

# The MHB (Miracle Hot Box)

powerless slow cooker/ loadshedding oven

## The Basics:

- Thoroughly heat food in a suitable pot by bringing it to a rolling boil on any heat source – wood fire, gas, electric plate, etc.
- Put the lid on the pot and transfer it to the MHB as soon as possible.
- Tuck a small towel/tea towel over the pot lid and then fit the MHB lid over that, making sure there is a snug fit.
- Multiply your usual cooking time by about 3 but if you need to leave the food in the MHB for longer, it won't overcook, burn or dry out like it would in conventional cooking. Your food is ready when you are.

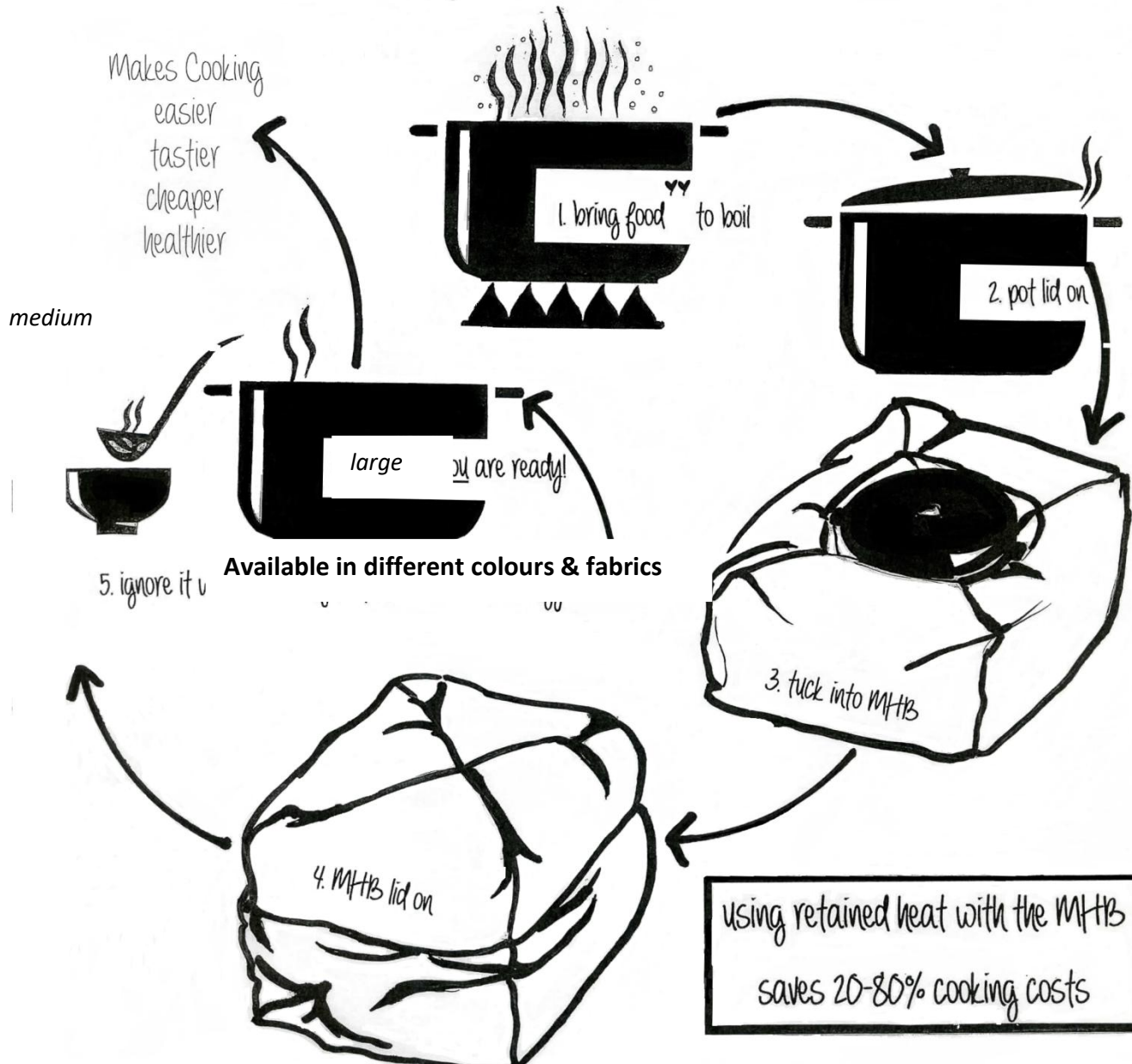
## Helpful Tips

**The MHB works with *retained* heat, so holding on to that heat is crucial for successful cooking**

- Get the MHB ready **before** you need it by fluffing it up a bit to distribute the filling evenly and preparing the "nest" to fit the cooking vessel.
- Don't dawdle - get the pot lid on and the food into the MHB as soon as you can.
- Avoid putting the MHB directly onto surfaces that will draw heat away, like granite and metal.
- Use a non-conductive material underneath the MHB like a padded placemat or thick piece of cardboard. A sheet of polystyrene from packaging (2cm or more thick) works really well.
- Line the nest with heavy duty tin foil – shiny side up to reflect heat back into your pot to add even more insulation and help keep the nest clean.
- It's best to use a tight-fitting pot lid but if it isn't that tight, use tin foil to cover the lid, shiny side down, and make sure the towel you use is tucked in properly over the edges of the pot lid
- Fit the food to the pot - in other words, don't cook a small amount of food in a large pot
- Use short handled pots to minimize air flow
- No peeking! If you really can't resist checking before time you will have to take the pot out and heat it to a rolling boil again before returning it the MHB to continue cooking.
- You generally need 25% less water than with stove top cooking because the steam stays in the pot and doesn't evaporate. This keeps your kitchen cooler in summer.

# The MHTB / Miracle Hot Box

aka loadshedding oven or powerless slow cooker



soups stews casseroles curries eisbein pot roast porridge rice lentils  
stock quinoa millet polenta custard yoghurt bread etc. etc.

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