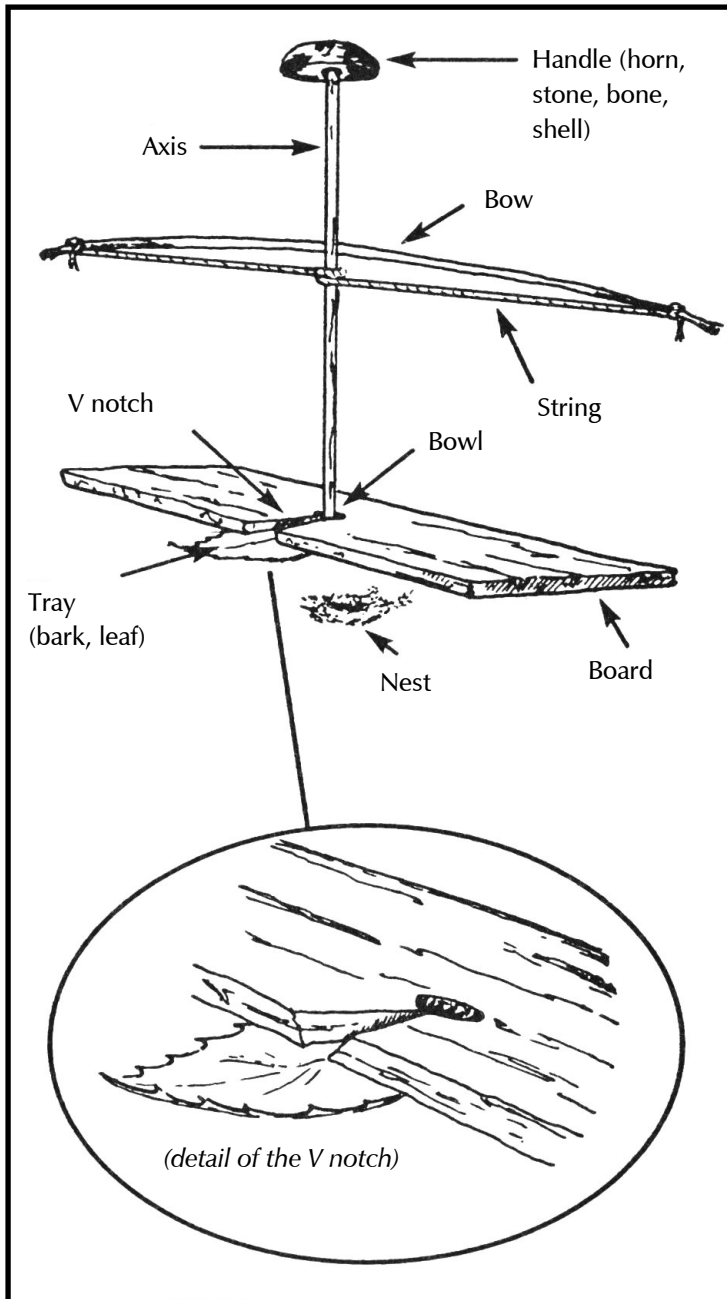


SURVIVAL COOKBOOK

*Or how to feed
100 people
or more
without stress...*

HOW TO MAKE FIRE



CONTENTS

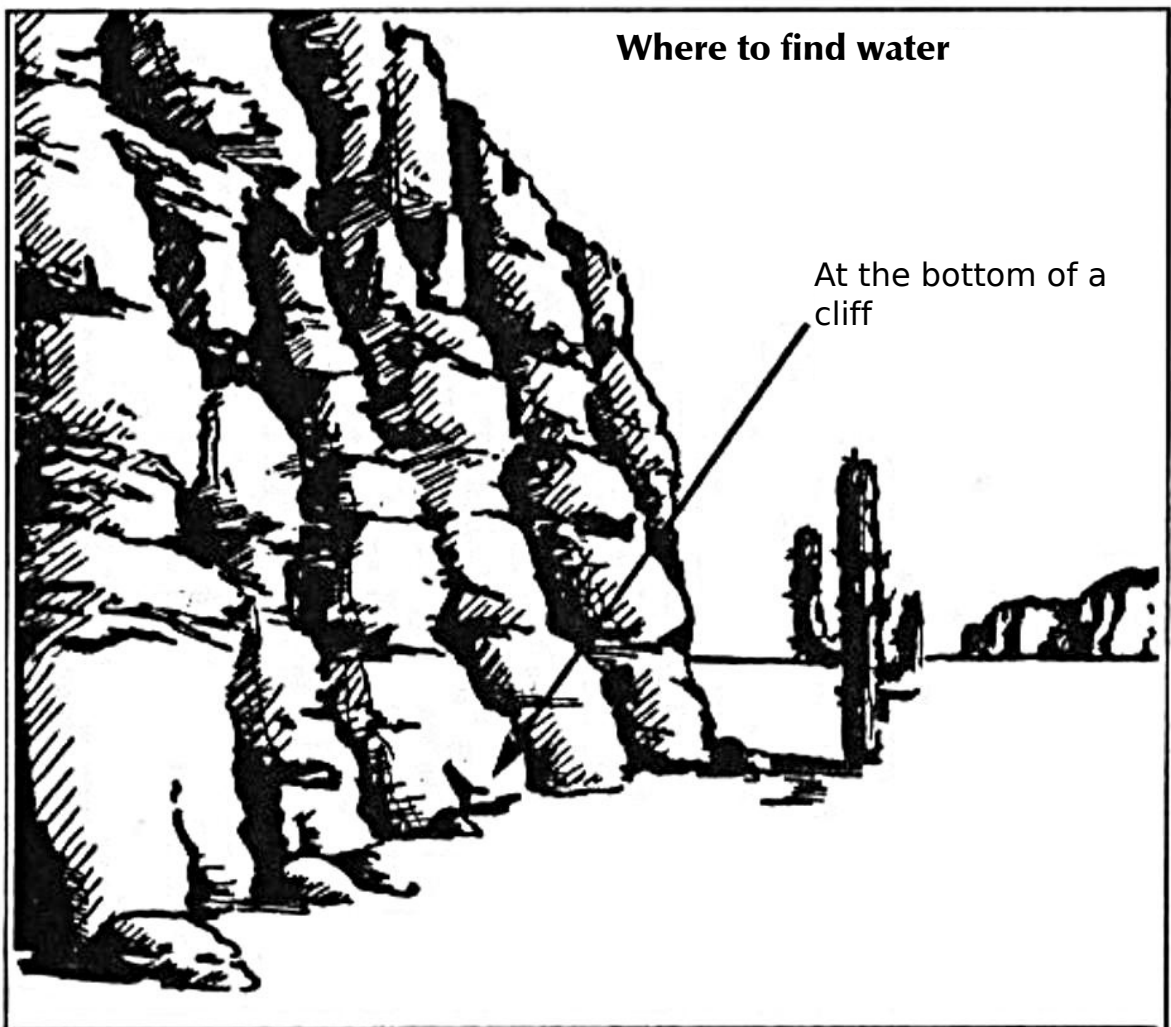
<i>Ratatouille</i>	6
<i>Indian lentils with chards and cucumber raita</i>	8
<i>Salad A la provençale</i>	11
<i>Spaghetti bolognese</i>	12
<i>Pasta salad</i>	15
<i>Zucchini salad with sweet peppers</i>	17
<i>Vegetable curry</i>	18
<i>Lentil salad A l'égyptienne</i>	20
<i>Lebanese tabbouleh</i>	23
<i>Sicilian Caponata</i>	24
<i>Grated beetroot salad</i>	27
<i>Hummus</i>	29
<i>Pesto soup</i>	30
<i>Cabbage salad</i>	33
<i>Couscous</i>	34
<i>Moroccan carrot salad</i>	37
<i>Grated zucchini salad</i>	39
<i>Chili con soja</i>	40
<i>Chick peas salad</i>	43
<i>Cucumber salad</i>	45
<i>Zucchini à la provencale</i>	46

