



THE NEFF AUSTRALIA

Savoury
Cookbook



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Savoury C



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Introduction

This publication has been created for our loyal community of NEFF cookaholics in Australia. Those people, who like us, share a passion for preparing and sharing great food.

As you fold through the pages of this book you will find so much more than just a collection of recipes. Each piece has been carefully crafted to help you get the most out of your appliances and make your time in the kitchen even more enjoyable.

The recipes we have chosen to share with you are designed to stand the test of time. Perhaps some of these recipes will become your family favourites, passed down through generations. They are not overly refined or technical - that's not the NEFF way. They are flavoursome, comforting family classics aimed at bringing people together for the love of food.

We hope this book helps you to create many cherished memories around the dinner table.

Happy cooking.

The NEFF Australia team.

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Starters



BEETROOT AND *sweet potato fritters*

Appliance used: Induction cooktop

Makes: 10–12
Preparation time: 30 minutes
Cooking time: 10 minutes
Level of difficulty: Easy

Ingredients

FRITTERS

1½ cups beetroot, coarsely grated
1 cup sweet potato, coarsely grated
½ cup green shallots, chopped
⅓ cup continental parsley, chopped
⅓ cup walnuts, finely chopped
⅓ cup flour
2 eggs, lightly beaten
Salt and pepper
Olive oil for frying

DRESSING

⅓ cup natural yoghurt
2 tbsps mayonnaise
1 tbsp dill, chopped
Salt and pepper



Method

Combine the beetroot, sweet potato, shallots, parsley and walnuts in a large bowl. Add the flour and eggs. Season well with salt and pepper and mix to combine.

Heat a non-stick frying pan over a medium to high heat, induction level 6. Add a little olive oil and tilt the pan to distribute. Spoon approx. ¼ cup amounts of vegetable mix for each fritter into the pan. Allow some room between each fritter.

Flatten slightly and cook for 3–4 minutes on each side until golden. Repeat to use all the mix. Combine the ingredients for the dressing and mix well. Serve with the fritters.





Carrot, cumin AND HONEY DIP

Oven setting: Circo Roasting

Serves: 8–12

Preparation time: 15 minutes

Cooking time: 45 minutes

Level of difficulty: Easy

Ingredients

400g carrots
2 cloves garlic
50ml honey
1 tbsp cumin
½ tsp turmeric
1 tsp garam masala
80ml light olive oil
1 tsp salt
1 tsp pepper
125g cream cheese
¼ bunch coriander



Method

Preheat oven on Circo Roasting to 180°C.

Peel the carrots and cut into quarters lengthways. Place into a medium mixing bowl along with the garlic, honey, cumin, turmeric, garam masala, half the olive oil, salt and pepper.

Line a universal tray with baking paper. Pour the carrots onto the tray and place on level 3 of the oven. Bake for 45 minutes.

Remove the carrots from the oven and place into a food processor along with the cream cheese, coriander and remaining oil. Mix until the ingredients have combined and there are no lumps, test the seasoning then place into a container and refrigerate until ready for use.





CHEESY

pull apart bread

Oven setting: Dough proving, Circo Therm® and Vario Steam

Serves: 4–6
 Preparation time: 15 minutes
 Kneading time: 10 minutes
 Proving time: 1 hour
 Cooking time: 20 minutes
 Level of difficulty: Medium

Ingredients

2 tsps dried yeast
 ¼ cup lukewarm water
 25g caster sugar
 60g butter, softened
 500g plain flour
 Approx. ¾ cup warm milk
 1 egg, beaten
 1 tsp salt
 50g butter
 1 clove garlic, crushed
 2 tbsps fresh chives, chopped
 1 tbsp fresh parsley, chopped
 Salt and pepper, to taste
 100g mozzarella cheese, grated
 50g parmesan cheese, grated

Method

Add the yeast to the water in a small bowl with 2 teaspoons of the sugar. Let yeast develop for 5 minutes. In the bowl of an electric mixer, add butter, remaining sugar, flour, milk, egg, salt and yeast mixture and knead with the dough hook. Adjust dough with extra milk if required and knead for 10 minutes. Remove the dough and knead with a little flour to make a smooth ball and place in a greased bowl. Use the dough prove oven setting to prove dough for 30 minutes.

Remove the dough and place on a lightly floured surface. With a rolling pin, roll the dough into a rectangular shape (20cm x 30cm). Melt butter and garlic over a medium heat, cool. Combine the herbs and cheese in a bowl. Spread the dough evenly with ¾ of the butter and garlic and sprinkle with ¾ of the cheese mixture.

Gently roll up the dough length ways. Place dough on a piece of baking paper. With a sharp knife, cut 2cm thick slices being careful not to cut all the way through the dough or paper. Start by twisting the first slice up to expose the cheese. Take the next, twist and place it on the opposite side with the cheese side up. Repeat this process with remaining slices. The dough should look like a leaf. Carefully place the dough and baking paper on the multipurpose pan. Reselect the dough prove setting on oven and prove dough for another 30 minutes.

Preheat oven on Circo Therm® to 190°C with medium steam. Sprinkle dough with remaining melted butter, garlic and cheese. Bake bread for 17–20 minutes or until golden brown. Cool bread on a wire rack.

Note

You can substitute any of your favourite cheeses to make this bread. Serve it with soup or a platter of cheeses and antipasto.

*Nothing smells or tastes better than freshly baked bread.
It won't be hard finding people to share this cheesy pull
apart delight with. It's full of cheese, herbs and garlic. Yum!*





Chicken satays are a popular street food of Asia. Satays are great to share at a party and will be loved by the kids. Taking the time to make your own coconut dipping sauce will keep your guests coming back for more.

Oven setting: Circo Roasting

Makes: 20

Preparation time: 30 minutes

Cooking time: 15 minutes

Level of difficulty: Medium

Ingredients

750g chicken thigh fillets

1 tsp turmeric

2 tsps cumin

1 tsp coriander

2 cloves garlic, crushed

2cm ginger, grated

1 tsp salt

2 tsps peanut oil

FOR THE SAUCE

10cm stalk lemongrass, roughly chopped

2 cloves garlic

2cm ginger

1 chilli

1 tsp cumin

½ tsp ground coriander

½ tsp ground turmeric

1 tbspc peanut oil

1 tbspc brown sugar

2 tsps fish sauce

100g crushed peanuts

270ml coconut milk

IN ADDITION

20 bamboo skewers

Chicken satays with spicy COCONUT DIPPING SAUCE

Method

Cut the chicken into 2cm pieces and place into a medium mixing bowl with the turmeric, cumin, coriander, garlic, ginger, salt and oil. Mix until combined. Thread about 5 pieces of chicken onto each skewer. Refrigerate until needed.

To make the sauce: combine all of the ingredients in a blender except the peanuts and coconut. Blend until a coarse paste forms. Place paste in a medium saucepan. Cook paste for 3–5 minutes or until aromatic on induction cooktop level 6 or FlameSelect® gas cooktop, level 7. Add the peanuts and coconut milk and bring to the boil, then reduce heat to a simmer, level 5 on induction or level 6 FlameSelect® gas cooktop. Cook for 10–15 minutes or until it has thickened. Keep warm.

Preheat oven on Circo Roasting to 180°C. Place the chicken skewers on the wire rack with the multipurpose tray underneath. Place the tray on shelf level 4, cook for 10–15 minutes or until cooked through.

Serve the chicken skewers with the warm spicy coconut sauce.

Note

Soak bamboo skewers in water before threading chicken to prevent burning. Shielding the skewer ends with a strip of aluminium foil can be effective if time poor. Ensure foil is secured to the tray.



Chilli and lime GRILLED PRAWNS



Oven setting: **Grill**
Serves: **6–10**
Preparation time: **30 minutes**
Cooking time: **8 minutes**
Level of difficulty: **Easy**

Ingredients

1kg large peeled prawns
50ml fish sauce
1–2 cloves garlic, crushed
500g chat potato
75ml light olive oil
2 bunch asparagus
1–2 chilli
¼ bunch parsley
½ bunch coriander
2 limes

Method

Place the prawns into a medium mixing bowl, pour half the fish sauce over the prawns, add the garlic and set aside for at least 30 minutes. Slice the potato into coins about the width of a 20 cent piece and place into another mixing bowl with the oil. Remove the base of the asparagus, at least the first 5cm then cut into halves, slice the chilli. Add these together with the prawns then add remaining fish sauce. Mix them all together.

Pick the parsley and coriander, then wash and roughly chop. Zest and juice the limes, set aside.

Heat oven on full surface grill at 275°C. Place the potatoes onto a universal tray with a sheet of baking paper underneath. Place in the oven on level four and grill for 8 minutes. Add all the prawn and asparagus mix over the top and grill for a further 6–8 minutes.

When the prawns are done, remove everything from the oven and place in a serving bowl. Add in the herbs and lime. Stir and serve.



CHILLI COCONUT

prawn skewers

Oven setting: **Full Surface Grill**

Serves: **10–12**

Preparation time: **30 minutes**

Marinating time: **1 hour**

Cooking time: **5–8 minutes**

Level of difficulty: **Easy**

Ingredients

200g coconut milk

1 stalk lemongrass, roughly chopped

1 clove garlic, roughly chopped

2 Birdseye chilli, roughly chopped

1 tsp fish sauce

2 tsps brown sugar

75g desiccated coconut

2 eggs

1 kg medium sized prawns (approx. 30),
peeled, tailed and deveined

Bamboo skewers

2 limes, cut into wedges

Method

Place the coconut milk, lemongrass, garlic, chilli, fish sauce and brown sugar into a blender and purée until smooth. Remove from the blender and place into a medium bowl. Add the coconut, eggs and prawns, mix together and marinate for 1 hour.

Soak bamboo skewers in water for 1 hour then thread 3 prawns on to each skewer.

Heat the grill on Full Surface to 250°C. Line universal tray with baking paper and top with wire rack. Place the skewers on a wire rack and place in oven on shelf level 4. Cook for 2–4 minutes or until golden, each side. Serve immediately on a platter with lime wedges.

Note

The prawn size used for this recipe is U15. This means there are 30 prawns per kilogram. Using larger or smaller prawns will affect the cooking time. The tails are removed to prevent burning and to make the skewers easier to eat.

Oven setting: **Full Steam**

Makes: **20**

Preparation time: **30 minutes**

Cooking time: **10 minutes**

Level of difficulty: **Easy**

Ingredients

CHILLI THAI CHICKEN CAKES

- 500g chicken mince
- 1 long red chilli, finely sliced
- 2 tsps ginger, chopped
- 2 green shallots, chopped
- ¼ cup coriander, chopped
- ⅓ cup canned water chestnuts, chopped
- 2 tsps fish sauce
- 20 coriander leaves

SWEET LIME DIPPING SAUCE

- 1 clove garlic, finely chopped
- 1 tsp ginger, finely chopped
- 1 long red chilli, finely sliced
- ⅓ cup lime juice
- 2 tbsps fish sauce
- 2 tbsps light soy sauce
- ⅓ cup brown sugar
- 1 tsp sesame oil
- 2 tbsps coriander, chopped
- 1 green shallot, finely sliced

Method

For the chicken cakes, combine mince, chilli, ginger, shallots, chopped coriander, chestnuts and fish sauce in a medium mixing bowl and mix until well combined. Using wetted hands shape the mixture into 20 round flat patties. Press a coriander leaf on each patty. Place onto perforated steamer tray that has been lined with baking paper. Cook at 100°C on Full Steam for 10 minutes or until cooked through.

While the cakes are cooking, make the dipping sauce by combining all of the ingredients in a small bowl.

These tasty Thai chicken cakes make the perfect appetiser served with dipping sauce, or as an accompaniment to salad and noodles.





CHILLI THAI CHICKEN CAKES
and sweet lime dipping sauce

Chinese steamed buns with GRILLED MORETON BAY BUGS

Oven setting: Dough proving and Full Steam

Makes: 14
Preparation time: 50 minutes
Proving time: 1 hour
Cooking time: 20 minutes
Level of difficulty: Medium

Soft steamed buns cooked with Full Steam are served wrapped around crispy fresh salad and grilled Moreton Bay bugs. Topped with a spicy chilli mayonnaise, these buns are great for entertaining.

Ingredients

STEAMED BUNS

1 cup lukewarm water
1½ tsp dried yeast
¼ cup caster sugar
3 cups plain flour, sifted
¼ tsp salt
½ tsp baking powder
2 tbsps vegetable oil
Extra vegetable oil for brushing

PICKLED CARROT SALAD

1 medium carrot, peeled and finely julienned
8cm long piece of daikon, peeled and finely julienned
2 tpsps caster sugar
2 tpsps rice wine vinegar
1 tsp salt

CABBAGE

150g cabbage, finely shredded
2 spring onions, thinly sliced
2 tpsps sesame oil
1 tsp vegetable oil
Salt and black pepper

SRIRACHA CHILLI MAYONNAISE

½ cup whole egg mayonnaise
2–4 tpsps Sriracha chilli sauce
½ tsp lime, zested
2 tpsps lime juice

MORETON BAY BUGS

4 Moreton Bay bugs, split in half and cleaned
1 clove garlic, crushed
1 tbsp olive oil
2 tpsps butter, melted
Salt and black pepper, freshly ground
Extra olive oil
½ cup coriander leaves, for garnish





Method

In a small bowl, combine water, yeast and sugar and stand for 5 minutes or until frothy. In the bowl of an electric mixer add sifted flour, salt, baking powder and oil. Add the yeast mixture and using the dough hook attachment knead for 10 minutes or until smooth and elastic. Add a little extra flour if the dough sticks to the sides of the bowl.

Turn the dough onto a lightly floured surface and knead until smooth. Place dough into an oven proof bowl. Set oven to dough prove and prove dough for 30 minutes.

Meanwhile, make the pickled carrot salad by combining carrot, daikon, sugar, vinegar and salt in a bowl, mixing until well combined. Prepare the cabbage by tossing with spring onions, oils and salt and pepper to taste. To prepare the Sriracha chilli mayonnaise, combine mayonnaise, chilli sauce, zest and juice. Refrigerate until ready to serve.

To make the steamed buns, line the large perforated stainless steel tray with baking paper. Divide the dough in half and wrap one half in plastic wrap. Roll remaining dough into a log shape; cut into 7 equal pieces. Knead each piece into a ball then using a rolling pin, roll into an oval shape about 7cm x 10cm. Turn the dough over and brush with a little vegetable oil. Fold the dough in half to make a bun and press the bun gently along the folded edge, then place onto prepared tray. Repeat with the remaining dough, making sure to cover the buns with plastic wrap to prevent drying.

Preheat oven on Full Steam to 100°C, add the buns, and steam for 10 minutes. Buns can remain in oven to keep warm while cooking Moreton Bay bugs.

To cook the Moreton Bay bugs combine garlic, oil, butter, salt and pepper in a small bowl and brush over bugs. Preheat griddle plate on induction cooktop on level 7. Brush griddle plate lightly with the extra oil. Cook the bugs, shell side down for 5 minutes each side, or until cooked through. Remove bug flesh from the shells and cut each half in half lengthways.

To serve, take a steamed bun and spread with Sriracha chilli mayonnaise. Top with a little cabbage, pickled carrot salad, Moreton Bay bug and garnish with coriander.

Note

Use a mandolin to finely cut the carrot and daikon. Steamed buns can be made in advance and reheated on Full Steam for 3 minutes. Have fun when sharing these steamed buns with friends and let everybody make their own. These buns are also good served with crispy pork belly or Peking duck.

Oven setting: Circo Therm® and Vario Steam

Serves: 8
 Preparation time: 15 minutes
 Cooking time: 5 hours
 Marinating time: Overnight
 Level of difficulty: Medium

Ingredients

1 boneless pork shoulder, approx. 1.5–2kg with rind removed
 3 tbsps olive oil

SPICE RUB

3 tbsps ground coffee beans
 ½ cup brown sugar
 ½ tsp ground pepper
 1 tbsp smoked paprika
 1 tsp salt
 2 tsps chipotle powder or ground chilli
 2 tsps garlic powder
 1 tsp ground cinnamon
 1 tsp allspice
 1 tsp ground cumin
 1 tsp ground coriander

COFFEE MAYONNAISE

1 tsp instant coffee powder
 1 tsp ground coffee beans
 2 tsps boiling water
 ½ cup whole egg mayonnaise
 2 tbsps BBQ sauce

BETROOT, CARROT AND APPLE SLAW

1 small beetroot, peeled and grated
 1 medium carrot, peeled and grated
 1 red apple, grated
 ½ small red onion, finely sliced
 1 cup coriander leaves
 16 slider buns, halved

Wake up and smell the coffee. These pork sliders are guaranteed to appeal and wake up any party. Coated in a coffee spice rub, the pork shoulder is cooked long and slow with Vario Steam until it is tender and easy to 'pull'.

Coffee spiced PULLED PORK SLIDERS

Method

In a large bowl combine the coffee, sugar and spices and mix well. Place pork into the bowl and press the spice rub to coat the pork, reserving 2 tablespoons for serving. Keep pressing to ensure all of the spice mixture has coated the pork. Cover and leave to marinate in the refrigerator overnight.

Line the multipurpose pan with baking paper. Place pork on the tray and press on any of the remaining spice rub. Drizzle the olive oil over the pork. Place pork in oven and select Circo Therm® 130°C with a medium level of steam. Cook for 5 hours or until the pork can be easily 'pulled' with a fork. Cover with foil and allow to stand for 30 minutes.

While pork is resting, make coffee mayonnaise and slaw. Place instant coffee and ground coffee beans in a bowl, add boiling water and stir to combine. Allow to cool. Add the mayonnaise and BBQ sauce and mix well.

Combine grated beetroot, carrot, apple, onion and coriander leaves in a bowl. Add 1 tablespoon of the coffee mayonnaise and toss gently to combine.

Using a fork shred or 'pull' the pork. Add the reserved dry spice rub to the meat. Serve the pulled pork in a slider bun, top with slaw and a dollop of the coffee mayonnaise.

