



Bennett Read®

COMPACT OVEN RANGE

MULTI-FUNCTIONAL KITCHEN CONVENIENCE



Recipe Guide

IMPORTANT

Please read your Bennett Read Compact Oven Range User Guide thoroughly before using the appliance.
It contains important information regarding operation and safety.

MEASUREMENT KEY:

Tsp. = Teaspoon

Tbsp. = Tablespoon

(1 Tablespoon = 3 Teaspoons)

PLEASE NOTE:

Temperatures, methods etc. shown are approximate and may vary depending on the type and amount of food used.

Recipes are based on servings.

Please increase or decrease ingredients in proportion, depending on the desired number of servings.

Contents

4

**SERVING SIZE
CONVERSIONS**

5

COOKING TABLES

6 - 13

BREAKFASTS

14 - 19

SIDES

20 - 31

**STARTERS
& SNACKS**

32 - 43

MAIN MEALS

44 - 55

DESSERTS

RECIPE SERVING SIZE CONVERSIONS

Depending on the desired number of servings, follow this simple guide to modifying any recipe:

1. Divide the number of servings you need by the number the recipe makes.

If you need two servings and the recipe makes four: $2 \div 4 = 0.5$

If you need eight servings and the recipe makes six: $8 \div 6 = 1.3$

This is your conversion factor, which you'll use to find out how much of each ingredient you'll need.

2. Multiply each ingredient in your recipe by the conversion factor.

3. Round up or down slightly (except for baking) when conversions are hard to measure.

EXAMPLE:

A Cinnamon Bun Raisin Oatmeal recipe serves four, but you only need three servings... The recipe calls for 1 cup steel-cut oats, 3 1/2 cups water, 1/4 cup light brown sugar and 1 Tsp. cinnamon.

Work out your conversion factor, in this case, $3 \div 4 = 0.75$, and multiply each ingredient amount by that number.

So, 1 cup (oats) $\times 0.75 = 0.75$ cups,

3.5 cups (water) $\times 0.75 = 2.63$ cups (round off to 2.6 cups),

0.25 cups (sugar) $\times 0.75 = 0.19$ cups (round off to 0.2 cups).

Some ingredients, like the cinnamon spice, can be adjusted depending on the flavour you want.

COOKING HINTS AND TIPS

There are different power level settings at your disposal, each best suited to certain tasks or recipes. Using the correct power level settings for different foods can give a better final result.

When baking, the quantities of ingredients should be exact for the dish to come outright. In this case, try to get the adjusted measurement as close as possible. Some types of measurements ask you to add a pinch or a dash of something. Usually, these ingredients are spices, so adjust it according to your preference or how strong it is.

NOTE: Recommended cooking oven options may vary according to your preference.

PLEASE REFER TO THE USER GUIDE FOR THE COOKING OVEN OPTIONS.

WHETHER THE FOOD IS DONE

Colour and hardness of food help to determine if it is done. These include:

- Steam coming out from all parts of food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork

MEAT INTERNAL TEMPERATURE GUIDE

This guide should be used to check the internal temperature for cooked meats. It has been developed using USDA Food Safety Standards.

Beef and Veal

Ground	70°C/160°F
Steaks, roasts-medium	70°C/160°F
Steaks, roasts-rare	63°C/145°F

Chicken and Turkey

Breasts	75°C/165°F
Ground, stuffed	75°C/165°F
Whole bird, legs, thighs, wings	75°C/165°F

Fish and Shellfish

Any type	63°C/145°F
----------	------------

Lamb

Ground	70°C/160°F
Steaks, roasts-medium	70°C/160°F
Steaks, roasts-rare	63°C/145°F

Pork

Chops, ground, ribs, roasts	70°C/160°F
Fully cooked ham	60°C/140°F

FLAPJACKS | STOVE TOP

INGREDIENTS

1 3/4 cups all to purpose flour
 3 Tbsp. sugar
 2 Tsp. baking powder
 1/4 Tsp. fine salt
 1/8 Tsp. freshly ground nutmeg
 3 Tbsp. unsalted butter, plus more as needed
 2 large eggs, room temperature
 1 1/4 cups milk, at room temperature
 1/2 Tsp. vanilla extract

Toppings: honey, syrup, strawberries, blueberries, raspberries, walnuts

SERVINGS: 6-8

DIRECTIONS:

1. In a large bowl, whisk together the flour, sugar, baking powder, salt and nutmeg.
2. In another bowl, beat the eggs and then whisk in the milk and vanilla extract.
3. Melt the butter in a large cast-iron skillet over medium to medium-low heat. Whisk the butter into the milk mixture and then add this to the flour mixture, and whisk until a thick batter is just formed.
4. Keeping the skillet at medium to medium-low heat, ladle about 1/4 cup of the batter onto the skillet, to make a flapjack. Make one or two more flapjacks, taking care to keep them evenly spaced apart. Cook, until bubbles break the surface of the flapjacks, and the undersides are golden brown, for about 2 minutes. Flip with a spatula and cook for about 1 minute more on the second side.
5. Serve immediately or transfer to a platter and cover loosely with foil to keep warm.
6. Repeat with the remaining batter, adding more butter to the skillet as needed.

BREAKFAST POTATOES | STOVE TOP

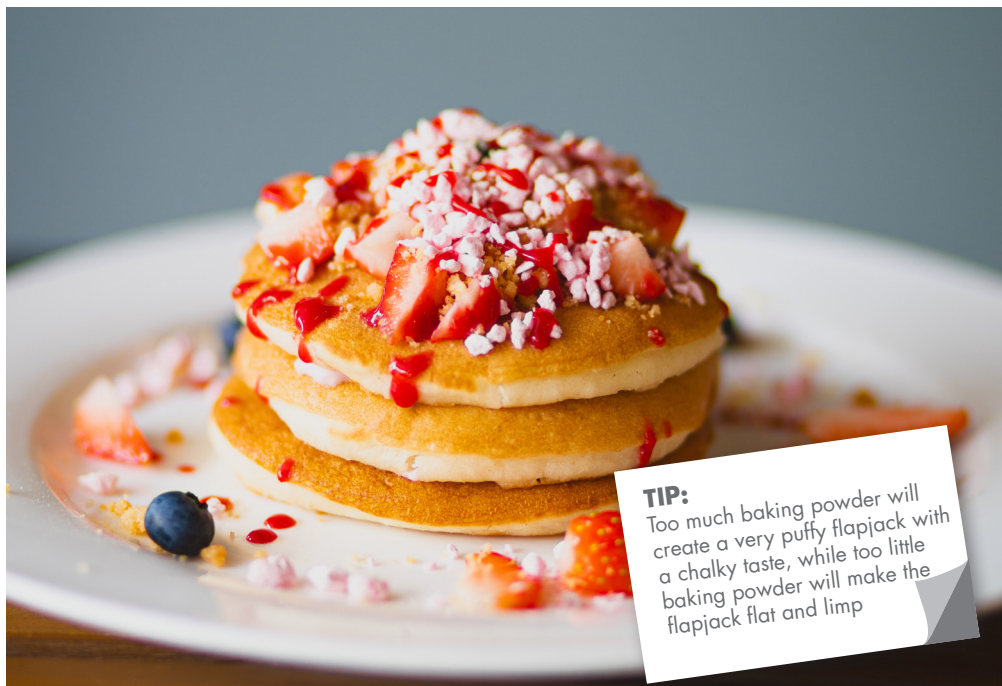
INGREDIENTS:

680g potatoes
 3 Tbsp. olive oil
 1/2 onion, diced
 1/2 Tsp. garlic powder
 1/2 Tsp. paprika
 Salt and pepper, to taste
 Fresh herbs (optional)

SERVINGS: 4

DIRECTIONS:

1. Peel and dice the potatoes.
2. Add the potatoes to a pot and cover with cold water. Bring to a boil and cook for about 5 minutes, then drain.
3. Heat the oil in a large cast-iron skillet over medium heat. Add the potatoes to the skillet and try to get the diced potatoes on a single, flat layer. Cook without stirring for about 4 to 5 minutes, so that the bottom side browns.
4. Add the diced onion, garlic powder, and paprika, then stir. Sauté for another 5 to 10 minutes, allowing the potatoes to cook on each side for a couple of minutes.
5. Remove the potatoes from the heat. Season with salt and pepper, garnish with chopped parsley and serve.



