

Tips and tricks for using the heat generated by cast-iron stove

SAHARA

Apart from the main purpose of the stove, i.e. heating of living spaces, it is also possible to use the heat generated by the stove to modify and prepare suitable meals and drinks, and use the stove for health purposes, too. During operation, both the Operation manual and Additional instructions must always be followed.

Additional instructions

TABLE OF CONTENTS:

Important notices, information, advice and principles.....according to text on pages 1 to 7

Preparing smaller amounts of meals and drinks..... page 4

Recipes and procedures (chicken, salty pancakes, pizza).....page 5

Health and preventionpage 7

Important notice:



When preparing meals, it is always necessary to use heat-resistant gloves and insulating fire-proof apron (part of delivery of each stove). As an immediate backup solution in case of fire danger, always have fire blanket (hygienically safe, fire-resistant, special airtight cloth with the dimensions of 1 metre x 1.2 metres) ready to use at the place of stove operation, and cover the area of fire.

Thus extinguish the fire and prevent it from spreading. The fire blanket is also part of the delivery of each stove SAHARA. Keep the fire blanket out of reach of children. Playing with it and being covered by it, they might suffocate.

Otherwise there is:

- the risk of burn
- the risk of damage, setting the clothing on fire, and death.



Should you wear long hair or beard, etc., take appropriate measures, so that they could not be set on fire or damaged by heat.

Further important information, principles, and instructions to be followed:



Do not use any clothing or its parts, which are easily flammable or have a low melting point, however, they do not necessarily have to be on fire (e.g. fabrics made of artificial fibres, PVC, paper, clothing soaked in volatile, flammable, or oily substances, oils, etc.).



Remove unsuitably loose clothing or its parts and accessories, or modify them accordingly, so that they could not cause any problem when exposed to heat.



Exposing IT technology, e.g. mobile phone, to excessive heat may cause an unforeseeable hazardous situation, explosion, fire leading to death by suffocation or fire.



Top parts of clothing must always be worn with long sleeves reaching to the wrists



Do not use any decorative accessories made of easily flammable materials or plastic, e.g. earrings, necklaces, rings, glasses, watch, wristbands, hair clips, etc.



When near the stove in operation, persons with implante pacemaker, Etc. must behave extremely cautiously, and only stay in its vicinity for a short period of time.

Preparing smaller amounts of meals and drinks (example photo)

Places on/in the iron-cast stove, where you can prepare meals:

Top plate of the stove: For the preparation of pizza, salty pancakes, soups, etc.

Oven: For roasting of middle-sized chickens or other meat, quick preparation of tea, coffee, scrambled eggs, etc.



When in the vicinity of the stove for purpose of preparation of meals and drinks, stay there for as short as possible in order to prevent possible health problems due to high temperature of stove surface.



For thermal preparation of meals or drinks, only use pots or accessories intended for this purpose.

There is a stainless-steel grate in the oven, which helps you set suitable position for the preparation of meals. Suitable meals or drinks can also be prepared without the use of the grate, placed directly on the oven bottom. Thanks to the fast heat transfer there, the preparation of meals (e.g. scrambled eggs, boiling water for tea or coffee, heating up meals, etc.) is quick there.

The intensity of baking, cooking, boiling or roasting is regulated in the same way as the power of the stove when heating, please refer to the Operation manual. If it is necessary to faster reduce the intensity of boiling of fluid meals or drinks, carefully add appropriate amount of lukewarm water into the volume of meal/drink being prepared using a suitable container, which is always to be kept ready on hand. When roasting or baking in the oven, you can lower the temperature by opening the oven door or interrupting the roasting/baking process by carefully removing the food from the oven and putting it on a safe place. After some period of time, continue baking/roasting.



When operating the stove in higher altitude, the boiling point can be reached faster and at a lower temperature than usual.



The boiling point of some fluid meals or drinks is lower even at a normal altitude, and they boil very abruptly, therefore they can boil over outside the container where they are being prepared. We should thus prepare adequately smaller amount than the volume of the container in which the meal or drink is prepared. It is necessary to constantly monitor the course of boiling, and we should always be ready to reduce the abrupt boiling by adding lukewarm water, etc.

Never put water in hot oil, nor in case the oil catches fire, as there is the risk of burn caused by the abrupt reaction of oil and water, and burning oil can spread quickly and uncontrollably.



