



# Halogen Oven Recipe Book

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# Cooking Times

**Typical cooking times and temperatures.**

**Adjust according to food portion and personal taste.**

Roast Beef	Cooking Time (Min)	Temperature (°C)	Rack Used
Rare	35-40	175	Low Rack
Medium	45-50	175	Low Rack
Well Done	55-60	175	Low Rack

Steak	Cooking Time (Min)	Temperature (°C)	Rack Used
Medium Rare	8-10	250	High Rack

Chicken	Cooking Time (Min)	Temperature (°C)	Rack Used
Medium	60-90	200	Low Rack

Eggs	Cooking Time (Min)	Temperature (°C)	Rack Used
Poached	5-6	175	Low Rack
Soft-Boiled	4-5	200	Low Rack
Omelette	10-12	175	Low Rack

Sea Food	Cooking Time (Min)	Temperature (°C)	Rack Used
Fish	10-12	200	Low Rack
Prawns	8-10	220	High Rack
Crab	10-13	140-160	Low Rack

Other	Cooking Time (Min)	Temperature (°C)	Rack Used
Sausages	10	120-150	Low Rack
Bread	8-10	120-140	Low Rack
Baked Potato	25-40	200-250	Low Rack
French Fries	10	200	High Rack
Potato Chips	15	180-200	High Rack

Vegetables	Cooking Time (Min)	Temperature (°C)	Rack Used
Soft	15-20	200	Low Rack
Hard	30-40	200	Low Rack

NOTE: The cooking times and temperatures given in this Recipe Book are for guidance only. Please ensure that the food is properly cooked before eating.



## **ROAST CHICKEN**

### **Ingredients**

1.2 to 1.7kg (40-60 oz) Chicken  
Salt and Pepper  
Soy Sauce  
Sage & Onion Stuffing  
Butter or Margarine  
Honey (optional)

### **Method**

Wash chicken and remove neck and giblets.

Dry excess moisture with a towel or cloth.

Rub inside cavity well with salt and pepper and then add the stuffing.

Sprinkle the skin with soy sauce and salt.

Brush the surface of the chicken with butter / margarine and honey if desired.

Tie the chicken's legs together with string to keep attractive shape.

Place the chicken in a pot and onto an oven rack.

Roast at 200°C for 60 to 90 minutes, depending on the size of the chicken.

Why not cook some potatoes in the pot at the same time?!





## **BAKED FISH**

### **Ingredients**

4 Medium Salmon Fillets(or fish of choice)  
Garlic Seasoning  
Paprika  
Lemon Juice  
Lemon  
Pepper (optional)

### **Method**

Place all 4 fillets onto a foil lined baking tray.  
Brush the fillets with lemon juice and sprinkle both sides with garlic seasoning and paprika.  
Sprinkle a small amount of water on top of each fillet.  
Bake at 200°C for 10-12 minutes or until fish is done.  
You may add lemon and pepper if desired.



## **ROAST PORK**

### **Ingredients**

1.7kg (60oz) Fresh Pork Loin  
2 or 3 Cloves of Garlic Halved (optional)  
1 or 2 Tablespoons of Worcestershire or Soy Sauce  
Salt  
Pepper

### **Method**

Place pork loin on a rack.  
Season well with salt and pepper.  
Cut into the meat and insert the garlic pieces (optional).  
Sprinkle with Worcestershire or soy sauce and place into the oven.  
Roast the pork loin at 165°C for 1½ - 2 hours or until the meat  
thermometer registers 80°C.  
Remove the roast from the rack and allow to stand.





## **BBQ STYLE PORK CHOPS**

### **Ingredients**

4 Pork Chops

10ml Olive Oil

1 Small Chopped Onion

1/3 Cup of Tomato Sauce

1 Tablespoon of Brown Sugar

1 Tablespoon of Chilli Powder

Salt, Pepper, Vinegar and Mustard (according to taste)

### **Method**

To make the BBQ sauce, heat the oil in a frying pan, add the onions and cook until soft.