MENU IDEAS

- Lunch *Ratatouille*
 Boiled potatoes in their jackets
 Fruits
- Dinner *Indian lentils with chards and cucumber raita*
 Pilaw rice
- Lunch *Salad à la provençale*
 Green salad
- Dinner *Spaghetti bolognese*
 Cantaloupe
- Lunch *Pasta salad*
 Zucchini salad with sweet peppers
 Fruits
- Dinner *Vegetable curry*
 Chutney, hot curry sauce
 Pilaw rice
- Lunch *Egyptian lentil salad*
 Grated beetroot salad
 Fruits
- Dinner *Sicilian Caponata*
 Pilaw rice
 Green salad
- Lunch *Lebanese tabbouleh*
 Hummus
 Fruits
- Dinner *Pistou soup*
 Green salad
- Lunch *Egyptian lentil salad*
 Cabbage salad
 Fruits
- Dinner *Couscous*
 Semolina
 Green salad

Lunch *Moroccan carrot salad*
Grated zucchini salad
Green salad
Fruits

Dinner *Chili con soja*
Pilaw rice
Green salad



All the recipes are worked out on a basis of 100 people, you can multiplie them according to your needs. If you cook the dishes of the menus separately, increase the proportions accordingly, and enjoy your meal.

RATATOUILLE

Ingredients

Tomatoes	6 kg
Zucchini	6 kg
Aubergines	6 kg
Sweet peppers	3 kg
Onions	3 kg
Garlic	2 bulbs
Sunflower oil	1 litre
Olive oil	1 litre
Salt, pepper	to taste

Boiled potatoes

Potatoes	20 kg
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Recipe

Cut into big pieces and fry separately each vegetable, starting with the onions and dump them one after the other in a big pan. Add the crushed garlic. Fry everything together and keep stirring so that it doesn't stick to the pan.

Add some water so that it covers the vegetables.

Taste it from time to time (the aubergines take more time to cook).

Serve hot.

Boiled potatoes in their jackets

Wash the potatoes, put them in one or two big pans starting with the bigger ones and then the smaller ones and cover with cold water, add cooking salt.

Bring to the boil it and pick them from time to time.

When the potatoes are soft, take them out of the water and keep them warm.

INDIAN LENTILS WITH CHARDS, CUCUMBER RAITA

Ingredients

Dry lentils	8 kg
Chards	10 kg
Onions	5 kg
Olive oil	1/2 litre
Garam massala	100 g
Cinnamon sticks	100g
Brown sugar	200 g
Salt	to taste

Cucumber raita

Soja yoghurt	16 yoghurts
Cucumbers	5
Cumin powder	100 g

Pilaw rice

Rice	10 kg
Onions	0.5 kg
Sunflower oil	1/4 litre
Salt peper	to taste
Turmeric	50 g

Recipe

Cook the lentils in lots of water until they are almost cooked.

Strain.

Chop the onions.

Chop the green parts of the chards and cut the stalks into slices.

Add the spices.

When the mix has reduced, add the lentils.

End the cooking.

Cucumber raita

Peel the cucumbers every other strip (zebra effect).

Grate them and put them into a strainer with some salt to drain them.

Strain them and add the yoghurt.

Flavor with cumin.

Add salt.

Pilaw Rice

Fry the onions on gentle fire until golden.

Add the rice after measuring its volume in a big bowl.

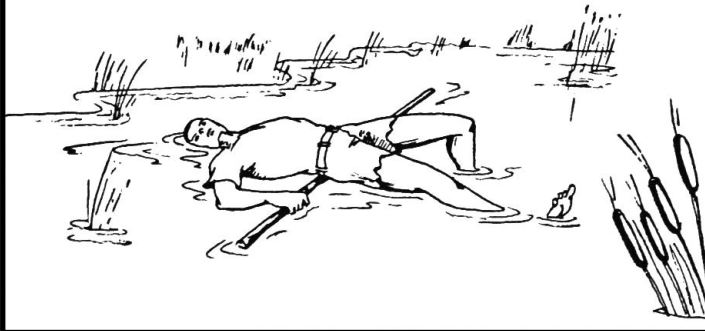
When it's shiny with oil, add twice it's volume in water.

GETTING OUT OF QUICK SANDS

If you have to cross quick sands, take a solid pole with you. It will allow you to float on your back.



Place the pole perpendicularly to your spine so that your pelvis floats.



SALAD A LA PROVENCALE

Ingredients

Potatoes	6 kg
Tomatoes	6 kg
Runner beans	6 kg
Black olives	1 kg
Olive oil	1 litre
Vinegar	1/4 litre
Mustard	150 g
Salt, pepper	to taste

Recipe

Cook the potatoes with their skin, peel them when they are cold and cut them into thick slices.

Top and tail the runner beans, blanch them.

Cut the tomatoes and the runner beans into pieces.

Make a mustard sauce: add the vinegar to the mustard then the olive oil like for a mayonnaise.

Mix all the ingredients, serve cold.

