

How to use and prepare your SACH DISH

Sach is a clay pot for preparing and serving different types of vegetarian or meat dishes. Cooking with clay distributes the heat evenly and therefore cooks the dish evenly allowing seasoning and flavours to enhance into the dish. If serving food on the sach dish it will retain heat so the food stays warm during the meal. The sach dish can be used in a bbq, oven and on an electric plate but it is **not** recommended on a direct flame. Also great for pizza and breads.

Before use oil the sach dish and put in a **cold** oven. Bake at 180°C for 30 – 40 minutes. Allow to cool and then repeat the process. **Never put the sach in a hot oven** – always put in a cold oven and allow to heat up gradually.

When cooking with clay it is important to avoid any sudden changes in temperature as this can shock and crack the dish. Always put in a cold oven, never preheated and place onto a wooden board not a cold work top when taking off the heat.

When cleaning allow the sach dish to cool completely. Do **not** soak in water or use heavy detergents – just wash out and dry immediately. It is **not** recommended to use in the dish washer.