

# COOKING IDEAS

When cooking using the Trangia it is always a good idea to plan meals that use basic, common ingredients, minimal fuel and don't waste water. Some basic recipes include:

Pasta:

1. Boil pasta
2. Add dried soup mix for sauce
3. Add tomato, sliced ham/cured meats

Risotto:

1. Cut up desired vegetables and cured meat
2. Cook the rice in vegetable stock and water
3. Add vegetables and meats to the risotto and stir

Pizza:

1. Combine dried soup mix with water for the sauce
2. Cook desired pizza toppings
3. Put sauce and toppings on a tortilla and heat in a pan



<https://www.spejdersport.dk/guides-og-viden/opskrift-pizza-paa-trangia>, 2018

# BIBLIOGRAPHY

Expert Advice: How to Clean and Maintain a Trangia Alcohol Stove. Youtube. (2021). Retrieved 22 July 2021, from <https://www.youtube.com/watch?v=Jycyt9RPAv8>

Grayston, G. (2018). Old School: How to cook with a Trangia. Get out with the kids. <https://www.getoutwiththekids.co.uk/camping/camping-tips/how-to-cook-with-a-trangia/>

Jenson, L. (2021). Opskrift: Fjeldpizza på Trangia | Spejder Sport. Spejder Sport. Retrieved 23 July 2021, from <https://www.spejdersport.dk/guides-og-viden/opskrift-pizza-paa-trangia>.

Kent Survival Gear & Review (Creator). (2021). My custom Trangia Stove / Cook Set Up [Video]. Youtube. <https://www.youtube.com/watch?v=cm63Me0IVD4>

Roberts, R. (2019). Before you continue to YouTube. Youtube.com. Retrieved 22 July 2021, from <https://www.youtube.com/watch?v=WWvdv5WDqGY>.

Trangia Stove Recipes and Meals | cyclefar.com. Cyclefar.com. (2012). Retrieved 22 July 2021, from <http://www.cyclefar.com/trangia-stove-recipes/>.

Trangia » To use your Trangia - Trangia. Trangia. (2021). Retrieved 22 July 2021, from <https://trangia.se/en/to-use-your-trangia-stove/>.

TrangiaTV (Creator). (2012). Use your Trangia stove - by Trangia AB [Video]. Youtube. <https://www.youtube.com/watch?v=KfZytJnTb4k>



# COOKING ON A TRANGIA

By Aengus & Blake

# ENVIRONMENTAL CONSIDERATIONS

- Fuel will burn slower in colder conditions
- In windy weather put the windshield on before igniting.
- When raining use a pan to catch rain during ignition.
- Keep away from flammable trees, dry grass and other flammable vegetation where possible.
- Do not use where gas fires are prohibited

# PRE SETUP

- Establish fuel dump away from anything flammable including trees and tents.
- Establish a Trangia circle to prevent the risk of
- Ensure that filling the fuel well is done at the fuel dump
- Ensure that you only fill the fuel well once you can pick it up with your hand



# SETUP

Below is a short step by step guide to setting up a Trangia. Safety considerations are in bold where relevant.

- Unpack Trangia and put the base plate on a flat surface with wind holes facing the wind.
- Fill the fuel well at the fuel dump and place it in the base. (can add a teaspoon of water to prevent soot buildup)
- **Fill the fuel well no higher than the top of the base plate**
- Put on windshield
- Light the fuel (can be done before windshield depending on conditions)
- Set flame strength using the simmering ring and the handgrip.
- Cook food
- **Always use the grip to move pots and pans**
- Pots and pans can be rearranged to create an oven, pan can be used as a lid to retain heat.
- If the fuel needs to be refilled, **wait until the fuel well is cold enough to pick up before taking it to the fuel dump**
- Let fuel well burn out or close simmering ring using the grip. **Do not use burner lid or try to blow out the flame. When testing for heat use the back of your hand.**

Youtube  
Items you may consider  
packing with your Trangia



Youtube  
Trangia Setup Guide



Youtube  
Cleaning the pots



Youtube  
Cleaning the burner



# TRANGIA CARE

Proper care for the Trangia is essential to ensure the cooking tool works effectively for a long time. There are several important factors to be aware of when cooking and cleaning the Trangia. When cooking with the Trangia it is important to note that food or water should always be in the pot or pan every time they are presented to the flame. When there are no contents within the pots the aluminium can reach temperatures high enough to burn or even melt.

After use, the Trangia can become dirty. Often, this is due to several different factors, these being the type of food that is cooked using the Trangia, the age of the Trangia and the environment that is cooked in.

Left-over food and moisture particles can cause discolouration, corrosion, and holes within the material. Because of this, the Trangia needs to be cleaned after every use. The official Trangia (2021) website recommends that users should handwash your Trangia in warm soapy water. This is because chemicals that are used in dishwashers are too strong for the Trangia's aluminium.

When cleaning the burner component of the Trangia, be sure to clear all dirt and grime out of the gas holes. This can be done with a pin or needle.