SPAGHETTI BOLOGNAISE

Ingredients

Chunks or tofu	2 kg
Onions	5 kg
Tinned or fresh mushrooms	4 kg
Tomatoes	8 kg
Olive oil	1 litre
Garlic	2 bulbs
Oregano	250 g
Salt, pepper	to taste
Spaghetti	10 kg

Recipe

Fry the chopped onions until they are see through, throw in a big pan.

Fry the chopped tofu or the crushed chunks (a pillow case and a hammer could prove usefull) in a frying pan with the olive oil and the oregano, throw in the big pan.

Strain the tinned mushrooms or slice the fersh ones and fry them in olive oil, add the crushed garlic.

Add to the pan.

Chop the tomatoes and add them to the pan.

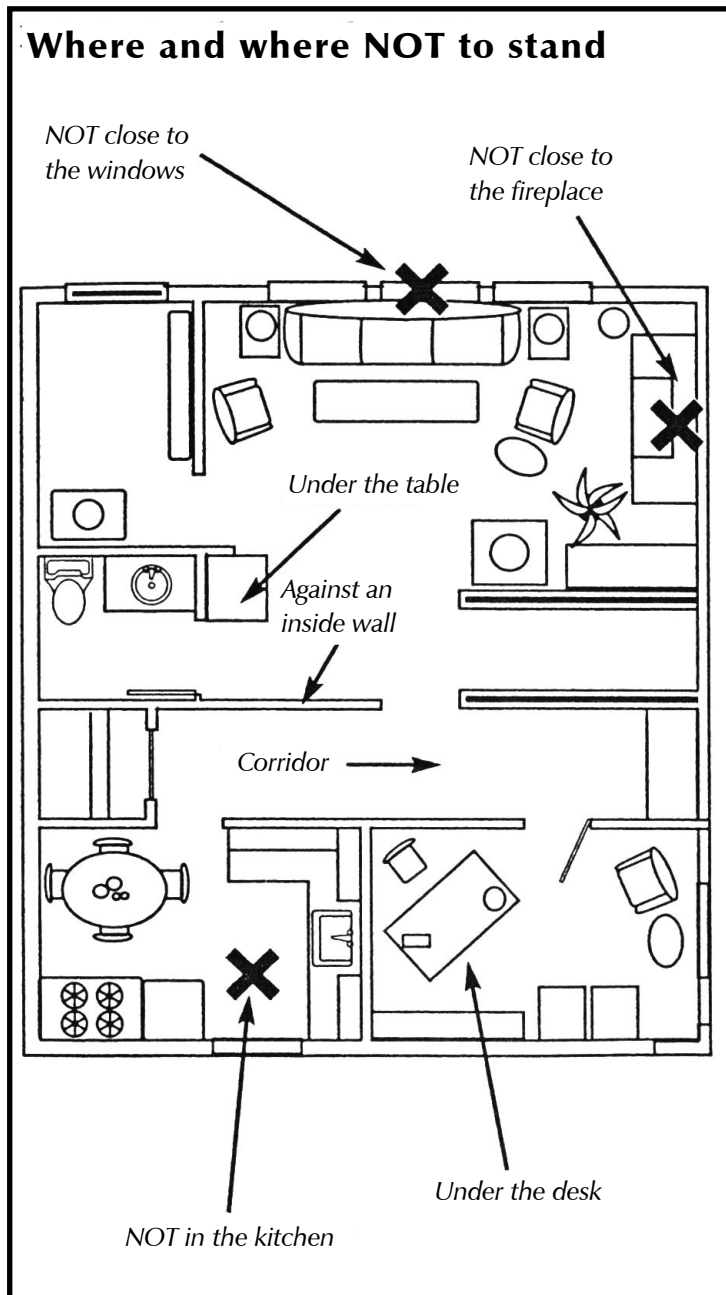
Cover with a bit of water.

Simmer on gentle fire for about 1 hour.

Cook the spaghetti in salted boiling water with a bit of oil, not more than 5 kg at a time.

When they are cooked, strain them and serve with the sauce.

SURVIVING AN EARTHQUAKE



PASTA SALAD

Ingredients

Fusilli (dry)	10 kg
Cornichons (gherkins)	2 kg
White onions	1 kg
Sweet peppers	4 kg
Tomatoes	4 kg
Olive oil	1 litre
Vinegar	1/4 litre
Mustard	150 g
Salt, pepper	to taste

Recipe

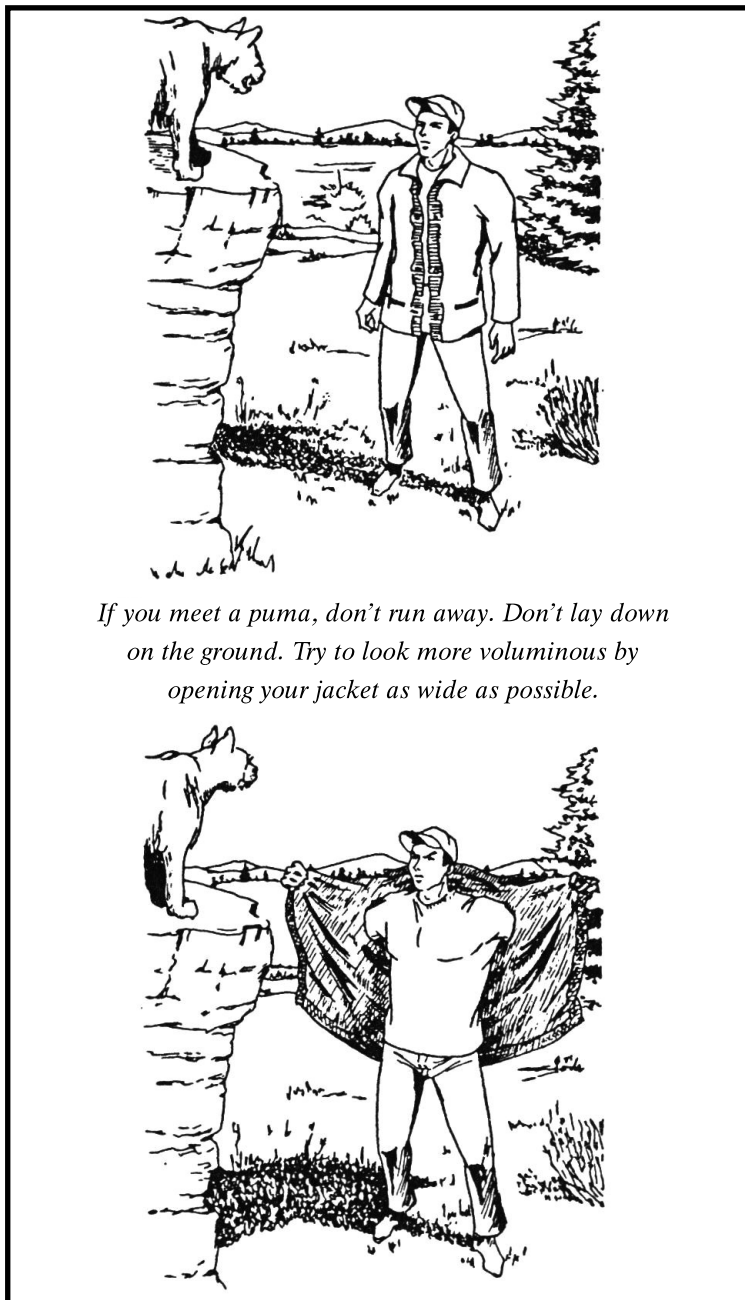
Cook the pasta.