Add tomato sauce, sugar, vinegar, mustard and chilli powder.

Stir and cook for a further 3 minutes and then put to one side.

Preheat the oven to 220°C.

Brush both sides of the meat with the barbecue sauce and sprinkle with salt and pepper.

Place the chops onto a high rack and cook for 20 minutes or until

tender and cooked through.

Turn once and brush with sauce.



## **GRILLED PRAWNS**

### **Ingredients**

700g (1½ lb) of Jumbo Prawns (peeled and cleaned)

1¼ Cup of Melted Butter or Margarine

1 Garlic Clove (peeled and minced)

2 Tablespoons of Lemon Juice

### **Method**

Rinse and pat dry the prawns.

In a small bowl, combine the melted butter with the garlic and lemon juice.

Place the elevated wire rack into the oven and set to 220°C.

Brush the prawns with the butter mixture and arrange directly onto the wire rack.

Grill the prawns for 8 - 10 minutes.

Serve hot with lemon flavoured rice.





## **ROAST LEG OF LAMB**

### **Ingredients**

Leg of Lamb  
Clove of Garlic (sliced)  
Several Sprigs of Fresh Rosemary  
Salt and Pepper to taste  
Olive Oil

### **Method**

Cut all excess fat from the meat.

Stab the lamb all over with a small sharp knife.

Insert the slices of garlic and small sprigs of rosemary into the cuts.

Season the lamb well with salt and pepper and massage the oil in.

Place the lamb on a low wire rack into the oven at 200°C.

Cook for about 20 minutes, turn the meat, and reduce the thermostat to 180°C.

Cook the lamb for a further 60 minutes or until done to your taste.

Vegetables can be roasted around the meat during the last 45 minutes of cooking time.



## EASY QUICHE

### Ingredients

Frozen Short Crust Pastry  
½ Cup of Milk  
200g (7oz) Chopped Bacon  
1 Tomato Slice  
4 Eggs  
1 Diced Onion  
1 Tablespoon of Butter  
Parsley, Basil, Salt and Pepper (according to taste)  
Grated Cheese

### Method

Preheat the oven to 220°C.

Defrost pastry, then roll out on a light floured surface and line a 23cm (9") well-buttered flan dish. Don't cut off the edges of the pastry yet.

Chill the pastry case in the fridge and then line the base of the pastry with baking parchment and fill it with baking beans.

Place on a baking tray and bake on the wire rack in the oven for 12 - 15 minutes.

Using oven gloves, carefully remove the beans and parchment and return to the oven for another 5 minutes to cook the base.

Mix all remaining ingredients together and pour into the hot pastry. Trim the edges off the pastry, and bake for 30 to 45 minutes at 175°C until set and golden brown.





## **EASY PIZZA**

### **Ingredients**

1 Frozen Pizza  
(28cm (11") diameter or less or individual slices)

### **Method**

Preheat the oven to 250°C for 6 minutes.

Place wire rack into bowl and place the pizza on top.

Place the elevated cooking rack upside on top of the pizza as the strong force of the oven will blow the toppings on the pizza around.

Keep the temperature at 250°C and cook the pizza for 5 - 7 minutes.





## **GRILLED SIRLOIN STEAK**

### **Ingredients**

- 1 Sirloin Steak (2-2.5cm thick)
- 2 Cloves of Garlic Peeled and Crushed
- Salt and Pepper (according to taste)

### **Method**

Preheat the oven to 250°C for 6 minutes.

Rub both sides of the steak with garlic.

Season with salt and pepper and set aside.

Use the elevated wire rack so that the steak sits high in the glass bowl of the oven.

Reduce the oven heat to 240°C.

Place the steak directly onto the wire rack and grill for at least 8 minutes or until it's cooked to your liking (rare - well done), turning half way through.



