



wonderbag.™

a recipe for change

THE WONDERBAG WAY

Welcome to the Wonderbag family!

You are about to embark on a culinary journey, one that will make your life simpler and help you to make healthy and delicious meals for your family and friends.

Wonderbag is a simple but revolutionary non-electric, portable slow cooker.

It continues to cook food (which has been brought to a boil by conventional methods) for up to 8 hours without the use of additional electricity or fuel.

No Plugs. No Fuss.

ENJOY YOUR JOURNEY!

Also have a look at the others in the Wonderbag Family that could be of interest to you as well.

SMALL

Serves 2, up to 2 Litre size pot

MEDIUM

Serves 6 - 8, up to 6 Litre size pot

LARGE

Serves 10 - 12, 2 to 10 Litre size pot

CATERING

Serves 50-60

For further information visit our website.



BOIL IT

Begin cooking your recipe on the stove as usual. Bring it to the boil allowing the food to be heated all the way through.



BAG IT

Place a trivet in the bottom of your bag and put the entire lidded pot on top. Cover it with the top cushion. Pull the drawstring tight, sealing the pot inside the bag.



SLOW COOK IT

Let the Wonderbag complete the cooking process for the prescribed time.



SHARE IT

Open up and enjoy sharing a Wonderbag meal with family and friends!



THE WONDERBAG JOURNEY

Growing up in rural Africa instills something unique in the soul - it sometimes becomes a calling. My childhood inspired my life's work to empower women living below the poverty line. I spent many of my school years challenging Apartheid and working to create projects, NGOs and even a political party to help local communities create thriving businesses to support themselves. Still, I craved more.

I had a "light bulb" moment in 2008 during one of our common rolling power outages. I remembered my grandmother taking pots off the stove and wrapping them in furniture cushions and blankets to keep the food cooking. I thought this age-old retained heat cooking method could be used around the world to help eliminate the need for electricity or fuel. I started experimenting, and the first Wonderbag was born.

I created the Wonderbag to ease the impact of health, socioeconomic and environmental problems facing Africa and developing countries. The Wonderbag, simply put, enhances rural women's quality of life by drastically reducing time spent cooking. These women now need much less wood

to feed their cooking fires, eliminating many hours spent inhaling toxic fumes. Because the time required for collecting firewood is also reduced, children, especially girls, have more free time to return to school.

I have traveled across countries and continents, meeting leaders, dignitaries, and captains of industry to share the Wonderbag story. We have distributed over 3 million Wonderbags globally, but my journey has just begun.

I am so excited to share the Wonderbag with you and to introduce you to the Wonderbag way of cooking. I can't thank you enough for helping another woman in need with your purchase. I invite you to visit our website and social communities to follow our Wonderfeasts, share your Wonderbag recipes and adventures, and keep in touch with us: www.wonderbagworld.com

All my love,

Sarah.

HEARTY TUSCAN BEAN SOUP

This wonderful, hearty soup is perfect for a fall day. To make vegetarian, simply substitute the bacon with six ounces of shiitake mushrooms.

👤👤👤 THIS RECIPE SERVES 6 PEOPLE 👤👤👤

In a 5-6 quart pot, heat olive oil over medium; add the pancetta and cook until lightly browned and crispy. Remove with a slotted spoon, set aside on a paper towel to drain. Add the onions to the oil, season with salt and pepper and cook until they begin to soften. Add in the garlic and tomato, cook for 2 more minutes.

Add one cup of the stock to the pan, scraping up any browned bits. Add the remaining stock, beans, bay leaves, rosemary and thyme. Bring to a boil, cover and let simmer for 5 minutes. Remove the bay leaves and herb stems. Add pancetta (leave some for garnishing) and parmesan. Cook 5 minutes, until soup starts to thicken slightly.

Place lidded pot into the Wonderbag for 2 hours.

To make croutons: Toss ciabatta slices with olive oil and grill in a frying pan until brown.

To serve: Sprinkle with pancetta, olive oil drizzle, parsley, parmesan and croutons.

