

Seal Kitchen Recipes:

Lactate recipe:

- Put lactate powder in 2L beaker
- Add 1L warm/hot water, stir thoroughly until all powder is dissolved
- Add 1L cold water, stir thoroughly
- Put 2L lactate into plastic bottle (using a funnel to pour)
- Write date of when lactate was made on bottle
- Store in fridge
- Lactate has a shelf life of 48hrs

Fish soup recipe:

- Put 200mL of lactate into blender
- Weigh out 200g of fish
- Cut fish in half
- Add fish to blender
- Turn on blender and blend for 30sec
- Turn off blender and check with fork that fish soup is sufficiently blended (ie there shouldn't be any large bits that could get stuck in the tube)
- Makes 400mL fish soup. If more needed then repeat process, keeping the ratio of 1mL lactate to 1g fish.
- Pour fish soup into plastic bottle (using funnel)
- Write date of when lactate was made on bottle

- Store in fridge
- Fish soup has a shelf life of 24hrs

Porridge water recipe:

- Boil 200g of oatmeal in 1.75L water for 1 minute
- Pour through a sieve and discard oatmeal and only use the porridge water
- Tube the porridge water pure, or mixed with lactate
- Porridge water has a shelf life of 24hrs

Dulce/Dilisk recipe:

- Soak dulce/dilisk algae in water overnight
- Put soaked algae in blender and blend
- Add blended algae to lactate and tube feed