



# LACOSTE

FORGE & FONDERIE

DEPUIS

1935



NOTICE POTTERY

# YOUR CAST IRON POTTERY



The cast iron pottery improves with age, a layer of natural grease is deposited on the surface that blocks the pores of the material, protecting the cast iron pottery from oxidation and giving anti-adhesive properties.

## **The following operations are advised before use :**

1. Scrub thoroughly the inside of the pot with a metallic pad
2. Rinse thoroughly with hot clean water, then dry over a gentle heat
3. Boil a few centimeters of sunflower oil, rub the sides and the lid of the pot regularly to thoroughly clean and help the oil penetrate the cast iron material
4. Empty the contents and leave the pot to dry, then repeat this operation at least 4 times.

You can now cook using cast iron pot.

## **Maintenance and Advice :**

- Never use detergent, rinse always with hot clean water and wipe thoroughly
- Coat the sides and inside the lid of the pot with oil
- Leave the pot uncovered
- If rust forms between each usage, remove with a metallic pad
- Rinse the pot and make sure it is dry before repeating operations 3 and 4

If you follow the above advice you will maintain your pot in good condition.

# RECIPE IDEA

## GARBURE

Serves approximately 8 people

In a prepared pot or a cast iron pot, boil 2 litres of water.

Add to this water :

500g potatoes (chopped)

250g of broad beans (dependinf on the season)

250g large shelled peas

250g fresh white beans (or dried beans that have been soaked over night)

250g chopped red cabbage

250g roasted chestnuts

3 cloves garlic (chopped)

1 bouquet garni (thyme, parsley, majoram)

Salt and pepper

Chilli powder

To one side, cut the leaves of a large green cabbage into thin strips, removing the thick parts.

After 1 hour, when the vegetables, potatoes and chestnut mixture has cooked, add the green cabbage strips.

About ½ hour before serving, put the meat of your choice into the pot 500g conserve of duck, goose or pork (surrounded by its fat), salted ham, saucisso, ; duck carcass. If the meat you are using is porc, a spoonful of goose fat will give more flavour to the sauce.

Put some thin slices of bread (stale bread can be used) into a tureen or large soup serving bowl and pour the liquid from the pot over the bread.

In a separate serving dish place the meat, cut into serving portions, and the vegetables.

The complement to this Garbure meal is the rituel of the chabrot : in your soup bowl leave a small amount of the liquid. To this ass some wine and drink together. This mixture has the virtue of of helping against tiredness.

# LACOSTE SARL



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