

Compact Cooking

A presentation on eating well while
living the full-time dream

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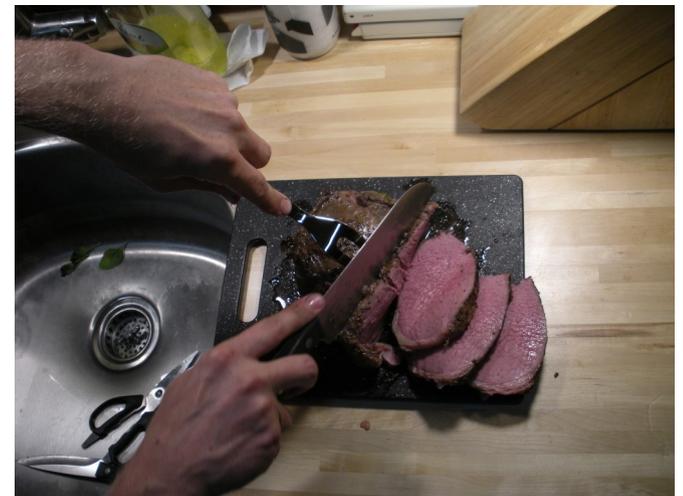
Overview

- Strategy
- Equipment
- Lets cook!
- Fun facts



Preparations for this demo

- Dave will be demonstrating how to prepare a sirloin for sous vide and will let it cook during our discussion
- An amazing cauliflower recipe will be prepped
- A short presentation will be given
- Additional cooking demonstrations will follow



Mise en place

- Literally means “putting in place”, you say it “mees ahn plahs” if you want to sound knowledgeable or haughty
- Figuratively it expresses much more. Having your plan and being prepared to make some great food!
- You likely do not have an abundance of space to cook in an RV
 - Read your recipe first to know:
 - **WHAT** equipment you need and **WHEN**
 - **WHAT** ingredients you need and **WHEN** to prepare
 - Do your prep (cutting, brining, peeling) hours to days make the meal



Strategy

- You usually know what you are going to be doing for the next 3 to 10 days, with regards to where you will be and how much time you will have to cook
 - Pick out your recipes for each meal for several days
 - Add up all the ingredients to make a master shopping list
 - You can cut up several days worth of vegetables and store them. ex. If 2 nights in a row you will need a half onion, then dice up that whole onion and you will be much more relaxed while cooking
 - Remember, the more you prepare ahead of time, the more time you will have for conversation and wine while making your meal



Strategy for Equipping yourself

- Less is more!
 - You are likely learning this with regards to full-timing
 - Many times less means less clutter, a clearer work environment, and more satisfaction
 - Invest in a few high quality things rather than the big packs or items that go on sale occasionally

Equipment

- A good knife! Keep it sharp!
 - You only need ~3 knives
- A few good pans
 - Better to have 3 expensive pots and pans than a dozen mediocre ones
- Cutting boards
 - I prefer at least one wooden and one plastic. Glass tends to dull knives rapidly



Equipment Continued

- Glass containers or bowls with lids
 - These are great for food prep and storing leftovers
 - Several brands “nest” which allows for compact storage
- Pressure cooker
 - Truly amazing things can be done in a short time with a pressure cooker!
- Crock pot
 - A staple of RV cuisine preparation

Sous Vide

- Cooking with a hot water bath
- Literally means “under vacuum”
 - Because the food is usually vacuum sealed
- The meat cooks at a temperature high enough to kill microbes, but low enough to cook meat to just the right “done-ness”
- Since the food is sealed the moisture does not escape

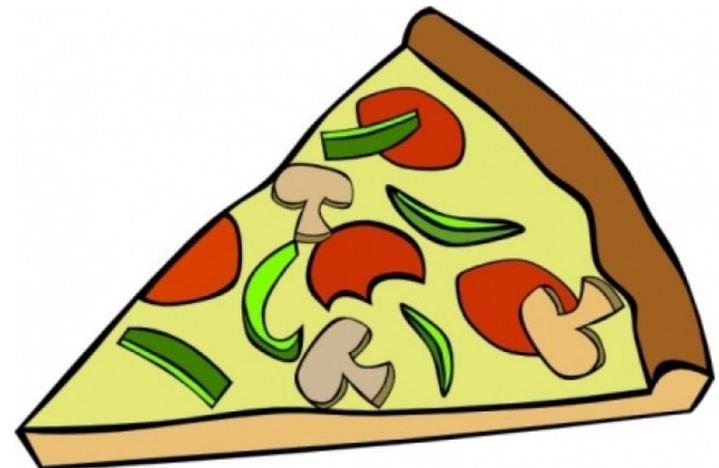


Kitchen Organization

- Wisely use all the real estate available
 - Shelves and drawers, put in dividers to you have a place for each type of item
 - Hanging baskets/pans (sometimes works for RVs)
 - Magnets are your friends – Use to hang knives and tools!

Food Inspiration

- Ultimate Kale Salad
 1. Get a bowl and some kale
 - 2. Throw out kale
 - 3. Add pizza slices
 - 4. Eat your salad!



But Kale, Seriously

- Kale can be amazing if you prepare it correctly
- Remove the hard stems and “veins”
- For salad, soak the kale in the dressing for 15 minutes to 8 hours
- You will be impressed



Courtesy Fine Cooking

Fun facts (and opinions)

- If you get your pan good and hot before you put in your meat you will get a good sear on the meat. If using oil you can look for the oil to start rippling. If it smokes the oil is too hot. Grapeseed oil is great for high temperature cooking

Fun facts continued

- If you dry your meat before you sear it, you will get more of the desired brown, caramelized surface that is caused by the Maillard reaction
- Almond flour and coconut flour can be used if you wish to reduce your use of grain flours. Be aware that they come in different grades and coconut flours usually need additional water in the recipe

Recommendations for future learning

- Watch videos on how to cut vegetables!
- Read about “mise en place”
- Check out rvnerds.com for some RV specific recipes

Almond Flour Crackers

- Complete Recipe can be found at rvnerds.com
- Dave will demonstrate how easy they are to make!

Caprese Salad

- Tomatoes
- Mozzarella
- Basil
- Olive oil
- Salt and pepper optional

Worlds best cauliflower

Tomatoes with wilted spinach

Some References

- <http://thepioneerwoman.com/food-and-friends/making-the-most-of-a-small-kitchen/>
 - Some tips for managing a small kitchen
- The 4 hour chef by Tim Ferriss
 - Goofy author but very interesting read
- Realplans.com
 - Web site (\$6/month) that creates meal plans and shopping lists
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