

Potjie pot care instructions and maintenance

The properties of cast iron cookware:

- Heat retention.
- Even heat distribution, no hot spots!
- Extremely durable.
- You can fry, sauté, grill, roast, stew and bake with cast iron.
- Properly cared for, cast iron will last generations.

Production process:

Produced in a sand-cast process. Sand moulds are made under extreme pressure so that the shapes are controlled and precise. Careful selection and testing of the metals is performed, as well as strong controls on the components of the sand and clay. The moulds are pressed into the sand, then molten iron is poured into its cavity. Once cooled, the mould is broken apart.

The casting is then sand blasted and each piece is then inspected for its wall thickness, balance and overall shape. The sand is then recycled back into the system. Any pieces that do not pass quality inspection are recycled back into the system – and melted down. All those that have passed inspection are then ready to be pre-seasoned.

Caring for your Cast Iron cookware:

- For your convenience, we have pre-seasoned your cookware and it is now READY TO USE!

Initial use and general care:

- Rinse thoroughly in warm water, then dry well. May be placed in a warm oven for 15 minutes, or on low heat, to ensure it has dried well.
- Because cast iron cooking diffuses heat perfectly, it is preferable to use on low heat.
- Overheating may damage the cast iron, causing the contents to stick.
- Do not touch the cast surface with any sharp or metal objects.
- Pre-heat the cookware for 5 minutes at low heat, before increasing the temperature.

Cleaning:

- Let the cast iron cool down to a warm temperature.
- Wipe any remaining food off the cookware.
- Place hot water on the cast iron cookware, and bring to boil for about 5 minutes.
- Remove boiling water, and wipe dry with a paper towel.
- While the product is still warm, apply a thin coating of oil all over. Any cooking oil will do.
- Place on heat, or in hot oven for approximately 30 minutes to protect and maintain the rich black finish. (As our products have been pre-seasoned, this process is not needed until you notice the coating starts to lose its deep rich finish).
- Once cooled, place in cool dry location. If storing with lid, place a paper towel or old newspaper between the lid and the base to allow air circulation.

Things not to do:

- Do not use detergent on your cookware!
- Do not place a hot cast iron product in cold water, it may cause the product to warp or crack.
- Do not use metal objects on the surface.
- Do not use abrasive scrubs or cleaners.

Oh no, it has rust!

You must now re-season your cast iron cookware:

If you notice rust appearing or a metallic taste, then follow these simple steps to repair the surface and return it back to its rich black finish.




- This is a simple process of absorbing oil back into its porous surface, to protect and provide a rich non-stick coating.
- Follow these simple steps, don't just give up. This product has many generations of cooking to get through.

Bring it back to life today!:

- Scour off the rust.
- If you have quite a bit of rust, fill with water, bring to boil and simmer for about 20 minutes. Remove hot water and let the cookware cool down. Then scour off the rust again.
- Pre-heat oven to approximately 400°C, or heat up an outside grill.
- Wash cast iron product with hot water and a stiff brush, and repeat.
- Rinse and dry.
- Apply warm oil, melted vegetable shortening or lard with either a clean lint free cloth or quality paper towel, over entire product.
- Remove excess oil as it will only flake off.
- Place upside down on outside grill (to cut down smoke in the house), or place in pre-heated oven (line oven with foil to catch excess oil).
- Leave for 1 hour and allow to cool.
- Apply another coat of oil and re-heat once more for an additional 1 hour.
- You should have a good hard black surface by now.

Simple recipe ideas & hints:

- Pre heat your cast iron before cooking.
- To test the temperature of your oven, place a brown paper bag inside the oven for a few minutes.
- If it turns;

	Dark brown, oven is VERY HOT 250°C
	Light Brown, oven is HOT approximately 230°C
	Yellow, moderate at approximately 190°C

You can cook a cake, or bread, or even a pie. Just prepare the ingredients in a foil tray and place inside the oven, to bake your favorite dish. Cover it with a lid and place coals both underneath and on top of the flanged lid.

Potjie Pot Cooking:

The potjie pot can be used through placing over hot coals, either on open fire or on top of a grill.

Potjie Pot is great for cooking a great variety of foods including meat dishes or larger pieces of meat, vegetables and rice. The rounded shape helps to collect liquid in the bottom of the pot, requiring only a small amount of liquids to be added.

Place coals under and around the pot. The heat can be regulated through moving coals closer or further away from the pot.

If a loud bubbling sound can be heard from 2 metres away the heat is too high.

If you can hear a soft simmer the temperature is right. Keep a fire going close by for new hot coals to be added as required.

Avoid placing potjie over flames as this may weaken the cast iron and can lead to cracking.

Avoid adding cold liquids into a warm potjie. When adding liquids preheat to boiling temperature or add very small amounts at a time.

Always wash a warm potjie with hot water or let it cool completely before washing it.

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