

# RECIPES FOR DISASTER

Terrible cooking ideas that will set your world alight!

COOKSAFE

**L F B**  
LONDON FIRE BRIGADE

# BLAZING BEANS

An easy dish that literally  
cooks itself...and then you!



**Cooking time:** 3 minutes, although scars from burning will last a lifetime

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### Ingredients

- 1 can of baked beans
- 1 saucepan
- A hob
- An assumption that this will never happen to you

### Method

Empty the beans into a pan and heat on hob. Leave the kitchen. Turn on the TV. Relax, chill out on the sofa and doze off for 20 minutes or so. Wake up when you smell burning. Return to the kitchen. Panic! Grab the burning pan and spread the flames to the kitchen walls and ceiling. Drop the pan, spilling the flaming contents down your legs. The fire should spread rapidly, burning down your kitchen and maybe your home.

### How to avoid this disaster

**COOKSAFE**

- Avoid cooking if you're tired.
- Turn off the hob or cooker if you leave the kitchen whilst cooking.

Simple, yet effective, you'll serve up a sizzling disaster in minutes!



# SMOKIN' SAUSAGES

**Preparation time:** 15 minutes

**Choking time:** 10 -15 minutes

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### Ingredients

- 1 packet of sausages (meat or veggie)
- 1 greasy grill pan

### Method

Lay the sausages on greasy grill pan and place under a hot grill. Let the fat that's already in your pan reach boiling temperature and start to spit. Leave the room and do something else – sausages always take longer than you think after all. Return later when you notice smoke coming out of the kitchen. The grill should be well alight now and the fire will quickly spread to the rest of the kitchen. Now attempt to tackle the fire yourself but get beaten back by the flames and toxic smoke.

### How to avoid this disaster

**COOKSAFE**

- A working smoke alarm will provide a vital early warning if there is a fire.
- Don't tackle the fire yourself.



# BOOZY FLAMBÉ

Tipsy? Burning desire for a good old fashioned fry up? Then look no further, this could be the recipe for you.

**Preparation time:** hours of boozing

**Cooking time:** 5 minutes

**Kitchen devastation time:** 10 minutes

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### Ingredients

- 1 packet of bacon
- 2 eggs
- Cooking oil
- Booze in your system – the more drunk you are, the better

### Method

Pour oil liberally into pan and place over medium heat. When sizzling hot, add eggs and bacon. Now turn up the heat and flip eggs over, splashing oil down the pan and over the hob as you do so. Leave the pan whilst you go off to pour yourself another drink. Return as the pan bursts into flames. Lean over pan to try and turn off the heat, catching fire to your sleeves as you do so. Sustain nasty burns to your arms and face. Stagger from the kitchen in agony as your kitchen goes up in flames.

### How to avoid this disaster

COOKSAFE

- If you've been drinking, don't cook.
- If your cooking catches fire, don't take any risks. Turn off the heat if it's safe to do so.

# CHARRED CHILLI CHICKEN

Why stop at cremating your chicken, when you can cremate your kitchen at the same time?



**Cremation time:** less than 15 mins

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### Ingredients

- 1 red chilli, finely chopped
- 2 garlic cloves
- 1 tablespoon of soy sauce
- 2 tbsp groundnut oil
- 250g skinless chicken breast fillets, sliced
- 1 wok
- A large bowl of water

### Method

Heat the oil up until blisteringly hot and smoking. Add garlic, chilli and stir fry. Chuck the chicken and all other ingredients in – making sure the oil is boiling hot at all times. Go off to answer a phone call in another room. Return 10 minutes later to a flaming wok. Panic! Throw a load of water onto wok and watch as the ferocious flames flare up and the hob, walls and surrounding kitchen surfaces catch fire. Run out of house and return later to a nicely cremated kitchen.

### How to avoid this disaster

COOKSAFE

- If the oil's smoking it's too hot – turn off and leave to cool.
- Never throw water or use a fire extinguisher on a hot fat fire.

# RED HOT ROAST

The ideal recipe for disaster, all it takes is some beef, blisteringly hot oil and a blazingly hot oven.



**Cooking time:** 1 hour 20 minutes

**Shopping time:** 2 hours

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### Ingredients

- Beef – 2kg joint
- Bag of potatoes
- Olive oil
- Two roasting tins
- A trip to the shops

### Method

Preheat the oven to its highest setting. Half fill two roasting tins with oil and leave in oven to heat up until smoking and sizzling. Cover the beef with oil and place in one of the roasting tins in hot oven. Put the potatoes into the other hot tin. Realise you've forgotten to buy Yorkshire puddings so pop out to get some. Leave the oven on, allowing the contents to get hotter and hotter. Take longer than you'd thought at the shops. Return later to see fire engines outside your home and firefighters tackling a raging blaze. By now your beef will be very, very, well done and so will your kitchen.

### How to avoid this disaster

**COOKSAFE**

- Don't leave the house with the oven on.
- Keep the oven, hob and grill clean. A build up of fat and grease can ignite a fire.

# COOKSAFE

You might think our **COOKSAFE** advice seems a bit obvious, that you've heard it all before, but people make very simple mistakes in kitchens each week and these simple mistakes can easily lead to serious, and sometimes fatal, fires.

## **COOKSAFE**

- Avoid cooking if you are tired, have been drinking alcohol or are taking medication that can make you drowsy.
- Take pans off the heat and turn off the hob and/or grill if you have to leave the kitchen and when you have finished cooking.

## **Chip pans/hot fat frying**

- Never fill a pan more than a third full with fat or oil.
- Dry chips/food before putting it in the pan.
- If the oil starts to smoke turn off the heat and leave the oil to cool down, as it could catch fire.

## **If your pan catches fire:**

- Don't panic and don't take risks.
- Don't move the pan.
- Never throw water or use a fire extinguisher on a hot fat fire.
- If it's safe to do so – turn off the heat, but never lean over the pan to reach the controls.
- Leave the kitchen, close the door behind you, tell everyone else in the home to get out and don't go back inside for any reason.
- Call 999.



### **Make your kitchen safe**

- Keep electrical leads, tea towels, cloths, loose clothing and anything else that may catch fire away from the oven and hob.
- Keep the oven, hob and grill clean – a build up of fat and grease can easily catch fire.
- Keep your toaster clean, free of crumbs and away from curtains, kitchen rolls and anything else that could catch fire.
- Never put anything metallic inside your microwave.
- Never attempt to sterilise dish cloths or sponges by heating them in the microwave.
- Keep electrical leads and appliances away from water.
- Use a spark device to light gas cookers as this is safer than using matches or lighters.
- Never leave children alone in the kitchen. Keep matches, lighters and pan handles where children can't reach them. Fit a child safety catch to the oven door.
- Keep handles of pans turned to the back of the hob and away from other gas burners/ electric rings.



# DINNER FOR NONE

60% of fires at home start in the kitchen

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[london-fire.gov.uk/cooksafe](https://london-fire.gov.uk/cooksafe)



LONDON FIRE BRIGADE