

Soup — Frontier + BTB + FD Protein

SV Alruna galley procedure · pressure cooker method

Rev 2026-09-11
~2 soups/week · 80 bowls / 300 d
~1,850 kcal per fortified bowl

PER-BATCH BASE · FRONTIER SOUPS MIX

1 bag FRONTIER MIX 4-serving pouch · ~1,440 kcal	4-5 cups WATER ~25% vs stovetop · pressure retains liquid	1 tsp BTB PASTE Flavor match — see chart	1½ oz FD PROTEIN Add dry — cooker rehydrates in-line
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Why pressure cook: Cuts Frontier's 30-45 min simmer to **8-12 min at pressure** — saves ~65% propane. FD meat rehydrates in-pot, no separate soak. Sealed pot doesn't slosh on a heeling gimbal.

FRONTIER ↔ BTB ↔ PROTEIN · PRESSURE TIMES

FRONTIER BAG	BTB	PROTEIN	MIN @ HP
Connecticut Cottage Chicken Noodle	Chicken	FD chicken strips	6
Colorado Campfire Chicken Stew	Chicken	FD chicken strips	10
South of the Border Tortilla	Beef	FD ground bison	8
Rocky Mountain Trail Loaded Potato	Beef	FD Canadian bacon	10
Any vegetarian mix	Vegetable	Skip meat	6

HP = High Pressure · natural release 10 min then quick-release residual

FREEZE-DRIED PROTEIN · DRY ADD

MEAT (DRY)	PER BATCH	REHYDRATES TO
Chicken strips, seasoned	1½ oz	~6 oz fresh
Ground bison	1½ oz	~6 oz fresh
Ground turkey	1½ oz	~6 oz fresh
Chopped bacon	½ oz	~2 oz · fat-heavy
Canadian bacon	1 oz	~4 oz fresh
Ground lamb / veal	1½ oz	~6 oz fresh

OFFSHORE ADJUSTMENTS & VARIATIONS

ROUGH WEATHER / LOW FUEL

- **Thermal-finish:** Skip full pressure. Bring to pressure 1 min, kill heat, wrap pot in a wool cover, rest 45 min — uses ~30% propane vs full cook.
- **Half-batch:** Split Frontier bag over 2 nights. Halve water + protein, drop pressure time by 1 min. Store dry half sealed with silica.
- **Low watermaker:** Pressure method already uses ~25% less water than stovetop — no further cut needed.

FORTIFICATION (300+ KCAL BOOST)

- Stir in **1 Tbsp Red Feather butter** at serve — richness + fats.
- Add **½ cup Augason dehydrated potato slices** with Frontier — pressure turns it into thick chowder.
- Top with **1 oz shredded parmesan** or Canadian bacon crumble.

TROUBLESHOOTING

SYMPTOM	CAUSE	FIX
Won't come to pressure	Gasket dry/cold, lid not fully locked, vent not sealed	Kill heat, cool, re-seat gasket (rub with oil), verify lock, restart
Steady steam from lid edge	Gasket pinched or worn	Depressurize, re-seat. Replace gasket if visibly cracked — carry 2 spares
Meat still crunchy	Added late, or pkg over-dense	+1 cup water, re-pressure 3 min. Next time crumble tighter clumps
Soup too salty	BTB + Frontier stack	+½ cup water + splash olive oil. Reduce BTB to ½ tsp next time
Scorched bottom	Insufficient water, starch settled	Never skip whisking BTB in water first. Min 4 cups liquid for starchy mixes
Foam plugs vent at release	Quick-released a starchy soup	Kill heat, wait full natural release (15+ min). Never QR pasta/noodle/bean soups
Sour metallic taste	Salt water on pot or gasket	Fresh-water rinse pot + gasket after every offshore wash. Vinegar deep clean weekly

PROGRAM TOTALS · 300 DAYS · 80 BOWLS

Frontier: 60 bags (target 86) — 10 Tortilla · 10 Chicken Noodle · 12 Campfire Stew · 6 Loaded Potato · rest mixed · **BTB:** 7 Beef · 4 Veg · 2 Chicken · 1 Organic (8 oz jars, ~38 tsp each) · **FD chicken:** 12 pkg / 90.6 oz · **chopped bacon:** 6 pkg / 96 oz · **Canadian bacon:** 5 pkg / 55 oz · **ground bison/turkey/lamb/veal:** 8 pkg / 88 oz variety · **Water:** ~95 L · **Propane:** ~40 bowls/2.5 lb bottle (vs ~25 stovetop) · **Spares:** 2 gaskets, 1 float valve, silicone lubricant, vent pin

STEP-BY-STEP · PRESSURE COOKER

- 1 30 sec** Check gasket seated, float valve free, vent clear. Wipe pot dry — no salt water residue.
- 2 1 min** Whisk **1 tsp BTB paste** into **4-5 cups cold water** in the pot. Paste dissolves cleanly before heat.
- 3 1 min** Add Frontier bag contents + **1½ oz dry FD meat**. Stir to break clumps. Do not exceed **½ pot mark** (starchy foaming line).
- 4 2-3 min** Lock lid. Seal vent. Full flame to build pressure — audible hiss + weight bobs / float valve up.
- 5 6-10 min** Reduce heat to hold pressure (gentle steady hiss). Time from lock, per chart. **Never leave unattended on a stove.**
- 6 10 min** Kill heat. **Natural release 10 min** — noodles/beans finish cooking off-flame. Then quick-release residual via vent.
- 7 30 sec** Confirm float dropped. Open lid **away from face**. Stir. Taste. Adjust: flat → +½ tsp BTB. Salty → +½ cup water.

Offshore safety: Only cook on a **gimballed stove with sea rails**. Never in >20 kt or >15° sustained heel — jarring can eject the pot even locked. Boots + long pants when opening. Never quick-release starchy soups — natural release only.