READY AT HOME · VOLUME 1

Just Add Water

Home-dehydrated emergency meals from Tesco ingredients

23 meal recipes · 16 building blocks · exact grams & water (ml)
Dehydrate, condition, pack, seal with oxygen absorbers, store, rotate
For anyone at home with a dehydrator (oxygen absorbers optional)



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1. How this guide works

This guide turns everyday Tesco groceries into sealed, shelf-stable meals that you cook by adding boiling water, the same idea as the shop-bought freeze-dried buckets, made at home with a dehydrator. It is built in two layers:

- **Building blocks** (Part 2): single ingredients you dry in bulk, such as instant rice, beef 'rocks', dried onion and tomato powder. Each has prep, cook, temperature, time and a dryness test.
- **Meal recipes** (Part 3): 23 recipes that weigh those blocks plus a few dry Tesco staples into one bag per serving. Each lists exact grams, how many bags a batch makes, the water in ml and how to cook it.

Every recipe page shows a 'batch of 4 bags' column, the building blocks you need, a diagram of what's in the bag, and the water level. The shopping list in Part 4 totals everything if you make the full set.

Absorbers: optional but important

Oxygen absorbers are optional, but they are what makes long storage work. Without them, store bags or jars somewhere cool and eat within 3-6 months. With Mylar bags and absorbers, the best-before dates on each recipe apply. Absorbers are only for food that is brittle-dry (see the dryness test).

The whole process at a glance

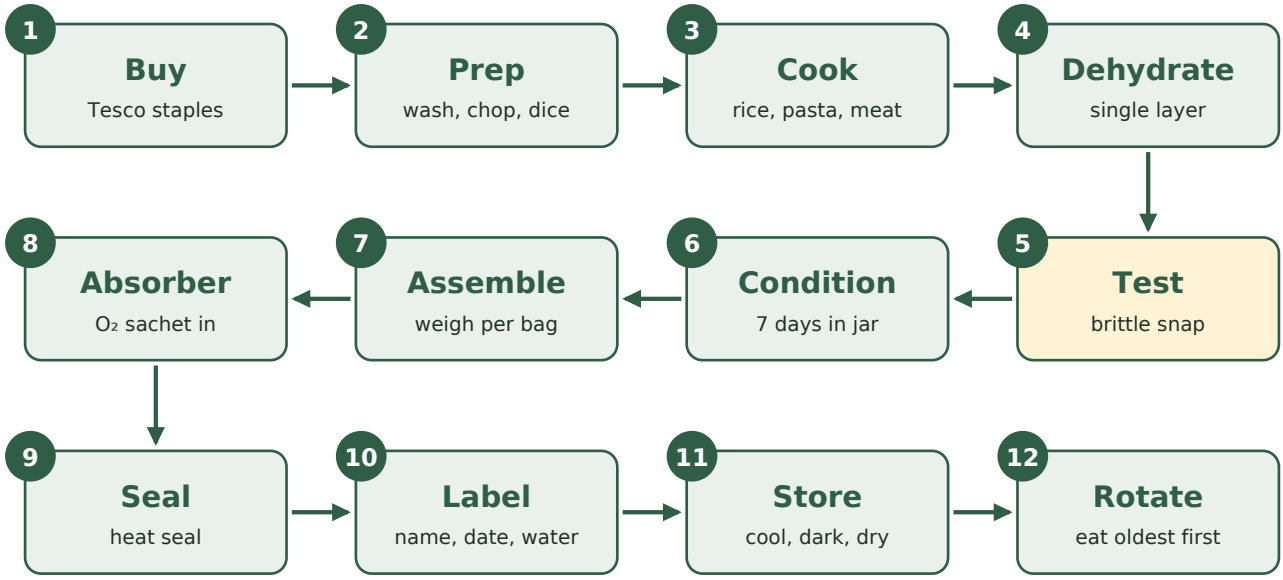


Figure 1. The twelve-step loop. Steps 4-6 (dry, test, condition) are where most batches fail, so don't rush them.

Kit list

Item	Why	Notes
Dehydrator with temperature control	Drying	Needs to reach 68°C for meat. Mesh or solid sheets for small pieces.
Digital kitchen scales (1 g steps)	Weighing each bag	Accuracy matters: water amounts are based on weight.
Food-grade Mylar bags, 1 litre (approx. 18 × 26 cm)	One bag = one meal	5-mil (thick) bags resist punctures. Zip-top versions are handy.
Oxygen absorbers, 100 cc	Remove oxygen	Sold in sealed packs of 10-100. Keep spares in a jar.
Hair straightener or clothes iron	Heat-sealing	An impulse sealer is quicker if you do a lot.
Glass jars with lids	Conditioning	Any large clean jars (e.g. 1 L Kilner).

Item	Why	Notes
Small zip bags	Inner pouches	For instant mash or anything kept separate in a meal.
Permanent marker + labels	Labelling	Write before filling.
Food-grade bucket or plastic box	Storage	Keeps out light, mice and crushing.
Blender or spice grinder	Tomato powder	Also good for crumbling dried veg for soups.

2. Safety rules (read first)

Dried food is safe because microbes can't grow without water. Most problems come from food that is not dry enough, fat that goes rancid, or meat that wasn't properly cooked before drying.

1. **Cook all meat before drying.** Mince must reach 71°C and chicken 74°C in the pan, before it goes in the dehydrator. Dehydrator heat alone is not enough to make raw meat safe.
2. **Lean only.** Use 5% fat mince and skinless breast. Rinse cooked mince with boiling water. Fat goes rancid in weeks and gives an off, paint-like smell.
3. **Brittle-dry before using an absorber.** Low oxygen plus moisture can allow dangerous bacteria (including the one that causes botulism) to grow. If it bends, it isn't ready.
4. **Never home-dry eggs, cheese, butter or cream.** Buy powders made commercially instead (this guide uses dried skimmed milk).
5. **Condition every batch** for 7 days in a jar to even out moisture before sealing.
6. **Hands, boards and trays clean.** Use a separate board for raw meat. Wash trays in hot soapy water.
7. **When in doubt, throw it out.** Discard any bag that is puffed up, smells off or rancid, or shows mould, damp patches or insects.
8. **Allergens:** stock cubes, noodles, gravy granules and couscous contain gluten, and milk powder contains milk. Check labels if anyone in your household has allergies.

Good for this guide	Short-term only (jar, 1-3 months)	Do not dry & store
Rice, pasta, lentils, beans (cooked then dried)	Leathery fruit, jerky with fat	Raw eggs, cheese, butter, cream
Vegetables, onions, peppers, mushrooms	Nuts, seeds, trail mix (fats)	Fatty mince or sausages
Lean cooked mince, poached chicken breast	Brown rice (oily bran)	Avocado, olives, anything oily
Tomato purée (as powder), crisp apple	Whole-milk powder	Anything that still bends after drying

3. Dehydrating properly

Temperatures

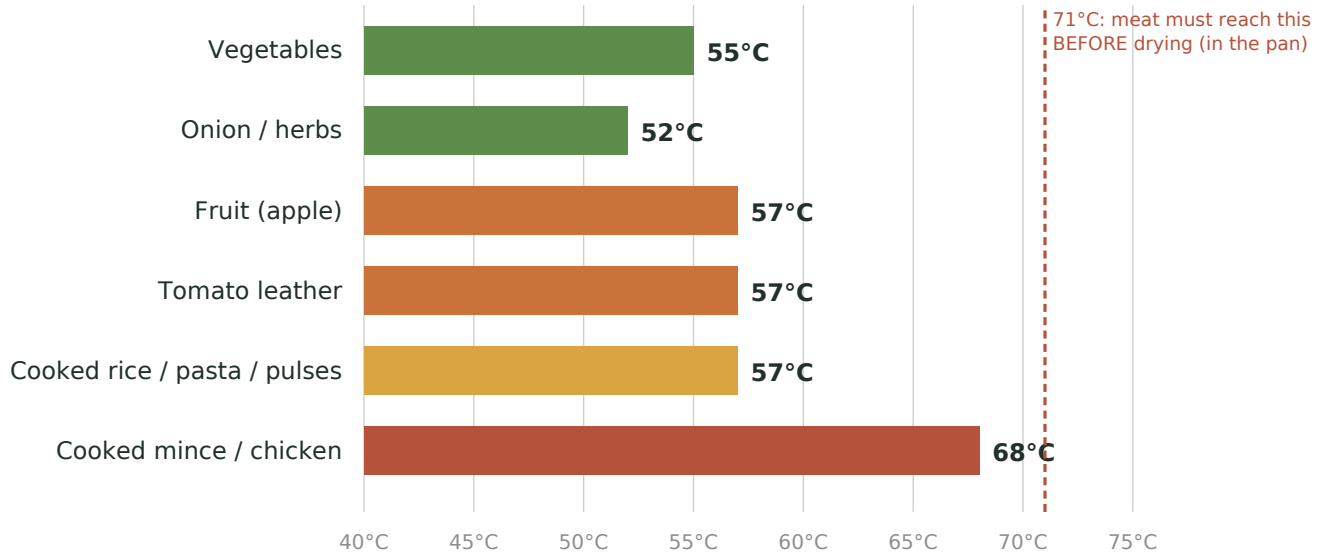


Figure 2. Drying temperatures used in this guide. Times vary with your machine, humidity and piece size, so always use the dryness test, not just the clock.

Loading trays

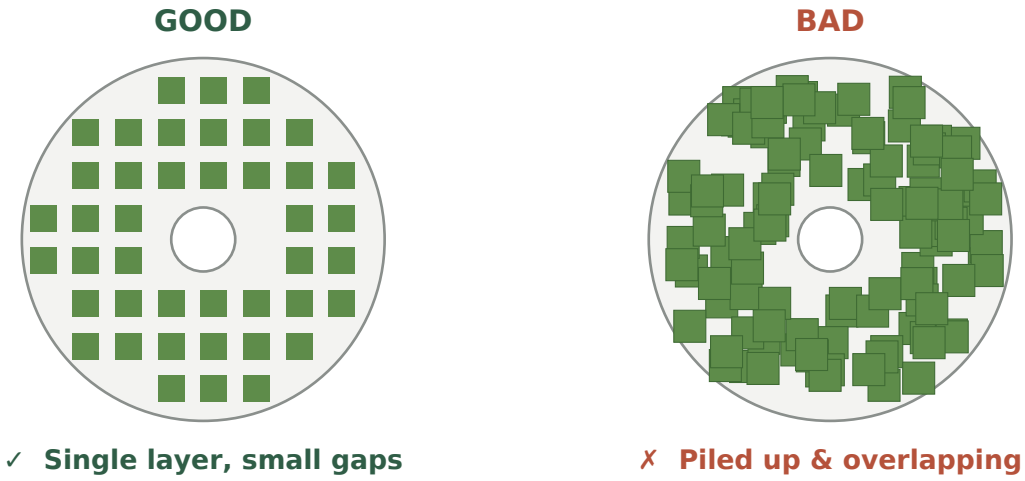


Figure 3. One layer, small gaps, same-size pieces. Piled food dries on the outside and stays wet in the middle.