PERFECT OATMEAL | STOVE TOP

INGREDIENTS

1/2 cup oats
1 cup water
Pinch of salt
1/4 cup milk

Toppings: banana,
strawberries, blueberries,
raspberries, walnuts

SERVINGS: 2

DIRECTIONS:

1. Bring the water to a boil and then reduce the heat to simmer.
2. Gently stir in the oats. If the water starts to bubble over, reduce the heat even further.
3. Cook for about 4 minutes, stirring occasionally.
4. Stir in the pinch of salt and scrape the oatmeal into a bowl.
5. Float the milk across the top and add your favourite toppings.

VEGETABLE BREAKFAST FRITTATA | STOVE TOP

INGREDIENTS:

1 Tbsp. olive oil
1/2 cup broccoli florets
1/2 red bell pepper,
chopped
1/2 onion, chopped
6 marinated olives,
chopped
2 eggs
2 egg whites
2 Tbsp. whole milk
1 pinch salt and ground
black pepper to taste
1/4 cup feta cheese
(Optional)

SERVINGS: 2

DIRECTIONS:

1. Heat olive oil in a skillet over medium heat. Add the broccoli, bell pepper, and onion in the skillet with the hot oil, then stir and cook for about 3 minutes. Place a cover on the skillet and continue cooking until the vegetables begin to soften for about 5 minutes more. Stir the olives into the vegetable mixture.
2. Beat the eggs, egg whites, milk, salt, and pepper together with a whisk in a small bowl. Then pour the mixture over the vegetables in the skillet. Sprinkle the feta cheese over the egg & vegetable mixture.
3. Secure the cover on the skillet and reduce the heat to medium-low. Cook until the egg is lightly browned on the bottom for 3 to 5 minutes. Carefully flip the frittata and cook until the bottom is again lightly browned for about 1 to 2 minutes more.



BACON MUFFINS | OVEN

INGREDIENTS

1 1/4 cups self-rising wheat flour
 3/4 cup buttermilk
 1/3 cup chopped cooked bacon
 1/4 cup butter, melted
 1 large egg, slightly beaten

SERVINGS: 6

DIRECTIONS:

1. Preheat the oven to 220°C on the bake setting.
2. Stir in a medium-size bowl the wheat flour, buttermilk, bacon, butter and egg until blended and forms a batter.
3. Spoon the batter into a lightly greased muffin pan, filling the muffin pan about 3/4 full.
4. Bake for about 15 to 17 minutes or until, when a toothpick is inserted in the centre of the bacon muffin, the toothpick comes out clean.
5. Allow the bacon muffins to cool for about 10 minutes on a wire rack before serving. Baking is the recommended oven option.

BROILED GRAPEFRUIT | OVEN

INGREDIENTS:

2 large grapefruit, halved
 1/4 cup brown sugar
 1/4 Tsp. ground cinnamon
 1 Tbsp. butter, softened
 1/4 cup vanilla yoghurt
 2 Tbsp. granola

SERVINGS: 4

DIRECTIONS:

1. Heat the oven on broil and place the rack in an upper position.
2. Remove all the seeds from grapefruit and section with a paring knife. Cut a small slice from the bottom of each grapefruit half to prevent them from rocking. Place the grapefruit halves on an oven baking pan.
3. In a small bowl, mix the brown sugar and cinnamon. Sprinkle evenly over the top of the grapefruit halves. Dot with butter.
4. Broil for about 6 to 7 minutes or until the brown sugar and butter is bubbly. Top each half with 1 tablespoon of yogurt and a 1/2 tablespoon of granola.



BREAKFAST PIZZA | OVEN

INGREDIENTS

2 eggs, or as needed
 1 ½ Tbsp. milk
 Salt and ground pepper to taste
 Cooking spray
 1/4 cup cooked sausage, crumbled
 3 slices cooked bacon, cut into pieces
 1/2 cup diced tomatoes, or to taste (Optional)
 1/2 cup diced mushrooms, or to taste (Optional)
 1 prepared naan bread
 1/4 cup shredded cheese

SERVINGS: 2

DIRECTIONS:

1. Preheat oven to 220°C on broil.
2. Whisk eggs and milk together in a bowl and season with salt and pepper.
3. Spray a large skillet with cooking spray and heat over medium-high heat. Pour egg mixture into the skillet. Cook and stir until the eggs are set for about 5 minutes. Add the sausage, bacon, tomatoes, and mushrooms. Cook until the vegetables are soft for about 3 minutes.
4. Spread the scrambled mixture over the naan bread and top with shredded cheese.
5. Cook the naan bread pizza in the preheated oven until the cheese is bubbly and the underside of the crust is golden brown for about 5 to 7 minutes.

FRENCH TOAST | OVEN

INGREDIENTS:

1 large Egg
 1 Tsp. vanilla extract
 1 Tsp. brown sugar
 1/4 Tsp. ground cinnamon
 Pinch of Salt
 1 Tbsp. butter melted
 1/2 cup milk
 2 slices sandwich bread

SERVINGS: 2

DIRECTIONS:

1. Heat the oven to 215°C. Then prepare a baking tray with cooking spray and a sheet of parchment paper.
2. Whisk together the egg, vanilla extract, sugar, cinnamon and salt until the sugar is dissolved. Continue to whisk and slowly add the melted butter and then the milk.
3. Pour this mixture into a shallow dish and layout the 2 bread slices into the mixture. Once you have laid the bread out, flip the bread over to coat the other side. You can let the bread sit for a minute to soak in the mixture.
4. Transfer the soaked slices to the baking tray and bake at 215°C for about 10 minutes.
5. Switch the oven to broil and broil the top until the slices are golden brown for about 5 minutes more. You may need to rotate the baking tray.
6. Remove the baking tray from the oven and flip each slice. Serve with fruit, syrup, confectioner's sugar, or just grab-and-go.



CORN ON THE COB | STOVE TOP

INGREDIENTS:

2 Tbsp. white sugar

1 Tbsp. lemon juice

6 ears corn on the cob,
husks and silk removed

SERVINGS: 6

DIRECTIONS:

1. Fill a large pot about 3/4 full of water and bring to a boil.
2. Stir in sugar and lemon juice, dissolving the sugar.
3. Gently place ears of corn into boiling water, cover the pot, and let the corn cook in the hot water until tender, about 10 minutes.

CREAMY MASHED POTATOES | STOVE TOP

INGREDIENTS:

1.5 kg potatoes, peeled and
cut into cubes

1 Tbsp. salt

Flavourings:

4 Tbsp. unsalted butter,
chopped

1/3 cup milk, preferably
warmed

1/2 Tsp. salt

Garnish:

Extra melted butter

Chives or parsley, chopped

SERVINGS: 6

DIRECTIONS:

1. Place the potatoes in a large pot with 1 tbsp salt. Add water so that it is about 10cm above potatoes.
2. Bring to a boil over high heat then reduce heat so it is simmering rapidly. Cook for about 15 minutes or until the potatoes are very soft.
3. Drain the potatoes well and then return them to the pot. Leave the potatoes in the pot for about 1 minute, shaking the pot every now and then, to encourage evaporation of water.
4. Add the flavourings, then mash well, using the milk to loosen the mixture if desired.
5. Do not use a beater, stick blender, food processor or blender as the mixture will quickly become gluey. You can pulse with a stand mixer or handheld mixer but be cautious to stop as soon as the mixture is creamy.
6. Transfer the mixture to a serving bowl and drizzle over the butter. Sprinkle with chives and then serve.



