



# Trangia Stove

Trangia is a brand of mobile cooking stove. It uses methylated spirits (meths) as fuel. Trangias are simple and reliable cooking tool, especially for expeditions and hillwalks. One of the advantages of a Trangia, or similar stoves, is they pack away into an easily carried unit.

Open out the Trangia. The lid is also the frying pan, there is a kettle, a bowl, a handle, base, and windshield/pot stand.

Turn over the base, the larger piece with air holes. Set it up on a flat firm spot, where it is good to cook. And, face the air holes towards the wind.

Take out the burner, and pour in the meths. Only partial fill it to a max of  $\frac{3}{4}$  full. Meths can be gotten from pharmacies and some outdoor shops. It is ethanol, as well as being highly flammable it is poisonous.





Place the burner carefully in the base and light it with a match. Be careful as the meths will catch fire easily. You might not see a flame, but you can feel for the heat. Lock in the windshield. It is also a pot rest, open out the stands.



Put the pot or pan on the support stands, using the handle. The pan can also serve as a lid for the pot. Don't put empty pots or pans on the flame. Be careful around the stove when cooking, as it can easily be knocked over. Also, never leave it unattended.



Trangias are good for cooking one pot dishes like pasta, which are handy for expeditions. The pot can also be a serving dish. Use plastic cutlery to prevent scratching the non-stick surface. Wash pots and pans after use. Do not leave food in the pots/pans, clean straight away



Put out the flame by carefully closing the adjustable burner top. Leave the stove time to cool down. Only put on the burner lid when it is fully cold, don't keep meths in the burner.

