

TO COOK ON YOUR STOVE:

You need to find a pan that sits safely on the top of the tin. You can even make your own cooking pans out of old food tins (don't cook in tins which have been used for oil, paint, polish, chemicals etc!!)

Start your fire using paper and twigs.

- If you want to cook quickly (eg. boiling water) keep the fire going with twigs.
- If you want to cook slowly add thicker wood or even a few lumps of barbecue charcoal and wait until the flames die down a bit.

SAFETY

- Choose a safe place to light your fire. It should be on the ground and away from anything which could catch alight.
- These stoves should only be used outside.
- Don't keep your firewood too close to the stove.
- Make sure your pan is safe on top of your stove. Have a cloth or oven glove for lifting the pan.
- Tie back long hair when cooking.

ALWAYS

have a bucket or bowl of water near by to put out your fire or to cool a burn!!



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Conservation cooking is any method of cooking which uses less fuel.

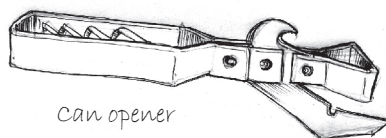
A conservation stove is a very efficient way of lighting a fire...

- All the heat is kept in the tin and directed up to the cooking pot.
- The fire is very small so you only need small twigs, and paper or charcoal can also be used.
- The stove itself is made out of recycled materials (an old tin can)

This leaflet describes how to make a VERY SIMPLE conservation stove.

YOU WILL NEED:-

- An empty tin!! - a baby milk tin, catering size food tin or large coffee tin.
- An old-fashioned type can opener.
- A can piercer. (if you can't get one use the can opener to make holes.)
- A pair of pliers.
- felt tip pen and ruler.



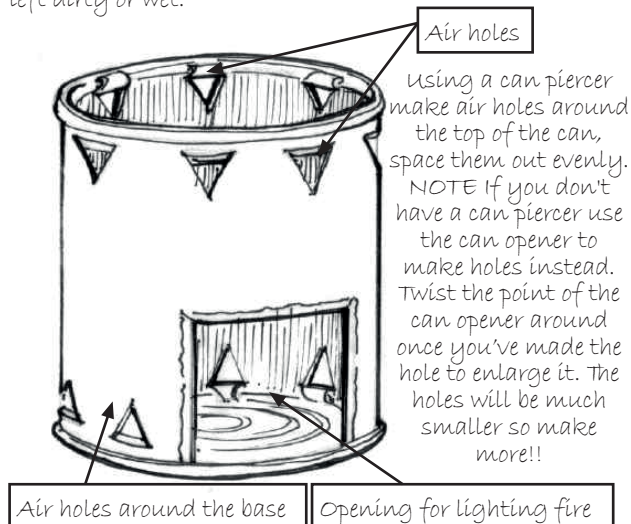
Can opener



Can piercer

conservation Stove

Make sure your can is clean and dry as they will rust if left dirty or wet.

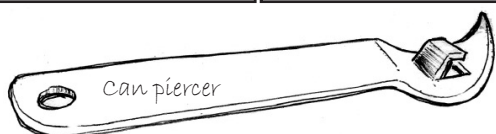


Air holes

Using a can piercer make air holes around the top of the can, space them out evenly. NOTE If you don't have a can piercer use the can opener to make holes instead. Twist the point of the can opener around once you've made the hole to enlarge it. The holes will be much smaller so make more!!

Air holes around the base

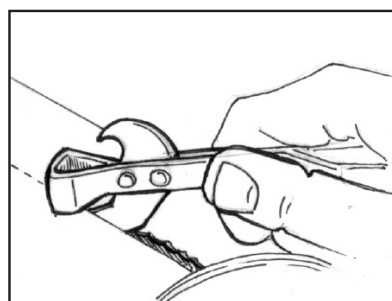
Opening for lighting fire



Can piercer

Using a pen and ruler mark on the bottom of the can where the opening will be for lighting the fire. The exact size doesn't matter and will depend on the size of your can, but it should be roughly big enough to put your clenched fist in.