Note

Chipotle is a smoked-dried jalapeno and can be substituted with ground chilli. More chipotle or ground chilli can be added for greater heat.





Crispy coconut crumbed chicken wings are easy to prepare and perfect for sharing with friends and family when entertaining.

Oven setting: Circo Therm®

Serves: 4–6

Preparation time: 10 minutes

Cooking time: 45 minutes

Marinating time: 2 hours or overnight

Level of difficulty: Easy

Ingredients

16 chicken wings
 125ml coconut cream
 1 tbsp Sriracha chilli sauce
 1 clove garlic, crushed
 1 lime, juiced and zested
 ¾ cup desiccated coconut
 ¾ cup shredded coconut
 ½ cup plain flour
 1 tsp smoked paprika
 ½ tsp cayenne pepper
 2 tsps salt
 Black pepper, freshly ground
 Olive oil spray

SPICY TOMATO SAUCE

1 tbsp olive oil
 ½ brown onion, finely chopped
 2 cloves garlic, crushed
 2 large ripe tomatoes, chopped
 2 tsps tomato paste
 2–4 tsps Sriracha chilli sauce (to taste)
 2 tsps lime juice
 ½–1 tsp sugar
 1 tsp salt
 2 spring onions, finely sliced

CRISPY COCONUT CHICKEN WINGS *with spicy tomato sauce*

Method

Place the chicken pieces in a bowl, add coconut cream, chilli, garlic, lime juice and zest. Mix to combine. Marinate for at least 2 hours or overnight.

Preheat oven on Circo Therm® to 200°C. Line the multipurpose pan with baking paper.

Combine the coconut, flour, paprika, cayenne, salt and pepper in a bowl. Remove the chicken from the coconut cream marinade, removing excess and then dust with the coconut crumb. A large zip lock bag is useful to coat the chicken wings. Place the wings on the prepared pan. Generously spray with the olive oil.

Bake chicken wings on shelf level 3 for 45 minutes or until golden. Turn the wings once during the cooking time.

While the chicken is cooking, make the sauce. In a small saucepan heat the olive oil over medium heat. Add the onion and garlic and sauté until onion is soft. Add the tomato, tomato paste, chilli and lime juice. Add sugar and salt to taste. Cook for 8 minutes or until sauce thickens. Add spring onion and cook for a further 2 minutes. Allow sauce to cool and serve at room temperature.

Serve the crispy coconut chicken wings with the sauce.



Crusty HOMEMADE BREAD

Oven settings: **Dough proving, Bread Baking and Vario Steam**

Serves: **8–12**

Preparation time: **15 minutes**

Proving time: **1 hour 30 minutes**

Cooking time: **30 minutes**

Level of difficulty: **Medium**

Ingredients

500g plain flour

300ml lukewarm water

7g sachet dried yeast

3 tbsps light olive or canola oil

2 tsps salt

1 tsp sugar



Method

Place all of the ingredients in a bowl of an electric mixer with a dough hook attachment. Knead dough on medium speed for 10 minutes. Remove from the mixer and knead for 1–2 minutes until the dough feels springy to touch. Add extra flour on the workbench if the dough is sticking.

Place the dough in a lightly oiled medium sized bowl. Place the dough in the oven and select dough prove level 1 for 45 minutes or until dough doubles in size (focus more on the size than the time). Remove the dough from the oven and place the dough onto a workbench and knead to knock the air out, shape the dough to your desired shape and with a sharp knife cut slits diagonally across the top.

Line the multipurpose pan with baking paper and place the dough on top. Place it in the oven on shelf level 3. Select dough prove level 1 and prove for a further 30 minutes.

After proving do not remove the dough from the oven, select Bread Baking 220°C with a high level of steam and bake for 30 minutes.

When cooked, remove the bread from the oven and place on a cooling rack for 20 minutes before cutting.

Note

Waiting for bread to cool is difficult because it smells so good but the wait will make the bread easier to cut.



Nothing beats eating a slice of warm bread with your favourite topping, especially when you've made it yourself. The trick to crusty bread is correct proving and an oven with added moisture. It is easy to achieve with the Dough proving and Bread Baking settings.



GRILLED GARLIC AND THYME *mushrooms*

Oven setting: Grill

Makes: 12

Preparation time: 15 minutes

Cooking time: 10 minutes

Level of difficulty: Easy

Ingredients

12 medium cup mushrooms, approx.
6cm diameter
2 tbsps light olive oil
2 large cloves garlic, crushed
1½ tbsps thyme, chopped
3 slices prosciutto, torn into fine strips
60g Feta cheese, crumbled
Olive oil spray

Method

Preheat oven on full surface grill to 220°C.

Place the mushrooms underside facing up onto an oiled or lined tray. Combine the oil and garlic then brush liberally over the mushrooms. Sprinkle with thyme, then top with fine strips of prosciutto and crumbled Feta. Spray with olive oil.

Place under the grill and cook for 10 minutes or until the prosciutto is crispy. Allow to cool for 3–5 minutes before serving.



GRILLED SCALLOPS

with chilli and garlic



*The ultimate dish for a special occasion on short notice.
It looks and tastes amazing and is quick and simple.*

Oven setting: Circo Roasting and Vario Steam

Makes: 10

Preparation time: 10 minutes

Cooking time: 4 minutes 30 seconds

Level of difficulty: Easy

Ingredients

10 scallops, in the shell

100g salted butter, melted

1 long red chilli, finely chopped

5 cloves garlic, crushed

Sea salt and pepper, freshly ground

½ bunch of coriander, roughly chopped

1 lime, cut in wedges

Method

Preheat oven on Circo Roasting to 200°C with a low level of steam.

Remove scallops from the shells, wash and dry shells and set aside for serving. Pat scallops dry on both sides with paper towels.

In a small bowl, combine butter, chilli, garlic and salt and pepper to taste. Mix until well combined, spoon a generous quantity over scallops and mix well. Reserve remaining butter mix.

Place scallops on a tray lined with baking paper and place into the oven on shelf level 4. Cook for 3 minutes 30 seconds, then turn the scallops and cook for a further minute.

To serve, place scallops on the cleaned shells and spoon over some reserved butter. Top with coriander, a sprinkle of sea salt and a lime wedge.

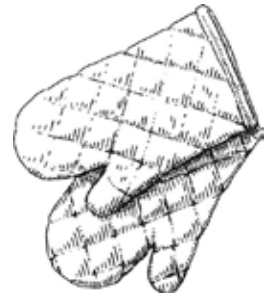
Note

Scallops only take a few minutes until they're cooked. If cooked longer, they will be overdone and chewy.



HALOUMI AND POLENTA

wrapped in prosciutto



Oven setting: Circo Therm®

Makes: 18

Preparation time: 30 minutes plus cooling
time for the polenta

Cooking time: 10–12 minutes

Level of difficulty: Easy

Ingredients

1 cup chicken stock
 ½ cup milk
 ½ cup quick cooking polenta
 30g butter
 220g haloumi cheese
 1 to 2 bunches of asparagus
 18 slices prosciutto

Method

Place stock and milk into a saucepan over a medium to high heat, induction level 7.

Bring the mixture to the boil, then add the polenta in a steady stream, whisking constantly. Continue to cook while whisking for a further 4 to 5 minutes or until the mixture comes away from the sides of the pan. Stir in the butter and mix well.

Spread the polenta into a 20cm square shallow pan that has been greased and lined with baking paper. Allow to cool and set.

Preheat oven on Circo Therm® to 200°C. Line a universal pan with baking paper.

Remove the polenta from the pan and cut into 3 even rows. Slice each row crosswise into 6 rectangular pieces. Slice the haloumi into approx. 18 pieces of the same size as the polenta and place a slice on top of each piece of polenta. Cut the asparagus spears into 3 even size pieces. Halve each piece lengthwise. Arrange approx. 3 pieces of asparagus on top of the haloumi. Lay a piece of prosciutto on a board then place a polenta bundle on top. Wrap the prosciutto around the bundle to hold the ingredients together. Repeat to use all the prosciutto.

Place onto the baking tray and cook for 10–12 minutes or until golden.

Lemon ginger

LAMB RIBS



Sometimes food is best eaten with your fingers. These lamb ribs are cooked slowly with lemon, ginger and honey until the meat is falling off the bone. This recipe is easy to prepare, great for sharing and too hard to stop at one.

Oven setting: Circo Therm®

Serves: 4–6

Preparation time: 30 minutes

Marinating time: 2 hours or overnight

Cooking time: 1 hour 30 minutes

Level of difficulty: Easy

Ingredients

24 lamb ribs, approx. 2kg
 2 lemons, juiced and zested
 150g honey
 60g garlic, minced
 60g ginger, peeled
 1–2 chillies
 ½ cup fresh mint leaves
 ½ cup fresh basil leaves
 50g Dijon mustard
 75ml canola oil
 2 tsp salt
 1 tsp freshly ground pepper

Method

Place the zest, juice, honey, garlic, ginger, chillies, mint, basil, mustard, canola oil, salt and pepper into a food processor and blend until well combined. Coat the lamb ribs with all of the marinade and marinate for 2 hours or overnight.

Preheat oven on Circo Therm® to 150°C.

Line the multipurpose pan with baking paper and top with a wire rack. Place the ribs in a single layer evenly on the wire rack and retain the excess marinade for basting. Place on shelf level 3. The multipurpose pan will sit in the rail and the wire rack will sit on top.

Bake the ribs for 30 minutes, turn the ribs and brush ribs with ⅓ of the marinade. Bake for another 30 minutes then turn your ribs over and brush ribs with ⅓ of the marinade. Bake for another 15 minutes and repeat the step with your final ⅓ of your marinade. Cook for another 15 minutes. Remove from the oven. Your ribs should be falling off the bone and ready to serve.





Minestrone

SOUP



Appliance used: Induction or Gas cooktop

Serves: 6–8
 Preparation time: 20 minutes
 Cooking time: 30 minutes
 Level of difficulty: Medium

Ingredients

100g pancetta
 4 Roma tomatoes
 1 large potato
 2 carrots
 3 celery sticks
 1 brown onion
 1 x 400g can borlotti beans
 50ml olive oil
 2 cloves garlic, crushed
 1 chilli chopped, optional
 2L chicken stock
 100g orecchiette or macaroni pasta
 1 bunch basil, leaves picked and chopped
 Salt and pepper, to taste

Method

Dice the pancetta, tomato, potato, carrots, celery and onion into 1cm dice (you can roughly chop the onion celery and carrot in a food processor if needed).

Strain and rinse the borlotti beans.

Place a large pot on induction level 7 or FlameSelect® gas cooktop, level 8. Add the olive oil and pancetta and fry for 2–4 minutes or until it has coloured golden brown. Add the onion, celery, carrots, garlic and chilli, fry until the onion becomes transparent then add the chicken stock and tomato, bring to the boil. Once boiling add the potato and pasta and cook for a further 20 minutes before adding the borlotti beans and basil. Season with salt and pepper and then serve.







Mini MEAT PIES

Oven setting: Circo Therm® Intensive

Serves: 8–12

Preparation time: 1 hour

Cooking time: 25 minutes

Level of difficulty: Medium

Ingredients

1 kg beef sausage mince

50ml light olive oil

5 cloves garlic

¼ bunch thyme

2 x 10 sprig rosemary

2 tbsps cumin

2 tsps paprika

1 tsp cinnamon

500ml beef stock

3 tbsps cornflour

4 sheets puff pastry

Salt and pepper, to taste

1 egg

Method

Place a medium size pot on a FlameSelect® gas cooktop at level 9 or induction cooktop at level 9 and add the oil. When you see a little smoke coming off the oil add the beef. Use a potato masher or a spoon to break down the beef then add the garlic, thyme, rosemary, cumin, paprika and cinnamon, fry for 10 minutes or until the beef has started to brown. Add the beef stock and cornflour together and bring to the boil then drop down and simmer for a further 10 minutes on level 6 then set aside to cool.

Using mini pie tins or a muffin tray cut one large circle of puff pastry and one smaller one. Press the larger one into the base of the tin with a lip overhanging. Add the cooled pie mixture until it is just under the top of the tin or tray and repeat until all are done. Beat the egg and brush around the edge of each pie then place the lid on each one. Use a fork and press around the edges to stick the two pieces of puff pastry together then brush the top sheet with more egg.

Place the pie tins onto a universal tray on level 1 of the oven and set to Circo Therm® Intensive at 200°C for 30 minutes or until golden brown. Serve immediately.





Molten camembert with **HONEY ROASTED GRAPES**



Appliance used: Oven with Circo Therm®
and Induction cooktop

Serves: 6–8
Preparation time: 5 minutes
Cooking time: 20 minutes
Level of difficulty: Easy

Ingredients

GRAPES

1 bunch red grapes
1 tbsp olive oil
1 tbsp honey
1 tbsp balsamic vinegar
1 clove garlic, cut into thin slices
2 sprigs fresh thyme
Salt and black pepper, freshly ground

CAMEMBERT

1 whole camembert, cold from the refrigerator
1 tbsp olive oil
1 clove garlic, thinly sliced
2 sprigs fresh thyme
¼ cup slivered almonds

Method

Preheat oven on Circo Therm® to 200°C and line a small baking tray with baking paper. Place the grapes on the baking tray, drizzle with oil, honey and vinegar. Top with garlic, thyme sprigs and season with salt and pepper. Bake for 15–20 minutes or until the grapes are lightly golden. Turn grapes once during the cooking time.

While grapes are roasting, cook the camembert. Heat a small cast iron skillet on induction frying sensor level 3. Add the oil, garlic and thyme, and place the whole camembert in the centre of the skillet. Turn camembert carefully when it has softened halfway up the sides, this should be after approx. 6–8 minutes. Once turned, cook for another 6–8 minutes.

While camembert is cooking, toast the almonds on frying sensor level 4. Occasionally stir to ensure even browning.

Serve the camembert in the skillet, topped with the roasted grapes and all of the cooking liquid. Sprinkle with almonds and serve with fresh bread.







MUSHROOM *bruschetta*



Appliance used: Induction cooktop

Serves: 4
 Preparation time: 10 minutes
 Cooking time: 10 minutes
 Level of difficulty: Easy

Ingredients

40g unsalted butter
 ¼ cup olive oil
 250g mixed mushrooms, sliced
 1 small onion, finely chopped
 3 cloves garlic, crushed
 60ml dry white wine
 Parsley, chopped
 A few sprigs of thyme
 Ciabiatta or sour dough loaf
 Salt and pepper, to taste

Method

Place fry sensor pan on induction, level 4 on fry sensor. Wait until temperature has been reached, then add butter and half the oil. Add mushrooms, onions and garlic and cook, stirring until soft. Add wine and cook until liquid has evaporated, then add thyme and parsley and set aside and keep warm.

To toast ciabatta, drizzle olive oil over both sides. Pre-heat fry sensor pan on level 5 fry sensor. Once temperature has been reached, place bread in frying pan and cook for approx. 3 minutes on each side or until crisp.

Alternatively, ciabatta can be toasted in oven on 210°C, Circo Roasting, shelf level 3. Cook for approx 3 minutes then turn and cook for a further 2–3 minutes.

Place mushrooms on top of cooked ciabatta.

Note

For something different top with a good quality goat's cheese or Persian fetta, grape cherry tomatoes with a balsamic glaze or a poached egg.

Oven baked **CALAMARI**

Oven setting: **Full Surface Grill**

Serves: **6–10**

Preparation time: **20 minutes**

Cooking time: **10 minutes**

Level of difficulty: **Easy**

Ingredients

1 kg calamari

1 tbsp cumin

2 cloves garlic

1 tsp smoked paprika

1 lemon, juiced and zested

1–2 chilli

50ml olive oil

½ bunch coriander, chopped

Method

Slice the calamari down one side and open it up, using a sharp knife score the flesh on a 45 degree angle being careful not to cut through to the calamari, then repeat the process going the opposite direction. Alternatively, you can cut the calamari into rings.

Add all of the other ingredients, aside from the fresh coriander into a large mixing bowl and combine with the calamari.

Set grill on full surface grill to 275°C. Place a sheet of baking paper over a universal tray then add the calamari on top. Put the tray on level 4 of the oven and grill for 10 minutes.

Place into a serving dish with the chopped coriander. Mix before serving.





Pita BREAD



Oven setting: Dough proving, Circo Therm® Intensive

Serves: 6–8

Preparation time: 1 hour

Cooking time: 8 minutes

Level of difficulty: Medium

Ingredients

250ml lukewarm water

7g dried yeast

½ tsp sugar

30g whole wheat flour

300g plain flour

1 tsp salt

2 tbsps olive oil

Method

Place the water, yeast, sugar, whole wheat flour and half the plain flour together in a bowl and mix to combine.

Set oven on the dough prove setting, add the dough and prove for 10 minutes. Once the 10 minutes is finished, add the remaining ingredients to the dough and stir until combined.

Place the dough back in the oven for a further 10 minutes then remove and knead for 2–3 minutes. If the dough is a bit wet you can add a little plain flour. Place back in the oven and prove for a further 30 minutes or until the mixture has doubled in size.

Knock the air out of the dough and cut 6–8cm pieces. Roll into balls and cover with cling film then let them stand for 10–15 minutes.

Heat oven on Circo Therm® Intensive to 240°C and place a universal tray on level 1.

Roll each ball into 15cm circles, half a centimetre thick. If the dough starts to stick to your bench you can dust it with a little flour.

Place the circles directly onto the universal tray and cook for 2–3 minutes before flipping (the dough should have puffed up) then cook the other side for a further 1 minute. Repeat this process for the remaining disks and place on a drying rack to cool.





POTATO FOCACCIA

with caramelised onions



Oven setting: Dough proving and Circo Therm®

Serves: 12
 Preparation time: 45 minutes
 Proving time: 45 minutes
 Cooking time: 30 minutes
 Level of difficulty: Easy

Ingredients

500g potato
 1kg plain flour
 4 tsps sea salt
 2½ tsps dry yeast
 775ml lukewarm water
 4 large red onions
 6 cloves garlic
 50ml olive oil
 ½ cup fresh rosemary leaves
 Salt and black pepper, freshly ground

Method

Peel potatoes and cut in half. Place potatoes in a large pot of lightly salted water. Bring to the boil and cook until potato is tender when tested with a knife. Drain well and pass through a potato ricer or mouli into the bowl of a stand mixer fitted with a dough hook. Add flour and salt.

