

## Mealie Meal

SERVES 4

*Mealie meal porridge is more digestible and less acidic if cooked over-night in a HotBag:*

- 1 cup mealie meal with a pinch of salt
- 1 cup water
- 2 cups milk

Bring to the boil, stirring.

Place in HotBag when it begins to bubble and leave for 20 minutes or more.

*Mealie pap has a finer texture if put into a HotBag once all the mealie meal is moist:*

Bring 2-3 cups salted water to the boil.

Pour in mealie meal in a thin stream, stirring all the time, until a thick consistency is reached. Cover and allow to steam on low heat, giving it a stir again a couple of times until there is no more dry mealie meal. After 5-10 minutes on the stove, transfer to the HotBag and leave for 30 minutes or more.☺

## Mango Relish for Curries

*When you find you've cut into a green mango, make good use of it as a side dish for curry.*

- 1 mango, peeled and sliced

Simmer in 1cm water for 5 minutes on the stove before transferring to a HotBag. Leave for 15 minutes or longer.☺

## Vegetable Bake

SERVES 4

*This is a meal-in-one dish, easy to prepare hours in advance of supper time. Frankfurters can be used instead of bacon, and cabbage instead of baby marrows.*

Use a cast iron pot or a corningware dish.

Fry 1/2 pkt rindless back bacon, chopped up

Scoop the bacon out and set to one side.

Fry 1 onion, cut into rings, in butter or olive oil.

Turn the heat down to low and continue to add the following in layers:

- Potato slices (4 potatoes)
- Salt and black pepper
- Fried bacon bits
- Baby marrows sliced lengthwise (1 pkt)
- 3 Tomatoes (slices)
- Fresh oregano, salt and pepper
- Add 1 cup chicken stock as you layer.

Layer the same again if necessary.

Drizzle olive oil over the top.

Bake at 200°C, or simmer on the stove for 20 minutes before transferring to a HotBag.

The dish will be ready to eat after a further 30 minutes. Thereafter it will continue to improve and will remain piping hot for up to 5 hours without burning or drying out.☺

# HotBag



## Recipes

*HotBag cooking is very simple, resulting in less time standing over the stove watching pots; normal stove time is reduced by at least two thirds while cooking time remains unchanged. Put any pot of food in a HotBag after a third of its usual cooking time on the stove, and allow it to remain there until at least the usual cooking time is up. Thereafter rest assured that the food will not burn or dry out and it will still be hot 3 to 5 hours later.*

## Holiday Chicken

SERVES 4

*This is an ideal way to avoid being in the kitchen preparing supper during the best part of the day if you're self-catering. Prepare the whole chicken with vegetables around 4 o'clock and go out for a walk with the family. Though the chicken doesn't look brown and crisp like a roast, it is far more succulent and tasty, and the flavours of the vegetables infuse. This is also a good way to prepare a chicken that will be served cold and de-skinned in a salad the next day.*

Use a large pot and a LARGE or XLARGE HotBag. Clean the chicken and remove gland on pope's nose and excess skin and fat.

Stuff with fresh herbs, a few cloves of garlic and half a lemon.

Sprinkle freshly ground black pepper on top and mixed dried herbs.

With the lid on the pot, let it simmer in 2cm water for 45 minutes while you prepare the vegetables. Pack the vegetables around the chicken, but not so tightly that the steam can't circulate:

- 4 Carrots
- 1 Onion (peeled and halved)
- 4 Potatoes (halved or quartered)
- 1/2 Cauliflower (broken into florettes)

If the chicken has had 45 min. of simmering and the last veges to go in have had about 10 minutes, then turn the stove off, slip the whole pot into a HotBag and go out. It will do well to have 3 hours or longer but if time is short, it should be properly cooked after 2 hrs.

Remove chicken and vegetables from the pot and make a gravy from the juices:

- Add 1 cube chicken stock. Make a paste from 2 TBS flour and cold water. Stir this into the juices as they simmer.☺

## Kidney Beans

SERVES 4-6

*Dried beans take a long time to cook, so with a HotBag you are making a big saving on stove usage and it is very convenient to prepare this super recipe.*

- 1 pkt dried kidney beans, soaked overnight
- 1 sprig (fresh) rosemary
- 4 cloves garlic, peeled
- Salt and black pepper

Cover the beans generously with water and add the other ingredients.

Bring to the boil.

Place in HotBag after 1 hour on the stove.

Ready to eat after 2 hours in HotBag.

*Serve with a little olive oil drizzled over the beans.* ☺

## Laura's Lamb Stew

SERVES 4

*This is the ultimate of simple stews because Laura doesn't like onion or beans or much at all mixed up in her food. It is amazingly delicious, however.*

- 500g lamb chops (fat cut off)
- 4 large potatoes (peeled and thickly sliced)
- 2-3 generous sprigs fresh rosemary (do not remove from stems or chop)
- 1 cup mutton stock (or chicken stock)
- Black pepper

In a cast-iron pot, brown lamb in a little oil.

With heat on low, add potatoes, rosemary and stock.

Simmer for 10 min. with lid on, before transferring pot to HotBag.

After 2½ hours - excellent and still hot.☺

## Ratatouille

SERVES 4

*This vegetable dish is good with soufflé, fish or veal, and can also be used as a pasta sauce, or with baked potatoes topped with cheese.*

In a heavy-based pot heat 4 TBS butter and 2 TBS olive oil. Fry the following:

- 1 large onion, thinly sliced and 1 tsp crushed garlic
- Add 2 diced brinjals (skin included)
- 1 pkt baby marrows, sliced
- 1 green pepper, seeds removed and chopped
- 1 tin tomatoes
- 2 TBS fresh parsley/oregano/basil
- 1 tsp salt
- Freshly ground black pepper

Cover and simmer for 10 minutes before placing in HotBag. Ready to eat after 30 minutes, but goes on improving.☺

## Steamed Pudding

SERVES 4-6

*This recipe normally takes 2½ hrs to steam on the stove. With a HotBag, you can finish the cooking with retained heat after only 45 min on the stove. You must try it, then you'll believe it!*

- Grease the inside of a small (1-litre) pudding basin and spread two generous dessert spoons of golden syrup on the base and sides (75-90g)
- Cut a square of baking or grease-proof paper big enough to pleat across the middle of the pudding bowl. The pleat allows for expansion when the pudding rises. You will tie it on with string.
- Blend the following until light and creamy: 75g butter and 75g sugar
- Add 1 beaten egg.
- Fold in 175g self-raising flour (sifted) and a pinch of salt. NB: Do not beat or the pudding will not be light and fluffy.
- Stir in enough milk (± 1 cup) to make a sloppy consistency.
- Pour the mixture into the greased pudding bowl. With the help of two sets of hands, tie the grease-proof paper down with string. Use a slip-knot.
- Place the pudding bowl in a pot with boiling water half way up the sides of the bowl. (Place a small skillet or dish cloth in first to stop the noisy clatter when the pudding is boiling.)
- Cover and bring to the boil. Simmer on the stove for 45 minutes.
- Transfer the pot with the steamed pudding to a HotBag and leave to continue cooking for a further hour and forty-five minutes.
- Turn the pudding out onto a serving plate. Serve with hot custard. ☺

## Celery Soup

SERVES 4

- Fry 1 onion (finely chopped) and 1tsp crushed garlic in butter.
- Add 2 cups chicken stock
- 3 potatoes, peeled and sliced
- 4 sticks celery, chopped
- black pepper
- 2 cups water

Once all the ingredients are in, allow to simmer for 10 min. before placing pot in HotBag. Leave in HotBag for 20 min. or more. Blend and serve topped with fresh parsley.☺