Cut the other ingredients into small pieces.

Make a mustard sauce: add the vinegar to the mustard then the olive oil like for a mayonnaise.

Mix everything when the pasta is cold.

ESCAPING FROM A PUMA



If you meet a puma, don't run away. Don't lay down on the ground. Try to look more voluminous by opening your jacket as wide as possible.

ZUCCHINI SALAD WITH SWEET PEPPERS

Ingredients

Zucchini	10 kg
Lemons	2 kg
Sweet peppers	2 kg
Olive oil	1 litre
Garlic	1 bulb
Salt, pepper	to taste

Recipe

Dice the zucchini into approx. 1 cm dices.

Wash the whole sweet peppers and coat them with olive oil, then fry them in a frying pan until the skin peels off. Put them in a pan and cover them with newspaper.

Cover the zucchinis with a mix of olive oil and lemon and add the crushed garlic.

Once the peppers have cooled down, take off the skin and seeds ; cut them into thin slices and add them to the zucchinis.

Marinate minimum 1 hour (even better when cooked the day before).

VEGETABLE CURRY

Ingredients

Cabbage	7 kg
Onions	3 kg
Potatoes	2 kg
Carrots	7 kg
Tomatoes	5 kg
Sweet peppers	1 kg
Sunflower oil (or ghee)	1 litre
Salt, pepper	to taste
Mild curry	100 g
Turmeric	100 g
Cumin	100g
Coriandre	100 g

Apricot chutney

Whole apricots jam	2 big jars
Garlic	2 bulbs
Vinegar	1/2 glass
Ginger	100 g
Sesame seeds	100 g

Hot curry sauce

Hot curry powder	200 g
Chili powder	200 g

Pilaw rice

Rice	7 kg
Onions	0.5 kg
Sunflower oil	1/4 litre
Salt, peper	to taste
Turmeric	50 g

Recipe

Chop the onions and fry them, throw in a big pot

Chop the cabbage and fry it, throw in the big pot

Cut the potatoes into cubes and fry them, throw in the big pot

Cut the sweet peppers and carrots into slices and fry them, throw in the big pot

Mix all the spices together in a bowl and add them progressively, keep tasting.

Add the tomatoes cut into big pieces.

Cover with water.

Simmer and taste from time to time, add mixed spices if needed.

Hot curry sauce

Mix hot curry powder and chili powder together;

Add water until you get a creamy texture.

Apricot chutney

Mix in a pan the apricot jam, the vinegar, the crushed garlic and the ginger.

Stir until it boils.

Fry sesame seeds in a pancake pan without oil until golden brown.

Serve the sauces separately with the curry.

Pilaw Rice

Fry the onions on gentle fire until golden.

Add the rice after measuring its volume in a big bowl.

When it's shiny with oil, add twice it's volume in water.

Add salt, turmeric and pepper to taste.

When holes appear on the surface of the rice and water is under the level of the rice, put a lid on the pan, leave to simmer five more minutes and then turn the heat off.

Serve when the rice has absorbed all the water.

LENTILS SALAD A L'ÉGYPTIENNE

Ingredients

Dry lentils	6 kg
Tomatoes	6 kg
Cucumbers	6 kg
Olive oil	1 litre
Vinegar	1/4 litre
Mustard	150 g
Salt, pepper	to taste
Thyme	a bunch
Laurel	a few leaves

Recipe

Cook the lentils in lots of cold water with the thyme and the laurel.

Strain and take the thyme and laurel out.

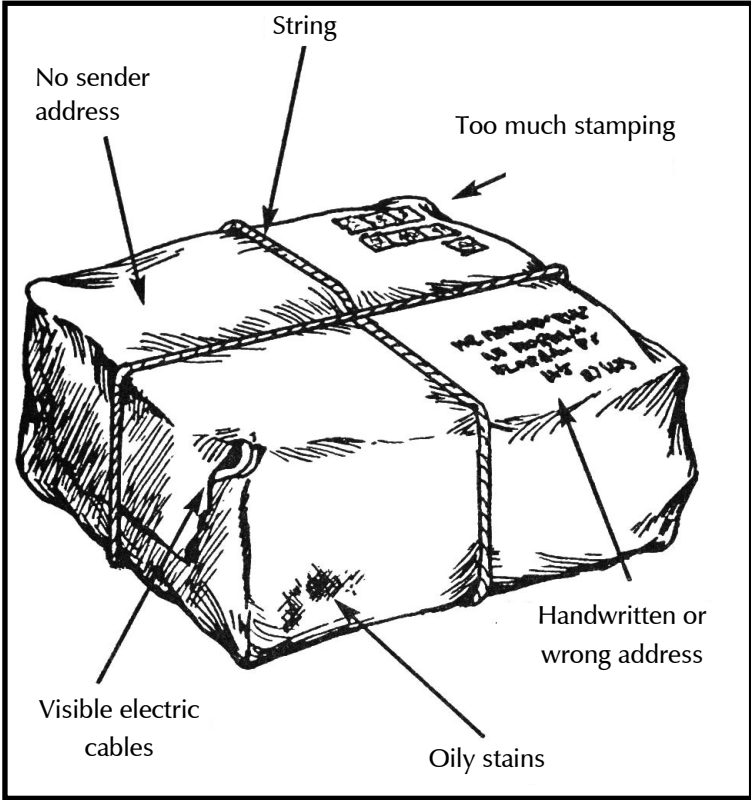
Cut the tomatoes and the sweet peppers into pieces.