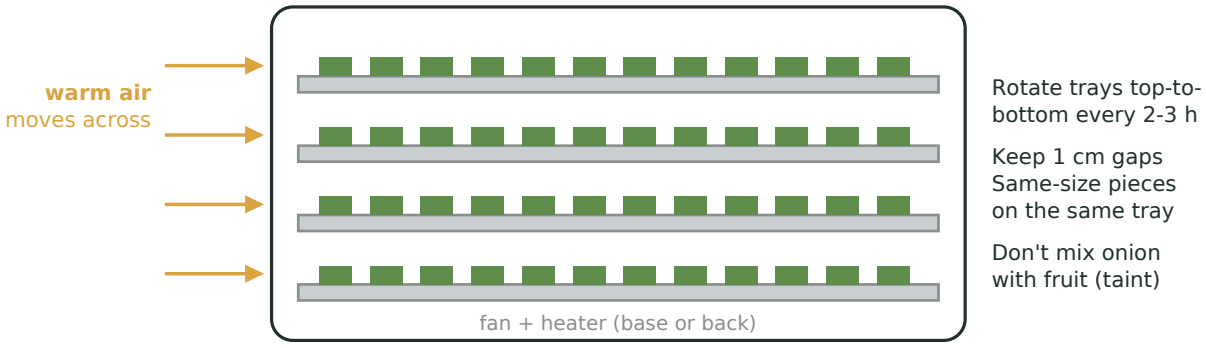


Figure 4. Rotate trays for even drying, especially on stacking (base-fan) models.

4. Is it dry? Testing and conditioning

The dryness test

Take a few pieces off the tray and let them cool for 5 minutes first, because warm food feels softer than it is. Then test:

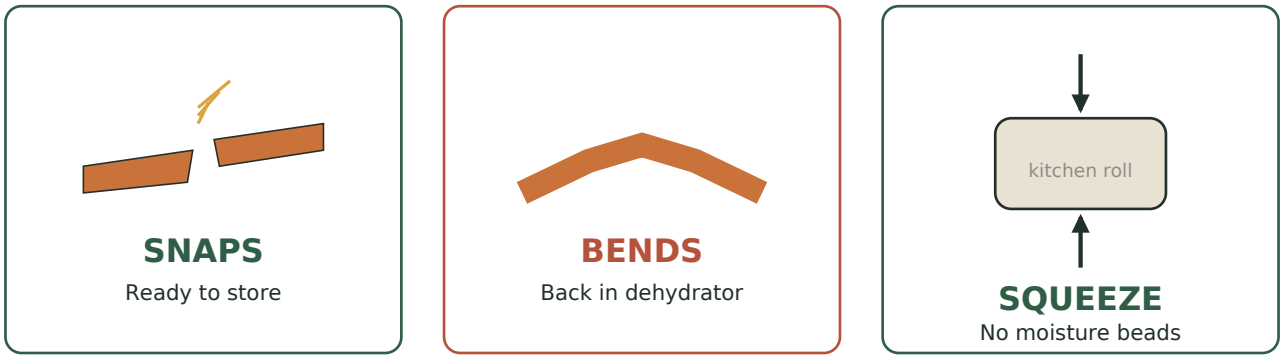


Figure 5. Vegetables, grains and meat should snap or shatter. Squeeze a handful in kitchen roll: there should be no damp marks.

Conditioning (7 days)

Even a 'dry' batch has some pieces wetter than others. Conditioning lets moisture spread out evenly so you catch wet spots before sealing.

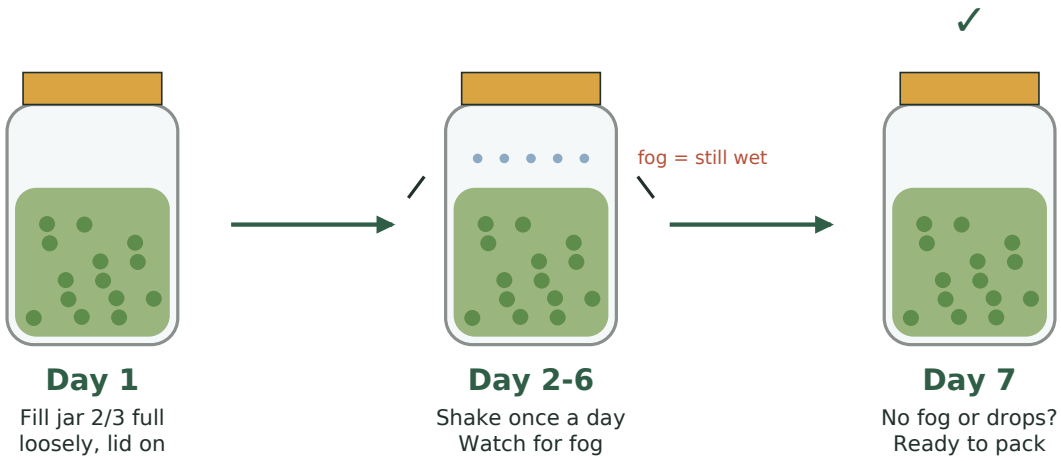


Figure 6. If the jar fogs or droplets appear, put the whole batch back in the dehydrator for 2-4 hours, then start conditioning again.

Tips

- Label each jar with what's in it and the date it came off the trays.
- Conditioned building blocks keep in sealed jars for 1-3 months while you build up a full set to bag.
- Weigh the batch when it comes off the trays. Your yield tells you how much of each recipe you can make.

5. Packing & sealing

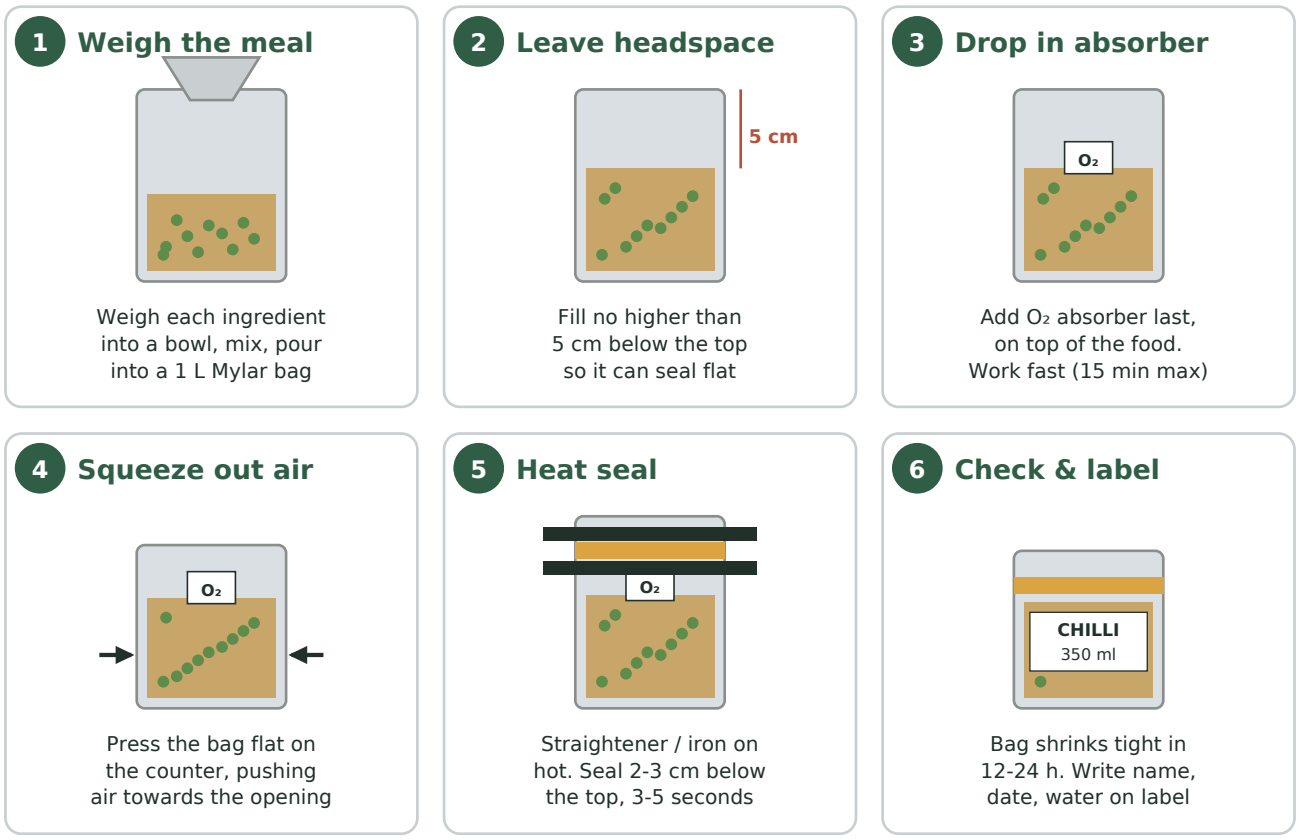


Figure 7. Six steps from weighed ingredients to a sealed meal bag.

Oxygen absorber sizing

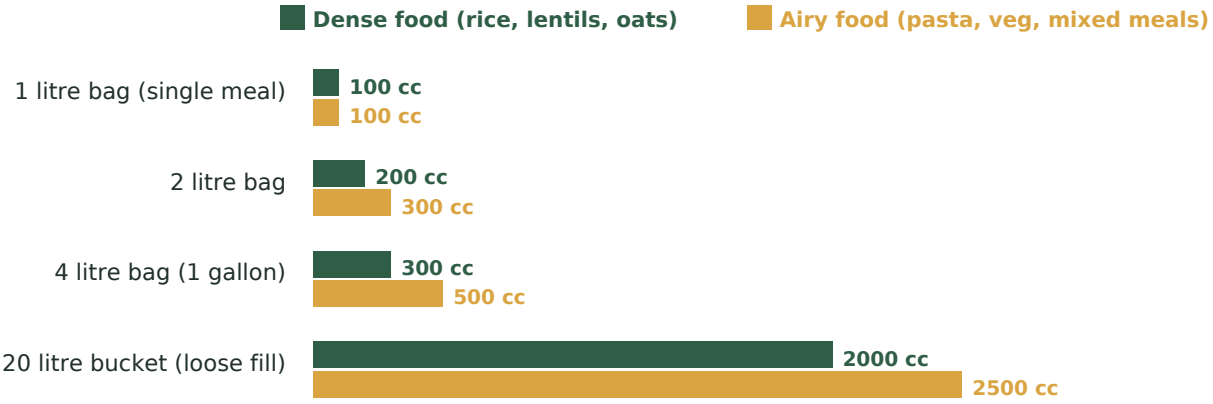


Figure 8. Absorber size by container. Every meal in this guide fits a 1 litre bag with one 100 cc absorber.

