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Outdoor eating options

There are several factors you need to consider when recommending cooking equipment, and all that goes with it, to your customer: the number of people they want to cook for, the weight and the activity your customer will be using it for, the type of fuel, the duration of the trip, etc.

The equipment your customer can, or wants to use, when he has to transport everything himself (e.g. hiking) vs. when he has another mode of transport (e.g. caravanning) varies significantly.

Carry everything himself

For the customer who will be carrying all his own equipment, weight and space are his top concerns: the lighter and the smaller it packs away the better.

Titanium and anodized aluminium are **light-weight materials**:

- Titanium heats fast, but its thin pot walls get extremely hot and can warp.
 - Titanium pots can be used to boil water or make liquid-based food such as soup, but not to cook food in as it's too thin.
- Anodized aluminum: a layer of hard aluminum oxide is applied to an aluminum surface, which protects food and the surface from wear.
 - Anodized aluminum pots can be used to cook food in.
 - Lightweight, yet durable and strong;
 - Transfers heat well.
- With the various freeze-dried food options, consumers often only use a pot for boiling water in. Freeze-dried foods are lightweight and all the user has to do to enjoy a wholesome meal is to add boiling or cold water (consult the individual product's instructions), stir and seal the pouch – after a few minutes your customer has a meal and the bag can also be used to eat out of, if the user doesn't want to dirty a plate or bowl.
 - These freeze-dried foods come in a variety of meals: breakfast, mains, soups, drinks ... even desserts.

Reducing space

Cooking systems designed to **pack away** inside the pot will reduce the space required.

- Advise your customer to separate the canister and the cup with a layer of material, when storing inside each other, to prevent

Our cut-out-and-keep series to assist retailers with product knowledge

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scratches;

- He should not store the canister in the cup while either are still damp. This could cause a rust ring to form. To remove the rust, recommend your customer cleans the cup with a non-scratch sponge and a mixture of baking soda and water.

Types of cooking systems

Integrated system

With this system the fuel canister forms a base, onto which the pot fits securely.

- Pros: The burner is in direct, diffused, contact with the pot (often insulated) and offers efficient water boiling capabilities;
 - Fast and fuel efficient;
 - Good for short trips for 1-2 people.
- Con: can experience difficulty in high wind and extreme cold temperatures (see 'Output pressure'), but there are some that have been designed specifically for use under

these conditions.

Non-integrated canister

The fuel system is separate from the stove, with a hose to connect them.

- Pro: small and lightweight;
- Con: no wind resistance or a way to diffuse heat, and therefore less efficient compared to an integrated system.

Heat exchange technology

Heat exchange fins on the stove increase performance, saves cooking time, and reduces gas consumption. They create a bigger surface area that heats up and transfers more heat into the liquid in the pot – and ultimately increase the heat transfer efficiency.

- Insulated heat exchanger pots increases the outside area of the pot to ensure more efficient metal heat conduction.
- Can increase heating performance as much as 30% and reduce cooking time.
- Metals like gold, copper and aluminum transfer heat best.

Liquid fuel stoves

- **Propane** provides a higher vapor pressure for better performance in the cold.
- **Isobutane** provides a constant pressure when the fuel level gets low.
- Pros: Good for longer trips, where two or more people will need to use it;
 - Can be completely dismantled to easily clean and troubleshoot while still out in the field;
 - Can use simmer control;
 - Can be used to cook a variety of foods;
 - Often has multi-fuel capability, which is good for trips where your customer might not be sure what type of fuel he'll be able to get at the destination (e.g. when traveling abroad);
 - Consistent temperature in both cold and warm climates;
 - Fuel vessels are reusable.
- Con: heavy and bulky.
- **Alcohol** stoves can boil small amounts of water.
- Pro: It becomes lighter during the trip as the canister loses fuel.
- Con: It is less efficient for longer cooking as the fuel burns up quickly.

