



SAVE BETWEEN 20% AND 80% OF THE ENERGY NORMALLY NEEDED TO COOK FOOD

Heat-retention cooking saves cooking fuel because after food has been heated to cooking temperature using a conventional stove, it is placed into an insulated container where it continues to cook until it is done. Retained-heat cooking is often introduced along with solar cooking since it further reduces the use of traditional fuels such as firewood, and the use of this method allows much more food to be cooked each day in a Heat-retention cooking basket. This method of cooking is also known as retained-heat cooking, fireless cooking,

BASIC INFORMATION.

Heat-retention cooking is an age-old method that can be used to conserve energy not only during times of crisis, but anytime. Depending on the food item and amount cooked, the use of a Heat-retention basket or insulated cooker saves between 20% and 80% of the energy normally needed to cook a food. The longer an item usually takes to cook normally, the more fuel is saved.

The principle of retained-heat cooking is simple. In conventional cooking, any heat applied to the pot after it reaches boiling temperature is merely replacing heat lost to the air by the pot.

In Heat-retention basket cooking, food is brought to a boil, simmered for a few minutes depending on the particle size (see below), then put into the Heat-retention basket to continue cooking. Since the insulated cooker prevents most of the heat in the food from escaping into the environment, no additional energy is needed to complete the cooking process. The heat retention basketed food normally cooks within one to two times the normal stovetop cooking time. It can be left in the Heat-retention basket until ready to serve, and stays hot for hours. “Timing” is much less important than in stovetop cooking: stick a pot of rice, beans, or stew in at lunch time, and it will be ready when you are, and steaming hot, at dinner time.

Type of food	Time to boil on stove	Time in retained heat cooker	Total time
Beans	1 hour, 30 minutes	3 hours	4 hours, 30 minutes
Chicken stew	20 minutes	35 minutes	55 minutes
Beef stew	1 hour, 10 minutes	50 minutes	2 hours
Vegetable stew	10 minutes	30 minutes	40 minutes
Rice	8 minutes	25 minutes	33 minutes
Pasta	5 minutes	20 minutes	25 minutes

Benefits of the Heat-retention cooking Baskets as an essential cooking item:

- ❖ Meals have a finer texture and are more nutritious when cooked just below boiling point.
- ❖ There is no danger of food boiling over or burning dry.
- ❖ Food can be left to cook unattended after just a fraction of the cooking time on the stove.
- ❖ The heat-reflective foil prevents moisture loss, so stews never need to be topped up.
- ❖ Using a Heat-retention cooking Basket does not lengthen normal cooking time, but it does reduce stove time by at least two thirds.
- ❖ Food remains steaming hot for 3 to 5 hours in a Heat-retention cooking Basket.
- ❖ About 66% less stove usage in normal cooking procedures.