Make a mustard sauce: add the vinegar to the mustard then the olive oil like for a mayonnaise.

Mix all the ingredients with the lentils.

Serve warm or cold.

DETECTING A PARCEL BOMB



LEBANESE TABBOULEH

Ingredients

Bulgour	8 kg
Parsley	1 kg
Tomatoes	8 kg
Cucumber	8 kg
Mint	1 kg
Lemon	2 kg
Olive oil	1 litre
Salt, pepper	to taste

Recipe

Cover the bulgour with water and leave it for 15 mn. Strain and press to wring the extra water out.

Mix the chopped parsley and mint, the tomatoes and cucumber chopped into small pieces and add to the bulgour.

Add the lemon juice and the olive oil and mix.

Marinate for at least one hour.

SICILIAN CAPONATA

Ingredients

Tomatoes	5 kg
Aubergines	8 kg
Sweet peppers	8 kg
Onions	2 kg
Celery (branch)	1 kg
Capers	1 jar
Green olives	1 kg
Olive oil	2 litres
Salt, pepper	to taste
Brown sugar powder	100 g
Vinegar	½ litre

Boiled potatoes in their jackets

Potatoes	20 kg
Kitchen salt	to taste

Recipe

Dice the aubergines into big dices and fry them in olive oil on gentle fire for about 15 minutes. Add salt and throw in a big pot

Cut the sweet peppers into small slices and fry them in olive oil on gentle fire for about 15 minutes. Add salt and throw in the big pot

Fry the chopped onions in olive oil until golden brown then add the tomatoes cut into pieces.

After 10 minutes, add the stoned olives, the capers and the celery cut into small pieces.

Cook for 15 minutes, keep stirring then throw in the big pot

Cover the vegetables with water.

Cook on gentle fire.

Taste from time to time (the aubergines take longer to cook).

Serve hot.

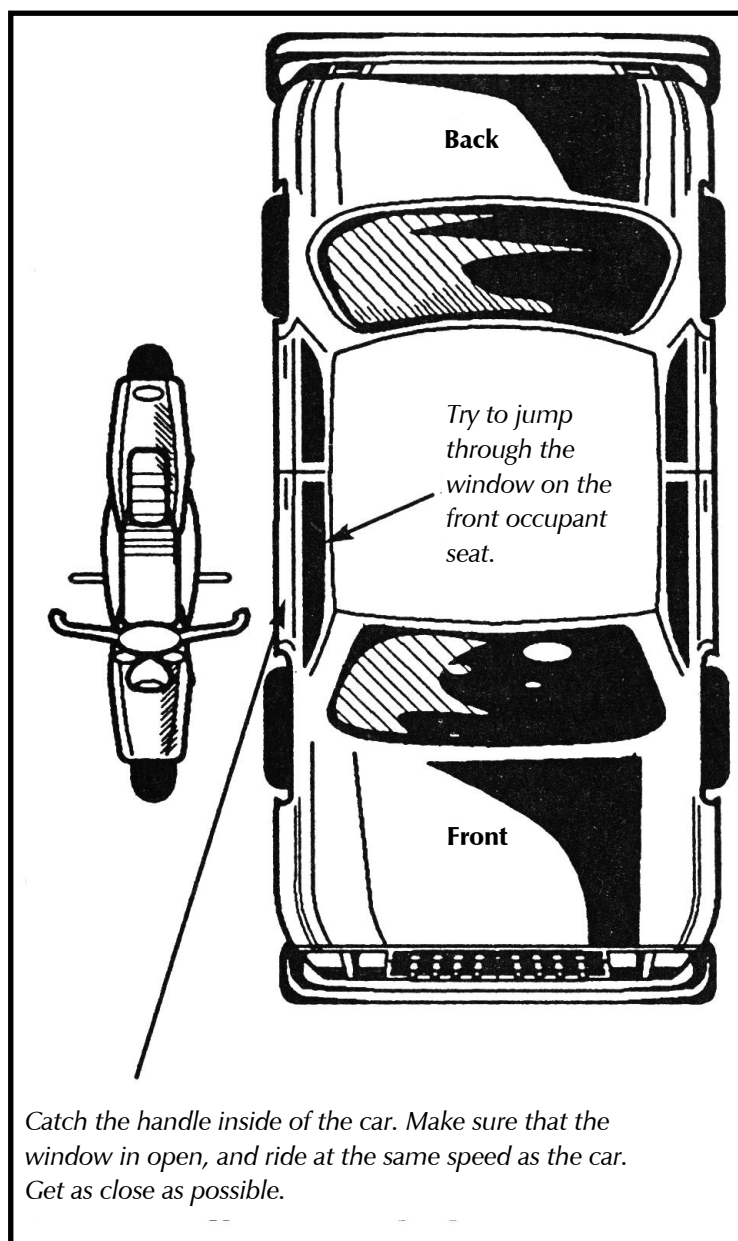
Boiled potatoes in their jackets

Wash the potatoes, put them in one or two big pans starting with the bigger ones and then the smaller ones and cover it with cold water, add cooking salt.

Boil it and pick them from time to time.

When the potatoes are soft, take them out of the water and keep them warm.

JUMPING IN A MOVING CAR FROM A MOTORBIKE



GRATED BEETROOT SALAD

Ingredients

Beetroots	7 kg
Lemons	1 kg
Olive oil	1 litre
Sesame seeds	1 glass
Salt, pepper	to taste

Recipe

Grate the roar beetroots on a fine grid.
Cover the beetroot with a mix of olive oil and lemon.
Fry the sesame seeds on a dry frying pan until golden.
Add them to the salad and mix.
Marinate at least 1 hour.

ESCAPING FROM A SINKING CAR



HUMMUS

Ingredients

Chick-peas	3 kg
Olive oil	1 litre
Lemons	1.5 kg
Tahin	250 g
Garlic	4 bulbs
Salt, cumin, paprika	to taste

Recipe

The day before, soak the chick-peas (3 x their volume of water).
Cook them in cold water without salt on gentle fire (around 2 hours).

Grind the chick-peas with a hand grinder, sprinkling it with the lemon juice mixed with the tahin.

Crush the garlic and add it.

Mix in the cumin powder.

Sprinkle paprika on it.

PESTO SOUP

Ingredients

Zucchinis	10 kg
Red kidney beans	1.5 kg
White coco beans	1.5 kg
Macaronis	3 kg
Potatoes	3 kg
Runner beans	10 kg
Carrots	2 kg
Tomatoes	5 kg
Salt, pepper	to taste

Pesto

Garlic	1.5 kg
Basil	1 kg
Olive oil	3 litres

Recipe

Soak the dry beans separately the day before.