In a separate jug, mix yeast with water. Slowly add to the potato, mix on low speed to combine, then increase speed to high for 6 minutes.

Scrape any dough off the hook, cover the bowl with plastic wrap and let it rise for 30 minutes, or until doubled in size.

Meanwhile, slice the onion and garlic thinly. Place in a pan with olive oil and cook over medium heat until caramelised, this will take about 30 minutes.

Line 2 oven trays with baking paper. Divide dough between the trays and press down to flatten. Drizzle with olive oil. Place both trays in the oven. Use the dough prove program and allow the dough to rise again for 15 minutes.

When risen, remove from oven and top with caramelised onion and rosemary.

Preheat oven on Circo Therm® to 220°C. Bake in oven for 30 minutes, or until golden brown and cooked through.



Maria's
MARIA'S PIZZA &
PASTA BLEND
40g

Oven setting: Dough proving and Circo Therm®

Makes: 16

Prep time: 40 minutes

Proving time: 30–40 minutes

Cooking time: 15 minutes

Level of difficulty: Easy

Ingredients

PIZZA DOUGH

2 cups plain flour, sifted
1 tsp caster sugar, sifted
½ tsp salt, sifted
7g sachet dry yeast
¾ cup lukewarm water
1 tbsp oil

TOPPING

⅔ cup passata
1 tsp Gewürzhaus Maria's Pizza
and Pasta Blend
1 red onion, finely sliced
16 large green prawn cutlets, approx. 300g,
deveined
365g tub baby bocconcini, drained and torn in half
Olive oil spray
Extra Gewürzhaus Maria's Pizza and Pasta Blend,
for sprinkling

SALSA VERDE

2 tbsps olive oil
2 tbsps flat leaf parsley, chopped
2 tbsps basil, chopped
2 tbsps green olives, finely chopped
1 tbsp capers, finely chopped
1 tbsp white vinegar
1 large clove garlic, crushed
Salt and pepper, to taste

PRAWN PIZZETTAS

with salsa verde

Method

In a bowl combine the sifted dry ingredients and the yeast. Make a well in the centre and stir in the combined water and oil. Stir to form a soft dough then turn onto a floured surface and knead for 3–5 minutes. Place in a lightly greased bowl. Allow the dough to prove on the dough proving setting 1 for 40 minutes or until doubled in size.

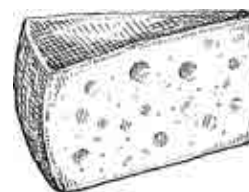
Preheat oven on Circo Therm® at 200°C.

Punch the dough down and knead lightly until elastic, roll into a sausage shape and cut into 16 even pieces. Use your hands to shape the dough pieces into 16 x 10cm round pizza bases then place onto 2 greased trays, allowing room for spreading.

Spread the bases evenly with the combined passata and spice. Top each with red onion, a prawn and pieces of cheese. Spray with oil and sprinkle with extra spice.

Bake for 15 minutes or until golden and the cheese has melted. Meanwhile, in a bowl combine the olive oil, herbs, olives, capers, vinegar, garlic and seasonings to make the Salsa Verde. Spoon a little salsa over each of the pizzettas and serve immediately.

Prosciutto **WRAPPED FIGS**



Oven setting: Circo Roasting

Makes: 6

Preparation time: 10 minutes

Cooking time: 12 minutes

Level of difficulty: Easy

Ingredients

6 fresh figs

6 tsps honey

2 tsps thyme leaves

90g goats cheese

6 slices of prosciutto

Freshly ground pepper, to taste

Method

Preheat oven on Circo Roasting to 180°C. Line the multipurpose pan with baking paper.

With a sharp knife, trim the stems of the figs and cut into quarters, but only bring the knife $\frac{3}{4}$ of the way down - do not cut through the base. Pull the quarters apart gently to make room for the filling.

Put a teaspoon of honey into the base of each fig, sprinkle each fig with thyme and place a piece of goat cheese into each fig and season with freshly ground black pepper.

Wrap a slice of prosciutto around each fig then place figs onto prepared tray. Cook for 10–12 minutes or until prosciutto is crispy. Serve immediately.

Note

Serve figs with a green leaf salad or as part of an antipasto platter.







Pumpkin DAMPER



Oven setting: Circo Therm®

Serves 10
 Preparation time: 20 minutes
 Cooking time: 45 minutes
 Level of difficulty: Easy

Ingredients

3 cups self raising flour
 2 tbsps Gewürzhaus Australian Bush Herbs
 1 cup Jarlsberg cheese, grated
 ½ cup pecans, chopped
 1 cup mashed pumpkin (see notes)
 1 egg, lightly beaten
 200ml buttermilk

TOPPING

2 tbsps pumpkin seeds
 2 tbsps sunflower seeds
 2 tbsps Gewürzhaus golden sesame seeds
 1 tsp Gewürzhaus Australian Bush Herbs
 1 tbsp olive oil

Method

Preheat oven on Circo Therm® to 180°C. Line the universal pan with baking paper. Sift the flour into a large bowl. Stir in the bush herbs, grated cheese and pecans.

Combine the pumpkin, egg and buttermilk and mix well. Add to the dry ingredients and mix until the dough just comes together.

Turn onto a lightly floured surface and knead lightly until smooth. Place onto lined tray and shape into a disc approx. 22cm in diameter.

Combine all the topping ingredients and sprinkle over the dough then score into 10 wedges. Bake for 40–45 minutes or until golden and cooked.

Note

You will need 300g–350g pumpkin for this recipe. This can be peeled, diced and cooked on Full Steam 100°C for 20 minutes or until cooked. Cool and mash.

Pumpkin SOUP

Oven setting: Circo Roasting

Serves: 6–8

Preparation time: 15 minutes

Cooking time: 40 minutes

Level of difficulty: Easy

Ingredients

2kg butternut pumpkin, peeled and cut into 2cm cubes

1 onion, roughly chopped

5 cloves garlic, roughly chopped

50ml olive oil

Salt and pepper

1 bunch basil

80ml olive oil, extra

500ml cream

500ml water



Method

Combine the pumpkin, onion, garlic and olive oil in a large bowl. Season with salt and pepper. Toss to combine.

Line the multipurpose pan with baking paper and arrange vegetables evenly. Put the pan onto shelf level 3. Select Circo Roasting and cook at 180°C for 30 minutes, turning vegetables after 15 minutes.

While the pumpkin is roasting remove the basil leaves from the stems. Discard the stems. Keep half of the leaves aside to be added to the soup later. Place the remaining leaves in the bowl of a food processor with the extra olive oil and process until smooth. Set aside.

Put the roast vegetables into a large saucepan. Add the cream and water to the saucepan and place on an induction or FlameSelect® gas cooktop. Set the level to 7 on induction or 8 on FlameSelect®. Bring to the boil. When the soup is boiling add the basil leaves, remove from the heat and using a hand-held blender, puree the soup until smooth. Season to taste and serve drizzled with basil oil.

Note

Pumpkin soup freezes well, make a double batch.





RICE PAPER ROLLS

with peanut dipping sauce

Oven setting: Circo Roasting

Makes: 12
 Preparation time: 30 minutes
 Cooking time: 25 minutes
 Level of difficulty: Easy

Ingredients

RICE PAPER ROLLS

1 chicken breast fillet
 2 tsps hoisin sauce
 1 tsp peanut oil
 30g dried vermicelli noodles
 6 lettuce leaves, oak or butter lettuce, halved
 1 small carrot, peeled and cut into thin matchsticks
 1 small Lebanese cucumber, seeds removed and cut into thin matchsticks
 ¼ small red capsicum, sliced into thin strips
 1 green shallot, sliced
 ½ cup bean sprouts
 24 mint leaves
 24 coriander leaves
 12 sheets rice paper

DIPPING SAUCE

2 tbsps crunchy peanut butter
 2 tbsps boiling water
 1 tbsp hoisin sauce
 2 tsps soy sauce
 3 tsps lime juice
 ½ tsp sambal oelek
 1 tsp brown sugar

Method

Preheat oven on Circo Roasting to 190°C (see note). Line the universal tray with baking paper and place a wire rack on top. Combine the hoisin and the peanut oil and brush over the chicken. Cook on shelf position 3 for 20–25 minutes or until chicken is cooked. Allow to cool completely before slicing thinly.

Place the noodles into a bowl and cover with boiling water and allow to stand for 2–3 minutes or until the noodles have softened. Drain.

Lay the halved lettuce leaves out on a clean work surface. Arrange the filling ingredients, including the sliced chicken and the noodles onto the lettuce leaves finishing with the mint and coriander on top.

Fill a wide, shallow dish with warm water. Dip a rice paper sheet into the water until softened. Remove and place onto a clean work surface. Place the filled lettuce leaf in the middle. Fold the bottom edge of the rice paper sheet over the filling, then fold in the sides and roll to enclose.

Repeat until you have made 12 rolls. To make the dipping sauce, combine the peanut butter and the boiling water and mix until smooth. Add the remaining ingredients and mix well.

Note

Alternatively, the chicken can be cooked on Full Steam with a Multi Point Meat Probe. Place the chicken breast fillet into the solid stainless steel steamer tray. Insert the Multi Point Meat Probe horizontally into the thickest part of the chicken breast. Place the chicken into the oven and set to Full Steam 100°C. Set the probe to 71°C and press start.







ROSEMARY AND *olive focaccia*

Oven Setting: **Dough Proving, Bread Baking and Vario Steam**

Serves: **6–8**

Preparation time: **30 minutes plus proving time**

Cooking time: **25 – 30 minutes**

Level of difficulty: **Medium**

Ingredients

BREAD

500g bread flour

7g sachet dried yeast

2 tsps salt

1 tsp sugar

2 tsps fresh rosemary, chopped

330ml warm water

1 tbsp olive oil

TOPPING

Olive oil

⅓ cup pitted olives

1 tbsp fresh rosemary leaves

Salt flakes

Method

Combine the flour, yeast, salt, sugar and chopped rosemary in a bowl. Add the warm water and olive oil and mix to form a soft dough. Knead the dough on a lightly floured surface until smooth and elastic.

Line the multipurpose pan with baking paper and drizzle with olive oil. Put the dough into the pan and place into the oven. Select dough prove level 1. Allow the dough to prove for 40–45 minutes or until doubled in size.

Using the palm of your hand, spread the dough into an oval shape approx. 1–1.5cm in thickness.

Using your fingers 'dimple' the dough, being careful not to push through to the base. Arrange the olives over the dough and sprinkle with rosemary leaves. Drizzle with olive oil and sprinkle with salt flakes. Place the dough back in the oven on shelf position 2 to prove for a further 30 minutes or until doubled in size.

Leaving the dough in the oven, change the oven function to Bread Baking 210°C with a high level of steam. Bake for 20–25 minutes or until golden and crusty.



Spicy SAUSAGE ROLLS

Oven setting: Circo Therm®

Makes: 12

Preparation time: 10 minutes

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

6 x spicy gourmet sausages

2 sheets puff pastry, cut in half

1 egg, lightly beaten (for brushing pastry)

Method

Preheat oven on Circo Therm® to 200°C.

Halve the pastry sheets.

Remove the skin from the sausages and place the sausage meat down the centre of each pastry sheet (you will need approx. 1½ sausages per sheet). Roll pastry to form a log. Cut each log into 3 sausage rolls.

Place on multipurpose pan with baking paper. Brush with egg wash. Bake for 20 minutes on shelf level 2.

Note

Choose any type of sausages that take your fancy.





STEAMED *Chinese dumplings*

Oven setting: **Full Steam**

Makes: **Approx. 40**

Preparation time: **20 minutes**

Cooking time: **12–15 minutes**

Level of difficulty: **Easy**

Ingredients

FILLING

- 450g lean chicken mince
- 230g can water chestnuts, drained and finely chopped
- 2 cloves garlic, crushed
- 1cm piece fresh ginger, peeled and grated
- 1 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- 1 tsp sesame oil
- 1 tbsp fresh coriander, chopped
- 2 spring onions, finely chopped
- 1 packet of wonton or gyoza wrappers (approx. 40)

TO SERVE

- Soy sauce
- Sweet chilli sauce

Method

Combine all of the filling ingredients in a bowl and mix to combine.

Line the large perforated stainless steel tray with baking paper. Preheat oven on Full Steam to 100°C.

Take 1 teaspoon of the chicken mixture and shape into a ball with wet hands. Place filling on a wrapper and wet wrapper edge with a little water. If using wonton wrappers, pinch the wrapper around the filling to make a purse shape. If using gyoza wrappers, fold the wrapper and pinch pleat the edge to seal. Place dumpling on the prepared tray. Repeat with remaining mixture.

Steam the dumplings for 12–15 minutes or until cooked through.

Serve with your choice of dipping sauce.

Note

Dumplings are a great addition to a soup. Make double the recipe and freeze uncooked dumplings for up to 4 weeks. Cook dumplings from frozen on Full Steam 100°C for 20 minutes.



Oven setting: **Full Steam**

Makes: **24 pieces**
 Preparation time: **20 minutes**
 Cooking time: **20 minutes**
 Level of difficulty: **Easy**

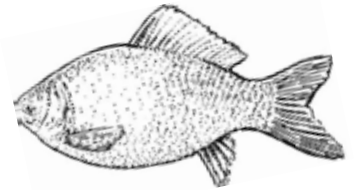
Ingredients

1 cup sushi rice
 1½ cups water
 2 tbsps sushi seasoning (vinegar, see notes)
 4 nori sheets

FILLING SUGGESTIONS

Canned tuna, drained and mixed
 with Japanese style mayonnaise
 Smoked salmon
 Carrot, cut into long matchsticks
 Cucumber, cut into long matchsticks
 Avocado slices
 Cooked shredded chicken mixed
 with Teriyaki sauce

SUSHI *rolls*



Method

Place the rice into a strainer and rinse well under cold running water. Drain the rice then transfer to the solid stainless steel tray and add the water. Place into the oven and select Full Steam 100°C and steam for 20 minutes.

Place the cooked rice into a glass bowl. Using a wooden spoon or a rice paddle, gradually stir in the sushi seasoning and mix well. Stir the rice regularly as it cools to break up any lumps and prevent the rice from becoming gluggy.

Place a nori sheet, shiny side down onto a bamboo sushi mat. Using wet hands spread with one quarter of the rice leaving a 3cm border along the edge furthest from you. Arrange the selected fillings along the centre of the rice. Holding the filling in place, roll the mat firmly over to enclose the rice and filling. Repeat with remaining nori, rice and filling. Using a sharp knife, slice each roll into six pieces.

Serve with soy sauce.

Note

To make your own sushi seasoning, combine the following ingredients.

2 tablespoons rice wine vinegar
 1 tablespoon caster sugar
 ½ teaspoon salt

Thai red curry SAUSAGE ROLLS

Oven Setting: Circo Therm®

Makes: 30

Preparation time: 30 minutes

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

500g pork mince
2 tbsps Gewürzhaus Red Curry Blend Spice
1 egg, lightly beaten
1 cup fresh breadcrumbs
¾ cup green shallots, chopped
1 clove garlic, chopped
1 tbsp ginger, finely chopped
1 small potato, peeled and grated,
approx. ½ cup
½ cup coriander, chopped
2 tbsps kecap manis
¼ cup canned water chestnuts, chopped
2½ sheets ready rolled puff pastry
1 egg - extra, lightly beaten
1 tbsp black sesame seeds
1 tbsp white sesame seeds
Mango chutney to serve

Method

Place the pork mince, red curry spice, egg, breadcrumbs, shallots, garlic, ginger, potato, coriander, kecap manis and chestnuts into a large bowl and mix well.

Preheat oven on Circo Therm® to 200°C and line two trays with baking paper. Please see the notes section if you have an oven with added steam functionality.

Halve 2 sheets of puff pastry. Lay one piece of pastry on a board and brush the long edges with the egg. Using one fifth of the mince mixture make a long sausage shape down the centre of the pastry.

Roll the pastry over to enclose the filling. With the seam side down, cut the roll into six even pieces and place onto the prepared trays allowing 2cm space between each sausage roll. Repeat to use all the pastry and filling.

Brush each sausage roll with egg and cut two small slits in the top of the pastry, then sprinkle with the sesame seeds.

Bake for 20–22 minutes or until cooked.

Serve with mango chutney.

Note

If using Vario Steam set to medium steam, cooking time will be approx. 20 minutes.



TOMATO BRUSCHETTA WITH CREAMY *garlic and herb cream cheese*

Oven setting: Grill

Serves: 4–6

Preparation time: 15 minutes

Cooking time: 5 minutes

Level of difficulty: Easy

Ingredients

GARLIC AND HERB CREAM CHEESE

100g Neufchatel cheese (cream cheese)

2 tbsps olive oil

1 clove garlic, peeled and crushed

1 tbsp parsley, chopped

1 tbsp chives, chopped

1 tbsp basil, chopped

1 lemon, zested

Salt

Black pepper

TOMATO MIXTURE

4 ripe large tomatoes, diced

1 clove garlic, finely chopped

½ cup fresh basil leaves, finely sliced

2 tbsps olive oil

Salt

Black pepper

OTHER

8 thick slices of bread, day old is best

Balsamic glaze, to drizzle

Extra olive oil, to drizzle

Method

Combine the Neufchatel cheese, oil, garlic, herbs, zest, salt and pepper in the bowl of a food processor and process until smooth. Refrigerate until required.

Mix the tomato, garlic, basil and oil in a medium bowl. Season to taste with salt and pepper. Let it stand at room temperature while preparing the toast.

Preheat oven on full surface grill to 275°C. Arrange the bread on a wire rack placed over an enamel tray. Insert tray in the oven on shelf level 4. Toast the bread on both sides until golden brown, about 5 minutes.

