

## **CLAY POT COOKING – MEAT – BRIEF DIRECTIONS**

F. GADEK

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**NOTE – BIGGEST DANGER IS THERMAL & MECHANICAL SHOCK TO THE CLAY POT – SO –**

**ONLY PUT LIQUIDS IN CLAY POT OF ABOUT SAME TEMPERATURE OF CLAY POT AT THAT TIME**

**PUT ROOM TEMPERATURE CLAY POT IN OVEN ALSO AT ROOM TEMPERATURE – NOT INTO A “WARM / HOT” OVEN**

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- 1] FILL UP **INVERTED CLAY POT LID** WITH ROOM TEMPERATURE WATER AND LET STAND FOR AT LEAST ¼ HOUR TO ABSORB WATER FOR THE SPECIAL COOKING PROCESS
- 2] LIGHTLY **SPRAY** BOTTOM PART OF CLAY POT WITH OIL
- 3] ADD **PARCHMENT PAPER** SO IT EXTENDS UP THE SIDES ON THE INSIDE OF BOTTOM PART OF CLAY POT
- 4] **ADD MEAT** – ABOUT 6 POUNDS WILL FILL IT
- 5] DON'T NEED MUCH SPICES, ETC. TO ADD TO MEAT SINCE THE CLAY POT PROCESS DOES A GOOD JOB OF TENDERIZING THE MEAT AND FLAVORING IT
- 6] ADD ABOUT **¼ TO 1/3 GLASS OF WATER** –
  - A] SOME WATER IS **RELEASED** FROM THE MEAT, SO DON'T ADD TOO MUCH – ONLY ENOUGH SO THAT THE MEAT WILL NOT BURN AND STICK TO THE PARCHMENT PAPER OR TO THE CLAY POT
  - B] MORE WATER CAN ALWAYS BE ADDED, BUT AN EXCESS COULD SPILL OUT OF THE CLAY POT AND MAKE A MESS
- 7] EMPTY CLAY POT COVER OF THE WATER USED TO SOAK IT AND

PUT THE CLAY POT COVER ON THE TOP OF THE BOTTOM PART OF THE CLAY POT - IT SHOULD **FIT EVENLY** AROUND THE EDGE SO WATER VAPOR CANNOT EASILY LEAK OUT – MAKE SURE NO PARCHMENT PAPER, MEAT , ETC. PREVENTS THIS

- 8] PLACE THE CLAY POT IN THE **ALUMINUM PAN** WITH ABOUT 2” SIDES THAT HAS BEEN LINED WITH ALUMINUM FOIL

TO MAKE IT EASIER TO CLEANUP ANY SPILLS FROM THE CLAY POT WHEN COOKING OR IF THE CLAY POT SHOULD CRACK OR BREAK DURING COOKING

- 9] PLACE THIS SETUP IN THE OVEN ON THE **BOTTOM SHELF** WITH ALL THE CERAMIC HEATING STONES [TOP & BOTTOM] IN PLACE IN THE OVEN – THEY PROVIDE MORE EVEN & CONSTANT HEAT

SET THE OVEN ON **BAKE** & A TEMPERATURE OF **400 DEGREES**

- 10] MOST MEAT TAKES **AT LEAST 2 HOURS** TO COOK

- 11] AT ABOUT THIS TIME, WITH **OVEN MITS** ON, OPEN THE OVEN DOOR AND SLIDE THE LOWER SHELF OUT

CAREFULLY TAKE THE LID OFF OF THE CLAY POT AND PUT IT ON A THICK TOWEL THAT IS ON THE OPENED OVEN DOOR SO THAT THE LID IS CUSHIONED AND NOT EXPOSED TO EXCESSIVE HEAT AND / OR PHYSICAL SHOCK THAT COULD CRACK IT

**STEAM CAN BE GIVEN OFF WHEN THE LID IS REMOVED SO BE CAREFUL**

INSERT INTO THE GREATEST BULK PARTS OF THE MEAT THE **3 METAL FOOD THERMOMETERS** EVENLY SPACED ACROSS THE MEAT TO RECORD THE TEMPERATURES AS ACCURATELY AS POSSIBLE

WHILE THE THERMOMETERS ARE HEATING UP, THE MEAT CAN BE **BASTED** WITH A LARGE BASTER USING THE LIQUID IN THE BOTTOM OF THE CLAY POT – THIS HELPS TO MINIMIZE BURNING / CHARRING AND MAXIMIZE DISTRIBUTION OF FLAVOR COMPONENTS / MOISTURE

- 12] THERE ARE **TEMPERATURE CHARTS** ENCLOSED FOR WHAT THE

TEMPERATURE NEEDS TO BE FOR DIFFERENT MEATS TO BE  
**SAFELY COOKED**

13] IF THE PROPER TEMPERATURE **IS “NOT” YET OBTAINED**, TAKE OUT THE THERMOMETERS AND REPLACE THE CLAY POT COVER AND SLIDE THE SETUP BACK INTO THE OVEN AND CONTINUE COOKING

14] IF THE PROPER TEMPERATURE **IS OBTAINED**, THEN TAKE OUT THE THERMOMETERS AND REPLACE THE CLAY POT COVER AND PUT THE SETUP ON TOP OF THE STOVE ON THICK TOWELS TO LET IT COOL

15] WHEN COOLED, THEN TAKE OUT THE MEAT, DISPOSE OF THE PARCHMENT PAPER AND PUT THE LIQUID IN A CONTAINER IN THE REFRIGERATOR TO HELP SEPARATE THE GREASE FROM THE BROTH.

16] CLEAN THE **ROOM TEMPERATURE CLAY POT COVER ONLY WITH ROOM TEMPERATURE WATER AND A SCOTCH TYPE SCRUBBING PAD** [MINIMIZES SCRATCHING– DO NOT USE SOAP SINCE THE COVER IS POROUS TO ABSORB WATER FOR THE PROPER COOKING PROCESS AND WOULD ALSO ABSORB SOAP / WATER SOLUTION

17] THE **ROOM TEMPERATURE** BOTTOM PART OF THE CLAY POT IS **GLAZED INSIDE** AND CAN BE CLEANED WITH **ROOM TEMPERATURE SOAP & WATER AND A SCOTCH TYPE SCRUBBING PAD**

**NOTE – METAL CLEANING PADS [E.G., BRILLO, METAL MESH, ETC.] CAN SCRATCH AND ALSO LEAVE A THIN METAL FILM THAT CAN NEGATIVELY AFFECT TASTE**

18] THE TOP AND BOTTOM OF THE CLEANED & WELL RINSED CLAY POT CAN BE LEFT TO DRY ON TOP OF THE STOVE ON THICK TOWELS OVERNIGHT

19] THE CLAY POT CAN BE STORED IN THE UNUSED OVEN WITH A **TOWEL** SEPARATING THE TOP AND BOTTOM PARTS FOR VENTILATION