Cook the dry beans separately (without salt). Red beans take longer.

Top and tail the green beans, blanch them or use tin beans.

Cut the zucchinis, carrots and tomatoes into big pieces.

When the dry beans are almost cooked put everything in a big pan and cover with 4 times the volume of water.

Cook the macaronis that will be added at the last moment.

Taste from time to time, add salt and pepper

Pesto

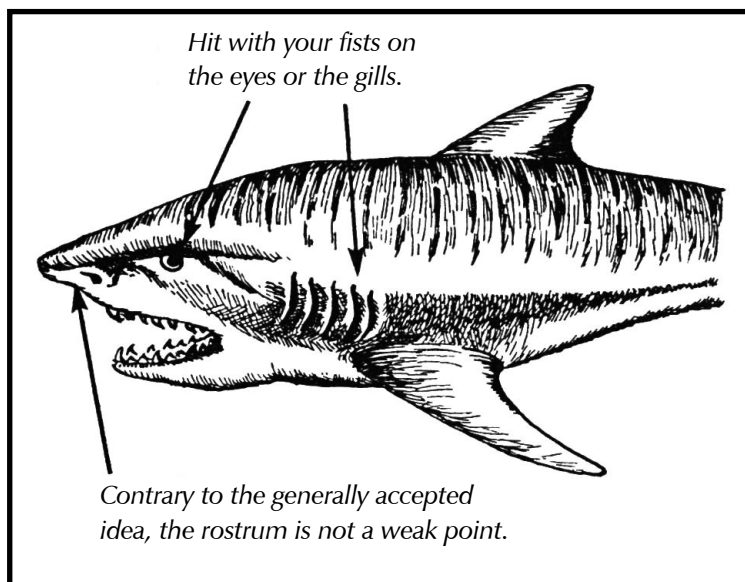
Chop the basil finely.

Crush the garlic.

Mix the two in olive oil.

Serve with the soup.

TO GET RID OF A SHARK



CABBAGE SALAD

(SALATET MALFOUF)

Ingredients

Cabbage	7 kg
Garlic	2 bulbs
Lemons	1 kg
Black olives	500 g
Olive oil	1 litre
Fresh mint	1 bunch
Salt, pepper	to taste
Cumin seeds	50 g
Coriander seeds	50 g

Recipe

Crush the garlic and mix it with the salt until getting a paste. Add the lemon juice progressively, mixing until it looks like a mayonnaise.

Cut the cabbage in thin slices and pour the sauce on it.

Add the olives, the cumin seeds and the crushed coriander seeds.

Mix thoroughly.

Chop the mint and sprinkle it on the salad.

COUSCOUS

Ingredients

Zucchini	10 kg
Chick-peas	2 kg
Onions	2 kg
Potatoes	2 kg
Sweet peppers	5 kg
Carrots	10 kg
Turnips	5 kg
Tofu or chunks	1.5 kg
Olive oil	1 ½ litre
Salt, pepper	to taste
Ras el hanout	250 g

Harissa

Garlic	3 bulbs
Fresh chili	1 kg
Olive oil	1/4 litre
Or tinned harrissa	1 kg

Semolina

Semolina	10 kg
Olive oil	1/4 litre

Recipe

The day before soak the chick-peas.

Cook them in water (three times their volume)

Cut into big pieces and fry separately each vegetable, starting with the onions and dump them one after the other in a big pan

Cover with lots of water, and then add 3/4 of the ras el hanout.

Taste it from time to time and add salt.

Harissa

Put gloves on!

Remove the seeds of the fresh chilis and chop them very finely.

Crush the garlic.

Mix the two in olive oil.

Add salt and 1/4 of the ras el hanout.

Or add a bit of broth to the tinned harrissa.

Semolina

Boil water.

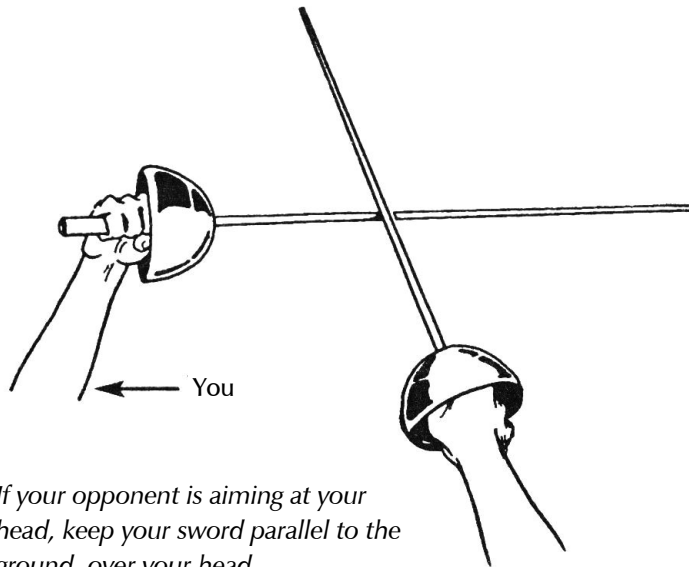
Pour the semolina in big plastic salad bowls, add a bit of olive oil and stir.

Pour little by little boiling water on the semolina and keep stirring all the time.

When the grain is almost soft, cover it and let it absorb the water.

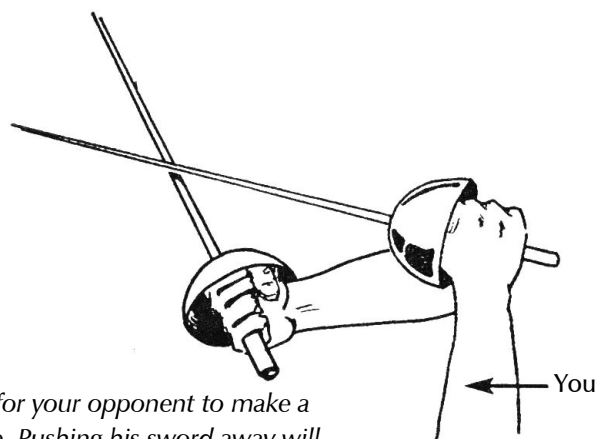
WINING A SWORD FIGHT

How to parry.



If your opponent is aiming at your head, keep your sword parallel to the ground, over your head.

How to attack.



Watch for your opponent to make a mistake. Pushing his sword away will make him lose balance.