Spread each piece of bread with the garlic and herb cream cheese. Top generously with the prepared tomato mixture. Place bruschetta on serving plates or a platter and garnish with balsamic glaze and extra olive oil.

Note

Make extra creamy garlic and herb cream cheese and serve with baked potatoes.





Tomato bruschetta is even better when served with a homemade 'Boursin'. Boursin is a creamy garlic and herb cream cheese that goes well with ripe, juicy tomatoes.

Oven setting: Circo Therm®

Makes: 12

Preparation time: 20 minutes

Cooking time: 25–30 minutes

Level of difficulty: Easy

Ingredients

PASTRY

3 cups plain flour

1 tsp salt

125g butter

1 cup water

FILLING

1 medium potato, approx. 200g

1 small carrot, peeled

1 small swede, peeled

1 small onion, chopped

125g extra tasty cheese, cut into 8mm cubes

1 tbsp mild English mustard

½ cup continental parsley, chopped

1 tsp salt

Black pepper, ground

1 egg, lightly beaten

Tomato relish to serve

Vegetable PASTIES



Method

TO MAKE THE PASTRY

Sift the flour into a bowl and add the salt. Place the butter and water in a large saucepan over a medium heat, induction level 6. Bring to the boil then add to the flour and mix quickly to form a soft dough. Knead on a lightly floured surface then cover and allow the dough to rest while you make the filling.

TO MAKE THE FILLING

Dice the potato, carrot and swede into 8mm pieces. Place into a bowl and combine with the onion, cheese, mustard, parsley and salt. Season well with pepper and mix well to combine.

Preheat oven on Circo Therm® to 200°C. Line two trays with baking paper.

Divide pastry into 12 even pieces and roll each piece into a 15cm disc. Firmly pack the filling along the centre of each round, leaving approx. 1cm at each end. Brush the edges of the pastry all the way around with the egg. Carefully draw up the pastry edges to meet at the top, then pinch the pastry together to seal. Place the pasties onto the prepared trays, brush with remaining egg then cut a few vents in each pastie to allow steam to escape.

Bake on shelf positions 1 and 3 for 25–30 minutes or until golden and cooked. Serve with tomato relish.





A top-down view of a rustic dining table with a wooden surface. On the left, a pizza with melted cheese, red sauce, and a basil leaf sits on a parchment-lined tray. To its right is a small white bowl of dipping sauce with a spoon. Further right is a glass of beer. In the center-right, a wire basket is filled with golden-brown french fries. At the bottom, a white plate is set with a fork and a knife, resting on a plaid napkin. The word "Mains" is written in a white, italicized serif font across the middle of the image, underlined.

Mains

Asian chicken MEATBALL SOUP

Oven setting: **Full Steam**

Serves: **4**

Preparation time: **10 minutes**

Cooking time: **20 minutes**

Level of difficulty: **Easy**

Ingredients

125g rice vermicelli noodles
 1 medium carrot, finely julienned
 250g snow peas, trimmed and cut diagonally into 3 pieces
 400g chicken mince
 1 tsp grated fresh ginger
 1 tbsp sweet chilli sauce
 1 tbsp fresh coriander, chopped
 1 tbsp cornflour
 6 cups chicken stock
 1 tsp ground white pepper
 4cm stem lemongrass, white part only, finely chopped
 1 tsp soy sauce
 2 tsps sesame oil
 Salt, to taste
 2 spring onions, finely sliced diagonally

Method

Place noodles in the small solid stainless steel tray with two cups of water. Place carrot and snow peas in the small perforated stainless steel tray. Put both the noodles and vegetables into a cold Full Steam oven, select Full Steam 100°C and cook for 2 minutes. Remove noodles and leave to soak in water for 5 minutes, then drain. Remove vegetables and set aside.

Combine chicken mince, ginger, chilli sauce, coriander and cornflour and mix well. Roll teaspoons of the mixture into balls. Place meatballs on the large perforated stainless steel tray lined with baking paper. In a 4 litre capacity stainless steel bowl or tray, put the chicken stock, white pepper and lemon grass. Place both the meat balls and stock mixture in a Full Steam oven, select Full Steam 100°C and cook for 10 minutes. Add the meatballs, vegetables, noodles, soy sauce and sesame oil to the stock mixture. Season the soup with salt if desired. Cook soup on Full Steam 100°C for a further 2 minutes.

Ladle the soup into individual serving bowls and garnish with spring onions.

Note

Soup can be made ahead of time and reheated on Full Steam. A single serving in a covered ceramic soup bowl will take 10 minutes at 100°C.





BACON, SPINACH *and cheese quiche*

Oven setting: Circo Therm® Intensive

Serves: 6

Preparation time: 1 hour

Cooking time: 45 minutes

Level of difficulty: Medium

Ingredients

PASTRY

1½ cups plain flour

125g butter

1 egg, lightly beaten

FILLING

1 tbsp olive oil

1 onion, chopped

200g short bacon rashers, chopped

100g baby spinach

Freshly ground black pepper

4 eggs, lightly beaten

300ml pouring cream

1 cup tasty cheese, grated

Method

Place the flour and butter for the pastry into a medium size bowl. Rub the butter into the flour until the mixture resembles breadcrumbs. Add the egg and mix to form a dough. Wrap the pastry in plastic wrap and allow to rest while you prepare the filling.

Heat a frying pan over a high heat, induction level 8. Add the oil to the pan then add onion and bacon and cook, stirring constantly for 4–5 minutes or until the onion is tender and the bacon is golden brown. Reduce the heat to medium, induction level 5 and add the spinach. Continue cooking, stirring constantly until the spinach is wilted and the moisture is evaporated. Season well with pepper and allow to cool completely.

Place the pastry between 2 sheets of baking paper and roll out to a circle approx. 2–3mm in thickness. Place the pastry into a 22cm x 4.5cm deep quiche pan and refrigerate until ready to use.

Preheat the oven on Circo Therm® Intensive to 190°C and place the wire rack on shelf level 1. Combine the eggs and the cream and mix well.

Pierce the base of the pastry case with a fork. Spoon the cooled bacon mixture over the base of the pastry. Sprinkle with the grated cheese and carefully pour the egg mixture over the cheese.

Bake for 15 minutes then reduce the temperature to 160°C for 30 minutes or until quiche is set and pastry is golden.

Baked teriyaki

SALMON FILLETS

Oven setting: Circo Therm®

Serves: 4
 Preparation time: 30 minutes
 Cooking time: 30 minutes
 Level of difficulty: Easy

Ingredients

VEGETABLES

1 sweet potato
 1 red onion
 2 large baking potatoes
 1 head broccoli
 ½ head cauliflower
 2 medium zucchini
 1 red capsicum
 1 tbsp crushed garlic
 1 tbsp crushed ginger
 4 tsps soy sauce

SALMON

3 tsps soy sauce
 3 tsps mirin
 2 tsps brown sugar
 2 tsps sesame oil
 1 clove garlic
 1cm fresh ginger, skin removed
 4 Atlantic salmon fillets, skin on
 1 spring onion, finely sliced for garnish

Method

Preheat oven on Circo Therm® to 200°C.

Peel the potatoes and onion then dice into 2cm squares, cut the broccoli and cauliflower into small florets, cut each zucchini into 2cm rounds then take the seeds out of the capsicum and cut into 2cm pieces.

Place everything into a large mixing bowl with the garlic, ginger and soy sauce and mix everything together.

Line a multipurpose pan or baking tray with baking paper, place vegetables on tray and place into the oven on shelf level 3. Bake for 30 minutes.

While the vegetables are cooking, place soy sauce, mirin, brown sugar and sesame oil into a saucepan. Using a fine grater or microplane grate garlic and ginger into the saucepan. Place saucepan over medium heat and cook sauce for 5–10 minutes to reduce slightly. Allow to cool.

Line the multipurpose pan or a baking tray with baking paper.

Brush salmon fillets with teriyaki sauce. Place salmon on tray. Add salmon to oven when there is 10 minutes remaining on the vegetables. Cook salmon for 6–10 minutes depending on desired degree of doneness and thickness of the fillet. Brush with teriyaki sauce once during cooking time. Any remaining sauce will need to be reheated to serve with cooked fish to ensure food safety.

Remove vegetables and salmon from oven and serve.

Note

If Vario Steam is available, when cooking the salmon select a medium level of steam.

*A teriyaki sauce is a great seasoning and dressing for Atlantic salmon.
This dish is easy to prepare and looks spectacular on the plate.*



Oven settings: Circo Roasting and Vario Steam

Serves: 4–6

Preparation time: 15 minutes

Cooking time: 45 minutes

Level of difficulty: Easy

Ingredients

TOMATO SAUCE

2 tbsps olive oil

1 onion, finely diced

4 cloves garlic, crushed

2 x 400g cans crushed tomatoes

1 tbsp sugar

1 tbsp balsamic vinegar

½ a bunch of basil, stalks removed, finely chopped

30g butter

Salt and black pepper

MEATBALLS

500g beef mince

4 cloves garlic, crushed

1 brown onion, finely chopped

½ a bunch of basil, stalks removed, finely chopped

1 birdseye chilli, finely chopped

2 tsps ground cumin

50g grated mozzarella cheese

50g arrowroot or cornflour

1 egg

Salt and black pepper

FOR PASTA

500g linguini

BASIL AND MOZZARELLA *meatballs with tomato sauce*

Method

Heat a large saucepan on induction level 8 or medium to high on a gas cooktop. Add the oil, onion and garlic and cook until the onion is translucent. Add the tomatoes, sugar and balsamic vinegar, bring to the boil and then reduce to level 5 or a medium heat and simmer for 30 minutes or until sauce thickens. Then add the basil, butter, salt and pepper to taste.

While the sauce is simmering place the mince in a medium bowl, add the remaining ingredients, salt and pepper to taste. Use your hands to combine the ingredients well. Preheat oven on Circo Roasting to 200°C with a high level of steam. Roll the mince mixture into balls about 5cm round and place on the multipurpose pan lined with a sheet of baking paper. Cook meatballs for 15–20 minutes or until golden. When the meatballs are cooked add to the tomato sauce.

To cook the pasta, use the boost setting on induction or a high heat on gas to bring a large saucepan of water to the boil. Once the water has boiled, select induction level 9 or a high heat on gas, add the pasta and cook for the time recommended on the packet. Once the pasta is cooked, drain and stir through the meatballs and tomato sauce.



These classic Italian meatballs with basil and mozzarella are big on flavour, and easy to cook with Circo Roasting and Vario Steam.



BEEF AND *mushroom pie*

Appliances used: Circo Therm® oven setting,
Induction or Gas cooktop

Serves: 6–8
Preparation time: 1 hour
Cooking time: 45 minutes
Level of difficulty: Medium

Ingredients

2 tsps salt
1 tsp bicarb of soda
1kg diced beef
2 tbsps oil
4 cloves garlic, crushed
500g mushrooms, cut into quarters
2 tsps smoked paprika
1 x 20cm sprig of rosemary, picked and chopped
1 tbsp Dijon mustard
1 tsp cracked black pepper
1 star anise
1L beef stock (reduced salt if possible)
2 tbsps water
3 tbsps cornflour or tapioca starch
1 sheet puff pastry
1 egg, beaten

Method

Sprinkle the salt and bicarb of soda over the meat and massage until it is all coated. In a large cast iron pot add the oil and place on induction level 8 or FlameSelect® gas cooktop, level 9. When you start to see a little smoke coming off the pot add the beef and fry until browned, then add the garlic, mushrooms, paprika, rosemary, mustard, cracked black pepper, star anise and beef stock.

Bring to the boil and then turn down to a simmer until the liquid has reduced by half. Remove the star anise. Mix the water and cornflour together then add to the pot while stirring. Once the liquid has thickened let it cool to a room temperature then place the sauce into a 20–25cm oven-proof dish. Place the puff pastry over the top and push down the edges on the sides. Brush with the beaten egg and set the oven to Circo Therm® at 200°C and bake for 25–30 minutes or until golden brown.

Beef and mushroom POT PIES

Oven setting: Circo Therm®

Makes: 6

Preparation time: 30 minutes

Cooking time: 45 minutes

Level of difficulty: Easy

Ingredients

2 tbsps oil

750g rump steak, cut into thin strips

2 onions, finely chopped

250g Swiss brown mushrooms, sliced

3 cloves garlic, crushed

2 tsps thyme leaves, chopped

1 cup beer

1 cup sour cream

¼ cup tomato paste

1½ tsps smoked paprika

2 tsps cornflour, blended with a little water

1 tsp brown sugar

Salt and pepper, freshly ground, to taste

250g (4–5) baby chat potatoes, very finely sliced

1½ cups smoked cheddar cheese, grated

Thyme sprigs, extra

Olive oil spray

Method

Preheat oven on Circo Therm® to 190°C.

Heat half the oil in a non-stick frypan on induction fry sensor function, level 5. Quickly cook the beef in batches for 2 minutes each side or until browned. Transfer the meat to a plate.

Heat the remaining oil in the same pan and sauté the onion, mushrooms, garlic and thyme on induction setting 5 for 4–5 minutes or until the onion softens. Add the beer, sour cream, tomato paste and paprika, increase the setting to 8 and bring to the boil whilst stirring. Return the beef to the pan with the cornflour, stir well then cover and simmer for 6–8 minutes, stirring occasionally. Add the sugar and season to taste.

Spoon the beef mixture evenly into 6 x 1 cup mini casserole dishes or ramekins.

Top each of the pies with a fine layer of sliced potato and half the smoked cheese then repeat, finishing each pie with sprigs of thyme. Spray with oil and bake for 20–25 minutes until golden and bubbling and the potatoes are tender. Serve immediately.





BEEF *Stroganoff*



Appliance used: Induction cooktop

Serves: 4
 Preparation time: 10 minutes
 Cooking time: 10 minutes
 Level of difficulty: Easy

Ingredients

2 tbsps olive oil
 ⅓ cup sliced shallots
 2 cloves garlic, finely chopped
 300g mushrooms, sliced
 500g scotch fillet steak, thinly sliced
 4 tbsp red wine (or beef stock)
 ½ cup sour cream
 4 tbsps fresh parsley, chopped
 Salt and pepper, to taste

Method

Preheat a non-stick pan on induction level 8. Add half the oil then fry the shallots and garlic until lightly golden. Add the mushrooms to the pan and continue to cook until the mushrooms are soft and tender. Remove and keep warm.

Add the remaining oil to the pan then add the steak and stir fry for 2 to 3 minutes until brown and just cooked, remove from pan. Deglaze the pan with the red wine then stir in the sour cream, parsley, mushroom mixture and meat. Season with salt and pepper.

Serve with creamy mashed potatoes.







*A traditional Beef Wellington is the centerpiece of a dinner table.
The fillet of beef is cooked to perfection in its golden pastry with
the use of a NEFF Multi Point Meat Probe.*

BEEF *Wellington*

Oven setting: **Circo Therm®**

Serves: **2–4**

Preparation time: **1 hour**

Cooking time: **30–45 minutes**

Level of difficulty: **Hard**

Ingredients

CREPES

65g plain flour

½ tsp salt

125ml milk

1 egg

Olive oil spray

MUSHROOM DUXELLE

250g button mushrooms, cleaned and trimmed

1–2 cloves garlic, crushed

1 tbsp thyme leaves

50g butter

Salt and pepper, to taste

WELLINGTON

30 x 30cm sheet puff pastry

600g trimmed fillet of beef (Chateaubriand)

1 egg, beaten

Salt and pepper, to taste

Method

Sieve the plain flour and salt into a medium sized bowl, make a well and add ⅔ of the milk in the centre. With a whisk start mixing in the centre and slowly incorporate more flour as you work your way out to the edges, when it becomes a paste add the egg and continue whisking. Once incorporated add the rest of your milk. If there are lumps, strain through a sieve. Set the batter aside.

Place the mushrooms, garlic and thyme into the bowl of a food processor and chop until very small.

Heat a frypan on induction level 8 or medium to high with gas. Add the butter and once melted add the mushroom mixture. While cooking, moisture will be released from the mushrooms, continue to cook until all moisture has evaporated, then season with salt and pepper to taste and set aside to cool.

Season the fillet of beef with salt and pepper. Heat a large frypan on induction level 9 or high on gas. When there is a little smoke coming off the pan add the meat and cook beef until it is a dark golden brown colour on all sides, then remove and set aside.

Heat a frypan on induction level 7 or medium high on gas and spray with a little oil spray. Stir the crepe mix and using a small ladle, pour into the middle of the pan. Tilt the pan down at the front and then rotate in a clockwise direction to try and get the pan evenly covered with crepe batter. Repeat the process until all the crepe mixture is used.

Place the puff pastry on a flat board, place 1 crepe in the middle of the puff pastry, pressing half the duxelle on top and then place the meat on top of the duxelle. Top the meat with the remaining duxelle and then drape another crepe on top. Lift the sides of the bottom crepe and tuck the top one so it is between the meat and duxelle and the puff pastry.

Wrap the Beef Wellington with pastry, folding sides of the pastry underneath. Place on the multipurpose pan lined with baking paper. Brush pastry with beaten egg to glaze.

Preheat oven on Circo Therm® to 170°C with PowerBoost. Insert Multi Point Meat Probe into the centre of the beef. Place beef in the oven on shelf level 3 and connect meat probe to oven. Select the Multi Point Meat Probe temperature to 55–60°C for medium.

Note

If not cooking with the Multi Point Meat Probe cook the beef for 30 minutes for medium done, or longer depending on the desired degree of doneness.



Brined pork LOIN ROAST



Brining a pork loin adds flavour and makes the meat juicier.