HONEY-LEMON ASPARAGUS | STOVE TOP

INGREDIENTS:

905g fresh asparagus,
trimmed
8 cups water
1/4 cup honey
2 Tbsp. butter
2 Tbsp. lemon juice
1 Tsp. sea salt
1 Tsp. balsamic vinegar
1 Tsp. Worcestershire sauce
Additional sea salt, optional

SERVINGS: 8

DIRECTIONS:

1. In a large saucepan, bring 8 cups of water to a boil. Add the asparagus in batches and cook, uncovered for about 1 to 2 minutes or just until crisp-tender. Drain and pat the asparagus dry with a kitchen paper towel.
2. Then in a small saucepan, combine the honey, butter, lemon juice, salt, balsamic vinegar and Worcestershire sauce. Bring to a boil. Reduce the heat and simmer, uncovered for about 2 minutes or until the glaze is slightly thickened.
3. Transfer the asparagus to a large bowl and drizzle with the glaze and toss gently to coat. If desired, sprinkle with additional sea salt.

ROSEMARY POTATOES | STOVE TOP & OVEN

INGREDIENTS:

454g baby potatoes
1 Tbsp. olive oil [plus more
for oiling the pan]
1 Tsp. garlic powder
1 Tbsp. chopped fresh
rosemary with fine sea salt
and black pepper

SERVINGS: 4

DIRECTIONS:

1. Adjust your oven cooking rack to the bottom position and preheat to 205°C. Lightly oil a rimmed baking sheet.
2. Cut the potatoes in half or quarters if larger.
3. In a medium bowl, combine potatoes, olive oil, garlic powder, fresh chopped rosemary, sea salt and black pepper. Toss well to coat.
4. Transfer the potatoes to the prepared baking sheet and arrange them in a single layer with the cut sides facing the pan.
5. Roast the potatoes, flipping occasionally, until golden, crispy, and fork-tender for about 30 to 45 minutes depending on the size of your potatoes.



TIP:
Olive oil or avocado
oil is great for
roasting potatoes.

GREEN BEANS & MUSHROOMS | STOVE TOP

INGREDIENTS:

1 Tbsp. butter
 1 Tbsp. olive oil
 225g green beans, ends trimmed
 225g mushrooms
 Salt, to taste
 Black pepper, to taste
 2 garlic cloves, finely minced
 ½ cup onion, chopped

SERVINGS: 4

DIRECTIONS:

1. Add the green beans to a pot of boiling water and boil for about 6 to 7 minutes until crisp-tender.
2. Drain the beans and then rinse the beans with cold water to stop the cooking process. Leave the beans in the colander to drain.
3. Heat a large skillet over medium-high heat and add mushrooms and dry sauté until the beans begin to release their juices. Do not stir them for about 2 to 3 minutes until the beans are brown. Then flip the beans and brown them on the other side for another 2 to 3 minutes. Transfer the beans to a bowl and set them aside.
4. Heat the butter and olive oil in the skillet. Add chopped onions and sauté until tender and translucent for about 3 to 4 minutes.
5. Add the cooked green beans and mushrooms to the skillet and stir in the minced garlic. Season the vegetables with salt and pepper.
6. Stir to combine. Sauté everything for about 1 minute and take off the cooktop. Serve warm.

ROASTED CARROTS | OVEN

INGREDIENTS:

1 bunch fresh carrots, with green tops removed, scrubbed
 1 Tsp. olive oil
 Salt and pepper to taste
 1/2 Tsp. balsamic vinegar [optional]
 1/2 Tsp. chopped fresh parsley [optional]

SERVINGS: 2

DIRECTIONS:

1. Preheat your oven to 230°C
2. Arrange the carrots in a single row on an oven baking sheet.
3. Drizzle the carrots with olive oil and shake the pan back and forth to evenly coat the carrots with oil.
4. Sprinkle with salt and pepper.
5. Roast the carrots for about 15 to 25 minutes, rotating the pan halfway through, until the carrots are lightly browned and just tender.
6. Remove the pan from the oven and drizzle the carrots with balsamic vinegar. Shake the pan to coat the carrots evenly with vinegar.
7. Return the carrots to the oven and cook for another 5 to 6 minutes until most of the vinegar has been absorbed.
8. Sprinkle cooked carrots with chopped parsley and serve warm.



TIP: Add a dollop or two of crème fraîche or yogurt with fresh minced herbs for added texture and flavour to your roasted carrots.

SWEET POTATO ROUNDS | OVEN

INGREDIENTS:

1 large, sweet potato
2 Tsp. oil
1/4 Tsp. ground cinnamon
(optional)
1/8 Tsp. fine sea salt

SERVINGS: 2

DIRECTIONS:

1. Preheat your oven to 220°C.
2. Select the bake setting and adjust the cooking rack to the lowest placement. Lightly oil a roasting pan or baking sheet.
3. Slice the sweet potato into round pieces.
4. In a medium bowl combine the sweet potato slices, oil, cinnamon, and salt. Toss well to coat.
5. Arrange the sweet potato rounds in a single layer on your prepared pan.
6. Bake sweet potato slices for about 10 minutes. Carefully remove the hot pan and flip the rounds with a fork or spatula.
7. Return to the oven and cook until the sweet potatoes are golden and caramelized for about 8 to 10 minutes more.
8. Serve sweet potato rounds plain or with your favourite toppings such as pecan nuts.

HALLOUMI CHEESE | STOVE TOP

INGREDIENTS:

1 package halloumi cheese
1 Tbsp. olive oil
Freshly ground black pepper,
to taste, garnish
Oregano leaves, garnish
Mint leaves, garnish
4 to 5 cherry tomatoes, cut in
half, garnish
Balsamic vinaigrette to taste

SERVINGS: 6

DIRECTIONS:

1. Heat a nonstick frying pan over high heat.
2. Dry the halloumi cheese slices by blotting them with a kitchen paper towel. Place the slices of halloumi cheese on a plate and brush both sides lightly with the olive oil to coat each thoroughly.
3. Sear the cheese in the hot pan until each slice develops a deep brown crust, for about 1 minute on the first side and about 1 to 2 minutes on the other.
4. Place the fried cheese on a plate and garnish with pepper, oregano or mint leaves, tomatoes, and vinaigrette.



HOMEMADE VEGETABLE SOUP | STOVE TOP

INGREDIENTS:

2 Tbsp. olive oil
1 1/2 cups chopped onion
2 cups peeled and chopped carrots
1 1/4 cups chopped celery
4 cloves garlic, minced
430ml chicken or vegetable broth
2 cans diced tomatoes (undrained)
3 cups peeled and diced potatoes
1/3 cup chopped fresh parsley
2 bay leaves
1/2 Tsp. dried thyme, or 1 tbsp fresh thyme leaves
Salt and freshly ground black pepper
1 1/2 cups chopped frozen or fresh green beans
1 1/4 cups frozen or fresh corn
1 cup frozen or fresh peas

SERVINGS: 6-8

DIRECTIONS:

1. Heat the olive oil in a large pot over medium-high heat.
2. Add the onions, carrots, and celery then sauté for about 4 minutes. Then add the garlic and sauté for about 30 seconds longer.
3. Add in the broth, tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste.
4. Bring to a boil, then add the green beans.
5. Reduce the heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20 to 30 minutes.
6. Add the corn and peas and cook for about 5 minutes longer. Serve warm

STUFFED BAKED POTATOES | OVEN

INGREDIENTS:

