

# Translations:Marmite norvégienne pour nomades/20/en

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- Start cooking on the heat using your most isolated pot
- Place the lid on the pot and bring to the boil.
- Further cook for a few minutes (depending on the recipe chosen, the pre-cooking time will vary).
- Place your Norwegian pot wide open on a flat surface
- Stop cooking and place the boiling stewpot in the centre of the Norwegian pot
- Close the edges with the Velcro strips, taking care not to leave any gaps between the pot and the fabric.
- Allow to stew inside the Norwegian pot for the minimum time required according to the recipe, usually double the normal cooking time.
- Open the pot and check that it is cooked through and still hot.
- All you have to do now is enjoy your tasty recipe.