Oven setting: Circo Therm®, Vario Steam and Circo Roasting

Serves: 8–12

Preparation time: 20 minutes

Brining time: 24–48 hours

Cooking time: 1 hour 30 minutes

Level of difficulty: Medium

Ingredients

750ml boiling water

4 tbsps salt

6 tbsps honey

¼ bunch thyme

4 cloves garlic, smashed

750ml ice water

2kg pork loin roast, boneless

1 tbsp olive oil

3 tsps salt

IN ADDITION

Kitchen string

Method

In a large sealable container, add the boiling water, salt, honey, thyme and garlic. Stir until the salt and honey are dissolved. Add the ice water and stir until the ice melts. Remove the string if the pork loin roast is tied. Then remove the skin and set aside. Add the pork, laying it flat in the brine and ensure the brine covers the meat. Soak the pork for 24–36 hours in the refrigerator. The longer you soak the pork the stronger the flavours will be.

Preheat oven on Circo Therm® to 160°C with a high level of steam. Place the pork on a wire rack with the multipurpose pan underneath lined with baking paper. Pat dry and rub with the olive oil and salt. Roll the pork and tie with string at 5cm intervals. Place on shelf level 2 and cook for 1 hour.

After 30 minutes place the crackling on a separate baking tray on shelf level 3 and liberally coat with additional salt and olive oil. If Vario Steam is not available add water to the multipurpose pan while cooking.

After the hour of cooking turn oven function to Circo Roasting 180°C with no added steam and cook for a further 20 minutes. Allow pork to rest at least 15 minutes before carving.

Note

Be adventurous and add other flavouring ingredients to the brine. Try different herbs and spices, maple syrup, orange juice or wine.



BUTTER *chicken*

Oven setting: Circo Roasting
 Serves: 4
 Preparation time: 30 minutes plus marinating time
 Cooking time: 45 minutes
 Level of difficulty: Easy

Ingredients

750g chicken thigh fillets
 2 tbsps natural yoghurt
 1 tbsp lemon juice
 2 tsps garam masala
 1 tsp chilli powder
 ½ tsp salt
 1 tbsp brown sugar

SAUCE

90g butter
 1 onion, finely chopped
 1 tbsp ginger, finely chopped
 2 cloves garlic, crushed
 1 long red chilli, seeds removed and finely chopped
 3 tsps ground coriander
 3 tsps ground cumin
 ½ tsp ground cardomon
 ¼ tsp ground nutmeg
 ½ tsp fenugreek seeds
 2 cinnamon sticks
 400ml tomato passata
 2 tbsps tomato paste
 ⅓ cup natural yoghurt
 1 tbsp brown sugar
 200ml pouring cream

Method

Cut each chicken fillet into 3 even size pieces then score the chicken with a sharp knife. Combine yoghurt, lemon juice, garam masala, chilli powder, salt and brown sugar in a large bowl and mix well. Add the chicken and mix well to coat. Cover and refrigerate for 2–3 hours or overnight if possible.

Preheat oven on Circo Roasting to 200°C. Line the universal pan with baking paper and place a wire rack on top. Place the chicken onto the rack and cook on shelf position 4 for 12–14 minutes.

While the chicken is cooking, prepare the sauce. Heat a large pan over a medium to high heat, induction level 7. Add the butter, onion, ginger, garlic and chilli and fry for 3–4 minutes. Add the spices and cinnamon sticks and continue cooking for a further minute. Add the remaining ingredients and mix well. Add the cooked chicken and stir well to coat with the sauce. Cover with a lid, reduce the temperature to induction level 4 and simmer gently for 25–30 minutes.

BUTTERFLIED CHICKEN WITH *preserved lemon, garlic and thyme*

Oven setting: Circo Roasting and Vario Steam

Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Level of difficulty: Easy

Ingredients

1.5kg whole free-range chicken, butterflied

70g butter, softened

Olive oil

4 cloves garlic, chopped

4 pieces preserved lemon, pith removed

Small bunch thyme

Method

Line the multipurpose pan with baking paper.

Gently massage butter into chicken, under and over the skin. Massage olive oil over the outside of the chicken and season with salt and pepper.

Place whole garlic cloves, preserved lemon and thyme under the skin of the breast and drumsticks.

Place chicken onto prepared multipurpose pan in oven on shelf level 3. Insert the Multi Point Meat Probe into the chicken breast.

Set oven to Circo Roasting 200°C, core temperature 76°C, low steam. The oven will turn off when the core temperature has been reached.

The result is a beautifully cooked, moist and golden chicken.

Approximate cooking time is 40 minutes.









CHEESE AND HERB CRUSTED FISH *with pear and spinach salad*

Oven setting: Circo Therm®

Serves: 4

Preparation time: 20 minutes

Cooking time: 15 minutes

Level of difficulty: Easy

Ingredients

1½ cups coarse sourdough breadcrumbs

2 tbsps flat leaf parsley, roughly chopped

1 tbsp oregano, chopped

½ lemon, zested

¼ cup tasty cheese, grated

¼ cup parmesan cheese, shredded

30g butter, melted

Salt and black pepper, freshly ground

4 x 150g–180g thick ling fillets,
or other thick white fish portions

100g baby spinach leaves

1 large William pear, core removed, sliced

½ cup toasted walnuts

¼ cup parmesan cheese, shaved

Balsamic Glaze, for drizzling

Method

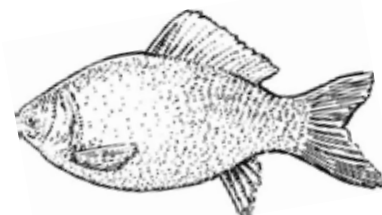
Preheat oven on Circo Therm® to 180°C.

In a bowl combine the sourdough, herbs, lemon, cheese, butter and salt and pepper.

Pat the fish dry with paper towel and place onto a paper lined universal tray, then spoon the crumb mixture evenly over each piece of fish. Bake for 15 minutes or until fish is cooked though and crumbs are golden.

Meanwhile arrange the spinach leaves, pear, walnuts and parmesan on a serving platter then drizzle with the balsamic glaze.

Place the fish onto serving plates and serve with the salad.



CHICKEN AND MUSHROOM PIES

with golden sour cream pastry

Oven setting: Circo Therm® Intensive

Serves: 6

Preparation time: 40 minutes

Cooking time: 20 minutes

Chilling time: 30 minutes

Level of difficulty: Medium

Ingredients

PASTRY

1⅔ cup plain flour

½ tsp salt

200g unsalted butter, cubed

½ cup sour cream

FILLING

50g unsalted butter

1 leek, white part only, quartered and finely sliced

150g trimmed button mushrooms, sliced

150g trimmed Swiss brown mushrooms, sliced

2 tsps thyme leaves, chopped

500g skinless chicken thigh fillets,
cut into 1cm cubes

¼ cup plain flour

100ml white wine

100ml chicken stock

2 tbsps cream

Salt and pepper, to taste

1 egg yolk, lightly beaten

Method

To make the pastry, place flour in the bowl of a food processor, add salt and butter and pulse the food processor until mixture resembles breadcrumbs.

Add the sour cream and pulse until the pastry forms a ball. Remove the pastry from the food processor, wrap in plastic wrap and refrigerate for 30 minutes.

To make the filling, place butter in a large saucepan on induction level 7. Add leek and cook for 3 minutes or until soft. Add mushrooms and cook for a further 3 minutes, then add thyme and chicken and stir well to combine and cook for a further 5 minutes. Add flour and cook for 2 minutes, ensuring flour doesn't stick to the base of the saucepan. Reduce induction level to 5, add wine and chicken stock and cook for 10 minutes. Finally, add cream and season with salt and pepper. Cook for a further 5 minutes or until thickened. Allow filling to cool completely.

Grease 6 individual pie tins (9cm diameter and 3cm deep). Place the wire rack on the lowest shelf level and preheat oven on Circo Therm® Intensive to 180°C.

Take ⅔ of the pastry and roll out to 3mm thickness and line pie tins. Fill the pies with filling and brush edges with egg yolk. Roll out the remaining pastry, cut tops for the pies and place on top of filling. Gently press pie edges with a fork. Brush pies with remaining egg yolk.

Bake the pies for 15–20 minutes or until golden. Allow to cool for 5 minutes before serving.

Note

The use of unsalted butter and the sour cream ensure a light golden pastry. Resting the pastry in the refrigerator makes it easier to handle.



These traditional chicken and mushroom pies are cooked using Circo Therm® Intensive to achieve perfectly golden pastry bases.

Appliance used: Induction cooktop

Serves: 4–6
 Preparation time: 20 minutes
 Cooking time: 1 hour
 Level of difficulty: Medium

Ingredients

CHICKEN CACCIATORE

8 chicken lovely legs
 Salt and pepper
 2 tbsps olive oil
 120g pancetta, chopped
 1 onion, chopped
 2 cloves garlic, chopped
 2 carrots, diced
 $\frac{3}{4}$ cup celery, chopped
 2 x 400g cans chopped tomatoes
 2 tsps brown sugar
 1 tbsp dried oregano
 $\frac{1}{2}$ cup pitted black olives
 $\frac{1}{2}$ cup continental parsley, chopped

SOFT POLENTA

2 cups milk
 2 cups water
 1 tsp salt
 1 cup polenta
 60g butter, chopped
 $\frac{1}{2}$ cup parmesan cheese, grated

Method

Season the chicken with salt and pepper. Heat a large pan over a medium to high heat, induction level 7. Add the oil then the chicken and cook until golden brown on all sides. Remove from the pan and set aside.

Add the pancetta, onion and garlic to the pan and fry for 3–4 minutes until lightly golden. Add the carrots and celery and mix well. Stir in the canned tomatoes, sugar and oregano then return the chicken to the pan. Mix to coat the chicken with the sauce. Place the lid on the pan then reduce heat to a steady simmer and cook for 45–50 minutes or until chicken is tender. While the chicken is cooking prepare the polenta.

Place the milk, water and salt in a large saucepan and bring to the boil over a medium to high heat, induction level 7. Pour the polenta into the saucepan in a steady stream, whisking constantly. Reduce the heat to low and continue cooking, whisking constantly until the polenta comes to a gentle boil and has thickened. Stir in the butter and cheese.

Once the chicken has finished cooking, stir through the olives and parsley. Serve with the soft polenta.





CHICKEN CACCIATORE
with soft polenta

Oven setting: Circo Roasting, Full Steam,
Top/Bottom heat

Serves: 8
Preparation time: 1 hour
Cooking time: 15 minutes
Level of difficulty: Medium

Ingredients

CHICKEN AND TOMATO MIXTURE

8 tomatoes
½ onion, diced
50ml light olive oil or canola oil
1 chilli chopped, optional
4 cloves garlic, crushed
2 tsps smoked paprika
½ tsp cinnamon
1 tsp salt
¼ tsp allspice
4 chicken breasts
2 tbsps cumin

RICE

100g basmati rice
200ml water
1 x 400g can kidney beans, rinsed

OTHER

½ bunch fresh coriander, roughly chopped
250g tasty cheese, grated
250g mozzarella cheese, grated
8 large tortillas
100g sour cream

Method

Roughly dice the tomato and place on a universal tray lined with baking paper. Add the diced onion, olive oil and chilli. Add half of the garlic, smoked paprika, cinnamon, salt and allspice. Place on level 3 of the oven.

Use the remaining spices to coat the chicken then place on a wire rack on level 4 of the oven.

Using the Multi Point Meat Probe insert it into the largest chicken and set the core temperature to 70°C on Circo Roasting and add a high level of added steam. Start from a cold oven.

Once cooked remove and cool the chicken, then shred or roughly chop.

Place the rice into a steamer tray with the water, washed kidney beans and a teaspoon of salt. Steam on Full Steam for 20 minutes then cool and add to the chicken.

Place the tomatoes into a medium mixing bowl and using the back of a spoon mash the tomatoes until they become a saucy consistency. Roughly chop half the coriander and mix into the sauce, then divide into thirds.

Place the first third onto the bottom of a baking tray, mix the second third into the chicken and rice, use the last third to dip the tortillas into before adding the chicken mix and rolling up.

Once you have prepared the tortillas lay all the enchiladas seam side down into the baking pan and pour any remaining tomato sauce over the top, then add the tasty cheese and mozzarella. Place back into the oven on top and bottom heat and bake on 200°C for 15 minutes or until the cheese has browned.

Remove from the oven. Serve with dollops of sour cream and remaining coriander over the top.





CHICKEN *enchiladas*



CHICKEN *korma* curry

Appliance used: Induction cooktop

Serves: 4–6
 Preparation time: 20 minutes
 Cooking time: 30 minutes
 Level of difficulty: Easy

Ingredients

CURRY PASTE

¾ cup ground cashews
 2cm piece fresh ginger, peeled
 4 cloves garlic, peeled
 1 tbsp ground cumin
 1 tbsp ground coriander
 1 tbsp garam masala
 1 tsp turmeric
 1 tsp paprika
 ⅓ cup tomato puree
 1–2 birdseye chilli
 ⅓ cup canola oil

CURRY SAUCE

270ml coconut milk
 300ml thickened cream
 800g chicken thigh fillet
 Salt, to taste
 1 bunch coriander, leaves removed
 and roughly chopped

Method

Place all the curry paste ingredients into a blender. Process until it becomes a fine paste.

Place the curry paste in a medium sized saucepan and cook on induction level 6, stirring continuously until it becomes aromatic. Then add the coconut milk and cream and stir well to ensure the curry paste is not sticking to the base of the saucepan. Increase the induction level to 7.5 and bring to the boil.

Meanwhile cut each chicken thigh into 6–8 pieces. Add the chicken to the saucepan and season with salt to taste. Reduce induction level to 5 and simmer for 20–30 minutes, uncovered or until chicken is tender. Garnish with coriander and serve with steamed basmati rice and warm naan.

Note

Add chilli to taste. The paste can be made ahead and kept in the refrigerator for one week or frozen for one month.



CHICKEN *parmigiana* bake

Oven setting: Circo Therm®

Serves: 4

Preparation time: 30 minutes

Cooking time: 50 minutes

Level of difficulty: Easy

Ingredients

4 medium chicken fillets
 ¼ cup light olive oil
 2 onions, finely chopped
 4 cloves garlic, crushed
 ½ red capsicum, finely chopped
 1½ cups passata
 ½ cup chicken stock
 ¼ cup tomato paste
 2 tbsps basil, chopped
 2 tbsps oregano, chopped
 1 tsp brown sugar
 Salt and black pepper, freshly ground, to taste
 4 slices prosciutto
 1 cup mozzarella cheese, grated
 ½ cup parmesan cheese, shredded
 4 basil leaves, extra

Method

Preheat oven on Circo Therm® to 160°C.

Use a sharp knife to butterfly each chicken fillet to an even thickness. Heat half the oil in a non-stick frypan on induction setting 8, add the chicken to the hot pan and cook 2–3 minutes on each side until lightly browned. Remove from the pan, keep warm.

Heat the remaining oil in the pan on setting 6 and sauté the onion for 3–4 minutes, add the garlic and capsicum and cook a further 2 minutes. Add the passata, stock, tomato paste and herbs to the pan, reduce to setting 3 or 4 and simmer gently, covered for another 8–10 minutes. Season with salt, pepper and sugar.

Pour the sauce into a 37 x 32cm rectangular baking dish. Place the chicken into the sauce and top each with 2 slices of prosciutto. Combine the cheeses and sprinkle over the chicken, then place a basil leaf on each.

Bake for 25–30 minutes until chicken is cooked and golden, serve.

Chicken **TAGINE**

Oven setting: **Top/Bottom heat**

Serves: **6**
 Preparation time: **30 minutes**
 Cooking time: **1 hour**
 Level of difficulty: **Easy**

Ingredients

1kg chicken thigh fillets, halved
 Salt and pepper
 2 tbsps olive oil
 1 onion, sliced
 4 cloves garlic, chopped
 1 tbsp chopped ginger
 2 tsps ground cumin
 2 tsps ground coriander
 2 tsps turmeric
 1½ cups chicken stock
 1 tbsp harissa paste
 ½ cup halved dried apricots
 ½ cup halved prunes
 ¼ cup coriander, chopped
 ¼ cup pine nuts, toasted
 Lemon zest



Method

Trim any excess fat from the chicken and season with salt and pepper.

Preheat oven on top/bottom heat to 170°C and place the wire rack on shelf position 2.

Heat a large frying pan over a medium high gas flame or induction level 7. Add the oil to the pan then cook the chicken on one side for 3–4 minutes or until golden. Turn and continue to cook for a further 3–4 minutes on the other side.

Remove and place into an ovenproof casserole dish. Depending on the size of the pan this may need to be cooked in two batches. Drain any excess oil from the pan then add the onion, garlic and ginger and saute until lightly golden. Add the spices and cook until fragrant. Add the stock, harissa paste, apricots and prunes to the pan and mix well.

Pour over the chicken and cover the dish with a lid. Cook in the oven for 45 minutes. Sprinkle with coriander, pine nuts and lemon zest. Serve with couscous and steamed greens.





Oven setting: Full Steam

Serves: 4–6

Preparation time: 20 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

CURRY

2 x 400g cans chickpeas
 1 x 400g can crushed tomato
 1 x 400ml can coconut milk
 400ml water
 200g red split lentils
 2 cloves garlic, crushed
 2 tsps ginger, crushed
 1–2 chilli, chopped
 1 tbsp cumin
 2 tsps coriander
 1 tsp garam masala
 1 tsp turmeric
 ½ bunch curry leaves
 2 tsp salt
 1 tsp cracked black pepper
 1 lime, juiced

RICE

200g Basmati rice
 400ml water
 1 clove garlic, crushed
 1 tsp turmeric
 1 tsp cumin
 ½ tsp garam masala
 1 tsp salt

Chickpea and LENTIL CURRY

Method

CURRY

Strain the chickpeas and rinse well with cold water. Place all ingredients for the curry except the lime juice into a non-perforated tray and put into the oven on Full Steam at 100°C for 30 minutes. Once cooked, remove from the oven and squeeze in the lime juice. Stir and serve.

RICE

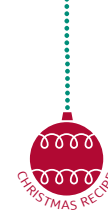
Place all ingredients for the rice into a non-perforated tray. Put into the oven on Full Steam at 100°C for 20 minutes. Stir and serve.





