

 **JUDGE**  
Halogen Oven



Recipe Book



## Roast Chicken

*1 Large chicken approx 2.4kg*

*2 tsp of sea salt*

*1 tsp black pepper*

*1 tsp mixed herbs*

*2 tbsp olive oil*

- 1 Wash the bird and pat dry with kitchen towel, remove the halogen heater lid and place the chicken directly onto the lower rack.
- 2 In a small bowl, mix the olive oil, salt, pepper and herbs and using a pastry brush, brush this mixture all over the bird.
- 3 Replace the halogen lid, set the timer button to 60 minutes and the temperature to 190°C and roast until golden brown. Test the chicken at the end of the cooking time by using a skewer into the leg of the chicken to ensure that the juices run clear. If they are slightly pink, cook for another 10 minutes.
- 4 Use the cooking juices from the chicken to make delicious gravy.



## Roasted Vegetables

### *Serves 2*

*4 small new potatoes, skins scrubbed but unpeeled*

*1 red, 1 green, 1 yellow, 1 orange pepper, deseeded and thickly sliced*

*2 white onions, quartered*

*10 cloves of garlic left whole with skins still on*

*12 cherry tomatoes on the vine*

*3 large chestnut mushrooms, quartered*

*1 courgette, sliced at an angle*

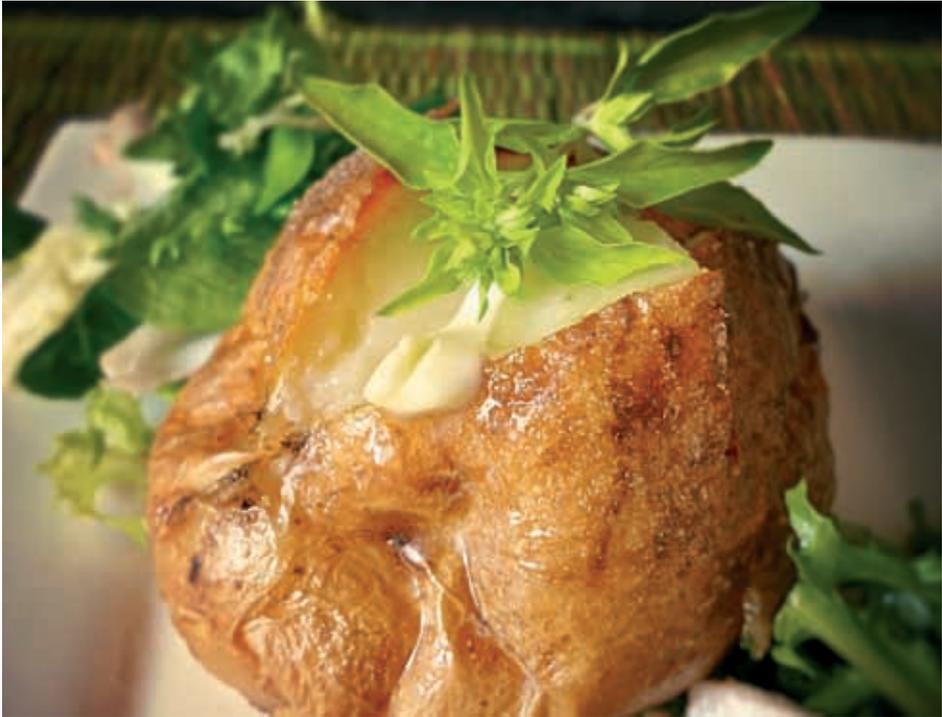
*1 tsp of mixed herbs*

*2 tbsp olive oil*

*Sea Salt*

*Black Pepper to taste*

- 1** Place all the ingredients into a large round deep roasting dish, tossed with the olive oil, season to taste and sprinkle over the mixed herbs.
- 2** Place in the halogen oven on the lower rack, set the timer to 35 mins and the temperature knob to 210°C.



## Jacket Potatoes

*Serves 4*

*4 large sized potatoes*

*Olive Oil*

*Sea Salt*

- 1 Wash and prick the potato and place in the halogen oven on the bottom rack.
- 2 Set the timer button to 40 minutes and set the temperature to 200°C.
- 3 Remove and serve with the topping of your choice! Its as easy as that!