INGREDIENTS

- 2 Tbsp olive oil, plus extra for serving
- 6 oz fresh bacon or pancetta, diced
- 2 onions, finely diced
- Salt and pepper
- 2 cloves of garlic, finely chopped
- 2 tomatoes, diced
- 8 cups chicken or vegetable stock
- 2 - 14 oz cans cannellini beans, drained and rinsed
- 2 bay leaves
- 2 sprigs fresh rosemary
- 1 sprig of thyme
- 6 Tbsp of parsley
- 3/4 cup grated parmesan cheese
- 1 loaf ciabatta bread, sliced into 1 inch squares for croutons

🕒 PREP TIME: 5 MINS | STOVE TOP TIME: 20 MINS | WONDERBAG TIME: 2 HRS 🕒

For a large and medium Wonderbag use the above recipe as listed, for a small Wonderbag divide each recipe into half for a smaller portion.



SARAH'S DURBAN LAMB CURRY

For many years before my development of the Wonderbag, I used to smell the spices of the Indian markets in central Durban and dream of far off lands. But I was not a proficient enough cook to try and make my own curry. When I started using the Wonderbag, I decided I would go to the markets and make up my own recipe, one that would be so delicious that everyone would want seconds. After many attempts, I came up with my own delicious Wonderbag Lamb Curry and my Sunday lunches became famous!

👤👤👤 THIS RECIPE SERVES 6 PEOPLE 👤👤👤

Brown the lamb in 2 Tbsp of oil, 2 minutes on each side and set aside. Brown the onions then add the chilies, garlic, ginger and curry powder. Sauté for 2 minutes. Add the lamb back into the pot and stir, season with salt and pepper. Add peeled tomatoes and 1 cup of water and bring to a boil for 5 minutes.

Add butter beans and tomato paste, stir, and allow to boil for 15 minutes. Place lidded pot into the Wonderbag for 4-5 hours. Combine grated cucumber and yogurt in a small bowl, stir to combine. Serve curry over rice with yogurt mixture and chopped bananas as toppings.

Tip: Add carrots or potatoes to this curry for extra texture and flavor.

🕒 PREP TIME: 10 MINS | STOVE TOP TIME: 25 MINS | WONDERBAG TIME: 4HRS 🕒

For a large and medium Wonderbag use the above recipe as listed, for a small Wonderbag divide each recipe into half for a smaller portion.

INGREDIENTS

- 2 Tbsp of sunflower oil
- 2 ½ pounds lamb chops on bone
- 1 medium onion, chopped
- 4 chilies, chopped
- 2 cloves of garlic, diced
- 2 Tbsp fresh ginger, crushed
- 3 Tbsp of mild or medium curry powder
- 28 oz can chopped, peeled tomatoes
- 2 Tbsp of tomato paste
- 1 bay leaf
- 14 oz cans of butter beans, drained
- Salt and pepper to taste
- 1 cup plain yogurt
- ½ cup cucumber, peeled and shredded
- 2 bananas, sliced
- 4 cups cooked white rice



MEDITERRANEAN CHICKEN & OLIVE POT

Typical of the Mediterranean cuisine, the flavours of rich sun ripened tomato and green olives, onion, garlic and herbs that the chicken slowly cooks in, could have you dreaming of holidays on the Italian coast.

 THIS RECIPE SERVES 6 PEOPLE 

INGREDIENTS



Heat the oil in a pot and fry the onion and garlic until lightly browned. Add the chicken and fry, turning to ensure that the pieces are browned.

Add all the remaining ingredients and bring to the boil with the lid on.

Simmer for 7 minutes and then place in the Wonderbag on a cloth or mat, seal and leave to cook for 2 ½ hours.

Remove and serve with rice, crusty bread or mashed potato.

2 Tbsp of sunflower oil
1 medium onion, chopped
2 cloves of garlic, chopped
18 chicken drumsticks
30 pitted green olives, drained
2 x 410g tin tomato puree
10ml coarse ground black pepper
10ml salt
15ml brown sugar
1 x chicken bouillon cube
15ml mixed herbs

 STOVE TOP TIME: 20 MINS | WONDERBAG TIME: 2½ HRS | TIME SAVING: 1 HR 

For a large and medium Wonderbag use the above recipe as listed, for a small Wonderbag divide each recipe into half for a smaller portion.