4 large potatoes
1/4 cup butter
1/4 cup sour cream
1/4 cup freshly chopped chives
2 green onions, thinly sliced, white and green parts divided
3/4 cup shredded cheddar
6 slices crispy bacon, crumbled
Salt to taste and freshly ground black pepper

SERVINGS: 4

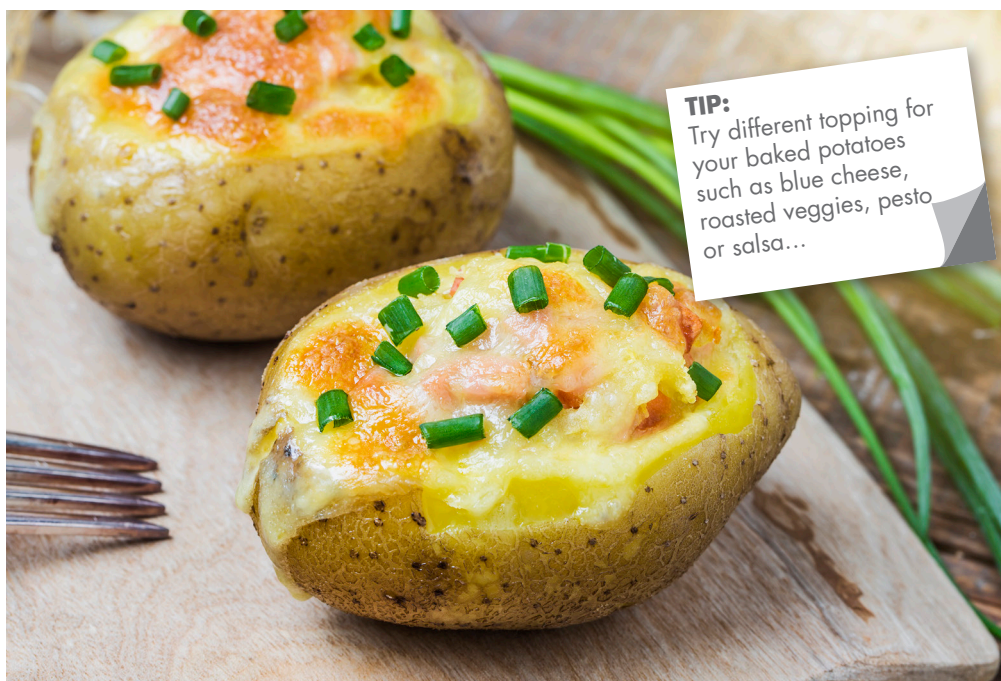
DIRECTIONS:

1. Preheat the oven to 205°C. Prick potatoes all over with a fork or a sharp knife and wrap the potatoes tightly in foil. Bake until soft for about 1 hour.
2. Unwrap the potatoes and cut lengthwise slits at the top of each. Carefully scoop out the flesh from the centre of each potato into a medium bowl, then add butter, sour cream, chives, green onion whites, half the cheddar, and half the bacon. Season with salt and pepper.
3. Spoon filling back into each potato, mounding it on top. Sprinkle with remaining cheese and return to oven until melted for about 5 minutes.
4. Top with scallion greens and remaining bacon.



TIP:

Boiling the soup too vigorously will result in mushy vegetables.



TIP:

Try different topping for your baked potatoes such as blue cheese, roasted veggies, pesto or salsa...

CREAMY BUTTERNUT SQUASH SOUP | STOVE TOP

INGREDIENTS:

4 Tbsp. unsalted butter
 1 medium onion, diced
 2 stalks celery, diced
 1 medium carrot, diced
 3 sprigs of fresh thyme (optional)
 Salt and freshly ground black pepper
 1.5L chicken or vegetable stock
 1kg butternut squash, peeled, seeded, and cut into rough chunks
 2 bay leaves
 1/2 cup heavy cream (optional)
 Small squeeze fresh lemon juice
 1 to 2 Tbsp. brown or white sugar (optional)

SERVINGS: 6-8

DIRECTIONS:

1. Heat the butter in a large saucepan on the stove plates over medium-high heat until melted. Continue cooking, swirling the pan constantly, until the butter solids are lightly browned, and the butter smells nutty for about 1 minute.
2. Immediately add the onion, celery, carrot, and whole thyme sprigs (if using) and then reduce the heat to medium.
3. Season with salt and pepper, and cook, stirring occasionally until the vegetables have softened but not browned for about 5 minutes.
4. Add the stock, butternut squash and bay leaves.
5. Increase the heat to high and bring it to a boil. Reduce to a simmer and cook until the butternut squash is completely tender for about 20 minutes.
6. Using kitchen tongs, discard the bay leaves and thyme stems.
7. Add the heavy cream. Using an immersion blender, blend the soup until it is completely smooth.
8. Season to taste with salt, pepper and lemon juice. Add sugar if desired (some butternut squashes are naturally sweeter than others).

GARLIC & BUTTER PAN FRIED PRAWNS | STOVE TOP

INGREDIENTS:

20 whole shell-on prawns
 2 Tbsp. butter
 1 Tsp. vegetable oil
 Salt to taste
 2 cloves garlic, crushed
 1 lemon, cut into wedges

SERVINGS: 4

DIRECTIONS:

1. With a sharp knife, score down the back of the shrimp. Remove the thin, digestive tract with the tip of the knife. Repeat with the rest of the prawns.
2. Rinse the prawns under running water and pat dry with kitchen paper towels.
3. Melt the butter then add the oil and generously grind salt in a large frying pan.
4. Add the garlic and prawns and fry over high heat, stirring, for about 3 to 4 minutes until the prawns are pink.
5. Serve immediately with lemon wedges.



TIP:

A little dollop of sour cream makes a rich dish like Butternut Squash Soup even creamier.



TASTY GRILLED CHEESE SANDWICH | STOVE TOP

INGREDIENTS:

28g shredded cheddar cheese

2 slices of sandwich bread

2 Tsp. mayonnaise or butter

SERVINGS: 1

DIRECTIONS:

1. Put a heavy-bottomed medium skillet over medium-low to medium heat. As the skillet heats, grate the cheese. If you are using more than one kind of cheese, toss them together in a bowl until nicely combined.
2. Spread one side of each slice of bread evenly with mayonnaise or butter. Lay the slices butter-side-down in the preheated skillet.
3. Distribute the cheese evenly over both slices of the bread. If you have a lid for your skillet, put it on [this will help the cheese to melt more evenly]
4. Lower-moisture cheeses like aged cheddar will take longer to melt. It could take about 2 to 5 minutes to melt. You do not want the cheese to be melted completely only halfway.
5. Carefully close the sandwich and continue grilling, flipping the sandwich with a turner as needed, until both sides are golden brown, another 2 to 3 minutes per side.
6. Press down on the sandwich gently but firmly with your turner to compact it a little, but do not squash the sandwich. You may need to turn the heat down to medium-low to keep the bread from charring.
7. Check to see if the cheese is fully melted. If the bread is grilled to your liking but the cheese needs more time, turn the heat down and grill it for a few minutes longer.
8. Cut the sandwich the way you like best and let it cool a minute or so before eating.

CRISPY ONION RINGS | STOVE TOP

INGREDIENTS:

1/2 cup all-purpose flour

1 large egg, lightly beaten

1 Tsp. seasoned salt

1/2 Tsp. baking powder

1 large onion, very thinly sliced

Oil for frying

SERVINGS: 2-4

DIRECTIONS:

1. In a shallow bowl, whisk the first 5 ingredients.
2. Separate onion slices into rings. Dip rings into the batter.
3. In a frying pan heat and in batches, fry onion rings until golden brown, for about 1 to 2 minutes on each side.
4. Drain on kitchen paper towels and serve immediately.

