea brew for 10 min and drink slowly in sips. The tea has a diuretic effect and when used also helps against gout and rheumatism.

COLD COUGH FLU

An ancient home remedy for cough: Chop one onion and two cloves of garlic very finely and mix the whole with three tablespoons of honey. Add 200 ml of water and boil everything. After the mixture has rested for a few hours, filter it through a cloth or filter bag. Take one to two teaspoons of it daily.

Potato compress for sore throat: Wrap five potatoes with the skin soft boiled in a cloth and gently mash. Form the compress so that it can cover the chest of the sick person well, with him lying in bed on a large bath towel. Leave the compress on as long as it is considered pleasant, while the potatoes should be as warm or hot as possible.

PLANTAIN TEA

Brew 2 tsp dried plantain leaves with 250 ml boiling water. Cover and steep for 10 minutes and drink in sips. Plantain is an excellent cough tea for the winter.

CHICKWEED TEA

Brew 2 tablespoons of fresh, chopped chickweed with 250ml of boiling water, cover and steep for 10 minutes. Drink the tea in small sips. The tea is also good for children.

OUTLOOK FOR THE COMING PERIOD AND EPILOGUE

Wars, natural disasters or other crises and emergency situations have always existed in the past and are still omnipresent today. Even in the future, the world will not be spared from one or the other.

Most of us have so far been spared from terrible events. Wars, such as the First and Second World Wars, are mostly known only from stories told by our parents and grandparents. Famines, droughts, epidemics and huge natural disasters we know only from television and the news.

We can only imagine how badly such an event would affect us. Sometimes while reading or watching the news, you think about what you would do if an emergency affected you and your family. Once the news is over, however, you quickly go about your normal daily routine.

That is also a good thing. It doesn't make sense to drive yourself crazy, nor does it make sense to brood all day over a possible scenario without any results.

Optimism is also definitely called for. To do this, you should differentiate the news that affects you on a daily basis. Often, the distress of the population affected by an emergency is not exclusively attributable to the event. Rather, the consequences of the event go hand in hand with the general state of the affected region.

It certainly matters whether a country is "poor" or "rich. High technical standards in all areas of infrastructure, such as water supply, sewerage, energy supply, transport network or architecture as we know them, are a good prerequisite for minimizing the consequences

of a disaster or preventing them from occurring in the first place. In the process, our standards are constantly being perfected. For example, a flood of the century, as was the case in central Germany in 2021, would probably have had far worse consequences in an African or South American country.

Another factor, of course, is the state of health care, hygiene and nutritional standards in general. Here, too, the higher the standard, the lower the consequences of a crisis.

The form of government also plays a role in armed conflicts. The probability that war will be waged in a state run by a dictatorship is always higher than in a democracy. The economic aspect, whether a country is dependent on many imports, is also not insignificant.

We often find authorities, administrations and offices annoying. Nevertheless, these institutions, in cooperation with research and industry, develop emergency plans for all areas and also constantly perfect them. This is also necessary because threats can also change over time. Not only from a military perspective. The Cold War era, from which the first contingency plans for our emergency water supply date, has long been history. That Russia could nevertheless become a new threat was not foreseeable for a long time.

Threats from fanatical faith groups in the form of terrorist attacks is also part of our recent history.

Global climate change is causing more and more storms, floods, droughts and heat waves.

As our technology continues to develop, so does our energy demand. Here, the development of new innovations in the power sector must be adapted to the increasing risk of a blackout. The emergency plans must grow accordingly with the development.

We have little influence on all these factors. Most of the crises of the present are not life-threatening for us. Although the aforementioned flood of the century caused many people to lose their belongings, and some even their homes, the number of injured and dead was rather

low compared to floods in other countries. Rapid assistance from countless people in neighboring regions, evacuations and other emergency plans prevented the worst from happening.

The Corona pandemic claimed countless lives worldwide. The German-speaking countries accounted for a rather small proportion. Here, too, rapid measures and also the discipline of the population helped. We learned relatively quickly how to deal with this new threat.

Directly, we usually only feel crises like Corona through restrictions like no-contact orders, closed restaurants or working from home offices. Corona has done a lot of damage to us from an economic perspective. Be it in business, retail or for you privately. Everything gets more expensive, but life goes on.

While most events, whether war or natural disaster, are more or less predictable, a blackout can hit us at any time. Whether five minutes or five days, whether in your house, your street or in your entire city or region.

A power outage is not just an emergency in its own right; it is often the result of another cause, such as a war or a flood. Therefore, it is a good plan to prepare for such an event in a targeted manner. To include emergency reserves with food from everyday life, in order to have always a current emergency supply still a better one. If you combine this with alternatives that you already use occasionally anyway, such as charcoal or camping grills, you are well prepared.

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