Handling absorbers

- Absorbers start working as soon as they touch air. Open the pack, take out only what you'll use in 15 minutes, and seal the rest in a small jar straight away.
- A good absorber feels soft, like powder inside. If it feels hard and lumpy, it's used up.
- Line up all your filled bags first, then add absorbers and seal one after another.
- No absorbers? Seal the bags anyway, squeezing out as much air as possible. Store cool and eat within 3-6 months.

Heat-sealing with a hair straightener

- Wipe the inside of the bag mouth clean. Powder in the seal causes leaks.
- Highest heat. Clamp 2-3 cm below the top edge for 3-5 seconds, then move along overlapping by 1 cm.
- Do a second seal line 1 cm below the first for safety.
- Check after 24 hours: bags with absorbers go tight and 'vacuum-packed'. A loose bag usually means a leaky seal, so open it, add a fresh absorber and reseal.

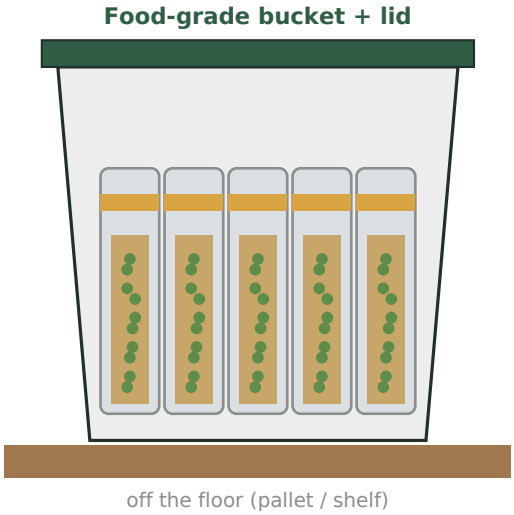
6. Labelling, storage & rotation

BEEF CHILLI CON CARNE + RICE

Packed:	07/11/2026	Best before:	07/05/2027
Dry weight:	152 g	Add water:	350 ml BOILING
Method:	Simmer 10 min	Absorber:	100 cc | Tier 3

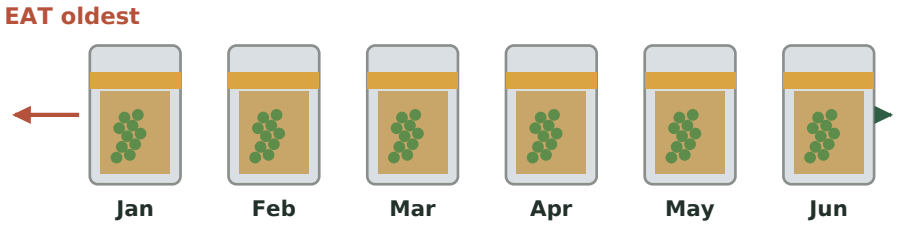
Write in permanent marker BEFORE filling (it's easier on a flat bag)

Figure 9. Every bag gets a label like this. The water amount is the most important line.



10-20°C	Steady, cool. Every 10°C hotter roughly halves shelf life.
DARK	Light breaks down fats and vitamins.
DRY	Not a damp shed or under the sink.
PEST-PROOF	Mylar alone won't stop mice - use a bucket/box.
UPRIGHT	Bags standing, labels facing out, oldest at front.
NOT NEAR	Fuel, paint, chemicals - smells pass through.

Figure 10. Where and how to store sealed meals.



Eat 1-2 bags a month (camping, busy nights) and replace them. Stock stays fresh.

Figure 11. First in, first out keeps stock fresh.

How long will it last?

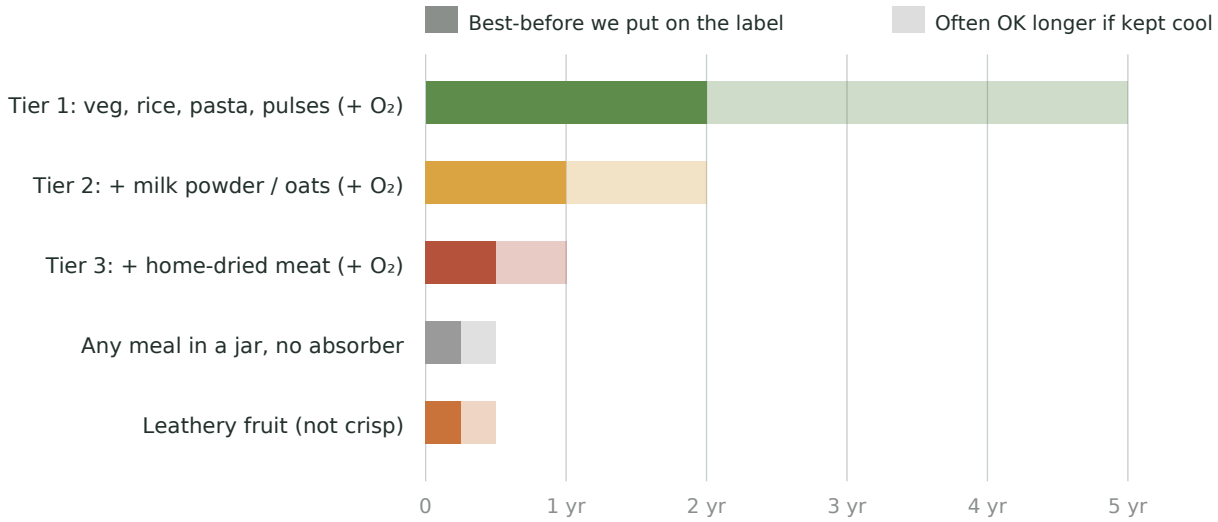
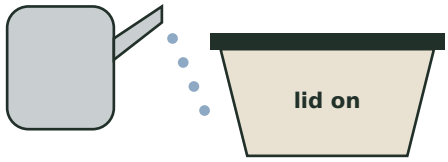


Figure 12. Conservative best-before dates used on the recipe pages. Home-dried food won't match the 25-year claims of commercial freeze-dried meals; plan to rotate.

7. Cooking from a bag

METHOD A: Pour & stand

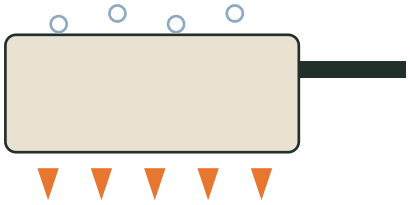
veggie meals, porridge, couscous



1. Empty bag into bowl/pot 2. Add boiling water
3. Stir, cover, wrap in a towel 4. Stand 10-15 min
5. Stir again before eating

METHOD B: Simmer

any meal with meat, noodles, rice pudding



1. Water + bag contents in pot 2. Bring to boil
3. Simmer gently (time on label), stirring
4. Lid on, rest 5 min. Meat should be tender

Figure 13. Two cooking methods. Each recipe says which to use.

- **Measure the water.** The ml on each label is a starting point. Add a splash more for a looser sauce. Soups are deliberately generous.
- **Boiling water matters.** Lukewarm water leaves the meat and rice chewy. If you're unsure of the water source, boil it hard for 1 minute (filtered water still needs boiling for viruses).
- **Fuel saving:** with Method A, put the pot in a 'cosy' made from a towel, sleeping bag or insulated box. It keeps cooking with no extra gas.
- **Stir twice**, at the start and before eating, to break up milk powder and tomato powder clumps.

A day of meals

Breakfast	Lunch	Dinner	Drinking
Porridge bag	Soup bag	Main bag	per person, per day
~470 kcal	~380 kcal	~510 kcal	
350 ml water	480 ml water	340 ml water	2000 ml water

Bags give ~1,400 kcal. Top up with snacks, bread, tins to reach ~2,000-2,500 kcal/day.

Figure 14. A simple day from three bags. Typical values; see each recipe for exact numbers.

Store at least **3 litres of water per person per day** (about 2 L to drink, plus about 1 L to cook these meals). For a family of four for one week, that is about 84 litres.

Part 2: Building blocks

Dry these in bulk, condition them, then keep each in a labelled jar until you assemble meals. The table shows roughly what you get back. Dried food weighs a fraction of fresh.

Building block	Buy (Tesco)	Raw in	Dry out	°C	Hours
Dried mixed vegetables	Tesco Frozen Mixed Vegetables (carrot, peas, green beans, sweetcorn)	1000 g	~140 g	55	8-12
Dried sweetcorn	Tesco Frozen Sweetcorn	500 g	~120 g	55	8-10
Dried onion	Tesco Brown Onions (loose or net)	450 g	~50 g	55	6-10
Dried peppers	Tesco Mixed Peppers (3 pack)	450 g	~40 g	55	8-12
Dried mushrooms	Tesco Closed Cup White Mushrooms	500 g	~40 g	55	6-8
Dried leek	Tesco Leeks	600 g	~50 g	55	6-8
Dried potato dice	Tesco Rooster Potatoes	1000 g	~180 g	55	8-12
Tomato powder	Tesco Tomato Puree (double concentrate tubes)	200 g	~56 g	57	6-10
Instant rice	Tesco Easy Cook Long Grain Rice	500 g	~470 g	57	5-8
Instant pasta	Tesco Macaroni or small pasta shapes (orzo, ditalini)	500 g	~480 g	57	4-6
Instant red lentils	Tesco Red Split Lentils 1kg	500 g	~470 g	57	5-8
Instant kidney beans	Tesco Red Kidney Beans in Water (400g tins)	480 g	~170 g	57	6-10
Instant chickpeas	Tesco Chick Peas in Water (400g tins)	480 g	~180 g	57	6-10
Beef 'rocks' (dried mince)	Tesco Lean Beef Steak Mince 5% Fat	500 g	~170 g	68	6-8
Dried chicken	Tesco Fresh Chicken Breast Fillets	600 g	~190 g	68	6-8
Dried apple chips	Tesco Bramley or eating apples	900 g	~110 g	57	8-12

Raw weights for tinned beans are drained weight. Yields are typical; yours will vary.