TIP:
Lower-moisture
cheeses like aged
cheddar will take
longer to melt.



TIP:
For some extra
spice, mix some
cayenne pepper
into the batter.

MOZZARELLA STRIPS | OVEN

INGREDIENTS:

Mozzarella cut into strips

1 egg

¾ cup Italian seasoned
breadcrumbs

Toothpicks

SERVINGS: 4

DIRECTIONS:

1. Preheat the oven on the broil setting. Spray a small baking sheet with cooking spray.
2. Insert toothpick vertically into each cheese strip half to the mid-way point. Beat the egg in a small bowl. Place the breadcrumbs in a separate small bowl.
3. Dip each mozzarella strip into the egg, then press into the breadcrumbs. Repeat dipping in egg and breadcrumbs for a double-thick coating. Place the mozzarella strips on the prepared baking sheet and spray with additional cooking spray for uniform browning.
4. Broil in the preheated oven until golden brown for about 4 to 5 minutes. Allow the mozzarella strips to set before serving for about 1 minute.

GARLIC BAKED PITA CHIPS | OVEN

INGREDIENTS:

2 mini whole-wheat pitas or 1
regular whole wheat pita

1 Tsp olive oil

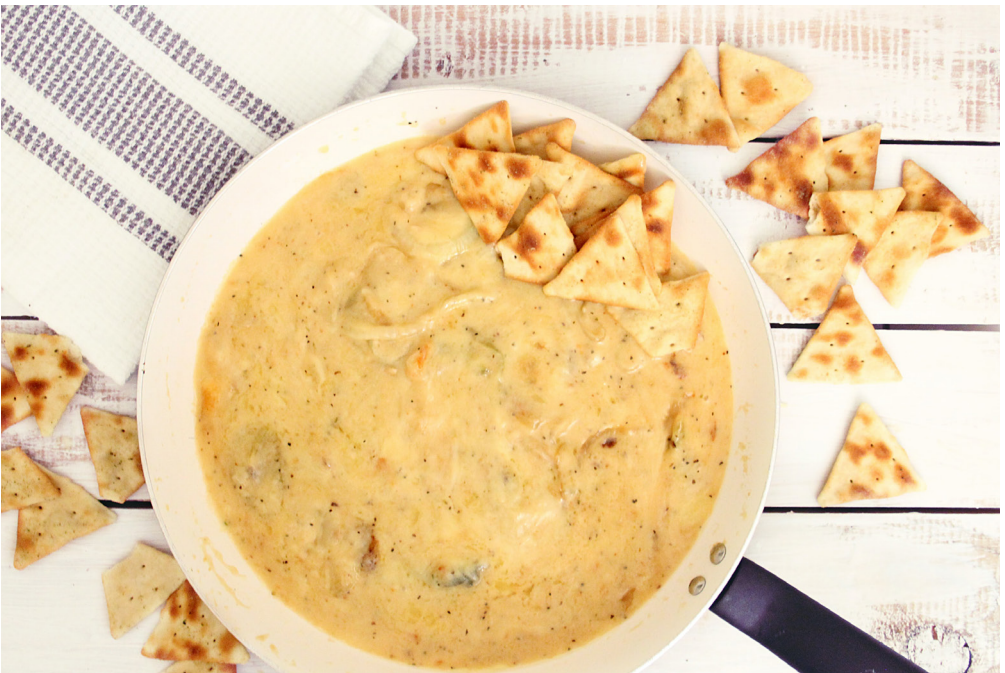
1/4 Tsp. paprika powder

1/4 Tsp. garlic salt

SERVINGS: 1

DIRECTIONS:

1. Preheat the oven to 190°C.
2. Brush both sides of pitas with olive oil and sprinkle on paprika powder and garlic salt.
3. Slice mini pitas into 4 wedges and regular pitas into 6 wedges.
4. Place the wedges onto an ungreased cookie sheet. Bake at 190°C for about 6 to 9 minutes or until golden and crispy.
5. Serve wedges warm or cooled with your favourite dip.



TOASTED PUMPKIN SEEDS | OVEN

INGREDIENTS:

1 medium pumpkin
1 Tbsp. vegetable oil
Salt

SERVINGS: 2-4

DIRECTIONS:

1. Heat the oven to 145°C. Line a baking sheet with parchment paper and set it aside.
2. Cut the top from the pumpkin. Using a large spoon, scrape out the pulp and seeds from the pumpkin and place them in a colander or strainer.
3. Separate the pulp and strings from seeds. Rinse the seeds and pat dry with kitchen paper towels.
4. Spread the pumpkin seeds on the prepared baking sheet.
5. Toast until the seeds are dry for about 20 to 30 minutes.
6. In a small bowl, toss the pumpkin seeds with oil and salt and toast for an additional 10 to 15 minutes.

OVEN CINNAMON TOAST | OVEN

INGREDIENTS:

1 Tbsp. salted butter
[softened]
1 Tbsp. granulated sugar
1/4 Tsp. ground cinnamon
1/4 Tsp. orange zest
[optional]
1/8 Tsp. vanilla extract
[optional]
2 slices multigrain bread

SERVINGS: 2

DIRECTIONS:

1. **Prep The Butter:** In a small bowl, stir together the butter, sugar, cinnamon, orange zest, and vanilla extract until well combined. Spread the mixture onto one side of each slice of bread.
2. **To Toast:** Adjust the cooking rack to the middle position and place bread directly on the rack.
3. Select the toast function
4. Toast until the sugar has melted and the bread is golden brown for about 4 to 5 minutes.
5. To caramelize the sugar, broil for about 30 to 45 seconds



PORK CHOPS | STOVE TOP

INGREDIENTS:

1/4 cup brown sugar
1/4 cup honey
1 Tbsp. olive oil
1 lemon, juice only
1/2 Tsp. paprika
1/2 Tsp. dried red chilli flakes, red
8 pork loin chops, thinly cut

SERVINGS: 8

DIRECTIONS:

1. In a plastic Ziploc bag, big enough to fit the pork chops, mix the sugar, honey, oil, lemon juice, paprika and chilli flakes. Add the pork chops and let it marinate for at least 20 minutes.
2. Preheat a skillet to medium-high.
3. Remove the pork chops from the marinade. Lightly brush the skillet with oil.
4. Put the pork chops in the skillet and cook for about 2 to 4 minutes. Rotate the chops 90 degrees and cook for another 2 to 4 minutes. Flip and cook the pork chops for another 2 to 4 minutes.
5. Remove the pork chops from the skillet to a serving platter and enjoy.

GARLIC PARMESAN PASTA | STOVE TOP

INGREDIENTS:

2 Tbsp. unsalted butter
4 cloves garlic, minced
2 cups chicken broth
1 cup milk, or more, as needed
225g uncooked fettuccine
Salt and freshly ground black pepper, to taste
1/4 cup freshly grated parmesan cheese
2 Tbsp. chopped fresh parsley leaves

SERVINGS: 4

DIRECTIONS:

1. Melt the butter in a large skillet over medium-high heat.
2. Add the garlic and cook, stirring frequently, until fragrant for about 1 to 2 minutes.
3. Stir in the chicken broth, milk and fettuccine. Then season with salt and pepper to taste.
4. Bring to a boil then reduce the heat and simmer, stirring occasionally, until the pasta is cooked through for about 18 to 20 minutes.
5. Then stir in the parmesan cheese. If the mixture is too thick, add more milk as needed or until desired consistency.
6. Garnish with parsley and serve while still hot.