## SCONES

### Ingredients

- 225g (8oz) Self-raising Flour
- 1 Teaspoon of Baking Powder
- A Pinch of Salt
- 25g (1oz) Caster Sugar
- 50g (2oz) Unsalted Butter (slightly softened)
- 150ml (¼ pint) Milk
- 1 Egg (beaten) or Plain Flour (for brushing or dusting)

### Method

Preheat the oven at 220°C.

Sift together the flour, baking powder and salt into a bowl.

Stir in the sugar, add the butter and rub quickly into the flour, creating a fine breadcrumb consistency. Add the milk, a little at a time, working to smooth dough.

This is now best left to rest for 5 to 15 minutes before rolling.

Roll out the dough on a lightly floured work surface until 2cm (¾") thick. Using a 5cm (2") pastry cutter, cut the dough, using a sharp tap and not twisting the dough as you cut. Twisting the scone mix will result in an uneven rising. Once cut, the scones can be either brushed with the beaten egg for a shiny glaze, or dusted with the flour for a matt finish. Place the scones on a greased baking tray and bake in the pre-heated oven for 10 to 12 minutes until golden brown. Allow to cool slightly, and serve while still warm.





## **FRENCH FRIES/CHIPS**

### **Ingredients**

2 Medium Potatoes (washed and peeled)  
Cooking Oil

### **Method**

Preheat oven to 250°C for 6 minutes prior to cooking .

To make french fries slice potatoes into 2-3mm spears. For chips slice into 5-10mm spears.

Spread the potato spears out evenly in a 23cm (9") non-stick baking pan.

If desired, brush or toss with a small amount of oil for added crispness.

Reduce the oven heat to 200°C and place the baking pan onto a high rack in the oven.

Cook the french fries for 10 minutes.

Reduce temperature to 180°C and cook 5 minutes more for chips.

Top Tip - Why not try curried or paprika chips? Just sprinkle some curry powder or paprika on the chips after coating in oil.





## **HONEY CHICKEN WINGS**

### **Ingredients**

- 1 kg (2 ¼ lb) Chicken Wings
- 2 Tablespoons of Honey
- 1 Teaspoon of Chopped Ginger
- 2 Tablespoons of Lemon Juice
- 2 Tablespoons of Soy Sauce
- 2 Tablespoons of Tomato Paste

### **Method**

Trim excess fat from the chicken wings and remove tips.

Pat dry and place in a bowl

In a separate bowl combine the lemon juice, soy sauce, and ginger to make a marinade.

Pour the marinade over the chicken wings, mix well and leave to stand for 3 to 4 hours.

Remove the wings from the marinade, place them in the oven on the high rack and roast for 10 minutes at 165°C.

While the wings are cooking add the honey and tomato paste to the marinade mixture.

Carefully remove the wings from the oven and roll in the honey/tomato marinade.

Return the wings to the oven and cook for a further 5 minutes.

Repeat the last two steps again and then serve.



## **BAKED POTATOES**

### **Ingredients**

4 Large Baking Potatoes (Scrubbed)  
1 Tablespoon of Butter

### **Method**

Preheat the oven to 200°C.

Dry potatoes well and rub all over with the butter. If you prefer a softer skin, skip this step.

Prick each potato several times with a fork.

Bake in the oven at 200-250°C for 25 to 40 minutes depending on the size.

Remove potatoes from the oven and carefully cut a slit in the top of the potato to release the steam.

Now just add your favourite topping(s) and enjoy!





## **STEAMED VEGETABLES**

### **Ingredients**

Vegetables

Water

Cooking Foil (to wrap)

### **Method**

Clean and cut vegetables as desired.

Wrap a small amount of each vegetable portion in foil, making several packages.

Before sealing, sprinkle 2 teaspoons of water into each package.

Seal tightly.

Place them directly on the wire rack, and cook at 200°C.

Most soft vegetables (such as courgettes, onions, peas) will take 15 to 20 minutes and most hard vegetables (such as carrots and potatoes) will take 30 to 40 minutes.





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