Dried mixed vegetables

55°C · 8-12 h · 1000 g in -> ~140 g out

Buy: Tesco Frozen Mixed Vegetables (carrot, peas, green beans, sweetcorn) (1000 g makes about 140 g dried)

1	**Prep**	Use straight from frozen - no blanching needed (frozen veg is already blanched).
2	**Prep**	Break up any frozen clumps by tapping the bag on the counter.
3	**Prep**	Cut any large pieces of carrot or bean to pea size (about 1 cm).
4	**Dry**	Spread in a single layer. Dehydrate at **55°C for 8-12 hours**, rotating trays every 2-3 hours.
5	**Test**	Hard and brittle. Peas shatter when pressed with a spoon; carrot snaps.
6	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
7	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Line trays with mesh sheets or baking paper with holes poked in it so peas don't fall through.

Dried sweetcorn

55°C · 8-10 h · 500 g in -> ~120 g out

Buy: Tesco Frozen Sweetcorn (500 g makes about 120 g dried)

1	**Prep**	Use from frozen. Spread loose, no blanching needed.
2	**Dry**	Spread in a single layer. Dehydrate at **55°C for 8-10 hours**, rotating trays every 2-3 hours.
3	**Test**	Shrunken, hard and rattles like gravel. No soft centre when bitten.
4	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
5	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Use a mesh sheet - kernels shrink and fall through standard trays.

Dried onion

55°C · 6-10 h · 450 g in -> ~50 g out

Buy: Tesco Brown Onions (loose or net) (450 g makes about 50 g dried)

1	**Prep**	Peel and dice into 5-8 mm pieces (about 3 medium onions).
2	**Prep**	Separate the layers so pieces lie flat.
3	**Dry**	Spread in a single layer. Dehydrate at **55°C for 6-10 hours**, rotating trays every 2-3 hours.
4	**Test**	Papery and crisp. Pieces snap rather than bend.
5	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
6	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Strong smell - run the dehydrator in a garage, shed or by an open window.

Dried peppers

55°C · 8-12 h · 450 g in -> ~40 g out

Buy: Tesco Mixed Peppers (3 pack) (450 g makes about 40 g dried)

1	**Prep**	Wash, de-seed and remove the white pith.
2	**Prep**	Dice into 1 cm squares. Lay skin-side down.
3	**Dry**	Spread in a single layer. Dehydrate at **55°C for 8-12 hours**, rotating trays every 2-3 hours.
4	**Test**	Leathery-to-crisp and snaps when bent. No sticky spots.
5	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
6	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Dried mushrooms

55°C · 6-8 h · 500 g in -> ~40 g out

Buy: Tesco Closed Cup White Mushrooms (500 g makes about 40 g dried)

1	**Prep**	Wipe clean with kitchen roll (don't soak them in water).
2	**Prep**	Slice 5 mm thick or dice into 1 cm pieces.
3	**Dry**	Spread in a single layer. Dehydrate at **55°C for 6-8 hours**, rotating trays every 2-3 hours.
4	**Test**	Crisp and snap cleanly. Very light.
5	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
6	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Dried leek

55°C · 6-8 h · 600 g in -> ~50 g out

Buy: Tesco Leeks (600 g makes about 50 g dried)

1	**Prep**	Trim roots and dark tops. Split lengthways and rinse out grit.
2	**Prep**	Slice into 5 mm half-moons.
3	**Cook**	Blanch 2 minutes in boiling water, then drain and cool in cold water. Pat dry.
4	**Dry**	Spread in a single layer. Dehydrate at **55°C for 6-8 hours**, rotating trays every 2-3 hours.
5	**Test**	Papery and crumbles when crushed.
6	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
7	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Dried potato dice

55°C · 8-12 h · 1000 g in -> ~180 g out

Buy: Tesco Rooster Potatoes (1000 g makes about 180 g dried)

1	**Prep**	Peel and cut into 1 cm dice.
2	**Prep**	Rinse in cold water to remove surface starch.
3	**Cook**	Boil 5-6 minutes until just tender (a knife goes in with slight resistance).
4	**Cook**	Drain, rinse in cold water and spread out to steam dry for 5 minutes.
5	**Dry**	Spread in a single layer. Dehydrate at **55°C for 8-12 hours**, rotating trays every 2-3 hours.
6	**Test**	Hard and glassy (translucent). Snaps or shatters when hit with a spoon.
7	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
8	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Raw potato goes black when dried - always par-boil first.

Tomato powder

57°C · 6-10 h · 200 g in -> ~56 g out

Buy: Tesco Tomato Puree (double concentrate tubes) (200 g makes about 56 g dried)

1	**Prep**	Line a solid fruit-leather tray (or baking paper) and spread purée 2-3 mm thick.
2	**Dry**	Spread in a single layer. Dehydrate at **57°C for 6-10 hours**, rotating trays every 2-3 hours.
3	**Test**	Leather peels off cleanly and cracks when bent. Flip halfway through.
4	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
5	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Break the dried leather into pieces and blitz in a blender or spice grinder to a powder. Keep powder sealed - it soaks up moisture from the air quickly.

Instant rice

57°C · 5-8 h · 500 g in -> ~470 g out

Buy: Tesco Easy Cook Long Grain Rice (500 g makes about 470 g dried)

1	**Prep**	Weigh the dry rice.
2	**Cook**	Cook fully in plenty of salted water, following pack time.
3	**Cook**	Drain and rinse with hot water to wash off sticky starch.
4	**Cook**	Spread on trays one grain deep.
5	**Dry**	Spread in a single layer. Dehydrate at **57°C for 5-8 hours**, rotating trays every 2-3 hours.
6	**Test**	Grains are hard, glassy and rattle. Break up any clumps halfway through.
7	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
8	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Cooked-then-dried rice rehydrates in 10-15 minutes in hot water instead of 20 minutes of boiling.

Instant pasta

57°C · 4-6 h · 500 g in -> ~480 g out

Buy: Tesco Macaroni or small pasta shapes (orzo, ditalini) (500 g makes about 480 g dried)

1	**Prep**	Use small shapes - they rehydrate evenly. Avoid thick shapes like penne.
2	**Cook**	Cook 1 minute less than the pack time (al dente).
3	**Cook**	Drain, rinse in cold water, shake dry. Do not add oil.
4	**Dry**	Spread in a single layer. Dehydrate at **57°C for 4-6 hours**, rotating trays every 2-3 hours.
5	**Test**	Rock hard and brittle throughout. Snap one: no soft middle.
6	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
7	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Instant red lentils

57°C · 5-8 h · 500 g in -> ~470 g out

Buy: Tesco Red Split Lentils 1kg (500 g makes about 470 g dried)

1	**Prep**	Rinse lentils in a sieve until the water runs clear.
2	**Cook**	Simmer in 3x their volume of water for 8-10 minutes until just soft but holding shape.
3	**Cook**	Drain well. Spread thinly - they will clump into a sheet.
4	**Dry**	Spread in a single layer. Dehydrate at **57°C for 5-8 hours**, rotating trays every 2-3 hours.
5	**Test**	Crumbly and hard. Break the sheet into crumbs halfway through.
6	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
7	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Instant kidney beans

57°C · 6-10 h · 480 g in -> ~170 g out

Buy: Tesco Red Kidney Beans in Water (400g tins) (480 g makes about 170 g dried)

1	**Prep**	Drain and rinse 2 tins of beans (about 480g drained).
2	**Cook**	Tinned beans are already cooked. Press each bean lightly with a fork to split the skin - this helps them dry and rehydrate.
3	**Dry**	Spread in a single layer. Dehydrate at **57°C for 6-10 hours**, rotating trays every 2-3 hours.
4	**Test**	Hard, cracked and very light. Snap one - no moisture inside.
5	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
6	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Instant chickpeas

57°C · 6-10 h · 480 g in -> ~180 g out

Buy: Tesco Chick Peas in Water (400g tins) (480 g makes about 180 g dried)

1	**Prep**	Drain and rinse 2 tins (about 480g drained). Rub off loose skins.
2	**Cook**	Lightly crush each chickpea with a fork to split it.
3	**Dry**	Spread in a single layer. Dehydrate at **57°C for 6-10 hours**, rotating trays every 2-3 hours.
4	**Test**	Hard all the way through. Snaps cleanly.
5	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
6	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Beef 'rocks' (dried mince)

68°C · 6-8 h · 500 g in -> ~170 g out

Buy: Tesco Lean Beef Steak Mince 5% Fat (500 g makes about 170 g dried)

1	**Prep**	Use the leanest mince you can find - fat goes rancid in storage.
2	**Cook**	Brown the mince in a dry pan, breaking it into small crumbs. Cook until no pink remains and it reaches 71°C inside.
3	**Cook**	Tip into a sieve and pour over a kettle of boiling water to rinse off fat.
4	**Cook**	Pat dry with kitchen roll. Spread on lined trays.
5	**Dry**	Spread in a single layer. Dehydrate at **68°C for 6-8 hours**, rotating trays every 2-3 hours.
6	**Test**	Dark, hard pebbles that rattle. No greasy feel. Blot any fat beads with kitchen roll during drying.
7	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
8	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Optional: mix 2 tbsp dried breadcrumbs per 500g into the raw mince - it helps the rocks rehydrate more tenderly.

Dried chicken

68°C · 6-8 h · 600 g in -> ~190 g out

Buy: Tesco Fresh Chicken Breast Fillets (600 g makes about 190 g dried)

1	**Prep**	Trim off all visible fat and skin.
2	**Cook**	Poach the breasts in simmering water for 15-20 minutes until 74°C in the thickest part.
3	**Cook**	Cool, then shred finely with two forks or dice into 5 mm pieces.
4	**Cook**	Spread thinly on lined trays.
5	**Dry**	Spread in a single layer. Dehydrate at **68°C for 6-8 hours**, rotating trays every 2-3 hours.
6	**Test**	Hard, dry and stringy. Pieces snap. No soft or pink bits.
7	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
8	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Tip: Shredded chicken rehydrates much better than cubes.