BEEF BURGERS | STOVE TOP

INGREDIENTS:

650g lean ground beef
(80% to 85% lean)
Salt to taste
Freshly ground black pepper
4 to 6 hamburger buns, split
Butter or oil, for the pan
4 to 6 slices cheese, such as
cheddar (optional)
Burger toppings: sliced
tomatoes, sliced onions,
lettuce, ketchup, mustard,
BBQ sauce, pickle, relish

SERVINGS: 4-6

DIRECTIONS:

1. Divide the lean ground beef into 4 or 6 portions.
2. Gently press each portion of lean ground beef into a disk. Press the middle to create a shallow "dimple" and pat the edges round. The patty should be slightly larger than your burger buns. Try not to mash the beef too much as you shape the patties and don't be concerned if there are some cracks on the edges.
3. Heat the butter or a teaspoon of oil in a large pan over medium heat. Work in batches if needed, place the bun halves cut-side down in the warm butter/oil and toast. Increase the heat to medium-high and keep an eye on the pan.
4. Place the burger patties in the hot pan, generously season with salt and pepper. Leave a space between each one and work in batches if necessary. The burgers should sizzle on contact — if they don't, increase the heat and cook for about 4 minutes.
5. Slide a spatula under the burgers and flip onto the other side. You should see a dark brown sear on the underside.
6. Season the other side generously with salt and pepper and cook for another 3 to 5 minutes to your preferred doneness.
7. If the burger falls apart when you flip the burger, just press the edges together with your spatula and continue.
8. If you are making cheeseburgers, top the burgers with cheese as soon as you flip them. If the cheese does not melt fast enough, cover the pan with a lid until the cheese melts.
9. When the burgers have finished cooking, transfer them onto the toasted buns and finish with your favourite toppings.

MACARONI AND CHEESE | STOVE TOP

INGREDIENTS:

200g macaroni
1/4 cup butter, cubed
1/4 cup all-purpose flour
1/2 Tsp. salt
Dash pepper
2 cups whole milk
225g cheddar cheese,
shredded
Paprika, optional

SERVINGS: 6

DIRECTIONS:

1. Cook the macaroni according to the package directions.
2. Meanwhile, in a large saucepan, melt the butter over medium heat.
3. Stir in the flour, salt and pepper until smooth. Then gradually whisk in the milk. Bring the mixture to a boil stirring constantly. Cook and stir for about 1 to 2 minutes longer or until the cheese sauce is thickened.
4. Stir in the cheese until it is melted. Drain the macaroni and add to the cheese sauce and stir to coat. If desired, sprinkle with paprika. Enjoy while still hot.



TIP:
If the burger falls apart
when you flip the burger,
just press the edges
together with your
spatula and continue.



TIP:
Add sautéed mushrooms,
diced sundried tomatoes
or fried bacon for
macaroni and cheese
with a twist.

BOEREWORS ROLLS | STOVE TOP

INGREDIENTS:

1 small red onion, sliced
 2 tinned peaches, drained and chopped
 2 Tbsp. brown sugar
 1 Tbsp. lemon juice
 1 Tsp. dried chilli flakes
 Pinch of salt
 1 pack boerewors
 4 hot dog rolls
 butter — optional, for spreading on hot dogs
 2 cups red cabbage, to serve
 fresh coriander, to serve

SERVINGS: 4

DIRECTIONS:

1. Sauté the onion in a saucepan until softened.
2. Add the chopped peaches, sugar and lemon juice into the saucepan. Heat over medium heat while stirring for about 5 to 10 minutes.
3. Stir in the chilli flakes and a pinch of salt.
4. Simmer over low heat, stirring often, for about 12 to 15 minutes, until the peaches are cooked down to a jammy consistency and most of the liquid has evaporated.
5. Cook the boerewors over medium heat in a pan on the stove or on the braai. Once the boerewors is cooked, cut into four pieces
6. Split the hot dog rolls and toast them in a dry pan on the hot plate. Then spread the butter on the hot dog rolls [if using butter]
7. Place a handful of shredded cabbage in each roll, followed by a piece of boerewors, and top with the chilli peach chutney and a few sprigs of coriander.

LASAGNA ROLLS | OVEN

INGREDIENTS:

6 lasagne sheets
 450g ground beef
 1 jar of spaghetti sauce
 1 Tsp. fennel seed [optional]
 2 cups shredded mozzarella cheese, divided

SERVINGS: 5

DIRECTIONS:

1. Cook the lasagne sheets according to the package directions.
2. In a large skillet, cook the ground beef over medium heat until the ground beef is no longer pink and then drain all excess water. Stir in the spaghetti sauce and, if desired add the fennel seed and heat through.
3. Drain the water from the lasagne sheets.
4. Spread 1/4 cup of the spaghetti sauce over each sheet and sprinkle with 2 tablespoons of mozzarella cheese.
5. Carefully roll up the lasagne sheet and place it seam side down in a baking dish. Top with the remaining spaghetti sauce and mozzarella cheese.
6. Bake, uncovered, at 200°C for about 10 to 15 minutes or until heated through and the mozzarella cheese is melted.



TOMATO BASIL SALMON | OVEN

INGREDIENTS:

2 boneless salmon fillets
1 Tbsp. dried basil
1 tomato, thinly sliced
1 Tbsp. olive oil
2 Tbsp. grated parmesan cheese

SERVINGS: 2

DIRECTIONS:

1. Preheat the oven to 190°C. Line a baking sheet with a piece of aluminium foil, and spray with non-stick cooking spray. Place the salmon fillets onto the foil sprinkle with basil, top with tomato slices, drizzle with olive oil, and sprinkle with the parmesan cheese.
2. Bake in the preheated oven until the salmon is opaque in the centre, and the parmesan cheese is lightly browned on top for about 20 minutes.
3. Serve while warm.

ROAST CHICKEN PIECES | OVEN

INGREDIENTS:

4 red peppers
1 to 2 green chillies
4 garlic cloves
1/4 Tsp. salt
2 Tbsp. fresh lemon juice
1 Tsp. apple cider vinegar
1/4 cup olive oil
1/4 cup water
1 handful fresh coriander
black pepper to taste

SERVINGS: 6-8

DIRECTIONS:

1. Cut the peppers and chillies in half and flatten it with your hand.
2. Place the peppers and chillies halves, skin side up and garlic on a foil-lined baking pan
3. Broil for about 10 to 12 minutes or until the red bell peppers are charred and blackened.
4. Remove from the oven and instantly place only the red peppers in a bowl and cover with a kitchen towel to seal. Let it sit for about 10 minutes.
5. Once cool, remove and peel the outer skin off.
6. Add the roasted peppers, garlic cloves, chillies to a blender along with the remaining ingredients and puree until completely smooth. Season to taste with additional salt and/or lemon juice if needed.
7. Brush the sauce all over the chicken pieces and under the skin and roast in a preheated oven at 180°C for about 45 minutes or until the chicken is cooked through.



CHICKEN CURRY | STOVE TOP

INGREDIENTS:

1 Tbsp. oil
 1 Tbsp. butter
 1 onion, chopped
 1 Tsp. fresh garlic, minced
 1 Tsp. fresh ginger, minced
 2 Tbsp. curry powder
 4 chicken breast fillets, cubed
 2 Tbsp. tomato paste
 1/4 cup water
 salt and black pepper
 1/4 cup fresh cream
 fresh coriander — finely chopped, to garnish

SERVINGS: 6

DIRECTIONS:

1. In a large saucepan, heat the oil and butter on medium heat. Add the onion and sauté for about 2 to 3 minutes.
2. Add the garlic, ginger and curry powder. Fry till fragrant for about 2 to 3 minutes, ensuring it does not burn.
3. Add the chicken and toss to coat. Add the tomato paste and water and cook until the chicken is just done for about 10 to 15 minutes. Season with salt and pepper.
4. Stir in the cream and allow to simmer for about 10 minutes.
5. Garnish with chopped coriander.

