

Mastering The Art of Space Cooking



By: The Galaxy Pandas Highland, 2018

Who We Are

We are an FLL team called The Galaxy Pandas. Our ages range from nine to twelve. Our mission is to ensure that astronauts can enjoy delicious food, while being able to have the fun of making it, too. Meanwhile being in space.

Space food criteria

- Crumb free; so the crumbs don't get into the ship and break it
- Shelf stable most of the time is dehydrated; it weighs less and so it doesn't rot in storage
- You have to have sticky foods or it will float away such as peas, spices, and salt also the foods have to be sticky enough that you can spread them without making a huge mess
- Needs to be able to be eaten without having to be cooked because the food heater in space only heats things up and doesn't cook them.
- Space food needs to be healthy, not too much sugar or salt

Tofu Deviled Eggs



Ingredients

- Tofu in eggs molds

“Yolk paste flavoring”

- ½ lb extra firm tofu
- 2 Tbsp dehydrated vegan mayonnaise
- 2 tsp dehydrated dijon mustard
- Paprika

Instructions

Before you leave for space, in a small ziplock bag, combine vegan mayo, hummus, Dijon mustard, turmeric, paprika, and chives.

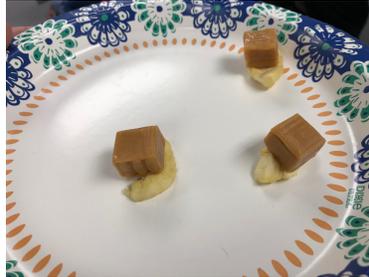
Mix to combine.

Once you’re in space

- Spoon out the center of the tofu and eat the parts you scoop out
- Use a spoon to pipe the “yolk” filling onto the tofu squares.

Enjoy, and that’s an order.

Caramel apples



Ingredients

- 1 apple
- Individually wrapped caramels
 1. Unwrap a caramel.
 2. Take out a dehydrated apple and put it in the middle of the apple.
 3. Eat.
 4. Have fun trying a new treat.

Pizza



Ingredients

- Tortilla
- Tomato paste.
- 4 Pepperoni slices
- Parmesan cheese

Instructions

1. Spread tomato paste on tortilla.
2. Stick toppings on hard, so they don't fly off.
3. Fold in half.
4. Enjoy!

Cake



Ingredients

- 1 tortilla
- Marshmallow creme
- Nutella

Instructions

1. Put a tortilla on table (make sure it doesn't float away though)
2. Then apply marshmallow creme to tortilla
3. Apply nutella on top
4. Add fruit if you want.
5. Fold in half
6. Now enjoy!

Sources

Deviled eggs-<http://www.baked-in.com/2013/03/25/vegan-deviled-eggs/>

Caramel apples-<https://www.allrecipes.com/recipe/21130/caramel-apples/>

Pizza-<https://www.youtube.com/watch?v=GIQXm3lq3d0>

Cake- <https://mommymoment.ca/no-bake-saltine-cracker-cake/>