

## Prep Blog Review: What's For (The Survival) Dinner?

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What will be your go to food when SHTF? Will there be canned food, smoked or cured meat, MREs? Do you already produce most of the stuff you eat so you probably you won't miss a thing if things go south?

Either way today we have a tip for every option so that you will enjoy delicious and nutritious meals even when they won't be readily available at the store. Scroll through them and drop us a line in the comments section when you're done.

#### 1. How To Make Butter And Why You Should Know How



"I am a vegetarian, and try to eat a plant-based diet whenever possible. I choose to eat this way mostly because of health and financial reasons.

When you eat a plant-based diet you actually eat a larger variety of food than most people. Also, meat

and dairy products are hard to digest and can lead to health problems. Notice, I said "can". That's different than saying that they do lead to health problems. The thing is that the grain-fed animal products that are on the shelf at your local box store are not good for you."

Read more on [Self Reliant School](#).

## 2. A beginner's guide to Dutch oven cooking



"Welcome to the world of Dutch oven cooking. Whether you've cooked with one for years or just want to try it for the first time, we've designed this guide with you in mind. You'll need a Dutch oven and an appreciation for good food.

We call lots of pots Dutch ovens. They're the ones with three legs on the bottom, designed to sit above some coals, and have a lid with a rim around the outside edge to keep the coals on top from falling off. They're made with two kinds of material: aluminum or cast iron."

Read more on [Scouting Magazine](#).

## 3. What's for dinner?



"Hello everyone! What's for dinner? As I set in my back yard yesterday watching the Squirrels play, I couldn't help but remember the times my father and I went Squirrel hunting as I was growing up. It was something we both enjoyed and time together.

My father is gone now and hunting is one of the great memories I have of him. My next door neighbor was setting next to me and asked how do you cook them? (Squirrels that is) To which I replied... Uh... You know, other than grilling them over a fire I really wasn't sure. It was one of those

"Duh!" moments."

Read more on [American Preppers Online](#).

#### 4. Basics of Making Sausage



BackcountryChronicles.com

"We have been trying to expand our skills at curing meats, making specialty meat products and making sausages especially from wild game.

We started with the simplest versions of fresh sausage, then progressed to stuffing natural casings to make sausage links and then started smoking the links.

We have made fresh breakfast sausage, sweet Italian sausage, smoked Keilbasa, smoked Andouille, smoked elk sticks and boudain."

Read more on [Backcountry Chronicles](#).

#### 5. Traditional South African Biltong



SURVIVAL TIPS S5 E6

**SOUTH AFRICAN  
BILTONG**

"South African biltong is a simple dry-cured meat that makes an excellent tool in your food preservation toolbox. Unlike jerky, which is cut into thin strips before drying, biltong is left in 2-inch-thick slabs, then shaved thin after drying. However, like jerky, it works best with very lean meat, because fat will go rancid from exposure to air even if you cure it properly.

Here is the pepper mill you see in the video. I have had mine for 25 years, and it's been fantastic. I actually have two, one for black pepper, and another for every other kind of spice, like cloves, allspice, and coriander."

Read more on [Survival News Online](#).



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about an awesome way to earn  
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