MOROCCAN CARROT SALAD

Ingredients

Carrots	15 kg
Olive oil	1 litre
Lemons	2 kg
Garlic	200 g
Parsley	100g
Cumin powder	80 g
Salt, pepper	to taste

Recipe

Cut the carrots into thick slices (1 to 2 cms).

Cook the carrots and the crushed garlic in salted water until the carrots are soft.

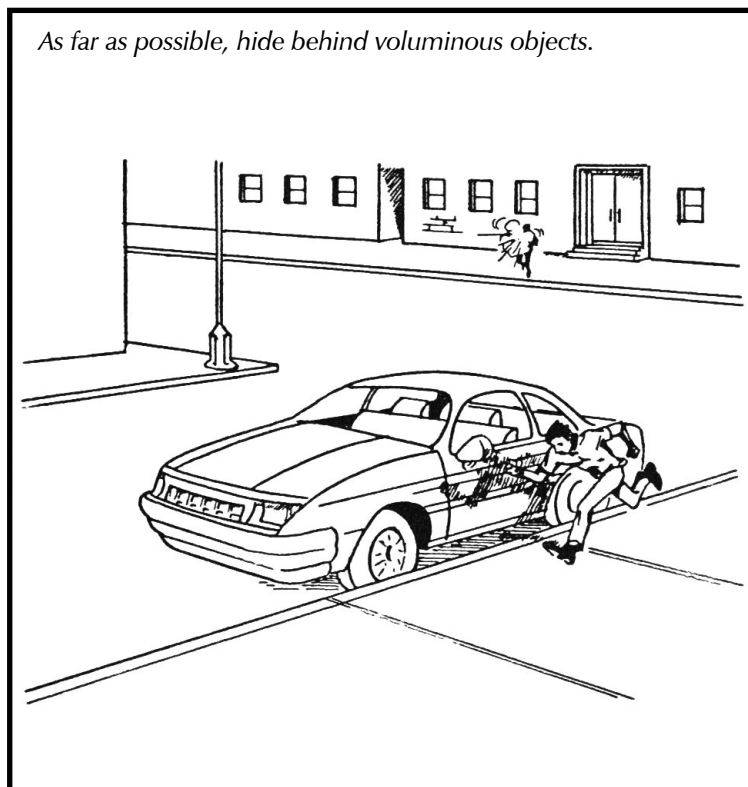
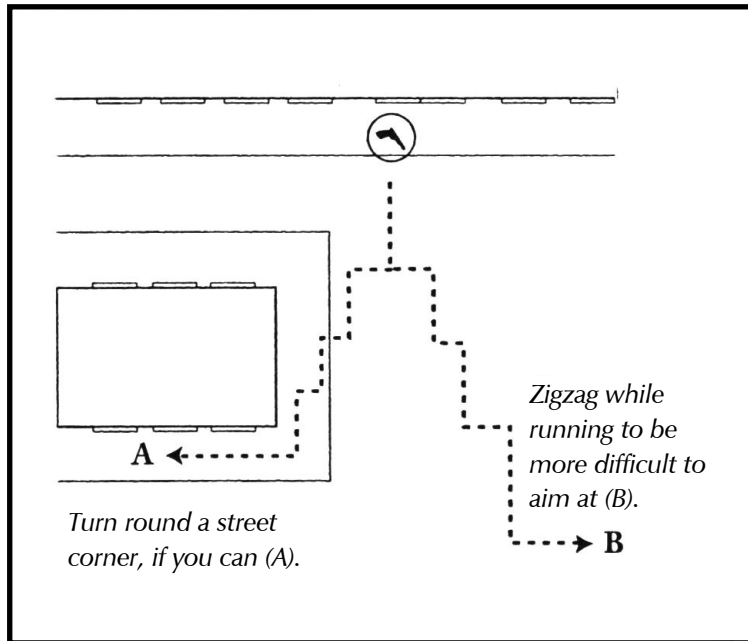
Strain.

Make a sauce with the oil, the lemon juice and the cumin.

Cover the carrots with the sauce and the chopped parsley.

Marinate until cold.

ESCAPING FROM A SNIPPER



GRATED ZUCCHINI SALAD

Ingredients

Zucchini	10 kg
Lemons	1.5 kg
Olive oil	1 litre
Fresh basil	1 bunch
Salt, pepper	to taste

Recipe

Grate the zucchini with a medium grid.

Cover the zucchini with a mix of olive oil and lemon and add the chopped basil.

Marinate for at least one hour.

CHILI CON SOJA

Ingredients

Kidney beans	10 kg
Carrots	5 kg
Tomatoes	5 kg
Garlic	1 kg
Onions	5 kg
Sunflower oil	1.5 litre
Soja chunks	1.5 kg
Herbes de provence	150 g
Paprika	
Salt, pepper	to taste

Boulgour

Boulgour	10 kg
Salt	to taste

Recipe

Soak the kidney beans the day before

Cook the kidney beans (without salt).

Crush the chunks (a pillow case and a hammer could prove usefull).

Fry the soja chunks in olive oil and add the herbs de Provence. Then hydrate them progressively until soft.

Fry the onions in olive oil, add the garlic, the chunks, the tomatoes, the beans and the paprika.

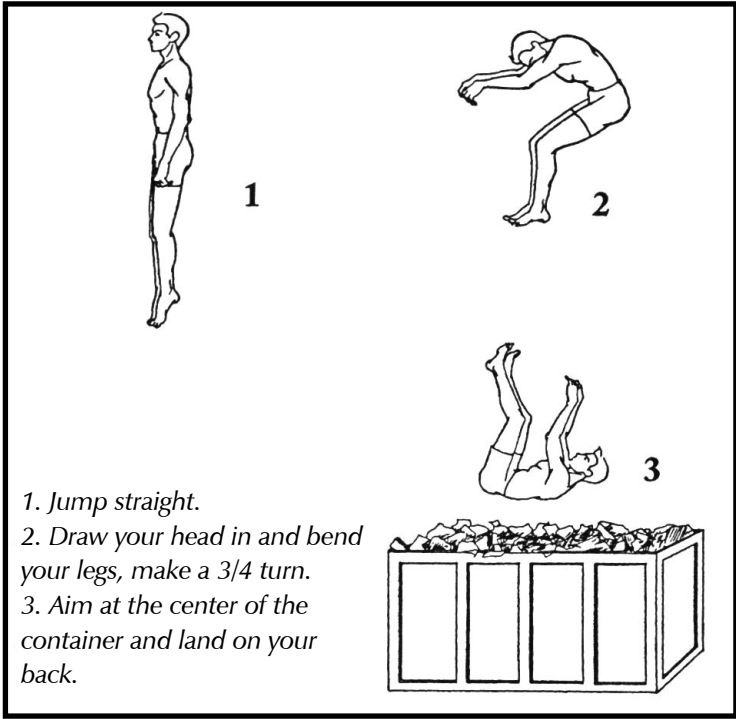
Ad a little bit of water if the mixture seems a bit to dry.

