

Did You Know...?

That you can experience a wholesome of a **NATURAL, HEALTHY, and ORGANIC** way of Cooking in clay pots, and benefit from these advantages:

- ❖ **Cooking in Clay Pots** is a natural way to detoxify, the food is 100% free of toxins and no metal reactions occur, hence leaving you with the pure natural taste of your delicious food.
- ❖ **Reduces the RISK** of being attacked by Dangerous Diseases which are caused by the metal or plastic utensils.
- ❖ **Preserves Nutrients:** The Food stays hot and warm for a longer time than other utensils, as the clay pot cools down slower; hence avoiding re-heating the food which in turn helps in preservation of the nutrients in the food as well can be used as serving pot, straight from the cook to the dining table
- ❖ **Less oil:** Cooking in clay pots is a slower process than the metal utensils and as a result the food cooked in its own Oil and Liquid, and retains most of its moisture and nutrients, **hence helps in a weight loss journey process.**
- ❖ **Natural Sweetener:** Clay acts as a natural sweetener, this is the reason why liquids like water, tea and coffee tastes better in clay than any other vessel.
- ❖ **Maintains pH balance:** Clay being alkaline in nature helps in neutralizing the pH balance of the food by interacting with the acid present in the food. Foods that are naturally acidic will acquire some natural sweetness.

Maintenance & Preparations...

- ❖ To prepare the clay pot for cooking for the first time, immerse it in a clean bucket of water for at least one hour or you can leave it overnight in a sink or bucket completely covered with water. Remove the pot from the water and allow it to dry thoroughly.
- ❖ To season your clay pot before use, wipe all the unglazed areas of the pot and rub it with olive or vegetable oil. Fill the pot 3/4 of the way up with water. Put the lid on. Place the oiled pot in a cold oven. Turn on the heat to 350 degrees Fahrenheit. Allow it to bake for 2 to 3 hours. Turn off the heat and let the pot cool completely. Wash the pot and store it in a cool, dry place. Seasoning enhances the hardness and durability of clay cookware, making it more crack-resistant and also helps get rid of the initial clay smell.
- ❖ Clay cooking pots are suitable for **GAS, ELECTRICITY and CHARCOAL Stoves**, can also be used in the oven or microwave.
- ❖ Avoid adding cold water: Never add cold ingredients or cold water in a clay pot that is already heated, because this can cause the pot to crack. If it is necessary to add more liquid to the pot during cooking, only pour a hot liquid into it.
- ❖ Be sure to use oven mitts or baker's pads when removing an earthenware cooking pot from the oven. Place the hot pot on a heat resistant trivet, tea towel, or wooden board after taking it out of the oven. Placing a hot pot on a cold work surface may cause the clay to crack. Carefully lift the lid, so that the rising steam will not scald you.

How to Clean & Store Clay Pots

- ❖ While some say it's okay to put it in a dishwasher, hand washing is recommended. Extreme temperatures and harsh detergents may strip the seasoning and damage clay cookware. Allow the clay pot to cool completely after it has been taken from the oven and soak it for a few minutes in warm water to loosen any bits of food. To remove food items, use hot water without detergent and a gentle abrasive pad. To neutralize strong odors fill the pot with warm water and add two tablespoons of baking soda. Let the cookware soak for at least 15 minutes.
- ❖ After washing, make sure the pot is thoroughly dry before storing it. Store the clay pot with the lid off, allowing air to circulate. Or invert the lid and place a paper towel between the pot and the lid to prevent chipping. Store your earthenware in dry and well ventilated areas. This eliminates the risk of mold growth inside the pot.
- ❖ **KEEP it away from CHILDREN & HANDLE WITH CARE just like a GLASS or CERAMIC utensils.**



Our Prices... LOVE YOUR KITCHEN

Items	Tsh/=	USD \$
Small Pots	10,000	\$5
Medium Pots	25,000	\$12
Big Pots	35,000	\$16
Hot Pots	35,000	\$16
Serving/Salaad Pots	25,000	\$12
Frying Pots (Small)	15,000	\$7
Frying Pots (Medium)	25,000	\$12
Frying Pots (Big)	35,000	\$16
Water Pots (Mtungi)	55,000	\$25
Tea Pots (Small)	15,000	\$7
Tea Pots (Medium)	25,000	\$12
Tea Pots (Big)	35,000	\$16
Ungo (Small)	10,000	\$5
Ungo (Medium)	15,000	\$7
Ungo (Big)	25,000	\$12
Wooden Spoon	3,000	\$2
Aprons	25,000	\$12
Kitchen Gloves	15,000	\$7
Hot Clay Pot Mat	10,000	\$5