BROILED STEAK | OVEN

INGREDIENTS:

200g steak, two pieces
 1/4 cup margarine, melted
 1 Tbsp. Worcestershire sauce
 1/2 Tsp. Dijon mustard
 1/4 Tsp. salt
 1/8 Tsp. coarsely ground black pepper

SERVINGS: 2

DIRECTIONS:

1. Heat the oven and set to broil.
2. Mix the melted margarine, Worcestershire sauce and mustard.
3. Season the steak with salt and pepper. Brush the margarine mixture on one side of the steaks.
4. Broil the steak for about 15 minutes on one side.
5. Turn the steak over and brush with more of the margarine mixture.
6. Broil for about 15 minutes longer for medium or until cooked to desired doneness.



TIP:

Enjoy your curry with naan bread, roti or rice



TIP:

Adding a little water to the bottom of the broiler pan will reduce any smoking.

SPAGHETTI SAUCE | STOVE TOP

INGREDIENTS:

¼ cup extra virgin olive oil
 1 medium onion, grated
 3 garlic cloves, finely minced
 2 carrots, finely
 1 can crushed tomatoes
 ½ cup water
 Pinch of salt and black pepper
 1 Tbsp. dried oregano
 1 Tsp. paprika
 Pinch red chilli flakes, optional
 ½ cup fresh basil, torn
 ½ cup fresh parsley, chopped

SERVINGS: 6

DIRECTIONS:

1. In a large pan heat the extra virgin olive oil over medium heat until just shimmering. Add the onions, garlic, and finely grated carrots. Cook for about 5 minutes, stirring regularly until softened.
2. Add the crushed tomatoes and about ½ cup water. Add a generous pinch of salt and pepper. Stir in oregano, paprika, crushed pepper flakes, if using. Finally, stir in the fresh basil and parsley.
3. Bring the sauce to a boil, then turn the heat to low. Cover and let the sauce simmer for about 15 to 20 minutes. If the sauce is too thick, you can add a bit more water. When the sauce is ready, throw in more fresh basil, if you like.
4. Add cooked pasta of your choice to the sauce. Mix to combine and let the pasta cook in the sauce over low heat for about 5 minutes.

CRUNCHY CHICKEN TENDERS | OVEN

INGREDIENTS:

2/3 cup seasoned panko breadcrumbs
 2/3 cup cheese crackers, crushed
 2 Tsp. melted butter
 2 large eggs, beaten
 Salt and pepper
 650g chicken tenders
 Barbecue sauce

SERVINGS: 3-4

DIRECTIONS:

1. Heat oven to 230°C. Spray the oven baking pan with non-stick cooking spray.
2. In a medium bowl, combine the breadcrumbs, cheese cracker crumbs and butter.
3. In another medium bowl, mix the eggs, salt and pepper.
4. Dip the chicken tenders in eggs and dredge in the breadcrumb mixture.
5. Place on the baking pan.
6. Bake for about 15 to 18 minutes, turning once.
7. Serve with barbecue sauce for dipping



HOMEMADE CARAMEL POPCORN | STOVE TOP

INGREDIENTS:

10 cups of lightly salted
popped popcorn
1 cup butter
1 cup light brown sugar
2 Tsp. vanilla extract
1/2 Tsp. baking soda

SERVINGS: 8-10

DIRECTIONS:

1. Set the lightly salted popped popcorn aside.
2. Melt 1 cup of butter in a medium saucepan over medium heat.
3. Add 1 cup of brown sugar and stir until thoroughly mixed.
4. Stirring continuously, bring the butter and sugar mixture up to a boil on medium heat.
5. When it reaches a boil allow it to cook for about 4 minutes without stirring on medium heat.
6. Add the vanilla extract at the 4 to minute mark and stir to mix.
7. Continue to boil for one additional minute and then add the baking soda.
8. Drizzle the caramel mixture over the popcorn. Use a spoon to gently fold the popcorn with the mixture until the kernels are all covered.
9. Pour the popcorn out onto a cookie sheet and cover it with aluminium foil.
10. Let the popcorn cool then serve.

HOMEMADE CRÊPE | STOVE TOP

INGREDIENTS:

1 cup all-purpose flour
2 eggs
½ cup milk
½ cup water
¼ Tsp. salt
2 Tbsp. butter, melted

DESSERT SYRUP

1 cup water
1 cup granulated sugar,
brown sugar, or honey

SERVINGS: 4

DIRECTIONS:

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter then beat until smooth.
2. Heat a lightly oiled frying pan over medium-high heat. Pour or scoop the batter onto the frying pan, using approximately 1/4 cup for each crêpe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crêpe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve while hot.

DIRECTIONS:

4. Add water and sugar to a saucepan over medium-high heat.
5. Bring the mixture to a simmer and cook, swirling the pan occasionally, until the sugar has completely dissolved.
6. Cool then store in an airtight container, in the fridge, for up to 4 weeks.



RICE PUDDING | STOVE TOP

INGREDIENTS:

1/2 cup rice uncooked
1 cup salted water
945ml milk
1/2 stick margarine
3 eggs
1/2 cup sugar
1/2 cup raisins
1 Tsp. vanilla extract
1 Tsp. nutmeg and
cinnamon [if desired]

SERVINGS:

6

DIRECTIONS:

1. Using a large pan bring the water to a boil. Sprinkle rice slowly into the boiling water and do not stir. Lower the heat and cover the pan. Cook for about 7 minutes.
2. Add the milk, butter, and stir with a fork. Bring the rice to a boil and cook over low heat for about 1 hour.
3. Beat the eggs in a separate bowl, and then add sugar, raisins, and vanilla extract to the egg mixture. Slowly pour the eggs into the rice stirring until the rice mixture starts to thicken.
4. Enjoy the pudding once the rice mixture is nice and thick after it has cooled.

LEMON CURD | STOVE TOP

INGREDIENTS:

3 Tbsp. lemon zest
1/2 cup fresh lemon
juice
1 1/2 cups sugar
8 Tbsp. butter
3 eggs, lightly beaten
2 egg yolks, lightly
beaten

SERVINGS:

4

DIRECTIONS:

1. In a saucepan over medium-high heat, combine the lemon zest, lemon juice, and sugar.
2. Bring just to a boil then reduce the heat to medium-low and simmer for about 5 minutes.
3. Add the butter and stir until it has melted and combined.
4. Remove the mixture from the heat and allow it to cool to room temperature.
5. Beat the eggs into the cooled lemon mixture until well blended.
6. Return to heat and cook over medium-low heat, stirring constantly for about 10 to 15 minutes or until the mixture thickens and coats a spoon.
7. Remove the lemon mixture from heat.
8. Cover and refrigerator for at least 1 hour.



POACHED PEARS | STOVE TOP

INGREDIENTS:

1.8L water
 565g granulated sugar
 2 cinnamon sticks
 1 medium orange sliced
 6 firm pears peeled, and
 the bottoms cut flat so that
 they can stand upright

SERVINGS: 6

DIRECTIONS:

1. In a large pot, heat the water and sugar until the sugar is dissolved.
2. Place the cinnamon sticks, orange, and pears in the water.
3. Cut a circle of parchment paper large enough to fit in the pot on top of the pears. Cut a small circle in the middle for venting and place it on top of the pears in the water.
4. Keep the water at a very gentle simmer and cook until the pears can be easily pierced through with a knife for about 20 minutes.
5. Then let pears cool in their liquid.
6. Serve the pears warm or at room temperature with vanilla ice cream, salted caramel sauce or fresh cream.