The required **amount of fuel** your customer will need depends on what your customer expects to be doing with the stove. **To p54**



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Mainly boiling water requires less fuel, for example, than cooking and simmering meals, melting snow, or working with very cold water.

Output pressure

Fuel pressure determines the stove's output. Factors that affect the pressure:

- **Cold temperature:** the colder the conditions, the lower the burner's output will be, because the vapor pressure is also lower. The output pressure is influenced by the temperature of the gas that is inside the canister – the lower the gas temperature, the lower the pressure.
 - A liquid fuel stove that uses propane will perform the best.
 - Subzero usage: if your customer expects he'll need to use the system in subzero conditions, he should:
 - Keep the fuel canister warm by wrapping it in something when it's not being used (for example a jacket, sleeping bag, etc.) – your customer should only remove it when he is ready to use it;
 - Do not place the canister directly on a cold surface. Insulate it from the snow by placing it on a small piece of foam, for example;
 - Take a spare canister, which should be kept warm while not in use, to swap as needed with one that is too cold for use.
 - **Running the stove repeatedly**, for example boiling several pots of water one after the other, will cause pressure to drop. When fuel vaporises it cools down, which in turn cools the canister down. Therefore, when using the same canister, each pot that he heats up will take longer than the one he heated immediately before – because each time the stove has less pressure to feed it.
 - A **pressure regulator** controls the fuel pressure that goes into the stove, and maintains this pressure level, no matter the outside conditions.
 - Without a pressure regulator, the stove's heat output declines as the fuel pressure drops, and outside forces such as the weather will play a role in how efficient it performs.
 - With a regulator, a stove performs consistently even when the fuel pressure drops.
 - Pots for making food in should have a **simmer control** that will allow the user to regulate how much heat comes through. Canister, white gas and multi-fuel stoves often feature this.
- To make cooking in the outdoors even more enjoyable, brands offer various accessories that can be used with their cooking systems.
- **Coffee press:** for when your customer just can't go without his caffeine fix. These presses can be used with selected pots.
 - **Fuel can stabiliser:** allows your customer to use the cooking system on uneven terrain.
 - **Pot support:** allows the burner to be used with other pots, pans, etc.

To ensure your customer gets the most out of his cooking system, he should take note of the following:

- Some stoves require priming, which entails lighting a small amount of fuel in the stove and giving it time to warm up. Canister stoves don't require priming, but some liquid fuel stoves do.
- Use non-scratching utensils and low-abrasion cleaning equipment;
- Clean the cup with a mixture of 3:1 water and white vinegar with a scratch-free sponge, to work off residue. Don't use powder detergent as it could contain lye and possibly damage the surface.

How many mouths to feed?

When deciding on how many cooking systems to take with and how big they should be, it's important to know how many people will need to be fed.

In general, you can work on one small stove for every two people, or even a stove per person – the more stoves there are, the less time your customer and his partners will have to wait for the stoves to finish and for them to eat or drink.

If he plans on taking one big stove to feed several people at once, he will want a stove with a wide base, which will handle a bigger pot better.

Heavy duty

If your customer will be using some means of motorised transport, for example packing everything into his car and/or caravan, he will be less constrained with regards to space and weight. He won't be able to take the kitchen stove with, but he does have a selection of gas braai options that will help make him feel right at home – and offer him just about all the same options as home cooking.

Benefits of cooking on gas include:

- Hot immediately – no waiting around for the fire to be warm enough to cook on;
- Certain models have adjustable temperature control;
- Easy to ignite.

Portable gas braais come in a variety of shapes and sizes.

- HP (high pressure) braais work off a gas cartridge and LP (low pressure) braais work with a gas cylinder that is connected via a regulator and hose;
- Styles with a concave lid offer the user different cooking options:
 - Use without the lid to braai;
 - With the lid on to make meals he might make in an oven;
 - These also have thermometers that allow roasting and smoking meat.

Brands also offer a variety of accessories designed to be used on portable gas braais like BBQ tops, flat grill plates, *skottels* and a pizza stone, for when the craving sets in.