Dried apple chips

57°C · 8-12 h · 900 g in -> ~110 g out

Buy: Tesco Bramley or eating apples (900 g makes about 110 g dried)

1	**Prep**	Peel and core (about 6 apples). Slice 3-4 mm thick or dice small.
2	**Prep**	Dip in water with a squeeze of lemon juice to stop browning.
3	**Dry**	Spread in a single layer. Dehydrate at **57°C for 8-12 hours**, rotating trays every 2-3 hours.
4	**Test**	Must be CRISP for long storage (not leathery). Leathery apple is fine to eat but store it in a jar without an oxygen absorber and use within 6 months.
5	**Condition**	Cool, then jar for 7 days, shaking daily. If the jar fogs, dry for 2-4 more hours.
6	**Store**	Sealed jar (up to 3 months) or straight into meal bags.

Part 3: Meal recipes

Each recipe is **one serving per bag**, with quantities for a batch of 4 bags. Scale up as you like. Make the building blocks first, then assemble meals in one sitting.

#	Recipe	Type	Dry g	kcal	Water	Method	Tier
1	**Apple & Cinnamon Porridge**	Breakfast	123	450	350 ml	Pour	2
2	**Banana & Raisin Porridge**	Breakfast	133	500	340 ml	Pour	2
3	**Creamy Rice Pudding**	Breakfast / Dessert	129	460	280 ml	Simmer	2
4	**Apple & Oat Pudding**	Dessert	101	370	240 ml	Pour	2
5	**Beef Chilli con Carne with Rice**	Main - beef	152	550	350 ml	Simmer	3
6	**Spaghetti-style Bolognese**	Main - beef	137	510	330 ml	Simmer	3
7	**Beef Stroganoff**	Main - beef	141	530	340 ml	Simmer	3
8	**Shepherd's Pie in a Bag**	Main - beef	111	420	520 ml	Simmer	3
9	**Irish Beef & Potato Stew**	Main - beef	104	390	390 ml	Simmer	3
10	**Chilli Mac**	Main - beef	140	510	320 ml	Simmer	3
11	**Chicken Curry & Rice**	Main - chicken	140	510	330 ml	Simmer	3
12	**Chicken Noodle Soup**	Soup - chicken	103	370	430 ml	Simmer	3
13	**Creamy Chicken & Mushroom Pasta**	Main - chicken	140	510	330 ml	Simmer	3
14	**Chicken & Sweetcorn Chowder**	Soup - chicken	126	450	580 ml	Simmer	3
15	**Chicken 'Fried' Rice**	Main - chicken	128	460	230 ml	Simmer	3
16	**Red Lentil Dahl with Rice**	Main - veggie	131	450	300 ml	Pour	1
17	**Lentil Bolognese**	Main - veggie	144	490	350 ml	Pour	1
18	**Moroccan Chickpea Couscous**	Main - veggie	141	490	220 ml	Pour	1
19	**Mexican Bean & Rice Bowl**	Main - veggie	145	490	270 ml	Pour	1
20	**Minestrone Soup**	Soup - veggie	105	340	460 ml	Pour	1
21	**Mushroom Risotto**	Main - veggie	120	410	290 ml	Pour	2
22	**Potato & Leek Soup**	Soup - veggie	100	330	580 ml	Pour	2
23	**Irish Vegetable & Lentil Soup**	Soup - veggie	94	300	460 ml	Pour	1

Tier	What's in it	Best before on label
Tier 1	Veg, grains & pulses only	Best before: 2 years
Tier 2	Contains milk powder / oats	Best before: 12 months
Tier 3	Contains home-dried meat	Best before: 6 months (12 if frozen)

kcal are approximate, calculated from typical values for each ingredient.

1. Apple & Cinnamon Porridge

Breakfast · 1 serving per bag · ~450 kcal · 123 g dry

Tier 2 Best before: 12 months

What's in the bag (by weight)



Carbs Fruit Milk powder Seasoning

Ingredient	Per bag	Batch of 4	Note
Tesco Porridge Oats	70 g	280 g	
Dried skimmed milk powder (e.g. Marvel)	25 g	100 g	
Dried apple chips	15 g	60 g	crisp chips, crumbled
Tesco Granulated Sugar	12 g	48 g	
Dried spices / herbs (see recipe)	1 g	4 g	½ tsp ground cinnamon
Total dry weight	**123 g**	**492 g**	

Step 1: Prepare & dehydrate the building blocks

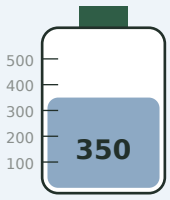
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried apple chips	60 g	500 g raw	Peel, slice 3-4 mm, lemon dip; dry until crisp	57°C, 8-12 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **350 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



350 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **5 minutes** (wrap in a towel). Stir and serve.

Tip: Stir well after 2 minutes. Add more water for a thinner porridge.

2. Banana & Raisin Porridge

Breakfast · 1 serving per bag · ~500 kcal · 133 g dry

Tier 2 Best before: 12 months

What's in the bag (by weight)



Carbs Fruit Milk powder Seasoning

Ingredient	Per bag	Batch of 4	Note
Tesco Porridge Oats	70 g	280 g	
Dried skimmed milk powder (e.g. Marvel)	25 g	100 g	
Tesco Banana Chips	15 g	60 g	broken small
Tesco Raisins	15 g	60 g	
Tesco Granulated Sugar	8 g	32 g	
Total dry weight	**133 g**	**532 g**	

Step 1: Prepare & dehydrate the building blocks

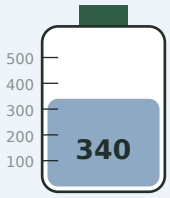
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **340 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



340 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **5 minutes** (wrap in a towel). Stir and serve.

Tip: Banana chips stay slightly crunchy - that's normal.

3. Creamy Rice Pudding

Breakfast / Dessert · 1 serving per bag · ~460 kcal · 129 g dry

Tier 2 Best before: 12 months

What's in the bag (by weight)



Carbs Fruit Milk powder Seasoning

Ingredient	Per bag	Batch of 4	Note
Instant rice (home-dried)	60 g	240 g	
Dried skimmed milk powder (e.g. Marvel)	35 g	140 g	
Tesco Granulated Sugar	18 g	72 g	
Tesco Raisins	15 g	60 g	
Dried spices / herbs (see recipe)	1 g	4 g	pinch of ground nutmeg
Total dry weight	**129 g**	**516 g**	

Step 1: Prepare & dehydrate the building blocks

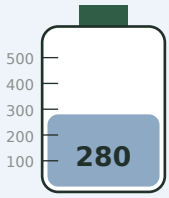
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant rice	240 g	260 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **280 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



280 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **8 minutes**, stirring. Rest 5 minutes with the lid on.

Tip: Simmer, stirring, until thick and creamy.

4. Apple & Oat Pudding

Dessert · 1 serving per bag · ~370 kcal · 101 g dry

Tier 2 Best before: 12 months

What's in the bag (by weight)



Carbs Fruit Milk powder Seasoning

Ingredient	Per bag	Batch of 4	Note
Tesco Porridge Oats	40 g	160 g	
Dried apple chips	20 g	80 g	
Tesco Granulated Sugar	20 g	80 g	
Dried skimmed milk powder (e.g. Marvel)	20 g	80 g	
Dried spices / herbs (see recipe)	1 g	4 g	½ tsp cinnamon
Total dry weight	**101 g**	**404 g**	

Step 1: Prepare & dehydrate the building blocks

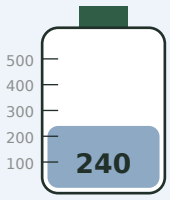
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried apple chips	80 g	660 g raw	Peel, slice 3-4 mm, lemon dip; dry until crisp	57°C, 8-12 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **240 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



240 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **8 minutes** (wrap in a towel). Stir and serve.

Tip: Like a soft apple crumble. Good as a hot dessert on a cold night.

5. Beef Chilli con Carne with Rice

Main - beef · 1 serving per bag · ~550 kcal · 152 g dry

Tier 3 Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Carbs Protein Vegetables Seasoning

Ingredient	Per bag	Batch of 4	Note
Beef 'rocks' (home-dried mince)	30 g	120 g	
Instant kidney beans (home-dried)	30 g	120 g	
Instant rice (home-dried)	60 g	240 g	
Dried onion	6 g	24 g	
Dried peppers	6 g	24 g	
Tomato powder (home-made)	12 g	48 g	
Dried spices / herbs (see recipe)	3 g	12 g	1 tsp chilli powder + ½ tsp cumin + pinch salt
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ beef cube
Total dry weight	**152 g**	**608 g**	

Step 1: Prepare & dehydrate the building blocks

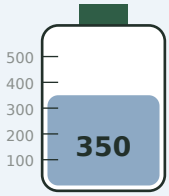
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Beef 'rocks' (dried mince)	120 g	360 g raw	Brown to 71°C, rinse off fat, pat dry	68°C, 6-8 h
Instant kidney beans	120 g	340 g raw	Drain, rinse, split skins with a fork	57°C, 6-10 h
Instant rice	240 g	260 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Dried peppers	24 g	270 g raw	De-seed, dice 1 cm	55°C, 8-12 h
Tomato powder	48 g	180 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **350 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



350 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

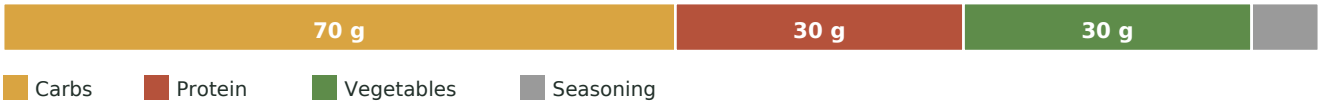
Tip: Simmer 10 minutes, then stand 5 minutes with a lid on.

6. Spaghetti-style Bolognese

Main - beef · 1 serving per bag · ~510 kcal · 137 g dry

Tier 3 Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Beef 'rocks' (home-dried mince)	30 g	120 g	
Instant pasta (home-dried)	70 g	280 g	
Dried mixed veg	10 g	40 g	
Dried onion	6 g	24 g	
Tomato powder (home-made)	14 g	56 g	
Dried spices / herbs (see recipe)	2 g	8 g	1 tsp mixed herbs + ½ tsp garlic granules
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ beef cube
Total dry weight	**137 g**	**548 g**	

Step 1: Prepare & dehydrate the building blocks

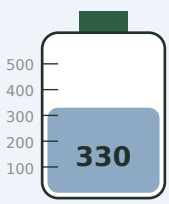
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Beef 'rocks' (dried mince)	120 g	360 g raw	Brown to 71°C, rinse off fat, pat dry	68°C, 6-8 h
Instant pasta	280 g	300 g raw	Cook 1 min under pack time, rinse	57°C, 4-6 h
Dried mixed vegetables	40 g	290 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Tomato powder	56 g	200 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **330 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



330 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

Tip: Uses small pasta shapes rather than spaghetti strands (they rehydrate evenly).

