

# Translations:Marmite norvégienne pour nomades/22/en

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- A wool blanket will limit the number of layers you need to use for insulation, but you can use other insulating materials.
- Velcro straps allow you to use different sizes of stewpot or saucepan. Make sure you make your Norwegian pot with the largest pot you're going to use.
- We recommend that you recycle materials. You can find woollen blankets and cotton fabrics at recycling centres.
- When cooking, it's best to choose a cast-iron or terracotta casserole, as the heat loses more slowly, but the most important thing is that the lid fits the pan properly so that it doesn't leak.
- Tighten the Velcro straps as much as possible to prevent heat loss.
- Make sure that there is enough water in the pot to simmer for several hours.
- If you have left your dish to simmer for more than 2 hours, there is a risk that the temperature will have fallen below 60 degrees and that bacteria will have developed. It is therefore advisable to bring your dish to the boil before eating it.
- You can use your Norwegian pot as a quilt over your duvet for extra warmth around the feet especially when it is still warm after having cooked!