

Soya Mince

Soya mince is a rich source of vegetable protein. With a HotBag it is easy to prepare and doesn't burn or stick to the pot. Add soya mince to fried onion, tomato and other vegetables, with seasoning, to make a tasty meal. Add 1 cup of water for each cup of soya mince used.

Caution

Never place your HotBag on the stove or in the oven. Boiling point must be reached before making use of a HotBag, as **dangerous bacteria** can grow in luke-warm food that has not been allowed to boil before being placed in the HotBag.

When transferring the pot from the stove to the HotBag, never place the HotBag on a **cool surface** as heat will be lost. The pot must not be opened after being removed from the stove, as **heat will escape**.

Do not open the HotBag until cooking is complete. Keep the HotBag out of reach of **small children** during the cooking process

Other Uses

Food can be left in a HotBag, once cooked, to keep it warm.

Casseroles from the oven can be placed in a HotBag to complete the cooking process.

Take a hot meal to a sick person or to a party without danger of it spilling.

As a cooler-bag: for picnics, shopping, parties and catering.

Useful hiking equipment when you carry one small stove.

A gift for someone you know.

Care of Your HotBag

Do not put your HotBag in the washing machine.

Hand wash flat in warm water with detergent. Do not wring.

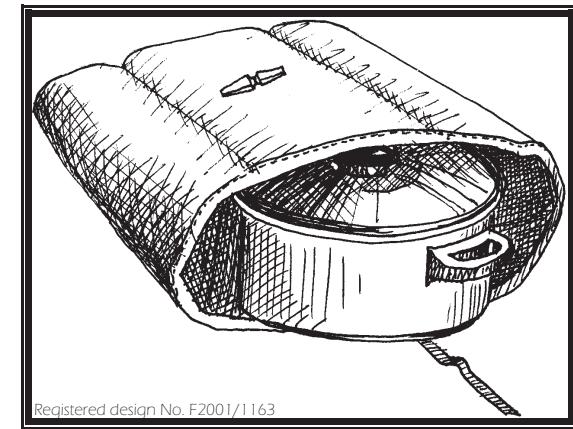
Swing to release excess water.

Hang to drip dry.

Be environmentally friendly
and use a



- for cooking with retained heat -



Save up to 75% of cooking fuel costs

Retains heat for 3-5 hours or longer

Stress-free cooking: it allows better time management

No danger of food burning or sticking to bottom of pot

Quality-cooked food retains its nutritional value

Ideal for camping and travel

Light weight & washable

**For further information and orders, contact Wendy Chandler
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e-mail: hotbag@mweb.co.za / www.afreca.org**

Background Information

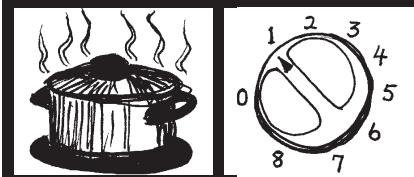
This insulated bag for retained-heat cooking is a convenient design on the traditional hay box concept that has been used for centuries in various parts of the world. Due to the specialised layers of insulation—including heat reflective silver foil—a HotBag is a highly effective retained-heat cooker. Food will remain hot for 3-5 hours and longer, and never burn. There is no moisture loss and food is of a higher quality in terms of nutritional value and taste when cooked just below boiling point. What better way is there to make a tender, slow-cooked stew than to leave it in your HotBag while you go out to work?

What You Need

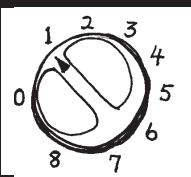
A pot with a lid, a stove, a clock, and food that cooks in water.

 Use the right size of pot for the amount of food, as the food cooks best when the pot is more than half full.

Method (Refer to chart for cooking times)



1. Bring food to the boil with the stove on high.



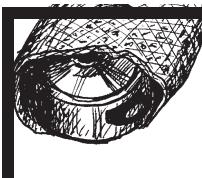
2. When food begins to boil, turn it down to low heat.



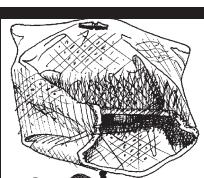
3. Simmer on low for required time (see chart).



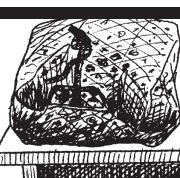
4. Turn the stove off.



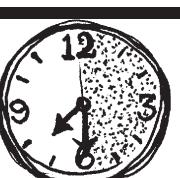
5. Slip the pot into the HotBag.



6. Fold like wrapping a parcel and secure by winding tape around toggle.



7. Place HotBag on wood or news-paper, not on a cold floor.



8. Leave for remainder of cooking time (see chart). Remove pot when ready to eat.

Suggested Cooking Times

TYPE OF FOOD	BOIL ON STOVE	LEAVE POT IN HOTBAG	TOTAL COOKING TIME
Rice, white	5 min.	30 min.	35 min.
Rice, brown	10 min.	30 min.	40 min.
Pearled Whole Wheat	15 min.	30 min.	45 min.
Potatoes, pumpkin, butternut	10 min.	20 min.	30 min.
Carrots, peas, brocolli etc.	5-10 min.	15-20 min.	20-30 min.
Mince	15 min.	30 min.	45 min.
Soya Mince	1 min.	15 min.	16 min.
Maitabella Porridge, Oats	1 min.	15 min.	16 min.
Mealie Meal Porridge	10 min.	20 min.*-3 hours	30 min.+*
Mealie on the Cob	15 min.	30 min.	45 min.
Meat/chicken pieces	20 min.	1 hour*-3 hours	1 hr.+*
Whole Chicken (slow-cooked)	45 min.	3 hours	3½ hrs.
Dry Beans (soaked overnight)	1 hour	3 hours	4 hours

*Food will be cooked, but will improve in flavour with a longer cooking time.

Cooking times are variable, depending on taste.

The larger or harder the chunk of food, the longer it will take, at boiling point, to become hot right through. For example, it is best to cut potatoes into halves or quarters.

Different quantities of food require the same cooking time.

Cooking time begins when it begins to boil. For example, rice should be put into cold water and brought to the boil before timing it for 5 minutes as it simmers.

Vegetables can be steamed in 1 - 2 cm of water.

Perfectly Cooked Rice

I cup white rice to 1 cup water, with 1 tsp salt added, will absorb the water during the given cooking time, and be perfectly tender and moist when the pot is removed from the HotBag. For brown rice, use 2 cups water to 1 cup of rice.