7. Beef Stroganoff

Main - beef · 1 serving per bag · ~530 kcal · 141 g dry

Tier 3 Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Carbs Protein Vegetables Milk powder Seasoning

Ingredient	Per bag	Batch of 4	Note
Beef 'rocks' (home-dried mince)	30 g	120 g	
Instant pasta (home-dried)	70 g	280 g	
Dried mushrooms	8 g	32 g	
Dried onion	6 g	24 g	
Dried skimmed milk powder (e.g. Marvel)	20 g	80 g	
Dried spices / herbs (see recipe)	2 g	8 g	1 tsp paprika + black pepper
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ beef cube
Total dry weight	**141 g**	**564 g**	

Step 1: Prepare & dehydrate the building blocks

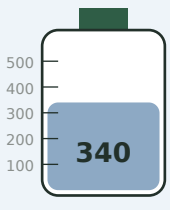
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Beef 'rocks' (dried mince)	120 g	360 g raw	Brown to 71°C, rinse off fat, pat dry	68°C, 6-8 h
Instant pasta	280 g	300 g raw	Cook 1 min under pack time, rinse	57°C, 4-6 h
Dried mushrooms	32 g	400 g raw	Wipe clean, slice 5 mm	55°C, 6-8 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **340 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



340 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

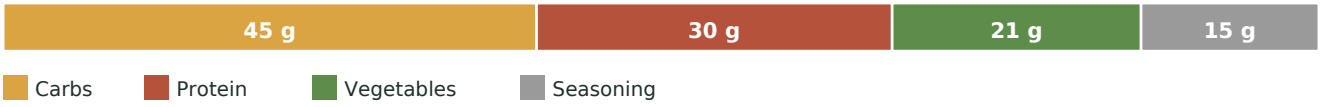
Tip: Stir in the milk powder sauce well so it doesn't clump.

8. Shepherd's Pie in a Bag

Main - beef · 1 serving per bag · ~420 kcal · 111 g dry

Tier 3 Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Beef 'rocks' (home-dried mince)	30 g	120 g	
Dried mixed veg	15 g	60 g	
Dried onion	6 g	24 g	
Bisto Gravy Granules	15 g	60 g	about 3 tsp
Tesco Instant Mashed Potato	45 g	180 g	in its own small inner bag
Total dry weight	**111 g**	**444 g**	

Step 1: Prepare & dehydrate the building blocks

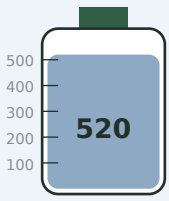
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Beef 'rocks' (dried mince)	120 g	360 g raw	Brown to 71°C, rinse off fat, pat dry	68°C, 6-8 h
Dried mixed vegetables	60 g	430 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **520 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Put the instant mash in its own small zip bag, sealed, and drop it into the Mylar bag.
4. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
5. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



520 ml boiling water (300 ml for the filling + 220 ml for the mash)

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

Tip: Two stages: simmer the mince, veg and gravy in 300 ml water for 10 minutes. Separately stir the mash pouch into 220 ml just-boiled water. Spoon mash on top.

9. Irish Beef & Potato Stew

Main - beef · 1 serving per bag · ~390 kcal · 104 g dry

Tier 3 Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Protein Vegetables Seasoning

Ingredient	Per bag	Batch of 4	Note
Beef 'rocks' (home-dried mince)	30 g	120 g	
Dried potato dice	35 g	140 g	
Dried mixed veg	15 g	60 g	
Dried onion	6 g	24 g	
Bisto Gravy Granules	12 g	48 g	
Dried spices / herbs (see recipe)	1 g	4 g	½ tsp dried thyme
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ beef cube
Total dry weight	**104 g**	**416 g**	

Step 1: Prepare & dehydrate the building blocks

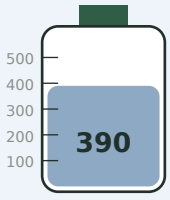
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Beef 'rocks' (dried mince)	120 g	360 g raw	Brown to 71°C, rinse off fat, pat dry	68°C, 6-8 h
Dried potato dice	140 g	780 g raw	Dice 1 cm, boil 5-6 min, drain	55°C, 8-12 h
Dried mixed vegetables	60 g	430 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **390 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



390 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **12 minutes**, stirring. Rest 5 minutes with the lid on.

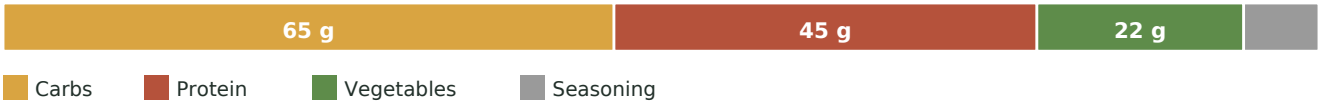
Tip: Potato dice need the full simmer time to soften.

10. Chilli Mac

Main - beef · 1 serving per bag · ~510 kcal · 140 g dry

Tier 3 Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Beef 'rocks' (home-dried mince)	25 g	100 g	
Instant pasta (home-dried)	65 g	260 g	
Instant kidney beans (home-dried)	20 g	80 g	
Dried onion	5 g	20 g	
Dried peppers	5 g	20 g	
Tomato powder (home-made)	12 g	48 g	
Dried spices / herbs (see recipe)	3 g	12 g	1 tsp chilli powder + ½ tsp cumin + ½ tsp paprika
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ beef cube
Total dry weight	**140 g**	**560 g**	

Step 1: Prepare & dehydrate the building blocks

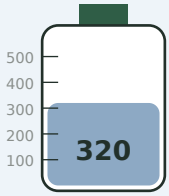
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Beef 'rocks' (dried mince)	100 g	300 g raw	Brown to 71°C, rinse off fat, pat dry	68°C, 6-8 h
Instant pasta	260 g	280 g raw	Cook 1 min under pack time, rinse	57°C, 4-6 h
Instant kidney beans	80 g	230 g raw	Drain, rinse, split skins with a fork	57°C, 6-10 h
Dried onion	20 g	180 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Dried peppers	20 g	230 g raw	De-seed, dice 1 cm	55°C, 8-12 h
Tomato powder	48 g	180 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **320 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



320 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

11. Chicken Curry & Rice

Main - chicken · 1 serving per bag · ~510 kcal · 140 g dry **Tier 3** Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Dried chicken (home-dried)	30 g	120 g	
Instant rice (home-dried)	65 g	260 g	
Dried onion	6 g	24 g	
Dried peppers	6 g	24 g	
Tomato powder (home-made)	6 g	24 g	
Dried skimmed milk powder (e.g. Marvel)	15 g	60 g	
Dried spices / herbs (see recipe)	4 g	16 g	2 tsp mild curry powder
Tesco Granulated Sugar	3 g	12 g	
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ chicken cube
Total dry weight	**140 g**	**560 g**	

Step 1: Prepare & dehydrate the building blocks

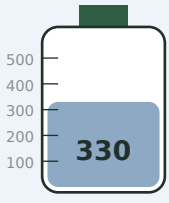
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried chicken	120 g	380 g raw	Poach to 74°C, shred finely	68°C, 6-8 h
Instant rice	260 g	280 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Dried peppers	24 g	270 g raw	De-seed, dice 1 cm	55°C, 8-12 h
Tomato powder	24 g	90 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **330 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



330 ml boiling water

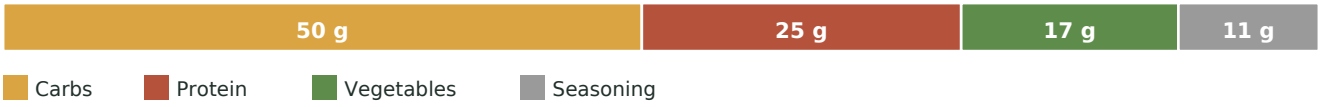
Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

Tip: Milk powder makes a mild, creamy sauce. Add chilli flakes for heat.

12. Chicken Noodle Soup

Soup - chicken · 1 serving per bag · ~370 kcal · 103 g dry **Tier 3** Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Dried chicken (home-dried)	25 g	100 g	
Tesco Medium Egg Noodles (dried)	50 g	200 g	1 nest, broken
Dried mixed veg	12 g	48 g	
Dried onion	5 g	20 g	
Dried spices / herbs (see recipe)	1 g	4 g	½ tsp mixed herbs
Stock cube (Oxo / Knorr), crumbled	10 g	40 g	1 chicken cube
Total dry weight	**103 g**	**412 g**	

Step 1: Prepare & dehydrate the building blocks

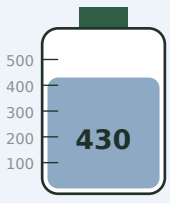
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried chicken	100 g	320 g raw	Poach to 74°C, shred finely	68°C, 6-8 h
Dried mixed vegetables	48 g	350 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	20 g	180 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **430 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



430 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **6 minutes**, stirring. Rest 5 minutes with the lid on.

Tip: Simmer 6 minutes until the noodles are soft.

