

SaratogaJacks

# Thermal Cooker



Conserves Fuel In Emergencies - Keeps food cooking for up to 8 Hours - Portable Cooking during Boating, Camping or Road Trips

[www.SaratogaJacks.com](http://www.SaratogaJacks.com)

Congratulations! We at SaratogaJacks.com are always excited to share with others the benefits of Thermal Cooking. So let's Get Started!

## MANY BENEFITS:

Thermal Cooking is Green Living. You will use less fuel by using Saratoga Jacks Thermal Cookers Daily! Saving you money and saving energy now! You get your meal to a hard boil for a few minutes inside your inner stainless steel cooking pots, turn off your stove, and then place the inner stainless steel cooking pots, still boiling hot, inside the outer thermal unit, shut the lid, and it will continue to cook and stay hot and ready to serve for **up to eight hours\*** without power!

When you are camping or away from home, you will conserve your supply of fuel, which is also a great benefit in an emergency power outage or natural disaster when fuel can become scarce.

And BONUS!

It is portable, so it is a great travel companion, especially on long road trips. So Wonderful as well, to have a hot and ready meal, at a park, on the boat, or after a game. Dinner out with family and friends in a Saratoga Jacks Thermal Cooker can now be a healthy home cooked meal that is cost effective. We hope whatever the reason you purchased your cooker that you are excited to share wholesome meals with those you love!

## CARE INSTRUCTIONS:

### **First a couple Don'ts-**

Don't submerge your outer thermal unit into water when washing. It is filled with insulative material, that can be damaged when saturated with water. Just use a wet washcloth to wash the the outside and inside of the outer unit. Don't put the Outer thermal Unit directly on a heat source...the bottom is made of plastic, it will melt! And Don't open the lid and sneak a Peak, Wait to open until It is time to eat! When you open the lid you let out your essential trapped heat, you need for cooking.

### **Alright now the Do's-**

The inner Cooking Pots are made of Stainless Steel. To clean they can be submerged in water, or put in a dishwasher. The inner cooking pots are designed to put directly on your heat source while cooking your meals. The extra thick bottom ensures the pans won't warp even if you are cooking over an open flame. They have been tested and performed beautifully on a traditional electric stove, gas stove, glass cook top stove, rocket stoves, volcano ovens, camp stoves, indoor butane stoves, and open campfires. Do be CAREFUL, Meals that get to a boil, will be HOT. Take safety precautions to not get burned.

*\*Up to eight Hours... if you follow all five of the steps to successful meals (turn page over)*

# THE FIVE STEPS TO SUCCESSFUL MEALS!

## ONE: always make sure all ingredients are thawed.

Frozen food will cause the temperatures to drop abnormally faster inside your thermal cooker. Use fresh or completely thawed ingredients to ensure an even heat retention during your slow cook.

## TWO: always make sure your ingredients are covered in liquid and can get to a even boil, first.

This Means that your meal may start out looking more like a soup, with a watered down sauce, but this ensures everything will get to an even heating point. After the meal has been at a hard boil for at least two minutes, we recommend that you stir in a thickening agent, (like gravy packets, or cornstarch) and boil for another two minutes before pulling your cooking pots off your heat source, and placing it in the outer thermal unit to continue to slow cook through out the day. Example: In the case of something that is supposed to be saucy like with teriyaki chicken, we start with a our pieces of chicken boiling in a watered down teriyaki sauce, and once it is to an even hard boil, we add more teriyaki sauce that we have added a bit of corn starch in it, to thicken the sauce. Letting it boil while stirring it, for for a couple more minutes then put it in the thermal pot to finish its slow cook and turn off our power source.

## THREE: To get the maximum SLOW COOK make sure you always have the thermal cooker **as full as possible!**

Air is the enemy to heat retention. The less airspace you have inside your pots of boiling food, before you place the cooking pots into the thermal cooking unit, the better the thermal cooker performs. This is why we offer both sizes of the Saratoga Jacks thermal cooker. The 5.5 Liter model feeds 3-5 people. The 7 liter feeds 6-10 people. **Because you are filling the cooking pots to capacity**, you want to make sure you are not wasting food, so use the appropriate size model for your needs.

## FOUR: Check the temperature of your meal before serving, to ensure safe serving temperatures.

When your food is at a hard boil it is around 212 degrees Fahrenheit (give or take a few degrees at varying altitudes). A good "slow cook" occurs when you can sustain your food above 170 degrees Fahrenheit for several hours, which you can do while using a thermal cooker, by trapping the thermal energy off the boil, in the insulated thermal unit. Be careful when opening the unit it can be very hot! Safe serving temperatures according to the US commercial kitchen guidelines are between 145 & 170 degrees Fahrenheit. It is the responsibility of the cook to test the temperatures to ensure food safety. Once the temperatures cool down to 145 degrees Fahrenheit, the cook must either reheat or refrigerate, as they should always do with any leftovers from any other method of home cooking, as well.

## FIVE: If Dinner is at Six, get it Started and in the Thermal Cooker at the appropriate time.

Slow cook recipes like Pot Roasts take up to eight hours. Make sure you plan ahead enough time to make that happen. Other recipes like soups and stews, especially ones made from prepacked dehydrated or freeze dried soup mixes, don't need as much time, but can certainly also stay ready to serve for up to eight hours. **Recipes available Online at [SaratogaJacks.com](http://SaratogaJacks.com)**