

## To cook and bake over fire

### Before you start

- \* Prepare in advance - then it will go smoothly. It's fun to spend time together near the fire, and some preparations in advance will make it easier. Alternatively, find a space where all of you can help to chop and cut the ingredients. Luxuries like running water and soap are not always available, so cutting sensitive ingredients like chicken or meat in advance will help tremendously.
- \* Stock up enough wood and coals on the side. We almost only use wooden coals instead of briquets because of their moderate heat, and they last longer. It's good to be able to fill up coals and wood when needed.
- \* Thongs, a coal scoop and a pair of quality oven gloves are good tools to have.
- \* Hot water in a flask is ideal if you need to add liquids.

### To use a three-legged potjie

- \* Pour some liquid (water is good) or oil every time you start cooking in it.
- \* Use hot water from a flask when adding extra water to boiling rice, for example. When adding smaller amounts of liquid, for example fresh cream, we add it in smaller portions stirring all the time.
- \* Start on low heat if you are browning butter or oil for frying or oil for deep frying. We usually say that you can let a small onion sliver "lie" in the potjie at the beginning, so that you can see how warm the oil gets. If it heats up too quickly, remove the potjie from the heat and let it cool off. You may sometimes need to move the coals from underneath the pot, so that the potjie stands in a ring having coals around it for optimal heating.
- \* Keeping a fire burning near your potjie adds a cosy atmosphere and you can continuously get new warm coals. If you want to speed heat, then place it directly on the fire.
- \* Ready? Your pot will keep warm for long, which is lovely, and with a lid on, even longer...



### To use a bakepot

- \* A bakepot gets most of its heat from the surface you cook on, unless it stands on a tripod over a fire. Therefore it's important that you move around your bakepot to receive continuous heat. A hearth made of fireproof bricks heats up quickly and will keep that heat for long, but whether you have a fireproof hearth or made a fire on the ground, you may need to move the fire often to create a new warm spot for your bakepot.

- \* The heat from above comes from hot coals on the lid of the potjie. It's usually not needed at the beginning if you are baking a cake, instead you will have to wait for bubbles to appear or the cake has risen. You will have to rotate the pot so that the heat comes evenly from all sides. It may take some time to heat up the lid (20 min), depending on the temperature of your coals. Towards the end of the baking process one sometimes need to shovel lots of hot coals on top of the lid and even raise the temperature by "ventilating" so that more oxygen reaches the pot. Then it glows more from your coals!

- \* Lift the lid carefully (with a lid lifter or thongs) to see how the baking goes! Should some small coal bits fall into the pot, they usually can be blown away easily. If the top is "ready" but the cake is not firm enough or your bread doesn't sound hollow yet, it's ideal to switch to a cooler lid to let the rest of the cake or bread finish. If you don't have another lid, try removing all the coals from the lid for a while. If you put them back again just before everything is baked through, the surface of the bread or cake will be nice and crispy dry. It will smell wonderful! GOOD LUCK and HAVE FUN! Åsa & Nolan

