

Translations:Marmite norvégienne/3/en

Low-tech solutions do exist for the improvement of these problems. Whilst we can see clear improvements through the use of a pressure cooker, these containers lose significant heat through their inner surfaces which are often poorly insulated or uninsulated. And there is still the problem of losses from heat transfer in the case where the low-tech insulating wrapper has not been used low-tech insulating skirt. But if the food contents are brought to their boiling point and the container placed in a well-insulated box, the heat losses are minimised and the cooking can continue without the addition of further energy.