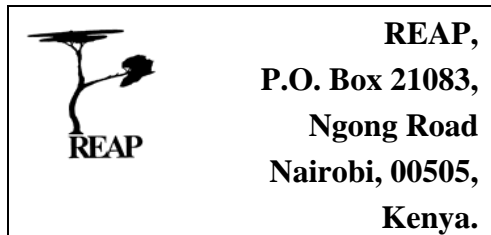


USING THE FIRELESS COOKER AS A FOOD WARMER.

The same insulated baskets are very helpful for keeping food warm. Food can be cooked ahead of time and kept hot in the basket to be eaten later. This has many advantages: -

- It helps women to take more control over their time.
- Food can be cooked at the most convenient time, and also served at the most convenient time.
- If one member of the family is late the food can be kept warm and does not have to be reheated.
- Food can be carried to another place once cooked. This is very good for communal or shared meals.
- It helps prevent arguments in marriages because hot food can be ready when a husband wants it without inconveniencing his wife.
- The food warmer can also be used for keeping bath water warm.
- It can also be used to keep foods cool. It is useful for carrying frozen food from the shop.



USING A FIRELESS COOKER

The fireless cooker cooks using heat already absorbed by the food. In order to cook with the fireless cooker food needs to be heated on a fire or stove first.

COOKING RICE IN A FIRELESS COOKER

Rice is the easiest food to cook in a fireless cooker. It produces good quality rice and will never burn.

- Bring the water to the boil.
- Add the rice in the usual way.
- Simmer for two minutes.
- Cover the pan and transfer it to the fireless cooker, and cover with the cushions.
- Leave the rice to cook in its own heat for half an hour.



COOKING BEANS IN A FIRELESS COOKER

You need to cook the beans over a fire in the normal way for about 45 minutes before putting the pot in the fireless cooker. It then needs to be left in the basket for 4-6 hours. This needs planning ahead, but when used, can save a lot of time and help women take control over the day.

If beans are soaked in water overnight first, the cooking time can be reduced.

Other foods can also be cooked in a Fireless cooker. The following table gives some guidelines, but experiment on the basis of ideas here:

Food Type	Time on Fire	Time in Basket	Comments
Maize and beans	45 min – 1 hr	4-6 hours	Takes less time if soaked before the actual cooking. Green maize and beans takes less time to cook, so reduce the times accordingly
Meat Stew	5-10 min	2-3 hours	Cutting meat into smaller pieces will make it cook faster. Wash the meat before, not after, cutting it
Matumbo	10-15 min	2-3 hours	Soak in bicarbonate of soda, Magadi soda or lye to cook quicker
Fish	10 minutes	1 hour	Dried fish takes longer than fresh fish
Potatoes Plantains Arrowroots	10 minutes	30 min - 2 hr	If you cut these into smaller pieces before cooking, they will cook faster. Place the lid on very firmly to have enough heat for cooking
Green Grams	20 minutes	2 hours	Put the grams in already boiling water to help them get tender quicker

All these times are guidelines. As with all cooking, experiment and find out the most suitable use for your own situation.