Taste from time to time, add salt and pepper.

Boulgour

Just throw it into twice its volume of boiling water, turn the heat off and cover. It's cooked in 15 to 20 minutes.

JUMPING FROM THE TOP OF A BUILDING INTO A CONTAINER



CHICK PEAS SALAD

Ingredients

Chick peas (dry)	8 kg
Olive oil	1 litre
Lemons	2 kg
Whole chilis (fresh or tinned)	500 g
Cumin powder	150 g
Garlic	100 g
Salt, pepper	to taste

Recipe

The day before, soak the chick peas.

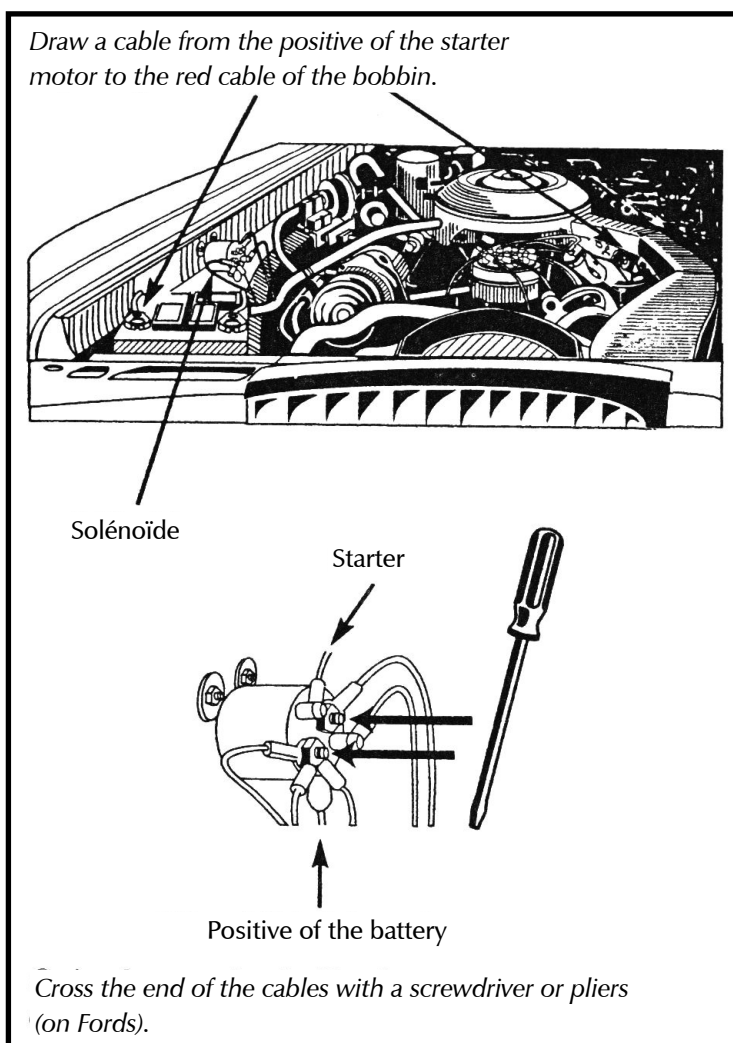
Cook them in 4 times their volume of cold water (about 2 hours).

Chop the fresh chilis.

Crush the garlic.

Add all the ingredients to the chick peas and marinate until cold.

STARTING A CAR WITHOUT IGNITION KEY



CUCUMBER SALAD

Ingredients

Cucumber	12.5 kg
Lemons	2.5 kg
Olive oil	1 litre
Mint or dill	500 g
Salt, pepper	to taste

Recipe

Cut the cucumbers into thin slices, add salt then leave to drain. When they're soft, strain them and add olive oil, lemon juice and chopped mint or dill. Marinate.

ZUCCHINIS A LA PROVENCALE

Ingredients

Zucchini	25 kg
Tomatoes	10 kg
Garlic	3 bulbs
Onions	5 kg
Herbes de provence	100 g
Chopped parsley	500 g
Olive oil	1 litre
Salt, pepper	to taste

Pilaw rice

Rice	7 kg
Onions	0.5 kg
Sunflower oil	1/4 litre
Salt peper	to taste
Turmeric	50 g

Recipe

Cut the zucchinis into slices of about 1 cm.

Warm up the olive oil in a big frying pan with a part of the crushed garlic on gentle fire.

Add a part of the zucchinis until they are a bit brown, take them out to strain.

Repeat this operation until there are no more zucchinis.

Put the chopped onions in the frying pan until they are golden brown.

Add the tomatoes cut into big pieces and the herbes de Provence.

Cook for about ½ hour until the mix becomes thick and creamy.

Add salt and pepper, add the chopped parsley.

On the service dishes, add the zucchinis to the sauce.

Pilaw rice

Fry the onions on gentle fire until golden.

Add the rice after measuring its volume in a big bowl

When it's shiny with oil, add twice it's volume in water.

Add salt, turmeric and pepper to taste.

When holes appear on the surface of the rice and water is under the level of the rice, put a lid on the pan, leave to simmer five more minutes and then turn the heat off.

Serve when the rice has absorbed all the water.

APPROVED BY ...

These recipes have been tested during the People's Global Action (PGA) European Conference, in August 2006.

Every two years, hundreds of people gather together for these PGA European conferences. Since 1998, it has been an opportunity to exchange practices, share knowledge, and establish links for better organization in common actions.



BOITE A OUTILS ÉDITION

« Boîte à outils » (tool box) because capitalism and patriarcat will not collapse of their own accord and that in order to help them, we think we need analysis tools to understand the mechanisms of their domination.

In order to achieve this goal, we look for and publish texts, historical analysis, some time seen from different point of views, that can contribute to an autonomous reflection.

And because autonomy is our darling value, as a way of struggling and as a way of life, we also publish practical guides which can help us being more autonomous.

All our brochures are "free price", which means that you are invited to contribute, as much as you can, to the expenses.

boiteaoutils(at)no-log.org

Because subversion spreads also with written texts, and because written texts also spread via Internet, there is

<http://infokiosques.net/>