

# THE AFRICAN COOKING BAG

The cooking bag cooks food that has been gently pre-cooked. It preserves the heat from the pot and enables one to cook food without making full use of electrical power, wood fire or gas. You save energy and money!  
The bag is so great that it can also be used as a cooler box.

The concept of pre-heating or parboiling food and cooking by placing in areas where heat is preserved is not a new phenomenon. A renowned trail blazer in the domain of the African cooking bag is the South African Sarah Collins, who explained that the idea came to her during the load shedding in 2008. The African cooking bag has changed the trajectory of the lives of women and children in Africa faced with the burden of collecting firewood to cook on an open fire; often walking long distances. But how to use your African Cooking Bag?

It is important to make use of a pot that will be able to fit into the bag and with short handles. Pots placed in the bag must be copper, steel, aluminium, enamelled cast iron, cast iron and glassware pots. Some tips for those who are first time users:

	Time on stove	Time in African cooking bag
Meat	20 -30 mins	3-5 hours
Chicken	15 mins	3 hours
Vegetables	5 - 10 mins	1-2 hours
Rice	5 mins	1-2 hours

- . Thicker pots maintain heat longer.
- . You can brown meat on a high heat of about 20 minutes and add any other ingredients, and then when the pot is at its hottest, put the food into your beloved bag, lid closed.
- . The bag can be used for transporting food also, but preferably put a washable cloth or cardboard around your pot, to keep it clean from spillages.
- . Cooking in the morning means you can come from a day's work or study to a warm and slow-cooked, scrumptious meal which is warm.