*This vegan-friendly recipe
is full of flavour.*





CHRISTMAS ROAST TURKEY

breast with roasted grapes

Oven Setting: Circo Therm®

Serves: 8

Preparation time: 40 minutes

Cooking time: 1 hour 45 minutes

Level of difficulty: Medium

Ingredients

60g cream cheese, softened

30g butter, softened

2 tbsps parmesan cheese, finely grated

2 tsps dried tarragon

Freshly ground black pepper

1 x 1.4kg turkey breast, skin on and wingette intact

2 tsps olive oil

Salt and pepper

2 celery stalks, cut into 5cm lengths

1 onion, quartered

4 cloves garlic, bruised

1 tbsp olive oil, extra

½ cup chicken stock

ROASTED GRAPES

500g red, seedless grapes

2–3 tsps olive oil or olive oil spray

Salt and pepper

Method

Preheat oven on Circo Therm® to 160°C and place the wire rack on shelf 2 (see note if you have an oven with Vario Steam or a Multi Point Meat Probe).

Combine the cream cheese, butter, parmesan and tarragon in a small bowl and mix well to combine. Season with pepper. Carefully lift the skin from the turkey breast with your fingers to separate it from the flesh then place the cheese mixture between the flesh and the skin. Brush the olive oil over the turkey and season with salt and pepper. Combine the celery, onion and garlic in a bowl with the olive oil and toss to combine. Place into an oven proof dish and pour the stock over the vegetables. Place the prepared turkey breast on top then cover the dish with foil.

Cook for 45 minutes then remove the foil and baste the turkey with the pan juices. Continue to cook, uncovered, basting occasionally for a further 50 to 60 minutes or until juices run clear when the turkey is tested with a skewer.

While the turkey is resting, increase the oven temperature to 200°C and line the universal tray with baking paper. Leaving the grapes on the stem lay them onto the tray and brush or spray with olive oil to coat. Season with salt and pepper. Cook on shelf position 3 for 8–10 minutes or until the grapes begin to blister.

Serve with the turkey.

Note

If using a Multi Point Meat Probe, insert the probe horizontally into the thickest part of the turkey breast and set the core temperature to 72°C.

If you have Vario Steam set to high steam when cooking the turkey. There is no need to cover with foil.



COCONUT AND SESAME CHICKEN

tenders with mango salsa

Oven setting: Circo Therm® and Vario Steam

Serves: 4

Preparation time: 15 minutes

Cooking time: 15 minutes

Level of difficulty: Easy

Ingredients

COCONUT AND SESAME CHICKEN TENDERS

¾ cup panko breadcrumbs

⅓ cup shredded coconut

⅓ cup sesame seeds

12 chicken tenderloins

1 egg, beaten

Olive or coconut oil

MANGO SALSA

2 mangos, diced

1 Lebanese cucumber, seeds removed
and finely diced

1 small red onion, finely chopped

1 long red chilli, seeds removed and finely chopped

⅓ cup fresh coriander leaves

2 tbsps fresh mint, chopped

1 lime, juiced

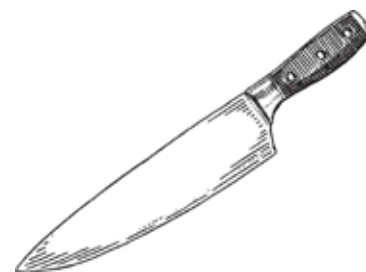
Method

Preheat oven on Circo Therm® to 200°C with a medium level of steam.

Combine the breadcrumbs, coconut and sesame seeds in a medium bowl. Dip the chicken tenderloins in egg then toss in the crumb mixture, pressing firmly to coat well. Place chicken onto the multipurpose pan that has been lined with baking paper. Brush chicken lightly with olive oil or melted coconut oil. Cook on shelf position 3 for 12–15 minutes or until chicken is cooked and golden.

While the chicken is cooking, make the mango salsa by combining all of the ingredients in a medium bowl.

Once the chicken is cooked, serve with the mango salsa.



CREAMY PESTO *gnocchi bake*

Oven setting: Circo Therm®

Serves: 4

Prep time: 15 minutes

Cooking time: 35 minutes

Level of difficulty: Easy

Ingredients

500g gnocchi

2 tbsps oil

1 large onion, chopped

4 cloves garlic, crushed

300ml cooking cream

½ cup vegetable stock

60g baby spinach leaves

2 cups basil leaves, roughly chopped

⅓ cup parmesan cheese, shredded

Salt and pepper, to taste

½ cup tasty cheese, grated

¼ cup parmesan cheese, shredded

½ cup pine nuts

Method

Preheat oven on Circo Therm® to 180°C.

Boil the gnocchi on induction setting 9 according to the instructions on the pack, drain and place into a 2 litre enamel oven baking dish.

Heat the oil in a large fry pan on a medium heat, induction setting 6 or 7 and sauté the onion and garlic for 3–5 minutes until softened.

Stir in the cream and stock, bring to the boil on induction setting 9 then reduce to setting 6. Add the spinach, basil and cheese and simmer for another 2–3 minutes. Season to taste. Pour the creamy sauce over the gnocchi then top with the cheeses and pine nuts.

Bake for 15–20 minutes until heated through and golden. Serve.







CRISPY BARRAMUNDI *and chimichurri sauce*

Oven setting: Circo Therm® Intensive

Serves: 4

Preparation time: 30 minutes

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

CHIMICHURRI SAUCE

¼ bunch parsley, leaves removed and chopped
 2 tbsps fresh oregano, leaves removed and chopped
 (if unavailable, use 1 tbsp dried)
 2 Birdseye chilli, halved (remove the seeds
 if you do not like it too hot) and finely cut
 1 lemon, zested
 2–4 cloves garlic, crushed
 80ml olive oil
 40ml red wine vinegar
 Salt and pepper

BARRAMUNDI

4 x 250g Barramundi fillet skin on
 Salt and pepper
 4 tbsps olive oil

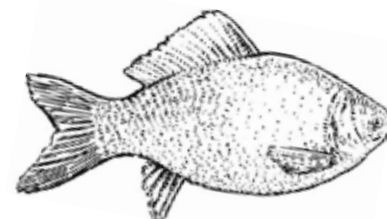
Method

Preheat oven on Circo Therm® Intensive to 275°C.

To make the Chimichurri sauce place the parsley, oregano, chilli, lemon zest, garlic, olive oil, red wine vinegar and salt and pepper into a small bowl. Stir until well combined. This process can also be done with a mortar and pestle. Set aside.

Season the barramundi liberally with salt and pepper, in particular the skin. Line a universal tray with baking paper. Add 1 tablespoon of olive oil onto the tray for each piece of barramundi and sit the fish (skin side up) directly on top of each puddle.

Place the tray in the oven on level 1 and cook for 12 minutes. Remove from oven, top the fish with the Chimichurri sauce and serve immediately.





Forest mushroom and **TRUFFLE OIL RISOTTO**



Oven setting: **Full Steam**

Serves: **4–6**

Preparation time: **15 minutes**

Cooking time: **25 minutes**

Level of difficulty: **Easy**

Ingredients

1 small onion, chopped
 3 cloves garlic, crushed
 50g butter
 1 cup Arborio or Carnaroli rice
 600ml water
 100g Portabello mushrooms, diced
 1 punnet enoki mushrooms, bases removed and separated
 1 punnet oyster mushrooms, trimmed and separated
 50g Swiss brown mushrooms, quartered
 1 tbsp thyme leaves, chopped
 1 x 10cm rosemary sprig, stem removed and finely chopped
 50g butter, extra
 1 cup parmesan cheese, grated
 ¼ cup truffle oil
 Extra parmesan cheese for serving

Method

Place onion, garlic and butter in the solid stainless steel tray. Put the tray in the oven, select Full Steam 100°C and cook for 3 minutes.

Add rice, water, mushrooms and herbs and cook on Full Steam 100°C for 25 minutes.

Remove the risotto from the oven and stir through the extra butter, parmesan and truffle oil. Season the risotto with salt and pepper and serve with extra parmesan cheese.

Note

Vegetable or chicken stock can be used to replace water.



FRENCH ONION QUICHE

with gruyere

This French classic showcases beautiful gruyere cheese, which is offset by the sweetness of the caramelised onions. The technique of grating the raw pastry ensures that you don't overwork it and have an even base for the tart shell.

Oven setting: Circo Therm®

Serves: 4
 Preparation time: 30 minutes
 Resting time: 1 hour
 Cooking time: 45 minutes
 Level of difficulty: Medium

Ingredients

150g plain flour
 75g butter, chilled
 Pinch salt
 60ml sparkling mineral water
 2 tbsps butter
 4 brown onions, peeled and finely sliced
 4 eggs
 200ml thickened cream
 100ml milk
 100g gruyere cheese, grated
 4 slices prosciutto
 2 tbsps parsley, chopped

Method

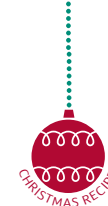
Place flour, butter and salt in a food processor and process for 10 seconds until it looks like coarse crumbs. Slowly add mineral water and pulse until it just comes together as a ball of dough. Wrap in cling wrap and refrigerate for 1 hour.

Heat oven on Circo Therm® to 160°C. Grate the pastry with a large box grater to distribute it evenly over the base and sides of a 20cm x 4cm fluted tart tin. Press in well with your fingers. Use a fork to prick the bottom of the pastry all over. Line with foil and fill with pastry weights, dried beans or rice. Place in oven and bake for 10 minutes, then remove weights and foil and bake for a further 5 minutes. Remove from oven.

In a frypan over a low heat, melt butter, add onions and cook until caramelised. Spread over the bottom of the cooked pastry shell. Beat eggs, cream and milk together, then stir in cheese. Season the mixture with salt and pepper. Pour in the filling, lay strips of prosciutto over the top and scatter with parsley.

Bake at 160°C on Circo Therm® setting for 40–45 minutes, until set and lightly browned on top.

Serve warm.



A glazed Christmas ham makes a perfect edible table centrepiece. Its orange and spice glaze will make your home smell of Christmas and will put you in the festive spirit.

GLAZED *Christmas ham*

Oven setting: **Circo Therm® and Vario Steam**

Serves: **20–30**

Preparation time: **30 minutes**

Cooking time: **2 hours**

Level of difficulty: **Easy**

Ingredients

2 cinnamon sticks
6 cardamom pods, cracked with the back of a knife
1 tbsp fennel seeds
2 oranges, juiced and zested
250g brown sugar
50g butter
4kg Christmas leg ham, on the bone
Whole cloves, to decorate

Method

Place the cinnamon, cardamom and fennel seeds in a medium saucepan and dry roast the spices over induction level 8 or FlameSelect® gas cooktop, level 9 for 5 minutes or until aromatic. Place the spices in a piece of muslin cloth and tie into a pouch.

Return spice pouch to the saucepan, add the orange zest and juice, sugar and butter. Bring the glaze to a boil on induction level 8 or FlameSelect® level 9. Reduce heat and simmer for 10 minutes. Reduce heat to low while preparing the ham.

Remove the skin of the ham by first cutting around the leg, 10cm from the end. Using a sharp knife, run the knife tip under the skin to make a 10cm slit to fit your fingers. When you have a good grip of the skin pull the skin back, it should pull back easily. Use a knife if needed, ensuring little fat is removed.

Score the fat with incisions 2cm apart in one direction, then again in the other direction which will give a diamond pattern. Push the cloves in the corner of each diamond all over the top of the ham.

Place the ham on a wire rack, on top of a universal tray lined with baking paper. To stop the ham from moving you can use crushed foil placed on each side. Remove glaze from the heat and using a pastry brush, coat the top of the ham with the first layer of glaze.

Place ham in the oven and select Circo Therm® at 140°C with a low level of steam. Set cooking time for 2 hours. Set minute minder for 30 minutes and then baste ham again. Reset minute minder and repeat every 15 minutes until all the glaze has been used and ham has cooked for 2 hours. Remove ham from oven and rest for 30 minutes before serving.

Note

The glaze for the ham can be made a day in advance. Reheat over a low heat before using.



ITALIAN BEEF CASSEROLE

with cannellini beans

Oven setting: Circo Therm®

Serves: 6

Prep time: 20 minutes

Cooking time: 2 hours 15 minutes

Level of difficulty: Easy

Ingredients

1 kg oyster blade steak, cut into 2.5cm pieces

¼ cup flour

¼ cup oil

2 large onions, chopped

100g bacon, diced

1 x 400g can cherry tomatoes

140g can tomato paste

½ cup port

20g dried porcini mushrooms, soaked
in 1 cup boiling water

4 cloves garlic, crushed

6 sprigs fresh thyme

2 tbsps fresh oregano, chopped

Salt and pepper, to taste

1 x 400g can cannellini beans, rinsed and drained

1 cup flat leaf parsley leaves

Mashed potato or polenta, to serve

Steamed greens, to serve

Method

Preheat oven on Circo Therm® to 160°C.

Toss the beef in the flour to coat then shake off the excess. Heat a little of the oil in a non-stick fry pan and brown the meat quickly in batches on induction setting 7 or 8. Place the browned meat into a medium sized 3–4 litre casserole dish.

Heat the remaining oil in the fry pan and sauté the onion and bacon for 3 minutes on induction setting 6. Add the tomatoes, tomato paste, port and water drained from the mushrooms. Chop the mushrooms finely and add to the pan with the garlic and herbs. Bring to the boil on induction setting 8 then pour the mixture over the beef.

Cover the casserole dish with its lid and bake for 1 hour and 40 minutes, then add the beans and cook a further 10 minutes or until the meat is tender. Stir through the parsley leaves then season to taste.

Spoon into serving bowls with mash and steamed greens. Serve immediately.







Layered **VEGETABLE** PIE



Oven setting: Circo Therm®
 Serves: 6–8
 Preparation time: 30 minutes
 Cooking time: 1 hour 20 minutes
 Level of difficulty: Medium

Ingredients

PIE

1 medium sweet potato, (approx. 600g)
 peeled and cut into 5mm slices
 1 medium eggplant, (approx. 400g)
 cut into 1cm slices
 ¼ cup olive oil
 2 medium zucchini, sliced
 500g ricotta
 ¾ cup sliced shallots
 2 tbsps basil, chopped
 Salt and pepper, ground
 200g punnet cherry tomatoes
 ¾ cup spicy tomato chutney

TOPPING

1 cup panko breadcrumbs
 2 tbsps basil, chopped
 ⅓ cup parmesan cheese, grated
 1 tbsp olive oil

Method

Preheat oven on Circo Therm® to 200°C. Line 2 baking trays with baking paper. Toss the sweet potato and eggplant in the oil and arrange in a single layer on the trays.

Cook on shelf positions 1 and 3 for 18–20 minutes or until lightly golden. Allow to cool. Grease a 23cm springform pan and arrange the sweet potato slices, slightly overlapping over the base. Press the eggplant slices around the edge of the pan to line the side.

Layer the zucchini slices over the sweet potato. Combine the ricotta, shallots and basil in a mixing bowl. Season with salt and pepper and mix well. Carefully spoon the ricotta mix over the zucchini. Arrange the cherry tomatoes over the ricotta then spread with the tomato chutney.

Combine all the topping ingredients in a bowl and mix well. Sprinkle over the tomato chutney. Place on shelf position 2 and cook on Circo Therm® at 170°C for 1 hour or until the pie is firm. Cool slightly before slicing and serving.

LIME AND GINGER GLAZED SALMON

with coriander rice

Oven setting: Circo Roasting, Vario Steam and Full Steam

Serves: 4
 Preparation time: 20 minutes
 Cooking time: 20 minutes
 Level of difficulty: Medium

Ingredients

4 x 200g salmon fillets, skin removed
 Steamed Asian greens to serve

LIME AND GINGER GLAZE

⅓ cup lime marmalade
 2 tbsps lime juice
 1 tbsp brown sugar
 1 tbsp soy sauce
 1 clove garlic, crushed
 2 tsps ginger, finely grated
 ¼ tsp dried chilli flakes
 ½ stem lemongrass, finely chopped
 1 tbsp coriander, finely chopped

CORIANDER RICE

1 cup basmati rice
 1½ cups water
 ¼ cup coriander, roughly chopped
 Salt and black pepper, freshly ground

Method

For the lime and ginger glaze, place marmalade, lime juice, sugar, soy sauce, garlic, ginger, chilli and lemongrass into a small saucepan and cook, stirring over a low heat until ingredients are well combined and marmalade has dissolved. Increase heat to medium and simmer, stirring occasionally, for 8–10 minutes or until glaze has thickened. Remove from the heat and stir in coriander. Set aside to cool for 5 minutes.

Preheat oven on Circo Roasting to 220°C, with a medium level of steam.

Pour rice and water into a solid stainless steel steamer tray. Place tray in your oven and cook on Full Steam at 100°C for 18–20 minutes or until rice is cooked. Stir through coriander and season with salt and pepper.

Brush salmon liberally with prepared glaze, then place on a wire rack over the multipurpose pan or roasting dish. Slide tray onto shelf level 2 and cook for 4 minutes. Brush the salmon with more glaze and cook for a further 3–4 minutes until salmon is cooked to your liking.

Serve salmon with coriander rice and steamed Asian greens.

NOTE

A firm white fish such as Ling or John dory could be substituted for the salmon.





This one pot wonder is packed full of flavour, with a delicate blend of middle eastern spices. Fresh apricots, a fruit often used in Ottoman cuisine, give a balanced sweetness to this dish.



MIDDLE EASTERN CHICKEN

with apricots, saffron and pistachio

Appliance used: Induction cooktop

Serves: 4
 Preparation time: 20 minutes
 Cooking time: 25 minutes
 Level of difficulty: Easy

Ingredients

1.6kg free-range chicken, cut into 8 pieces
 2 tsps sea salt
 2 tsps ground cumin
 1 tsp freshly ground black pepper
 1 tsp ground turmeric
 ¼ cup olive oil
 1 brown onion, finely sliced
 2cm fresh ginger, cut into matchsticks
 4 cloves garlic, sliced
 2 pinches saffron threads
 5 sprigs fresh thyme
 1 cup white wine
 1 lemon, juiced and zested
 ¼ cup honey
 2 cups chicken stock
 8 apricots, halved
 ½ cup shelled pistachios to garnish
 Couscous to serve

Method

Mix salt, cumin, pepper and turmeric together in a large bowl. Add chicken pieces and toss well to coat.