## Cheese Souffle

*Serves 6*

*175g mature cheddar cheese, crumbled*

*6 Free range eggs, separated*

*500g crème fraiche*

*Cayenne pepper to taste*

*1 garlic clove, crushed*

*Sea salt and cayenne pepper to taste*

*2tbs melted unsalted butter*

*50g freshly grated Parmesan cheese*

*Pinch of freshly grated nutmeg*

*Zest and juice of 1 lemon*



- 1 Place the cheese, egg yolks, cayenne pepper, salt and crushed garlic in a food processor or blender (a bowl and stick blender will also do the job) and blitz until smooth in texture.
- 2 Add the crème fraiche and blitz again until well blended in.
- 3 In a spotlessly clean stainless steel bowl, whisk the egg whites until they form stiff peaks and then fold this into the creme fraiche mixture.
- 4 Line the inside of each of the 6 ramekins with butter and then sprinkle in the Parmesan cheese to adhere to the buttered sides and base of the ramekins shaking out the excess.
- 5 Pour in the liquid into each ramekin and fill to the  $\frac{3}{4}$  level.
- 6 Place on the lower rack in the halogen oven and set the timer to 12 minutes, and the temperature knob to 180°C. Bake until golden brown and nicely risen.
- 7 Sprinkle with the grated nutmeg and serve immediately.

## Bread and Butter Marmalade Pudding

75g unsalted butter

75g sultanas

3tbsp dark rum

10 slices brown or white bread

1tbs ginger marmalade

4 egg yolks

1 egg medium

3tbs caster sugar

500ml double cream

200ml full fat milk

1tsp ground ginger

2tbs demarara sugar



- 1 Put sultanas in bowl with the dark rum and microwave for 1 minute.
- 2 Stand and cool and leave to soak for 1 hour.
- 3 Butter both sides of the bread with the melted butter.
- 4 Spread 1 side of each slice with the marmalade.
- 5 Cut in triangles and layer in a round cake pan.
- 6 Mix in the rum flavoured sultanas between the layers of bread.
- 7 Whisk the egg yolks and egg together with the caster sugar.
- 8 Pour the egg mixture in with the cream and milk.
- 9 Pour over the bread and leave to soak for 4 hours.
- 10 Brush the crust with the mixed ginger and demerara sugar.
- 11 Place in the halogen oven on the lower rack setting, turn the timer switch to 30 minutes and then turn the temperature knob to 195°C.
- 12 Dust with demerara sugar and dot with butter, then serve with fresh cream.

## Raspberry, blueberry and blackberry Pavlova

*Serves 6*

*3 large egg whites*

*185g caster sugar*

*2tsp vanilla extract*

*½ tsp white wine vinegar*

*1 rounded tsp cornflour*

*1 x 300ml tub of double cream*

*375g mixed raspberries, blackberries and blueberries, washed and drained*



- 1 In a spotlessly clean stainless steel mixing bowl, whisk the egg whites using an electric hand mixer until the egg whites are stiff in texture. Now gradually add half of the sugar and beat into the egg whites until well blended in and glossy in texture.
- 2 Fold in the remaining sugar along with the vanilla extract, white wine vinegar and the cornflour.
- 3 Now place the mixture into a piping bag with the appropriate nozzle and pipe the meringue mixture, starting at the centre of the silicon mould and swirling around in a circular motion to cover the whole base. Go around the edge again to give a raised border.
- 4 Place in the halogen oven on the lower rack and set the temperature to 150°C and the timer button to 60 minutes. The meringue should be crisp and dry to the touch, if not bake for a few minutes more.
- 5 Allow to cool slightly in the silicon mould before transferring to a cooling rack. Allow to cool completely.
- 6 When the meringue is cold, whisk the cream in a mixing bowl using a whisk until firm peaks form. Now place in the piping bag and pipe on top of the meringue, then arrange the fruit on top and serve immediately.

## Carrot and banana cake

### *For the cake*

2 large ripe bananas, mashed, using a fork

175ml sunflower oil

150g soft dark brown sugar

4 large eggs, lightly beaten

125g carrots, grated

115g sultanas

115g walnuts, bashed into pieces using a rolling pin

Zest of 2 oranges

Juice of 1 orange

1 rounded tsp bicarbonate of soda

1 rounded tsp ground cinnamon

300g plain flour

### *For the icing*

150g Philadelphia cream cheese

100g icing sugar, sifted

Zest and juice of 1 lemon



- 1 Take a square loose bottom Judge square cake pan and grease with butter and line with baking parchment and put aside.
- 2 Place the mashed banana, oil, sugar, eggs, carrots, sultanas, walnuts and the juice and zest of the orange into a large mixing bowl and bring together with a wooden spoon.
- 3 Sift the flour, bicarbonate of soda, cinnamon and the baking powder on top of the wet ingredients and beat in, using an electric hand beater until smooth.
- 4 Pour the mixture into the prepared tin and place into the halogen oven on the lower rack and cook for 35 minutes at 180°C.
- 5 Turn the heat down to 160°C and continue to bake for a further 30-40 minutes or until the cake is cooked through. Test by inserting a metal screwdriver and if it comes out clean then the cake is done.
- 6 Leave to cool slightly in the tin for about 10 minutes then turn out onto a cooling rack and allow to cool completely.
- 7 For the icing beat all the ingredients in a bowl with a wooden spoon and pipe over the cake.

For Further recipes please contact our chef Mal on: [www.melandmal.com](http://www.melandmal.com)



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