HOMEMADE CUSTARD | STOVE TOP

INGREDIENTS:

4 cups whole milk
 1 Tbsp. vanilla extract
 1 Tsp. butter
 4 eggs
 ½ cup white sugar
 3 Tbsp. maizena

SERVINGS: 6

DIRECTIONS:

1. Cook and stir milk, vanilla extract, and butter in a saucepan over medium heat until simmering. Remove the mixture from heat before it comes to a boil.
2. Whisk the eggs, sugar, and maizena together in a bowl until sugar dissolves.
3. Set the saucepan back over low heat. Pour in the egg mixture slowly, whisking constantly, until the custard thickens enough to coat the bottom of a spoon for about 5 to 10 minutes.
4. Enjoy while still warm

Note: Use an oversized mug or dessert bowl as it will rise and could overflow during cooking



TIP:
Top with your
favourite fruit!



TIP:
Enjoy your homemade
custard with poached fruit,
baked puddings, spicy
dried fruit desserts and
on its own.

SCONES | OVEN

INGREDIENTS:

3 cups all-purpose flour
½ cup white sugar
5 Tsp. baking powder
½ Tsp. salt
¾ cup butter
1 egg, beaten
1 cup milk

SERVINGS: 6

DIRECTIONS:

1. Preheat the oven to 200°C. Lightly grease a baking sheet.
2. In a large bowl, combine the flour, sugar, baking powder, and salt. Cut in the butter. Mix the egg and milk in a small bowl and stir into flour mixture until moistened.
3. Turn dough out onto a lightly floured surface and knead briefly. Roll dough out into a thick round log. Cut into 8 wedges, and place on the prepared baking sheet.
4. Bake for about 15 minutes in the preheated oven, or until golden brown.

APPLE NACHOS | STOVE TOP

INGREDIENTS:

1 apple
2 Tbsp. semisweet chocolate chips
2 Tbsp. coconut flakes
2 Tbsp. chopped walnuts

SERVINGS: 2

DIRECTIONS:

1. Adjust the cooking rack to the bottom position and preheat your oven to 150°C.
2. Place the chocolate chips in a (non-glass) ramekin. On a small baking sheet arrange the coconut and nuts in an even layer and add the ramekin to the pan.
3. Heat in the oven until the coconut and nuts are toasted, for about 4 to 5 minutes. The chocolate chips will be shiny but still in chip form. Give them a stir and the chocolate will melt and become smooth.
4. Cut the apple into wedges or slices and arrange them on a plate.
5. Drizzle melted chocolate over slices and top with coconut and nuts



TIP:
Add some fresh cream
and fruit compotes for
extra flavor and texture
to the scones



TIP:
Enjoy your Apple
Nachos with
additional toppings
such as caramel
and nuts!

OVEN S'MORES | OVEN

INGREDIENTS:

4 Marie biscuits [or biscuits of your choice]
4 chocolate squares
4 Marshmallows

SERVINGS: 2

DIRECTIONS:

1. Place the Marie biscuits on an oven baking pan.
2. Top each biscuit with a square of chocolate and then a marshmallow.
3. Set your oven to broil, insert the baking pan into the oven and broil until the marshmallows are golden on top for about 2 to 3 minutes.
4. Carefully remove the baking pan and enjoy

CHOCOLATE CHIP COOKIES | OVEN

INGREDIENTS:

2 Tbsp. unsalted butter, at room temperature
2 Tbsp. brown sugar
1 Tbsp. granulated sugar
1 Tbsp. well-beaten egg, do not add the whole egg
1/4 Tsp. vanilla extract
1/3 cup all-purpose flour
1/8 Tsp. baking soda
1/8 Tsp. baking powder
1/8 Tsp. salt
3 Tbsp. semi-sweet chocolate chips, or more as desired

SERVINGS: 5

DIRECTIONS:

1. In a medium bowl, add the butter and sugars. Using a rubber spatula or a wooden spoon, cream together until combined.
2. Mix in the tablespoon of the beaten egg and the vanilla extract.
3. Sprinkle the flour, baking soda, baking powder, and salt over the mixture and stir until combined.
4. Reserve a few chocolate chips for topping the cookies after baking, then stir in the rest.
5. Refrigerate the dough for at least 30 minutes.
6. When ready to bake, adjust your oven cooking rack to the middle position.
7. Preheat the oven to 180°C using the bake setting.
8. Line a baking pan with a silicone baking mat or leave it ungreased.
9. Scoop the dough into 1½ tablespoons sized balls and place them on the prepared pan, arranging them at least 5cm apart.
10. Bake until the middle of the cookies is puffed, and the edges are just starting to turn brown, for about 6 to 10 minutes. Remove the cookies from the oven and quickly top with the reserved chocolate chips.
11. Let the cookies sit on the pan for 5 minutes before transferring to a rack to cool completely.

Note:

You can use chocolate chips, chunks, or add some of your favourite bar of chocolate roughly chopped.

TIP:

Experiment with different kinds of biscuits and fillings such as wafers and caramel.



TIP:

A large egg yolk can be substituted for the beaten egg.

COULORFUL MACAROONS | OVEN

INGREDIENTS:

Macaroons:

175g icing sugar

125g ground almonds

3 large free range egg whites

75g caster sugar

Pinch of salt

Pink, yellow and green food colouring

Buttercream Filling:

150g butter, softened

50g icing sugar

Favoured flavouring choices
(e.g. peppermint, lemon,
orange, vanilla essence)

Chocolate Ganache Filling:

150ml double cream

150g dark chocolate (70%
cocoa solids)

SERVINGS: 20

DIRECTIONS:

1. Preheat oven to 160°C
2. Line two baking sheets with baking paper. Place the icing sugar and ground almonds into a food processor. Mix to make a fine mixture and sift into a bowl.
3. Place the egg whites into a non-stick bowl and add a pinch of salt. Whisk to soft peaks and gradually add sugar until thick and glossy. Divide this mixture into two bowls and add the food colouring.
4. Fold half the almond and sugar mixture into the macaroon mixture with a spatula or metal spoon. Fold in the remaining half until thick and shiny. Spoon into a piping bag.
5. Pipe small equal rounds of mixture about 3cm from each other onto baking sheets. Put the baking sheets gently on work surface and leave for about 10 to 15 minutes to form light skin. Bake for about 15 minutes and remove from the oven and allow to cool.
6. Beat together butter, icing sugar and flavouring to make buttercream filling. Spoon or pipe on to the macaroon and top with the other half.
7. Melt the cream and chocolate in a bowl over simmering water to make the ganache. Stir until combined, then remove from heat and continue stirring until cooled and thickened. Leave to cool before filling macaroon as before.

THREE INGREDIENT CRÈME BRÛLÉE | OVEN

INGREDIENTS:

½ cup vanilla ice cream

1 egg yolk

1 Tbsp. white sugar

SERVINGS: 2

DIRECTIONS:

1. Preheat the oven to 160°.
2. Nuke the ice cream in a microwave-safe cup for 30 seconds or until melted. Let it cool for a bit if it is hot.
3. Whisk in the yolk until fully combined until it forms a custard mixture.
4. Pour the custard mixture into ramekins.
5. Place the ramekins on a baking pan or baking dish and fill it with water until the water reaches halfway up the ramekins.
6. Bake for about 40 to 50 minutes until the crème is mostly set.
7. Cover with a plastic wrap, press it onto the surface of the crème, and refrigerate for several hours.
8. Bring to room temperature when ready to eat.
9. Heat the sugar in a small non-stick sauté pan on the stove until it's caramelized, then pour this over the crème and tilt the ramekin to spread evenly across the top. Let the melted sugar harden.



TIP:
Be sure that you break your eggs properly and that there are no traces of yolk in the mixture. Any yolk will stop the peaks from properly forming in the mixture



TIP:
If the ramekins are too close to the top of the oven, the tops will brown and caramelize, and the bottoms may not bake properly.



Bennett Read

COMPACT OVEN RANGE

MULTI-FUNCTIONAL KITCHEN CONVENIENCE