Turn on induction cooktop to level 9.

Heat olive oil in a large heavy-based pan over the front section of the induction cooktop. Add chicken pieces and brown for 5 minutes or until golden brown. Remove and set aside.

Add onion, ginger, garlic and any remaining spice mix to the pan and cook for 3 minutes or until softened. Add saffron threads, thyme and wine.

Bring to a simmer, then add lemon juice, zest, honey, stock and chicken pieces. Pour over enough water to cover the chicken and bring to the boil. Add apricot halves.

Reduce heat to level 1, cover with a lid and simmer for 10 minutes. Uncover and simmer for a further 10–15 minutes or until the chicken is tender and cooked through and the sauce is slightly reduced. Stir through the pistachio nuts and serve with couscous.





Middle Eastern LAMB PIDE

Oven setting: Circo Therm®

Serves: 4
 Preparation time: 50 minutes
 Cooking time: 10 minutes
 Level of difficulty: Medium

Ingredients

20g dry yeast
 625g bakers flour
 400ml lukewarm water
 10g salt
 Splash olive oil
 500g lamb shoulder
 500g tomatoes, quartered
 3 cloves garlic, peeled
 1 birds eye chilli
 10g Aleppo pepper
 1 red capsicum, seeded
 Pinch sea salt
 1 tbsp red pepper paste
 1 tsp paprika

TO SERVE

Pomegranate molasses
 Mint
 Coriander

Method

To make the dough, in a mixing bowl, dissolve the yeast into water.

Using a stand mixer, combine flour and salt in the bowl with a hook attachment. Commence on a low speed, and add the water slowly. Increase the speed slightly and allow to mix until smooth. This should take about 5–8 minutes.

Cut dough into 120g balls and place on a floured tray. Cover and allow them to prove in a warm place until they are double their size, about 20–30 minutes.

Meanwhile, combine remaining ingredients in a bowl, mix well and place through a mincer with the smallest dial available.

Keep refrigerated until required.

When the dough has proved, on a floured bench and using a rolling pin, flatten the balls of dough in an oval shape to 2mm thickness. Shape into boat shapes and pinch the edges.

When assembling the pizzas, add enough lamb mix to just cover the surface. Repeat this process with all the dough.

Preheat oven and pizza stone on Circo Therm® to 200°C. Cook for 10 minutes until crisp on the base. Drizzle with pomegranate molasses, scatter over mint and coriander and serve.

Note

Red pepper paste is available at Middle Eastern grocers. Aleppo pepper is available from good supermarkets, spice stores and middle eastern grocers.

MOROCCAN

lamb shanks

Oven setting: Circo Therm® Eco

Serves: 6

Preparation time: 15 minutes

Cooking time: 3–4 hours

Level of difficulty: Easy

Ingredients

6 lamb shanks, Frenched
 3 tbsps olive oil
 1 brown onion, chopped
 1 leek, cut in half and then 1cm sliced
 3 cloves garlic, crushed
 3 tsps ground cumin
 3 tsps ground coriander
 2–4 tsps harissa paste, depending on taste
 1 cinnamon stick
 1 pinch saffron threads
 125ml white wine
 1 orange, juiced and zested
 ½ cup dried apricots, halved
 ½ cup pitted dates, halved
 1 x 400g can diced tomatoes
 250ml chicken stock
 2 tsps salt
 Freshly ground black pepper
 ¼ cup fresh parsley, chopped
 ½ cup coriander leaves
 ¼ cup dukkah

Method

Preheat oven on Circo Therm® Eco to 140°C. Place a wire rack on shelf level 2.

Heat half of the olive oil in a large heavy based flameproof casserole or baking dish. Cook half the lamb shanks until evenly browned all over. Repeat with remaining oil and lamb shanks. Set shanks aside.

Over a medium heat add the onion, leek and garlic and cook until onion is soft and golden. Add cumin, coriander, harissa, cinnamon and saffron and cook for 2 minutes or until fragrant. Add the white wine, orange zest and juice and continue to cook for a further 3 minutes.

Add the apricot, dates, tomatoes, salt, pepper and chicken stock and bring to the boil. Return the lamb shanks and stir to combine all the ingredients. Cover and place in the oven. Cook for 3–4 hours or until the meat is tender and falling off the bone. Remove from the oven.

Carefully remove the shanks from the sauce. Over a medium heat on the cooktop, boil the sauce for 5–10 minutes to reduce and thicken. Skim excess fat. Return lamb shanks and cook for 5 minutes to ensure lamb shanks are heated through.

Garnish lamb shanks with parsley and coriander. Sprinkle with dukkah and serve.

Note

Serve the lamb shanks with couscous and steamed green vegetables.





Tender lamb shanks are impossible to resist when the meat is falling off the bone. These shanks are cooked with Moroccan flavours and are best served on a steamy bed of couscous.

Mushroom LASAGNE

Oven setting: Circo Therm® and Vario Steam

Serves: 8
 Preparation time: 30 minutes
 Resting time: 10 minutes
 Cooking time: 40 minutes
 Level of difficulty: Medium

Ingredients

MUSHROOMS

15g dried porcini mushrooms
 1 cup boiling water
 100g unsalted butter
 800g mixed fresh mushrooms, finely sliced
 ¼ cup fresh parsley, chopped
 Sea salt and black pepper, freshly ground, to season

BÉCHAMEL

50g unsalted butter
 ⅓ cup plain flour
 2 cups milk

FILLING

375g fresh ricotta
 250g feta, crumbled
 250g scamorza, grated
 250g fresh lasagne sheets (or dried)
 50g ricotta salata

Method

Preheat oven on Circo Therm® to 180°C, with a high level of steam.

Place porcini in small heatproof bowl and pour over boiling water. Soak for 5 minutes, then drain and set aside.

Melt butter in a large heavy based saucepan over medium high heat. Add mixed and porcini mushrooms. Cook for 15 minutes, stirring constantly, until the mushrooms have softened and released their juices. Remove from heat, add parsley and season with salt and pepper. Set aside.

Meanwhile, make the béchamel. Melt butter in a medium saucepan over medium heat, add the flour and stir to make a smooth paste. Slowly add the milk and keep stirring until the sauce is smooth and thickened, about 10 minutes. Remove from heat and set aside.

To assemble the lasagne, lightly butter a large rectangular ovenproof dish, approx. 23cm x 30cm.

Spread some of the béchamel sauce over the base of the dish. Cover with lasagne sheets.

Scatter over a quarter of the fresh ricotta and feta. Spoon over a quarter of the mushrooms. Add a quarter of the remaining béchamel sauce. Scatter over scamorza.

Place a layer of lasagne sheets on top and repeat the layers three more times. Finish by grating over the ricotta salata. Bake in oven for 30–40 minutes, until golden. Remove from oven and rest for 10 minutes before serving.

Note

Scamorza is a type of mozzarella that is smoked. Ricotta salata is a hard cheese, similar to parmesan. They are available from specialty cheese stores, select delis and supermarkets. Dried porcini is available at supermarkets and specialty food stores.

This dish is a celebration of mushrooms and cheese, layered between freshly made pasta sheets. Use any mix of mushrooms that you can find.







MUSHROOM *Wellingtons*

Oven setting: Circo Therm®

Serves: 4

Prep time: 30–40 minutes

Cooking time: 35 minutes

Level of difficulty: **Medium**

Ingredients

4 Portobello mushrooms, approx.
10cm diameter, stalks removed
50g butter
1 leek, washed and white section only, sliced
2 cloves garlic, crushed
120g baby spinach
¼ cup semi sundried tomatoes, chopped
2 tbsps fresh oregano, chopped
2 tbsps parmesan cheese, shredded
2 tbsps pine nuts, toasted
Salt and pepper, to taste
80g double brie, cut into 4 chunks
4 sheets frozen puff pastry, thawed
1 egg, lightly beaten for glazing

Method

Preheat oven on Circo Therm® to 200°C.

Place the mushrooms, stalk side up onto a greased tray and bake for 10 minutes. Drain off any excess liquid. Cool.

Heat the butter in a large fry pan and sauté the leek and garlic on a medium to high induction setting 7-8, for 3–4 minutes until softened, add the spinach, tomatoes, oregano, parmesan, pine nuts and seasonings and cook another 3 minutes until the spinach has wilted. Cool.

Cut 2 x 15cm circles from a sheet of pastry. Place one circle onto a greased oven tray. Place a mushroom, stalk side up into the centre of the pastry and top with a chunk of brie then ¼ of the spinach mixture to form a mound. Glaze the outside edge of the pastry with a little egg then top with another circle of pastry. Ease the top sheet down to meet the pastry below and press the edges together to seal. Use a sharp knife to make small cuts around the outside of the pastry to form a decorative edge. Repeat with remaining pastry, mushrooms, brie and filling to make 4.

Cut a decorative pastry mushroom for each parcel from the scrap pastry and place on the top of each parcel. Glaze each with egg.

Bake for 15 minutes or until puffed and golden. Serve immediately.



NASI *goreng*

Oven setting: Full Steam

Serves: 4

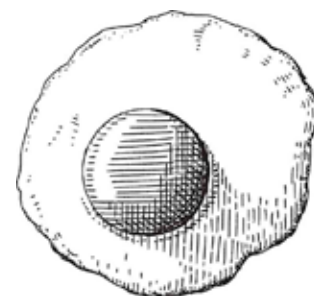
Preparation time: 20 minutes plus
cooling time for rice

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

1½ cups long grain rice
2 cups water
2 tbsps peanut oil
300g rump steak, thinly sliced
1 red onion, chopped
2 cloves garlic, chopped
1 long red chilli, seeded and chopped
¼ cup kecap manis
2 tbsps soy sauce
1 tsp sambal oelek
1 tsp tamarind paste
½ cup sliced green shallots
150g bean sprouts
2 tsps peanut oil, extra
4 eggs
1 Lebanese cucumber, sliced
2 roma tomatoes, roughly chopped



Method

Place the rice into a strainer and rinse well under cold running water. Allow to drain, then transfer the rice to the solid stainless steel tray and add the water. Put the tray into the oven and select Full Steam 100°C and steam for 20 minutes. Spoon the rice onto a tray and use a fork to separate the grains. Allow to cool completely.

Heat a large pan or wok over a high heat, induction level 8. Add half the oil and fry the meat until golden and just cooked. Remove from the pan and keep warm.

Heat the remaining oil in the pan then add onion, garlic, chilli and fry for 2–3 minutes. Add the rice and continue cooking, stirring constantly until rice is beginning to heat through. Combine the kecap manis, soy sauce, sambal oelek and tamarind paste and stir into the rice, mix well and reduce heat to low, induction level 3. Stir in shallots, beansprouts and cooked meat and keep warm.

Heat a frying pan over a medium high heat, induction level 7. Add the extra peanut oil and then fry the eggs until the whites are just set and the yolks are runny.

Spoon the rice into serving bowls and place a fried egg on each serving. Garnish with cucumber slices and tomato.

Oven Setting: Circo Roasting

Serves: 6–8

Preparation time: 30 minutes

Cooking time: 40 to 45 minutes

Level of difficulty: Easy

Open lamb **BURGERS**

Ingredients

BURGER PATTIES

1 kg lamb mince

1 onion, finely chopped

2 cloves garlic, finely chopped

1 tsp cinnamon

1 tsp nutmeg

2 eggs, lightly beaten

½ cup continental parsley, finely chopped

Salt and pepper

1 medium potato, peeled and grated

VEGETABLES

1 medium eggplant, sliced 5mm thick

1 medium sweet potato, sliced 3mm thick

¼ cup olive oil

Salt and pepper

1 red capsicum, cut into 2cm strips

1 yellow capsicum, cut into 2cm strips

Toasted sour dough slices, for serving

Rocket leaves for serving

GREEN TAHINI AND YOGHURT DRESSING

1 cup continental parsley, chopped

½ cup mint, chopped

⅓ cup tahini

⅓ cup natural yoghurt

1 tbsp lemon juice

¼ cup olive oil

Salt and pepper

Method

Combine the lamb mince with the next 6 ingredients. Season well with salt and pepper. Squeeze the excess moisture from the grated potato, add to the mince and mix well to combine. Shape into 8 patties then refrigerate until ready to cook.

Preheat oven on Circo Roasting to 220°C. Line the universal pan with baking paper and place a wire rack on top. Line another tray with baking paper. Place the eggplant and the sweet potato in a bowl and toss well with olive oil. Season with salt and pepper.

Arrange the eggplant slices on the wire rack and the sweet potato slices on the separate tray. Place the eggplant slices on shelf position 4 and the sweet potato on shelf 2. Cook the eggplant for 8–10 minutes or until golden. Leaving the sweet potato in the oven, remove the eggplant and line the tray with a fresh piece of baking paper. Arrange the capsicum slices, skin side up on the wire rack and place on shelf position 4 for 10–12 minutes or until skins begin to blister and blacken. Remove the sweet potato and the capsicum from the oven and reduce the temperature to 200°C.

Place the capsicum into a bowl and cover to allow the capsicum to sweat before removing the skin. Reline the tray with baking paper and place the lamb patties onto the wire rack. Cook on shelf position 4 for 20–22 minutes or until cooked.

To make the dressing, place all the ingredients into a blender or food processor and process until smooth and combined.

Arrange the sourdough and vegetables on a plate, top with the lamb and the dressing.



OVEN BAKED

prawn and chorizo paella

Oven setting: Circo Therm® and Vario Steam

Serves: 4–6

Preparation time: 25 minutes

Cooking time: 60 minutes

Level of difficulty: Medium

Ingredients

½ tsp saffron threads
 2 tbsps boiling water
 2 tbsps olive oil
 220g chorizo sausage, sliced
 300g chicken thighs, cut into 2.5cm cubes
 1 tbsp smoked paprika
 2 brown onions, chopped
 3 cloves garlic, crushed
 1 red capsicum, sliced
 1 tsp chilli flakes
 2 cups Arborio rice, rinsed
 4 cups salt reduced chicken stock
 1 cup white wine
 2 tsps oil, extra
 16 king prawn cutlets, approx. 350g, deveined
 1 cup peas (frozen)
 1 punnet cherry tomatoes, halved
 1 cup flat-leaf parsley leaves
 2 lemons, cut into wedges

Method

Preheat oven on Circo Therm® at 160°C.

Place saffron threads into a small bowl, add the water and stir, allow to stand for 5 minutes.

Heat a little oil in a large frying pan over a medium high heat, induction level 8 and cook the chorizo for 2–3 minutes or until lightly browned. Remove from the pan, drain on paper towel. Toss the chicken in half the smoked paprika, add the remaining oil to the pan then fry the chicken pieces for 3–4 minutes to lightly brown the chicken. Remove and place into 32cm x 28cm deep baking dish with the chorizo.

Add the onion, garlic, capsicum and chilli flakes to the pan and sauté for 2–3 minutes then stir through the saffron, remaining paprika and the rice. Toss over the heat for another minute then add to the baking dish. Pour over the stock and wine and mix well.

Bake using Circo Therm® with a high level of added steam for 35 minutes, stirring twice during the cooking.

Meanwhile, heat the extra oil in the same frypan and cook the prawns quickly over a medium high heat, induction setting 8 until just cooked. Cool.

Add the prawns and peas to the Paella and bake a further 10 minutes. Toss through the tomatoes and parsley leaves then spoon into serving bowls, garnish with lemon. Serve immediately.





Pad THAI



Appliance used: Induction cooktop

Serves: 4
 Preparation time: 15 minutes
 Cooking time: 10 minutes
 Level of difficulty: Easy

Ingredients

SAUCE

¼ cup fish sauce
 2 tbsps tamarind paste
 2 tbsps soy sauce
 1 tbsp tomato sauce
 ⅓ cup brown sugar
 250g flat rice noodles
 1 tbsp peanut oil
 2 eggs, lightly beaten
 2 tbsps peanut oil, extra
 2 cloves garlic, finely chopped
 ½ tsp dried chilli flakes
 1 red onion, cut into thin wedges
 300g firm tofu, sliced
 2 cups fresh bean sprouts
 ½ cup unsalted roasted peanuts, chopped
 ½ cup green shallots, sliced
 ⅓ cup coriander, chopped
 Lime wedges

Method

Combine the sauce ingredients in a small bowl and mix well.

Place the noodles in a large bowl. Cover with boiling water and allow to stand for 5–7 minutes.

Heat a wok over a high heat, induction level 8. Add the oil and swirl to distribute. Add the eggs and tilt the wok to make a thin layer of egg. Cook until the egg just sets. Remove from the wok, roll, slice and set aside.

Return the wok to a high heat. Add the extra peanut oil then add the garlic, chilli flakes and red onion and stir fry for 1–2 minutes. Add the tofu and continue cooking for a further 2–3 minutes. Reduce heat to medium, induction level 6 then add half the beansprouts and half the peanuts and mix well. Add drained noodles and sauce, stir well to combine. Cook for 2–3, stirring constantly.

Serve topped with sliced egg, remaining bean sprouts, peanuts, shallots and coriander. Serve with lime wedges.

Oven setting: Circo Therm®

Serves: 4

Prep time: 40 minutes

Cooking time: 60 minutes

Level of difficulty: Easy

Ingredients

MEATBALLS

500g pork and veal mince

1 onion, finely chopped

2 cloves garlic, crushed

1 cup panko breadcrumbs

2 tbsps parmesan cheese, shredded

2 tsps dried oregano

1 egg

Salt and pepper, to taste

SAUCE

2 tbsps oil

1 onion, finely chopped

4 cloves garlic, crushed

2 tsps smoked paprika

½-1 tsp chilli flakes

700g bottle passata

140g can tomato paste

½ cup beef stock

2 tsps dried oregano

Salt and pepper, to taste

220g bocconcini, drained and each cut into 3 slices

PANGRATTATO

30g butter

1 tbsps oil

2 cloves garlic, crushed

1¼ cups panko breadcrumbs

2 tsps rosemary leaves, chopped

Green salad, for serving

Baked pork and veal **MEATBALLS**

Method

Preheat oven on Circo Therm® to 200°C.