AUBERGINE PARMEGANO

A classic Italian vegetarian dish. Layers of lightly fried seasoned aubergine with a tomato, onion and herb sauce and lashings of parmesan cheese. Ideal for high fat low carb diets, and you can use less parmesan and add feta cheese instead.

👤👤 THIS RECIPE SERVES 6 PEOPLE 👤👤

INGREDIENTS

Heat some oil in a frying pan. Lightly sprinkle the Aubergine slices with salt and pepper and fry in oil until lightly brown. Remove and drain on paper towel. In the same pan, fry the onion and garlic until golden

Add the tins of chopped tomatoes, herbs, sugar and salt and pepper to taste. In a small pot with a lid, lay $\frac{1}{2}$ of the aubergine slices. Top with $\frac{1}{2}$ of the tomato and onion mix and $\frac{1}{3}$ of the parmesan. Repeat the layers, ending with parmesan. Place the pot on the stove and bring to the boil. Close the pot with its lid and simmer for 5 mins.

Place the sealed pot in the Wonderbag on a mat or cloth, seal and leave to cook for 2 hours. Garnish with parsley and serve with crusty ciabatta or salad.

- 2 Tbsp of sunflower oil
- 2 medium aubergines, cut into thin slices
- 1 medium onion, chopped
- 2 cloves of garlic, chopped
- 2 x 400g tin chopped tomato
- 10ml mixed herbs
- $\frac{2}{3}$ cup of grated parmesan cheese
- Salt and pepper to taste
- 10ml brown sugar

🕒 STOVE TOP TIME: 30 MINS | WONDERBAG TIME: 2 HRS | TIME SAVING: 1½ HOURS 🕒

For a large and medium Wonderbag use the above recipe as listed, for a small Wonderbag divide each recipe into half for a smaller portion.



RICE

👤👤👤 THIS RECIPE SERVES 6 PEOPLE 👤👤👤

INGREDIENTS

2 cups rice
4 cups water

Place rice in a pot. Pour 4 cups of boiling water into the pot. Allow to boil for 5 minutes, place lidded pot into Wonderbag for 1 hour to finish cooking.

🕒🕒🕒 PREP TIME: 1 MIN | STOVE TOP TIME: 5 MINS | WONDERBAG TIME: 1 HR 🕒🕒🕒

WHOLE MILK PLAIN YOGHURT

👤 THIS RECIPE SERVES 2 PEOPLE 👤

INGREDIENTS

2 cups whole or full cream milk

½ packet yoghurt culture starter
OR 2 TBSP of plain yoghurt
(store bought or from your previous batch)

Toppings:
Honey, brown sugar, coconut flakes, jam, fresh fruits, dried fruits, nuts, granola

Gently heat the milk in a 1 – 2 lt pot to 160°C. Remove pot from heat and cool to 100°C. Stir in the yoghurt culture or yoghurt. Cover and transfer pot to the Wonderbag. Leave overnight in the Wonderbag 10 to 12 hours. To confirm that the yogurt has set, tilt the container gently. If yogurt moves away from the side of the pot in one mass instead of running up the side, it is finished culturing. Transfer to refrigerator to stop culturing and cool. Yogurt will thicken while cooling in the refrigerator.

To serve: Add a cup of yogurt to a small bowl or cup, add your favorite toppings! **Tip:** Save some of the yogurt to make your next batch.

🕒🕒 PREP TIME: 5 MINS | STOVE TOP TIME: 10 MINS | WONDERBAG TIME: 12 HRS 🕒🕒

STEEL CUT OATMEAL

👤 THIS RECIPE SERVES 2 PEOPLE 👤

INGREDIENTS

1 cup steel-cut oats (Irish) or rolled oats
¼ tsp salt
1 Tbsp brown sugar
¼ tsp cinnamon
Pinch of nutmeg
1 cup water
1 cup milk

Add all ingredients (except toppings) into a 1.2 lt pot. Bring to a boil, then reduce to medium low and simmer uncovered for 5 minutes. Place your lidded pot in the Wonderbag for a minimum of 2 hours (1 hour for rolled oats) to finish cooking, can be left up to 8-10 hours overnight for warm breakfast first thing in the morning.

To serve: Garnish with your favorite toppings. Cinnamon, almond or cashew butter, honey, raisins, blueberries, strawberries, blackberries, peach slices, almond slivers or sunflower seeds.