Make more air holes using the can piercer around the base of the can but don't get too close to where you are going to make the opening



Using the can opener cut the opening.

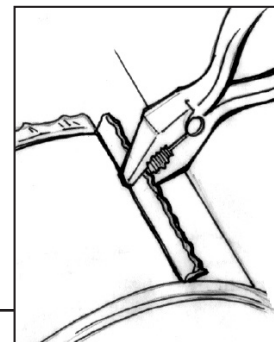
1. Start from the bottom rim, make a hole and cut upwards using a rocking motion.
2. When you've done the first side start from the bottom rim again and cut the second side.

3. Cut along the top. 4. Cut along the bottom.

The edges will be very rough so be careful not to cut your hands, don't worry if your cutting is a bit wobbly!!

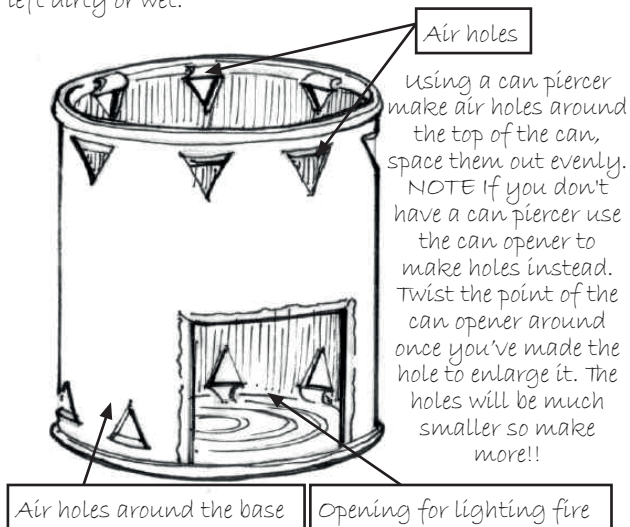
Using a pair of pliers fold back the rough edge of the opening and then use the jaws of the pliers to squash it flat. It is worth taking some time to make the opening neat if you want to use your Conservation stove more than once.

A metal file or emery cloth can be used to rub off any sharp edges

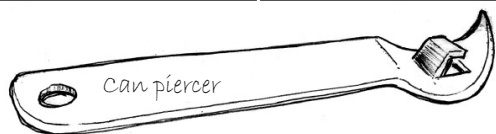


There are lots of different ways of making tin can stoves. If you are frying food you could use the can upside down and cook directly on it. You would need to be careful where you stand the tin as there is no base to light the fire on. Use this kind of stove for making pancakes, crumpets or for frying eggs etc.

Make sure your can is clean and dry as they will rust if left dirty or wet.

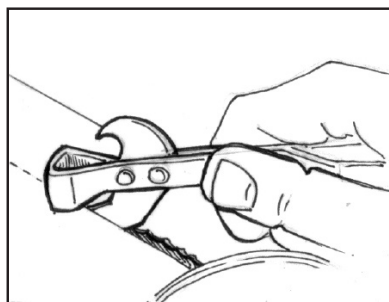


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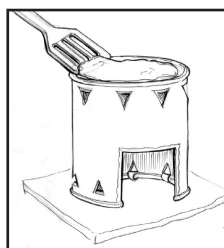
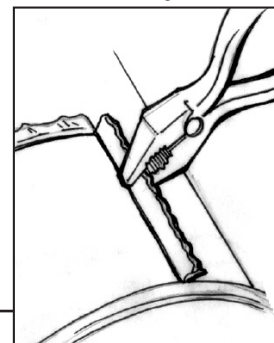
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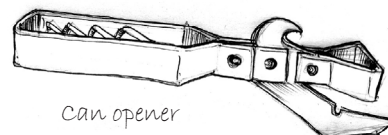
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