

How to use and prepare your SACH DISH

Sach is a clay pot for preparing and serving different types of vegetarian, meat dishes, breads and pizza. Cooking with clay distributes the heat throughout the dish and therefore cooks the food evenly which enhances the flavour and seasoning of the food. The sach dish will retain heat over a long period of time making it an ideal serving dish in the centre of the table so the food stays warm for the duration of the meal. The sach dish can be used in a bbq or oven but not on, or too close to a direct heat source.

When cooking with clay it is important to avoid any sudden changes in temperature as so always put in a cold oven, never preheated, and when hot avoid cold surfaces. We would advise to use the holder or a wooden board when the sach is hot.

Before the first use the sach needs to be seasoned. Using a pastry brush paint oil – vegetable or olive oil - over the dish inside and out. If your dish has a lid then paint this also and don't saturate or soak the dish in oil. Allow the oil to penetrate into the clay for 10 – 15 minutes and then put the dish (and lid) in a cold oven and turn to 120 °C. Leave the dish to warm in the oven for around 40 minutes. Turn the oven off and leave to cool in the oven if you can or otherwise on its stand. Repeat the process but the second time heat to 180/200 °C for a similar time and then allow to cool in the oven. The more you do this process the better the dish becomes and eventually it stops being porous and can be used for dishes with a sauce. Initially on using you may need more oil but once the dish is seasoned a light brushing is enough.

When cleaning allow the sach dish to cool completely. Do **not** soak in water or use heavy detergents – just wash out and dry immediately. Ideally place in the oven if it is wet at a low heat before you put it away. Do **not** use in the dish washer.

Cooking on your SACH DISH

Put the dish in the oven with no oil and heat up for 30 – 40 minutes at around 180 - 200 °C. Take out and brush with oil. For a stir fry add meat, fish (turn to sear both sides) and then add chopped or sliced vegetables with spices. Put back in the oven for 10 – 20 minutes depending on the size and type of meat or fish until cooked through.

Transform into a curry by adding a curry sauce or some coconut milk when the meat, fish and / or vegetables are cooked and then add some frozen peas or prawns and pop back in the oven for 10 minutes.

Our pizza dough recipe: 300gms flour, 1 tsp yeast, 1 tsp olive oil, 200ml warm water. Mix together and knead lightly into a dough for 5 minutes. Allow to rise for a minimum of 20 minutes. Roll out and add to the hot sach dish then use your own toppings. Cooking time around 10 – 15 minutes in the oven and we turn the oven to it's hottest which is 240 °C. This recipe will make two large pizzas.

Sauted and roasted potatoes are crisped to perfection on the sach – heat the dish, add the oil and the potatoes and coat them before putting back in the oven to cook. It is also a great way to revive left overs from a Sunday roast.

Paella – you need the deeper one with the lid for this. Using a cold dish add chicken, finely chopped vegetables -peppers, spring onion etc and spices plus paella rice and stock. Stir it all in and put in the oven with the lid on for 45 minutes to an hour. Check the liquid and add more if necessary. If adding mussels and prawns they can be added at the end, put the lid back on and by the time everyone is ready to eat they should be cooked. Remember the dish will keep cooking at the table as it retains so much heat so factor this in if you are not eating immediately. ENJOY!!