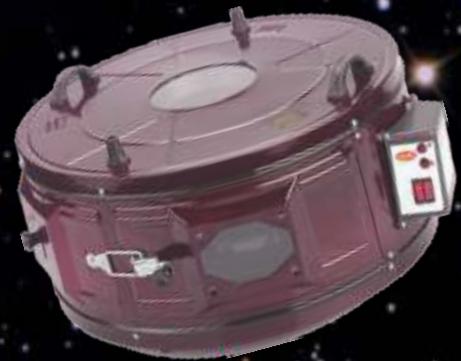


Astrocall

Branko Vuksanović

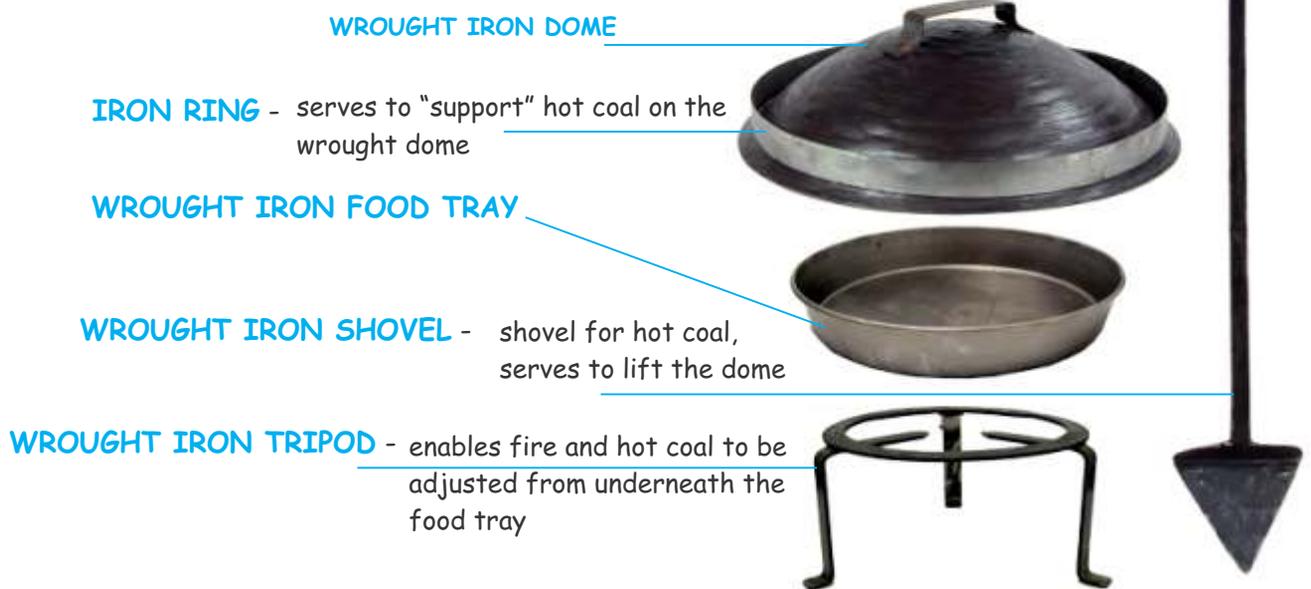
Astronomy & Gastronomy



INSTRUCTIONS FOR COOKING WITH SAC-PEKA

www.traditionalcooking.com.au

Let us get acquainted: **I am sač-peka** **CAMP OVEN**



CLEANING AND MAINTENANCE

You can use your sač-peka for a long time follow and adhere to simple care instructions. Take note that all components are made of wrought iron and as such are particularly sensitive to rust.

The first cleaning

Before using the sač-peka for the first time, it is imperative to clean the wrought iron food tray on which the food is cooked. Light the fire and once it is established, allow it to heat/warm the tray for approximately twenty seconds. Carefully remove the tray from the fire, smear with fat (bacon or lard) and return to heat. Repeat the procedure several times.

Lastly, fill half of the tray with hot water and stand for a couple of minutes, dry it and grease again with bacon or lard (duck fat is recommended).

Cleaning after each subsequent use

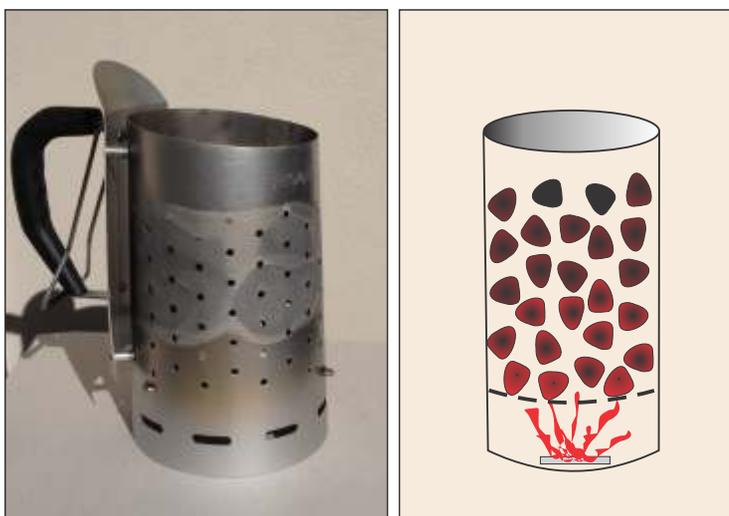
Once the meal has been prepared, the tray should be cleaned and filled with boiled water to liquefy the fat and other food residue. Repeat the procedure a couple of times until you are satisfied. Subsequently, dry the tray and smear with fat in order to protect the tray from rust. It is recommended that the tray be kept in a cardboard box to also protect it from moisture.

Heating the sač-peka for use

The sač-peka requires the use of hot coal, which can be attained in one of two ways. The first, and quickest, way is to light the coal briquettes on fire through the use of a fire starter (see image).

When the briquettes change colour to "grey", arrange them along the wrought iron dome of the sač-peka.

The second method is to use glowing embers that are created from using high quality fire-wood (not fire-wood from a building site that has been contaminated with various pesticides). Please note that the fire-wood smoke will infuse the food giving it a unique and exceptional flavour. Thus, the use of high quality fire-wood or coal is paramount.



Once the fire is well established, using the wrought shovel or coal tongs, transfer the hot coal over the dome of the sač-peka. Small pieces of hot coal may slip from the dome. This is perfectly all right as they will warm the dome from underneath.

I also recommend adding a couple of pieces of wood underneath the sač-peka to enhance the heat as well as the quantity of smoke. The flavour of the prepared food will be your greatest reward for all the effort taken to establish the fire.

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