

Let us get acquainted: I am portable oven (better known as: electric sač)

Opening - for ventilation purposes

Door - Locked during the time of cooking

Window - allow for the ability to check on the progress of cooking



Heaters - strategically positioned to allow the heating of food above and below. Due to the proximity and intensity of heat the food cooks quickly while retaining beautiful flavours

Tray - Made out of aluminium as it is the best thermal conductor; enamel trays perform even better



In summary: all foods cooked with traditional sac-peka **CAN** be cooked with the electric sac. The meat portions should be slightly smaller to allow the food to be cooked in no more than 50-60minutes.

ADVANTAGES

- * Quick - cooking times 50-60mins
- * Clean - no smoke or ashes
- * Entertaining area (backyard, pergola, etc) - you can spend time together with your guests talking and enjoying refreshing drinks, while the food cooks with only your occasional supervision/monitoring
- * Meal prepared - can be easily served in the tray

DISADVANTAGES

- * No - smell from the smoke
- * No - Fun around the fire
- * Too - quick and clean



It is best to use a combination of two to three different cuts of meat, together with smoked meat or sausages, plenty of vegetables and herbs as preferred. Success guaranteed.



Ingredients:
1-2kg of varied cuts of meat
(eg: ribs, neck, fillets, etc)
Garlic
Onion
1kg potatoes
1/2kg sweet potato
Duck fat
Salt
Rosemary
Smoked meats, bacon
Vegetables as preferred
PREPARATION TIME:
20 minutes
COOKING TIME:
50 minutes

Look for more recipes at www.traditionalcooking.com.au