

## **FREEZER BAG COOKING (FBC) TIPS**

FBC is a method of packaging, cooking and eating backpacking meals, all in the same bag.

Use heavy 1 quart (litre) size Ziploc freezer bags

Label each bag with a Sharpie as you pack it.

Example: CHILI (1 cup water)

Water need not be heated to the boiling point (212 degrees) except for sanitary purposes.

Nearly boiling 180 degree water is ok to use, and reduces the chance of burns or melted bags.

Pour your hot water into a cup to measure it, before adding it to the bag.

If you need to boil your water, allow it to cool a bit before pouring into the freezer bag.

Pour your measured water into the freezer bag, and then stir with a long handled spoon.

\*the special spoons are available from outdoors supply stores.

**\*an alternate method is to mix ½ of the unheated water into the bag 20 minutes before you intend to cook, and then add the other ½ as hot water at the usual time. This allows the food more time to rehydrate...and you are heating up less water.**

Seal up the bag and place it in a cozy for 10 – 15 minutes.

A cozy may be anything from an item of clothing to a specially made insulated bag.

**\*remember to ALWAYS store your cozy with your food at night, not in your tent.**

**\*don't use clothing that you intend to wear for a cozy, as it will smell like food.**

Be careful when opening the hot bag, as steam may be released.

Before eating, roll the bag 1/3 of the way down (like rolling a sock) to form a bowl.

Cleanup amounts to washing your long handled spoon and burning the plastic bag in your campfire, or rinse out the bag, reseal it and pack it out.

**Dave Suttie, Feb 2018**