When handling the pot with fluid (cold or hot) on the top plate of the stove, take care not to bump it into the protruding decorative wave-shaped edge along the diameter of the top plate (top round stove cover). The content of the pot can be spilled over you and the stove. There is the risk of spilling hot fluid on yourself and other persons.

Recipes and procedures

- Roast chicken (see photo)

Put salt and caraway seed on washed and dried middle-sized chicken. Put a 1-centimetre-thick layer of salt on the bottom and sides of the pan. Prepare the chicken by putting suitable baking oil on it and put it in the pan. Add more salt around the chicken in the pan. Close the pan by putting the upper cover and insert the pan into the mildly pre-heated oven. Completely close the oven door. Insert a few logs of recommended wood type and set the maximum heating power. The chicken can get roasted within 90 minutes using adequate regulation of stove power according to the Operation manual and the particular stove type. Remember to visually check the roasting process from time to time.

Notice:

In case of type I stove, roasting/baking in the oven is more even throughout the whole space of the oven.

In case of type III stove, roasting/baking is faster, the temperature of the oven bottom can be higher as the oven is closer to the firing place. We recommend you to regulate the stove power accordingly.

- **Salty pancakes (see photo)**

Preparation of dough (ready-made dough can also be bought in a shop).

Boil whole potatoes (not peeled) in salty water. Peel adequately cooled potatoes. Mill cooled potatoes using a mincer or grate them to fine bits. Add sieved fine flour and salt.

Put

just the right amount of flour, which the potatoes can absorb. Mix thoroughly. Shape the mixed dough in a form of a cylinder with the diameter of approximately 3.5 cm. Cut the dough cylinder to smaller parts, approximately 3 centimetres long.

Roll the small cut cylinders on a wooden plate dusted by fine flour to approximately 2 to 3 millimetres thick circle.

Remove the rests of fine flour from the pancakes and bake them from both sides on the heated dry upper part of the stove.

Apply goose fat (or sunflower oil) and salt on both sides of the baked salty pancakes.

The salty pancakes are now ready for consumption, or we can put various ingredients on them, e.g. curd cheese, ground poppy seeds, nuts, or pieces of goose liver. We can serve the

salty pancakes rolled.



The surface of the upper round cover of the iron-cast stove is made of stainless steel, which is suitable for direct contact with food.

- **Pizza (see photo)**

Heat the stove up to the maximum power.

After the stove has been heated up, put a suitable round pad with openings intended for baking meals on the upper round cover of the stove. Put several layers of baking paper on this pad.

Put the pizza on the prepared pad with the layers of baking paper placing it with the garnished side of the pizza upwards, so that the humidity could partly evaporate. After adequate time, cover the pizza with another layer of baking paper and turn it together with the paper, so that the garnished side now faces downwards. All sheets of baking paper are located under the pizza. After adequate time, turn the pizza with the garnished side upwards again. After turning the pizza, all layers of baking paper remain under the pizza. The turned pizza with baking paper is now to be covered by glass cover with steam outlets.

Monitor the final baking continuously through the glass cover.

Health and prevention:

- During the operation of the stove and due to the circulation of the air around the hot surface of the stove, microbes, bacteria, etc. are efficiently disposed of.
- At maximum power of the stove, the most heated surface parts can radiate infra-red radiation, which can be beneficial in case of some health problems, e.g. cold, etc.
- By putting a suitable container with an adequate amount of water on the top round cover of the stove, the air humidity in the heated premises can be increased during the stove operation. You can also put suitable aromatic herbs in the water, or a few drops of aromatic essences (aromatherapy).

Optional accessories:

- Wooden board for the manipulation with pizza, salty pancakes, etc. (price: 9 EUR)
- Glass cover for pizza with steam outlets, diameter: 38 centimetres (price: 21 EUR)
- Baking pad for pizza. (price: 7 EUR)
- Higher pot with the volume of 1 litre, for cooking with oven door slightly open. (price: 17 EUR)
- Lower pot for preparation of meals (e.g. scrambled eggs, etc.), intended to be put into the oven with oven door slightly open. Volume: approx. 0.5 litre. (price: 12 EUR) All prices are excl. VAT.

We are preparing further tips and tricks for you (boiling drinks and meals of up to 12 litres).