🕒🕒 PREP TIME: 5-10 MINS | STOVE TOP TIME: 10 MINS | WONDERBAG TIME: 2 HRS 🕒🕒

COOKING TIMES

The length of time for cooking recipes varies per recipe based on the factors listed on page 13.

TYPE OF FOOD	TIME ON STOVE (AT BOIL)	TIME IN THE WONDERBAG
Chicken on the bone	15-30 minutes	At least 2 hours
Beef and mutton on the bone	15-40 minutes	At least 4 hours
Boneless/skinless chicken & mince	10-15 minutes	At least 1 hour
boneless beef or mutton	15-30 minutes	At least 3 hours
Rice (white, brown)	5 minutes	At least 45 minutes
Pre-soaked dried beans	15 minutes	Small beans (2-3 hours), Large beans (4-5 hours)
Root vegetables	15 minutes	At least 1 hour

CONVERSION TABLES

VOLUME (LIQUIDS)

QUANTITY	METRIC
1 tsp	5 mL
1 Tbsp	15 mL
½ cup	30 mL
¼ cup	60 mL
½ cup	80 mL
1 cup or ½ pint	240 mL

TEMPERATURE

FARENHEIT	CELCIUS	GAS MARK
200°	93°	-
300°	150°	2
325°	160°	3
350°	180°	4
375°	190°	5
400°	200°	6
425°	220°	7
Broil / 500°	260°	9

WEIGHT

QUANTITY	OUNCES	METRIC
	1oz	28 g
¼ pound	4 oz	113 g
⅓ pound	5 ⅓ oz	150 g
½ pound	8 oz	230 g
¾ pound	12 oz	340 g
1 pound	16 oz	450 g



TIPS & TRICKS

Below is an overview of some adjustments we recommend making to your standard cooking practice as well as some general guidance for cooking the Wonderbag way.

- You can cook practically anything – stews, curries, chicken and even yogurt – in a Wonderbag.
- Liquid does not thicken in the Wonderbag. In order to thicken your dish, mix some flour or corn starch into a paste with water and add to the pot to thicken. There is also no evaporation when cooking so use less liquid than usual.
- If you are using wine in your recipe, cook off the alcohol (takes about 5 minutes) before placing in the Wonderbag.
- Salt meat a day in advance of cooking to get the meat tender and moist.
- Salt and acidic foods (like tomatoes) will keep beans from softening. Therefore when using a tomato-based sauce, pre-cook your beans in the Wonderbag or use canned beans.
- Do not put salt into your pre-soaked dried beans until after they have completed cooking.
- You cannot overcook or burn foods in the Wonderbag because it is not on a direct heat source.
- The longer foods stay in the bag, the more tender they become.
- You'll need to brown meat or caramelize onions before they are added to the Wonderbag, as they need to be done at very high temperatures in order to retain their flavors.
- Only open your Wonderbag when you are ready to serve to avoid losing any heat.



TIPS & TRICKS

- Once you start using the Wonderbag, you will quickly get a feel for it. Most recipes stay well above 135° F for at least 4 or 5 hours, some up to 8 hours.
- Only lidded pots with short handles should be used in the Wonderbag. The pot that is used to cook the food in should be the one that you place inside the Wonderbag (heat is retained in the cooking pot).
- The food must be placed into the bag, once a dish towel or silicone pad has been laid down, without delay and the bag then immediately sealed. Use an extra dish towel for extra coverage if using a heavy cast-iron pot.
- Do not transfer a dish from the oven to the Wonderbag if the oven is hotter than 180°C as this might cause the fabric to melt. Keep your Wonderbag away from flames as being fabric based product it is highly flammable.
- Only one cooking container per Wonderbag should be used and when carrying or handling the Wonderbag, care must be taken to avoid spills as this can cause the skin to burn.

How to clean your Wonderbag:

The Wonderbag can be spot-washed and hung to dry. Newer washing machines with a gentle wash cycle can also be used with cold water and minimal detergent: hang dry or low temperature setting on dryer. For any heavy spills in your Wonderbag, we recommend you soak your Wonderbag in a basin of water, and spot wash by hand. Thereafter gently hang to dry.