Any discussion of the prior art throughout the specification should in no way be considered as an admission that such prior art is widely known or forms part of common general knowledge in the field.

An object of the present invention is therefore to provide a cooking method and kit that at least goes part way to overcoming one or more of the above disadvantages of existing methods or at least to provide a useful alternative.

SUMMARY OF THE INVENTION

In a first aspect, the invention provides a method of preparing a food dish by simultaneously cooking a food item with rice, wherein the food item is seasoned or flavoured by placing food and seasoning or flavouring ingredients inside a waterproof cook-in bag, sealing the cook-in bag, placing the sealed cook-in bag in a cooking appliance, and wherein the rice is placed in the cooking appliance either before or after the cook-in bag is placed in the cooking appliance, and the food item and the rice are cooked together.

The food item and the rice are preferably cooked for 10-90 minutes. Water may be added to the cooking appliance to aid cooking of the rice.

Preferably, the seasoning or flavouring ingredients are selected from fermented ingredients, spices, taste enhancers, and Chinese functional ingredients, and may further include thickeners, binders, or food colouring agents. The seasoning or flavouring ingredients may be in the form of a cube, a powder, granules, a liquid, or a paste.

The cooking appliance may be any appliance suitable for cooking food, but is preferably a conventional oven, a microwave oven, an electric rice cooker, a stove-top rice cooker, a pressure cooker or a steamer.

In a second aspect, the invention provides a cooking kit ~~for~~when used in the method of the invention, comprising a cook-in bag provided together with a sachet containing seasoning or flavouring ingredients, or a combination of seasoning and flavouring agents.

The cook-in bag and the sachet are preferably packaged together. The cook-in bag may be provided tightly folded, and may be provided with a sealing device.

The bag is preferably made of a monolayer film formed from 99 wt % or more of polyester. The monolayer film preferably has an oxygen transmission of 110-168 $cm^3/m^2 \cdot d \cdot atm$ at 23 ºC, and a water vapour transmission rate of 25-40 $g/m^2 \cdot d$ at 38 ºC.

DETAILED DESCRIPTION

The invention relates to a method of preparing a food dish by simultaneously cooking a food item with rice, wherein the food item is seasoned or flavoured by placing food and seasoning or flavouring ingredients inside a cook-in bag, sealing the cook-in bag, placing the sealed cook-in bag in a cooking appliance, and wherein the rice is placed in the cooking

appliance either before or after the cook-in bag is placed in the cooking appliance, and the food item and the rice are cooked together. The invention also relates to a cooking kit

CLAIMS

1. A method of preparing a food dish by simultaneously cooking a food item with rice, wherein the food item is seasoned or flavoured by placing food and seasoning or flavouring ingredients inside a waterproof cook-in bag, sealing the cook-in bag, placing the sealed cook-in bag in a cooking appliance, and wherein the rice is placed in the cooking appliance either before or after the cook-in bag is placed in the cooking appliance, and the food item and the rice are cooked together.

2. A method as claimed in claim 1, wherein the food item and the rice are cooked for 10-90 minutes.

3. A method as claimed in claim 1 or claim 2, wherein water is added to the cooking appliance to aid cooking of the rice.

4. A method as claimed in any one of claims 1 to ~~4~~3, wherein the seasoning or flavouring ingredients are selected from fermented ingredients, spices, taste enhancers, and Chinese functional ingredients.

5. A method as claimed in any one of claims 1 to ~~5~~4, wherein the seasoning or flavouring ingredients further include thickeners, binders, or food colouring agents.

6. A method as claimed in any one of claims 1 to ~~6~~5, wherein the cooking appliance is a conventional oven, a microwave oven, an electric rice cooker, a stove-top rice cooker, a pressure cooker or a steamer.

7. A cooking kit for use in the method of any one of claims 1 to ~~7~~6, comprising a cook-in bag provided together with a sachet containing seasoning or flavouring ingredients, or a combination of seasoning and flavouring agents.

8. A cooking kit as claimed in claim 7, wherein the cook-in bag and the sachet are packaged together.

9. A cooking kit as claimed in claim 7 or claim 8, wherein the cook-in bag is provided tightly folded.

10. A cooking kit as claimed in any one of claims 7 to 9, wherein the seasoning or flavouring ingredients are selected from fermented ingredients, spices, taste enhancers, and Chinese functional ingredients.

11. A cooking kit as claimed in any one of claims 7 to 10, wherein the seasoning or flavouring ingredients further include thickeners, binders, or food colouring agents.

12. A cooking kit as claimed in any one of claims 7 to 11, wherein the seasoning or flavouring ingredients are in the form of a cube, a powder, granules, a liquid, or a paste.

13. A cooking kit as claimed in any one of claims 7 to 12, wherein the cook-in bag is made of a monolayer film formed from 99 wt % or more of polyester.

14. A cooking kit as claimed in claim 143, wherein the monolayer film has an oxygen transmission of 110-168 $cm^3/m^2 \cdot d \cdot atm$ at 23 ºC, and a water vapour transmission rate of 25-40 $g/m^2 \cdot d$ at 38 ºC.

15. A cooking kit as claimed in any one of claims 7 to 15, wherein the cook-in bag is provided with a sealing device.

16. A food dish prepared by the method as claimed in any one of claims 1 to 6.