13. Creamy Chicken & Mushroom Pasta

Main - chicken · 1 serving per bag · ~510 kcal · 140 g dry **Tier 3** Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Dried chicken (home-dried)	28 g	112 g	
Instant pasta (home-dried)	70 g	280 g	
Dried mushrooms	8 g	32 g	
Dried onion	5 g	20 g	
Dried skimmed milk powder (e.g. Marvel)	22 g	88 g	
Dried spices / herbs (see recipe)	2 g	8 g	½ tsp garlic granules + ½ tsp mixed herbs
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ chicken cube
Total dry weight	**140 g**	**560 g**	

Step 1: Prepare & dehydrate the building blocks

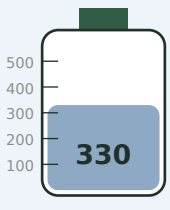
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried chicken	112 g	360 g raw	Poach to 74°C, shred finely	68°C, 6-8 h
Instant pasta	280 g	300 g raw	Cook 1 min under pack time, rinse	57°C, 4-6 h
Dried mushrooms	32 g	400 g raw	Wipe clean, slice 5 mm	55°C, 6-8 h
Dried onion	20 g	180 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **330 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



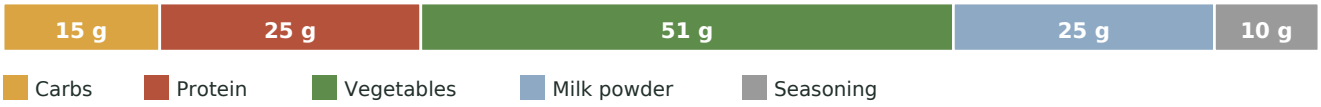
330 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

14. Chicken & Sweetcorn Chowder

Soup - chicken · 1 serving per bag · ~450 kcal · 126 g dry **Tier 3** Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Dried chicken (home-dried)	25 g	100 g	
Dried sweetcorn	20 g	80 g	
Dried potato dice	25 g	100 g	
Dried onion	6 g	24 g	
Dried skimmed milk powder (e.g. Marvel)	25 g	100 g	
Tesco Instant Mashed Potato	15 g	60 g	thickener
Stock cube (Oxo / Knorr), crumbled	10 g	40 g	1 chicken cube
Total dry weight	**126 g**	**504 g**	

Step 1: Prepare & dehydrate the building blocks

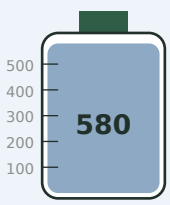
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried chicken	100 g	320 g raw	Poach to 74°C, shred finely	68°C, 6-8 h
Dried sweetcorn	80 g	340 g raw	Frozen sweetcorn onto a mesh sheet	55°C, 8-10 h
Dried potato dice	100 g	560 g raw	Dice 1 cm, boil 5-6 min, drain	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **580 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Put the instant mash in its own small zip bag, sealed, and drop it into the Mylar bag.
4. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
5. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



580 ml boiling water

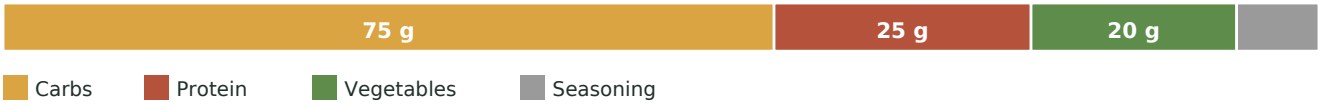
Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

Tip: Mash flakes thicken the soup - stir them in at the end.

15. Chicken 'Fried' Rice

Main - chicken · 1 serving per bag · ~460 kcal · 128 g dry **Tier 3** Best before: 6 months (12 if frozen)

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Dried chicken (home-dried)	25 g	100 g	
Instant rice (home-dried)	75 g	300 g	
Dried mixed veg	15 g	60 g	
Dried onion	5 g	20 g	
Dried spices / herbs (see recipe)	1 g	4 g	½ tsp Chinese five spice
Tesco Granulated Sugar	2 g	8 g	
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ chicken cube
Total dry weight	**128 g**	**512 g**	

Step 1: Prepare & dehydrate the building blocks

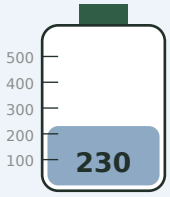
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried chicken	100 g	320 g raw	Poach to 74°C, shred finely	68°C, 6-8 h
Instant rice	300 g	320 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h
Dried mixed vegetables	60 g	430 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	20 g	180 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **230 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



230 ml boiling water

Simmer: put the contents and the water in a pot, bring to the boil and simmer gently for **10 minutes**, stirring. Rest 5 minutes with the lid on.

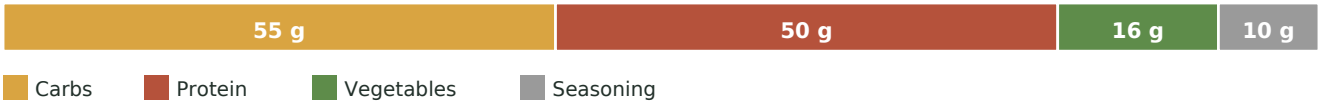
Tip: Simmer until the water is absorbed. Add a soy sauce sachet if you have one.

16. Red Lentil Dahl with Rice

Main - veggie · 1 serving per bag · ~450 kcal · 131 g dry

Tier 1 Best before: 2 years

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Instant red lentils (home-dried)	50 g	200 g	
Instant rice (home-dried)	55 g	220 g	
Dried onion	8 g	32 g	
Tomato powder (home-made)	8 g	32 g	
Dried spices / herbs (see recipe)	5 g	20 g	2 tsp curry powder + ½ tsp turmeric + ½ tsp garlic granules
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ vegetable cube
Total dry weight	**131 g**	**524 g**	

Step 1: Prepare & dehydrate the building blocks

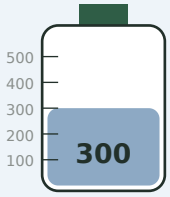
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant red lentils	200 g	220 g raw	Simmer 8-10 min, drain, spread thin	57°C, 5-8 h
Instant rice	220 g	240 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h
Dried onion	32 g	290 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Tomato powder	32 g	120 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **300 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



300 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **15 minutes** (wrap in a towel). Stir and serve.

17. Lentil Bolognese

Main - veggie · 1 serving per bag · ~490 kcal · 144 g dry **Tier 1** Best before: 2 years

What's in the bag (by weight)



Carbs Protein Vegetables Seasoning

Ingredient	Per bag	Batch of 4	Note
Instant red lentils (home-dried)	40 g	160 g	
Instant pasta (home-dried)	65 g	260 g	
Dried mixed veg	12 g	48 g	
Dried onion	6 g	24 g	
Tomato powder (home-made)	14 g	56 g	
Dried spices / herbs (see recipe)	2 g	8 g	1 tsp mixed herbs + ½ tsp garlic granules
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ vegetable cube
Total dry weight	**144 g**	**576 g**	

Step 1: Prepare & dehydrate the building blocks

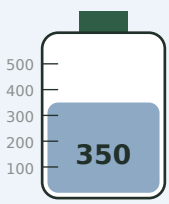
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant red lentils	160 g	180 g raw	Simmer 8-10 min, drain, spread thin	57°C, 5-8 h
Instant pasta	260 g	280 g raw	Cook 1 min under pack time, rinse	57°C, 4-6 h
Dried mixed vegetables	48 g	350 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Tomato powder	56 g	200 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **350 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



350 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **15 minutes** (wrap in a towel). Stir and serve.

18. Moroccan Chickpea Couscous

Main - veggie · 1 serving per bag · ~490 kcal · 141 g dry

Tier 1 Best before: 2 years

What's in the bag (by weight)



Carbs Protein Vegetables Fruit Seasoning

Ingredient	Per bag	Batch of 4	Note
Instant chickpeas (home-dried)	35 g	140 g	
Tesco Couscous	70 g	280 g	
Dried peppers	6 g	24 g	
Dried onion	6 g	24 g	
Tomato powder (home-made)	6 g	24 g	
Tesco Raisins	10 g	40 g	
Dried spices / herbs (see recipe)	3 g	12 g	1 tsp cumin + ½ tsp paprika + pinch cinnamon
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ vegetable cube
Total dry weight	**141 g**	**564 g**	

Step 1: Prepare & dehydrate the building blocks

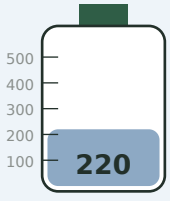
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant chickpeas	140 g	380 g raw	Drain, rinse, crush lightly	57°C, 6-10 h
Dried peppers	24 g	270 g raw	De-seed, dice 1 cm	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Tomato powder	24 g	90 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **220 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



220 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **10 minutes** (wrap in a towel). Stir and serve.

Tip: Fluff with a fork. Chickpeas stay slightly firm - that's normal.

19. Mexican Bean & Rice Bowl

Main - veggie · 1 serving per bag · ~490 kcal · 145 g dry

Tier 1 Best before: 2 years

What's in the bag (by weight)



Carbs Protein Vegetables Seasoning

Ingredient	Per bag	Batch of 4	Note
Instant kidney beans (home-dried)	40 g	160 g	
Instant rice (home-dried)	65 g	260 g	
Dried sweetcorn	12 g	48 g	
Dried peppers	6 g	24 g	
Dried onion	6 g	24 g	
Tomato powder (home-made)	8 g	32 g	
Dried spices / herbs (see recipe)	3 g	12 g	1 tsp chilli powder + ½ tsp cumin + ½ tsp paprika
Stock cube (Oxo / Knorr), crumbled	5 g	20 g	½ vegetable cube
Total dry weight	**145 g**	**580 g**	

Step 1: Prepare & dehydrate the building blocks

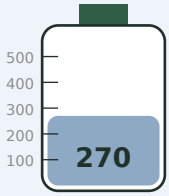
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant kidney beans	160 g	460 g raw	Drain, rinse, split skins with a fork	57°C, 6-10 h
Instant rice	260 g	280 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h
Dried sweetcorn	48 g	200 g raw	Frozen sweetcorn onto a mesh sheet	55°C, 8-10 h
Dried peppers	24 g	270 g raw	De-seed, dice 1 cm	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Tomato powder	32 g	120 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **270 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



270 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **15 minutes** (wrap in a towel). Stir and serve.

20. Minestrone Soup

Soup - veggie · 1 serving per bag · ~340 kcal · 105 g dry **Tier 1** Best before: 2 years

What's in the bag (by weight)



Carbs Protein Vegetables Seasoning

Ingredient	Per bag	Batch of 4	Note
Instant pasta (home-dried)	35 g	140 g	
Instant kidney beans (home-dried)	25 g	100 g	
Dried mixed veg	15 g	60 g	
Dried onion	6 g	24 g	
Tomato powder (home-made)	12 g	48 g	
Dried spices / herbs (see recipe)	2 g	8 g	1 tsp mixed herbs + ½ tsp garlic granules
Stock cube (Oxo / Knorr), crumbled	10 g	40 g	1 vegetable cube
Total dry weight	**105 g**	**420 g**	

Step 1: Prepare & dehydrate the building blocks

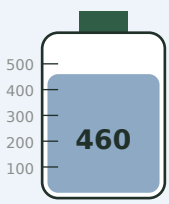
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant pasta	140 g	150 g raw	Cook 1 min under pack time, rinse	57°C, 4-6 h
Instant kidney beans	100 g	290 g raw	Drain, rinse, split skins with a fork	57°C, 6-10 h
Dried mixed vegetables	60 g	430 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Tomato powder	48 g	180 g raw	Spread purée 2-3 mm, dry, then grind	57°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **460 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



460 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **15 minutes** (wrap in a towel). Stir and serve.

21. Mushroom Risotto

Main - veggie · 1 serving per bag · ~410 kcal · 120 g dry **Tier 2** Best before: 12 months

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Instant rice (home-dried)	75 g	300 g	
Dried mushrooms	10 g	40 g	
Dried onion	8 g	32 g	
Dried skimmed milk powder (e.g. Marvel)	15 g	60 g	
Dried spices / herbs (see recipe)	2 g	8 g	½ tsp garlic granules + ½ tsp thyme + black pepper
Stock cube (Oxo / Knorr), crumbled	10 g	40 g	1 vegetable cube
Total dry weight	**120 g**	**480 g**	

Step 1: Prepare & dehydrate the building blocks

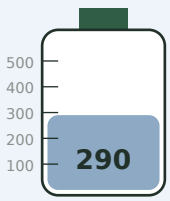
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant rice	300 g	320 g raw	Cook fully, rinse, spread one grain deep	57°C, 5-8 h
Dried mushrooms	40 g	500 g raw	Wipe clean, slice 5 mm	55°C, 6-8 h
Dried onion	32 g	290 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **290 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



290 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **15 minutes** (wrap in a towel). Stir and serve.

Tip: Stir vigorously at the end to make it creamy.

22. Potato & Leek Soup

Soup - veggie · 1 serving per bag · ~330 kcal · 100 g dry **Tier 2** Best before: 12 months

What's in the bag (by weight)



Ingredient	Per bag	Batch of 4	Note
Tesco Instant Mashed Potato	35 g	140 g	
Dried potato dice	20 g	80 g	
Dried leek	8 g	32 g	
Dried onion	6 g	24 g	
Dried skimmed milk powder (e.g. Marvel)	20 g	80 g	
Dried spices / herbs (see recipe)	1 g	4 g	black pepper + pinch dried parsley
Stock cube (Oxo / Knorr), crumbled	10 g	40 g	1 vegetable cube
Total dry weight	**100 g**	**400 g**	

Step 1: Prepare & dehydrate the building blocks

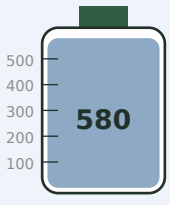
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Dried potato dice	80 g	450 g raw	Dice 1 cm, boil 5-6 min, drain	55°C, 8-12 h
Dried leek	32 g	390 g raw	Slice 5 mm, blanch 2 min	55°C, 6-8 h
Dried onion	24 g	220 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **580 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



580 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **12 minutes** (wrap in a towel). Stir and serve.

23. Irish Vegetable & Lentil Soup

Soup - veggie · 1 serving per bag · ~300 kcal · 94 g dry

Tier 1 Best before: 2 years

What's in the bag (by weight)



Protein Vegetables Seasoning

Ingredient	Per bag	Batch of 4	Note
Instant red lentils (home-dried)	30 g	120 g	
Dried mixed veg	20 g	80 g	
Dried potato dice	20 g	80 g	
Dried onion	8 g	32 g	
Dried leek	5 g	20 g	
Dried spices / herbs (see recipe)	1 g	4 g	½ tsp mixed herbs
Stock cube (Oxo / Knorr), crumbled	10 g	40 g	1 vegetable cube
Total dry weight	**94 g**	**376 g**	

Step 1: Prepare & dehydrate the building blocks

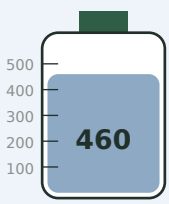
Block	Need (4 bags)	Buy about	Prep & cook (summary)	Dry
Instant red lentils	120 g	130 g raw	Simmer 8-10 min, drain, spread thin	57°C, 5-8 h
Dried mixed vegetables	80 g	580 g raw	Frozen mixed veg straight onto trays (no blanching)	55°C, 8-12 h
Dried potato dice	80 g	450 g raw	Dice 1 cm, boil 5-6 min, drain	55°C, 8-12 h
Dried onion	32 g	290 g raw	Peel, dice 5-8 mm, separate layers	55°C, 6-10 h
Dried leek	20 g	240 g raw	Slice 5 mm, blanch 2 min	55°C, 6-8 h

Full method, dryness test and tips for each block are in Part 2. Condition every block for 7 days before packing.

Step 2: Assemble, seal & label

1. Set out 4 Mylar bags (1 L) and label them first: name, date, best-before, **460 ml**, and the method.
2. For each bag, weigh every ingredient into a bowl using the 'Per bag' column. Crumble stock cubes, mix, then funnel into the bag.
3. Tap the bag down, leave 5 cm headspace, add one **100 cc oxygen absorber** on top (optional).
4. Squeeze out the air and heat-seal twice, 2-3 cm below the top. Check the bags are tight after 24 hours.

To cook (print this on the label)



460 ml boiling water

Pour & stand: empty into a pot or bowl, pour over the boiling water, stir, cover and stand for **15 minutes** (wrap in a towel). Stir and serve.

Part 4: Master shopping list

Totals for making **every recipe once as a batch of 4**: 92 bags (about a month of meals for one person, or a week for a family of four at three meals a day). Building-block quantities are converted back to what you buy raw. Round up to pack sizes.

Buy at Tesco	For	Dried needed	Buy (approx.)
Tesco Frozen Mixed Vegetables (carrot, peas, green beans, sweetcorn)	Dried mixed vegetables	456 g	3.30 kg
Tesco Frozen Sweetcorn	Dried sweetcorn	128 g	550 g
Tesco Brown Onions (loose or net)	Dried onion	464 g	4.20 kg
Tesco Mixed Peppers (3 pack)	Dried peppers	116 g	1.35 kg
Tesco Closed Cup White Mushrooms	Dried mushrooms	104 g	1.30 kg
Tesco Leeks	Dried leek	52 g	650 g
Tesco Rooster Potatoes	Dried potato dice	400 g	2.25 kg
Tesco Tomato Puree (double concentrate tubes)	Tomato powder	368 g	1.35 kg
Tesco Easy Cook Long Grain Rice	Instant rice	1820 g	1.95 kg
Tesco Macaroni or small pasta shapes (orzo, ditalini)	Instant pasta	1500 g	1.60 kg
Tesco Red Split Lentils 1kg	Instant red lentils	480 g	550 g
Tesco Red Kidney Beans in Water (400g tins)	Instant kidney beans	460 g	1.30 kg
Tesco Chick Peas in Water (400g tins)	Instant chickpeas	140 g	400 g
Tesco Lean Beef Steak Mince 5% Fat	Beef 'rocks' (dried mince)	700 g	2.10 kg
Tesco Fresh Chicken Breast Fillets	Dried chicken	532 g	1.70 kg
Tesco Bramley or eating apples	Dried apple chips	140 g	1.15 kg
Tesco Porridge Oats	Use as bought	720 g	750 g
Tesco Couscous	Use as bought	280 g	300 g
Tesco Medium Egg Noodles (dried)	Use as bought	200 g	200 g
Tesco Instant Mashed Potato	Use as bought	380 g	400 g
Dried skimmed milk powder (e.g. Marvel)	Use as bought	888 g	900 g
Tesco Granulated Sugar	Use as bought	252 g	300 g
Tesco Raisins	Use as bought	160 g	200 g
Tesco Banana Chips	Use as bought	60 g	100 g
Stock cube (Oxo / Knorr), crumbled	Use as bought	480 g	500 g (~48 cubes)
Bisto Gravy Granules	Use as bought	108 g	150 g

Spice cupboard (small jars cover the whole set)

Mild curry powder, chilli powder, ground cumin, paprika, turmeric, ground cinnamon, nutmeg, dried thyme, mixed herbs, dried parsley, garlic granules, Chinese five spice, black pepper, salt.

Packaging (for 92 bags)

- 100 × 1 litre food-grade Mylar bags (spares for mistakes)
- 100 × 100 cc oxygen absorbers (bought in sealed packs of 10-20, so they aren't wasted)
- Small zip bags for the 4 shepherd's pie mash pouches
- 2-3 food-grade buckets with lids, labels and a marker

Part 5: Stock log

Print this page and keep it on the storage bucket. Tick bags out as you eat them.

Recipe	Bags	Packed	Best before	Location	Eaten

This guide gives general food-preservation guidance based on common home-drying practice. Home dehydrated food does not have the shelf life of commercial freeze-dried food. Inspect every bag before eating and follow the safety rules in Section 2.

Emergency numbers & the series

Service	Number	Use it for
Emergency services	**112 or 999**	Ambulance, Garda, fire, coast guard. Works from any phone, any network.
ESB Networks	1800 372 999	Power cuts, fallen or damaged lines (24/7)
Gas Networks Ireland	1800 20 50 50	Smell of gas (24/7). Call from outside the house.
Uisce Éireann (Irish Water)	1800 278 278	Water outages, burst mains, boil-water notices
HSELive	1800 700 700	Health service information
Public Poisons Line	01 809 2166	Advice if someone has swallowed or touched something harmful (8am-10pm daily)
Samaritans	116 123	Anyone struggling to cope (24/7)
Text About It	Text HELLO to 50808	Free text support (24/7)
Childline	1800 66 66 66	Children and young people up to 18 (24/7)
Your county council	_____	Roads, flooding, local emergency centres
Met Éireann	met.ie / Met Éireann app	Weather warnings

Numbers checked November 2026. Write in your county council's number above, and your own local numbers (GP, out-of-hours doctor, pharmacy, vet, neighbours) in Volume 0.

The Ready At Home series

Vol	Title	What it covers
0	Start Here	Household plan & emergency numbers
1	**Just Add Water**	Home-dehydrated emergency meals
2	Power Cuts & Storms	Getting through long outages
3	Water & Sanitation	Storing, treating, toilets
4	Cooking & Warmth	Without mains power
5	First Aid	Step-by-step emergency care
6	Symptoms & Home Care	Red flags, minor illness, medicines
7	Home Systems & Repairs	Shut-offs, leaks, storm damage, floods
8	Fire Safety & Security	Alarms, escape plans, extinguishers
9	Communications	Family plan, radios, signals
10	Grab Bags & Kits	72-hour, car, child & pet kits
11	Pantry & Stockpile	A 30-day food store you rotate
12	Outdoor Skills	Fire, shelter, knots, navigation
13	Kids, Morale & Wellbeing	Keeping people okay
14	Offline Knowledge & Media	Libraries, maps & media without internet
15	Other Emergencies	Radiation, chemicals, heat, illness, cut off

This series gives general preparedness guidance. It is not a substitute for professional medical, electrical, gas or structural advice, or for a certified first-aid course. In an emergency, call 112 or 999 and follow the call-taker's instructions.

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