In a bowl, combine all the meatball ingredients, mix well and roll heaped tablespoons of mixture into meatballs, approx. 24.

Spray a three litre enamel or Pyrex baking dish with oil and add the meatballs. Bake the meatballs for 15 minutes. Remove and keep warm. Reduce the oven temperature to 180°C.

Meanwhile, heat the oil in a saucepan on induction level 7 or over a medium to high heat on gas and sauté the onion and garlic for 3–5 minutes until softened. Add the paprika and chilli and cook another minute. Stir in the passata, tomato paste, stock, oregano, salt and pepper, reduce to induction setting 4 or 5 and simmer for 3–4 minutes. Pour the sauce over the meatballs and bake for 20 minutes. Place the cheese slices over the meatballs and cook a further 10 minutes until the cheese is melted and golden.

Heat the butter and oil in a small fry pan on induction setting 6 or a medium heat on gas, add the garlic and cook for 1–2 minutes then stir in the panko crumbs and rosemary. Stir continually until the crumbs are golden. Cool.

Sprinkle the pangrattato over the meatballs. Alternatively, you can spoon the meatballs into serving bowls and then top each bowl with a sprinkle of Pangrattato.

Serve with a green salad.



PORK *belly*



Oven setting: Circo Therm®, Vario Steam and Circo Roasting

Serves: 6–8

Preparation time: 10 minutes

Cooking time: 2 hours 30 minutes

Level of difficulty: Easy

Ingredients

1.5kg pork belly

1 onion, sliced

1 green apple, sliced

1 clove garlic, roughly chopped

1 tsp caraway seeds

1 tsp fennel seeds

Ground black pepper

1 cup apple cider

1 tbs salt

Method

Preheat oven on Circo Therm® to 140°C with a high level of steam.

With a sharp knife deeply score the rind at 1 cm intervals diagonally across the pork belly. Repeat scoring at 90 degrees to make a criss-cross pattern.

Line a baking dish with baking paper. Evenly layer the onion, apple and garlic in the base of the baking dish. Sprinkle on the seeds and pepper to taste. Place pork on top. Carefully pour cider around pork and then loosely place a piece of baking paper on top. Cook for 2 hours.

After two hours, remove the pork from the oven. Turn oven to Circo Roasting at 190°C. Place wire rack on the enamel tray. Discard flavourings and place pork on wire rack. Pat dry the pork rind with paper towel and then rub with salt. Cook pork for 20–30 minutes or until rind is golden and crisp. Serve sliced or cubed.

Note

Cooking the pork belly slowly at first makes it very tender. Circo Roasting is used to make the crispy crackling. Ensure pork belly is as flat as possible for even cooking of the crackling. Use scrunched up pieces of aluminium foil to lift lower pieces. The apple cider can be alcoholic or non-alcoholic.



These traditional potato gnocchi are prepared and cooked with Full Steam. A great dish served as an entree, vegetarian main dish or accompaniment with winter roast meats.

Oven setting: Full Steam and Circo Roasting

Serves: 4 as main or 6 as entree

Preparation time: 1 hour

Cooking time: 30 minutes

Level of difficulty: Medium

Ingredients

5 medium potatoes, cleaned and left whole, unpeeled

50g parmesan cheese, finely grated

1 egg

1 tsp salt

1 cup plain flour

TOMATO SAUCE

250g cherry tomatoes, halved

500g trussed tomatoes, stemmed and quartered

4 cloves garlic, finely sliced

2 tsps caster sugar

1 tbsp balsamic vinegar

1 tbsp butter, cut into pieces

3 tsps olive oil

Salt and black pepper, to taste

½ cup basil leaves, roughly chopped

Extra grated parmesan cheese to serve

Method

Place the whole potatoes on the solid stainless steel tray. Select Full Steam 100°C and steam potatoes for 30 minutes. Check the potatoes are cooked by inserting a knife into the potatoes. Allow the potatoes to cool for 10 minutes before continuing.

Start the tomato sauce while potatoes are cooling. Preheat oven on Circo Roasting to 190°C. Line the multipurpose pan with baking paper. Place the tomatoes and garlic in the pan and sprinkle with sugar and vinegar. Add butter, oil, salt and pepper and toss to combine. Place pan on shelf level 3 and roast for about 20 minutes. When ready to serve stir through basil leaves. Taste the sauce and add more sugar, salt and pepper if desired.

Cut the potatoes in half and remove the potato flesh, mash the potato or put through a ricer or mouli. Add the parmesan, egg, salt and plain flour and gently press and squeeze mixture together to make a soft dough. Turn out dough on to a lightly floured bench and divide into four. Roll each piece into a long sausage approx. 1cm in diameter. Cut sausages into 3cm long pieces.

Line the large perforated stainless steel tray with baking paper. Place the gnocchi on the baking paper without them touching. Use small perforated stainless steel tray also if required. Preheat oven on Full Steam to 100°C. Cook gnocchi for 10–12 minutes.

Toss the gnocchi through the roasted tomatoes and basil. Serve with extra parmesan cheese and crusty bread.

Note

Steaming the potatoes whole ensures the potatoes do not get waterlogged. The wetter the potato, the more flour required and flour makes the gnocchi heavy and chewy. Gently combine the gnocchi ingredients to keep them light and fluffy.

POTATO GNOCCHI WITH
roasted tomato sauce





PRAWN, PEA AND *asparagus biryani*

Oven setting: **Full Steam**

Serves: **4**

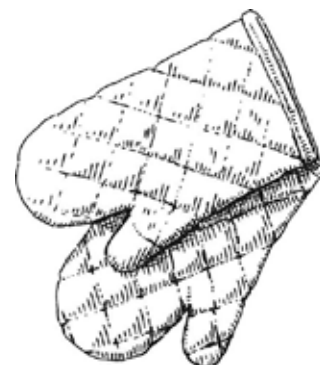
Preparation time: **20 minutes**

Cooking time: **20-25 minutes**

Level of difficulty: **Easy**

Ingredients

2 tbsps vegetable oil
 10 cardamom pods
 8 cloves
 1 cinnamon stick
 2 bay leaves
 1 small onion, finely chopped
 2 cloves garlic, finely chopped
 3cm piece ginger, peeled and finely chopped
 2 tsps garam marsala
 2 tsps cumin
 2 tsps turmeric
 1½ cups basmati rice
 2½ cups chicken stock
 350g green medium king prawns,
 peeled with tails intact
 1 cup frozen baby peas, thawed
 1 bunch asparagus, chopped
 ½ cup coriander, chopped



Method

Heat a frying pan over a medium to high heat. Add the oil to the pan then add the cardamom, cloves, cinnamon and bay leaves and cook until fragrant. Reduce the heat to medium then add the onion, garlic and ginger and cook until tender. Stir in the spices and cook for a further minute. Place into the unperforated stainless steel tray with the rice and the stock and stir well.

Cook on Full Steam 100°C for 18 minutes. Add the prawns to the rice and place peas and asparagus in the perforated stainless steel tray. Continue cooking for a further 3 minutes or until cooked. Combine the rice and vegetables together with the coriander in a serving bowl. Serve with natural yoghurt.



Prosciutto and MOZZARELLA PIZZA

You will never order a pizza again after making a pizza using NEFF's Circo Therm® Intensive. The extra base heat will make a pizza with a golden crust.

Oven setting: Dough proving and Circo Therm® Intensive

Serves: 4–6

Preparation time: 1 hour

Cooking time: 20 minutes

Level of difficulty: Medium

Ingredients

DOUGH

400g flour
240ml water
7g yeast
4 tbsps olive oil
2 tsps salt
1 tsp sugar

TOPPING

1 x 400g can chopped tomatoes
1 clove garlic, crushed
Salt and pepper, to taste
1 bunch basil
100g buffalo mozzarella cheese, sliced
150g mozzarella cheese, grated
100g prosciutto slices
100g pitted olives

Method

Place all of the dough ingredients in a mixer with a dough hook and knead for 5–10 minutes on a medium speed. Put dough in a bowl in the oven, select dough prove and adjust time to 45 minutes or prove until dough doubles in size. If you do not have a proving function, cover the dough with a damp towel and place in a warm place until it doubles in size.

While the dough is proving strain the chopped tomato, discard liquid. Add the garlic and season with salt and pepper.

Pick the basil leaves.

Preheat the oven on Circo Therm® Intensive to 200°C. Line universal tray with baking paper.

Once the dough has proved, roll out to the size of the universal tray and then place on baking paper.

Spread tomato mixture to cover the base of the pizza, then place half the mozzarella over the base followed by the basil leaves, slices of buffalo mozzarella and olives. Tear the prosciutto slices into halves and then lay on top, followed by the remaining the mozzarella cheese.

Place on level 1 of the oven and cook for 20 minutes or until the cheese has browned to personal taste.

Remove and place onto a cooling rack for 5 minutes before cutting and serving.

Prosciutto wrapped chicken **WITH VEGETABLES**

Oven setting: Circo Roasting, Vario Steam and Multi Point Meat Probe

Serves: 2
Preparation time: 10 minutes
Level of difficulty: Medium

Ingredients

500g chicken fillet
1/3 cup olive oil
2 cloves garlic, crushed
Salt and pepper
100g fresh mozzarella cheese
1/2 cup fresh herbs such as thyme, basil or oregano
3–5 slices prosciutto
2–3 cups assorted vegetables such as thinly sliced potato, thinly sliced pumpkin, capsicum or zucchini
2 tbsps lemon juice

Method

Rub the chicken with 2 tablespoons of olive oil and the garlic. Season well. Slice fillet lengthwise, half way to form a pocket. Insert cheese and fresh herbs. Wrap fillet with prosciutto to encase filling and tie with kitchen string if desired. This can be prepared earlier and left to marinate or freeze for later use. Place fillet onto greased universal tray. Layer vegetables around the chicken. Drizzle with the remaining olive oil and lemon juice and seasoning as desired. Insert probe into thickest part of the chicken and place in the oven on shelf level 3.

Select oven function Circo Roasting at 180°C with a medium level of steam. Plug the Multi Point Meat Probe into the oven and select core temperature 75°C for the chicken. Allow the chicken to rest before slicing diagonally. While the chicken is resting the vegetables can stay on the tray. Simply return the vegetables on the universal tray to the oven for a further 5 minutes to crisp by turning the steam off and continuing on Circo Roasting to achieve desired result.





Oven setting: **Full Steam**

Serves: **8**

Preparation time: **45 minutes**

Cooking time: **20 minutes**

Level of difficulty: **Easy**

Ingredients

GNOCCHI

300g ricotta

200g plain flour

2 eggs

½ bunch basil, roughly chopped

1 tsp salt

½ tsp cracked black pepper

50g extra flour for rolling

Olive oil, to coat

SAUCE

50ml olive oil

½ onion, finely cut

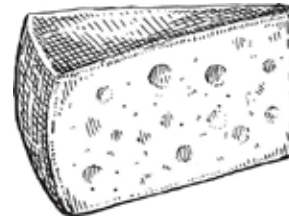
2 cloves garlic, crushed

100g blue cheese

500ml cream

200g butternut pumpkin, peeled and grated

½ bunch basil, roughly chopped



Method

GNOCCHI

Place all ingredients in a medium mixing bowl and combine. Set aside for 30 minutes then cut the dough into 4 pieces, lightly flour the bench and roll each piece into 1cm round logs then cut into 2–3cm pieces.

Place onto baking paper on the large steamer tray. Put into the oven on Full Steam at 100°C for 10 minutes then remove and place on a tray to cool. Coat with olive oil to prevent sticking.

SAUCE

Select level 8 on an induction cooktop or FlameSelect® gas cooktop. Place a large frying pan down and add 50ml olive oil. Sauté onions and garlic until lightly coloured then add the blue cheese and cream, increase cooktop to level 9 to bring it to a boil. Stir constantly until the cheese dissolves then add the grated pumpkin and simmer for a further 5 minutes. Add the cooked gnocchi, once heated through add the basil. Stir and serve.





RICOTTA GNOCCHI WITH PUMPKIN
and blue cheese sauce



ROAST BEEF WITH *mustard potatoes and jus*

Oven setting: Circo Therm® and Circo Roasting

Serves: 8–12

Preparation time: 45 minutes

Cooking time: 1 hour

Level of difficulty: Medium

Ingredients

BEEF

- 1.5kg eye fillet
- 2 tbsps seeded mustard
- 2 x 10cm sprig of rosemary, roughly cut

POTATOES

- 1kg chat potatoes
- 1 tbsp seeded mustard
- Salt and pepper, to taste

JUS

- 500ml beef stock
- 1 tbsp cornflour
- 1 tbsp seeded mustard
- 1 tsp garlic
- ¼ bunch thyme
- Salt and pepper, to taste

Method

Truss the beef then sear on a high heat. Coat seared beef in the mustard and rosemary.

Preheat oven on Circo Therm® to 200°C.

Coat the potatoes with the seeded mustard, salt and pepper then put on a universal tray with a sheet of baking paper and place on level 2 of the oven. Place the eye fillet on a wire rack on level 3 of the oven. Insert the Multi Point Meat Probe into the fattest part of the meat and set to 55°C (medium-rare), which is about 30 minutes. Once the meat is done, remove from the oven and set aside to rest. Change the heat to Circo Roasting and continue to cook the potatoes for a further 15 minutes.

For the jus place all the ingredients together in a medium to large pot and bring to the boil while consistently stirring, then drop back to a simmer for a further 10 minutes.

Function used: Circo Therm® and Grill

Serves: 4
Preparation time: 20 minutes
Cooking time: 30 minutes
Level of difficulty: Easy

Ingredients

1 large head cauliflower, cut into 4 x 1.5 cm steaks
Olive oil spray
Salt and black pepper, freshly ground, to taste
400g bottle good quality passata
2 cloves garlic, crushed
2 tsp oregano leaves, chopped
2 tsp basil leaves, chopped
Pinch of brown sugar
1½ cups vegan shredded pizza style
or mozzarella cheese

Method

Preheat oven on Circo Therm® to 190°C.

Arrange the cauliflower steaks in a single layer in a lined baking tray, spray well with oil and season. Bake for 25 minutes, turning once, until just tender and browning on the edges.

Meanwhile combine the passata with the garlic, herbs and sugar. Spoon a ¼ of the passata mix onto each cauliflower steak and top each with the combine cheeses. Preheat oven on full surface grill to 225°C.

Grill the cauliflower for 5 minutes or until the sauce is heated through and cheese melted. Serve immediately.





ROAST CAULIFLOWER
parmigiana



ROAST LAMB LOIN

stuffed with chilli pear

Oven setting: Circo Roasting

Serves: 4

Preparation time: 40 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

FILLING

2 tbsps olive oil

1–2 cloves garlic, crushed

½ bunch flat-leaf parsley, finely chopped

360g Packham pears, peeled, cored and finely chopped

1 small red chilli, deseeded and finely chopped

2 tbsps pine nuts, toasted

60g Pecorino cheese, grated

MEAT

2 x 600g pieces of lamb loin, unrolled and flattened

Salt and black pepper, freshly ground

3 red onions, cut into wedges

2 tbsps olive oil

1 tbsp brown sugar

100ml white wine

200ml beef or lamb stock

IN ADDITION

Kitchen string

Who doesn't love a roast lamb? This recipe is easy to cook and is guaranteed to impress your guests every time. The combination of chilli and pear ensures your roast is bursting with flavour.

Method

Preheat oven on Circo Roasting to 180°C.

Heat oil in a frying pan over medium heat. Sauté garlic, parsley, pears and chilli, cooking until pear is tender. Add the pine nuts, transfer to a bowl and allow to cool. Add the cheese, mix well.

Trim the lamb if necessary and season with salt and pepper.

Divide the pear filling between lamb, pressing along the centre of each loin. Roll up to enclose filling and tie with string at 2cm intervals.

Heat olive oil in a frying pan, sear lamb until golden and place into a roasting pan. Fry onions and brown sugar in the same frying pan over medium heat until soft and caramelized. Deglaze with wine and stock. Pour over the meat and roast for 30 minutes or until cooked through. Remove from the oven and allow to rest for 10 minutes. Remove cooking twine and serve the lamb loin sliced, with the roasting juices poured over the top.



ROAST PUMPKIN *risotto*

The roasted pumpkin with honey and thyme is an extra flavour burst for this easy to prepare risotto. Cooking a risotto on Full Steam requires no stirring during the cooking time and the dishes are so easy to clean.

Oven setting: Circo Roasting and Full Steam

Serves: 4
Preparation time: 10 minutes
Cooking time: 25 minutes
Level of difficulty: Easy

Ingredients

300g butternut pumpkin
¼ bunch thyme, remove the leaves from the stems
20g honey
25ml olive oil
Salt and pepper
200g Arborio rice
1 onion, finely chopped
3 cloves garlic, finely chopped
600ml water or vegetable stock
50g salted butter, diced
50g parmesan cheese, grated

Method

Peel and deseed the pumpkin. Cut 200g into 2cm cubes and grate the remaining 100g, set aside grated pumpkin.

Place the cubed pumpkin into a medium mixing bowl with half of the thyme, honey, olive oil, salt and pepper and mix until well combined. Line the multipurpose pan with baking paper and top with pumpkin. Place pan in the oven on shelf level 3. Turn oven on to Circo Roasting at 180°C and cook pumpkin for 30 minutes.

Put the rice, grated pumpkin, onion, garlic, water or stock and remaining thyme in the small non-perforated stainless steel tray. Place the tray in oven and select Full Steam 100°C. Cook risotto for 25 minutes.

Remove the risotto from the oven then add the parmesan, butter and roasted pumpkin. Stir until all ingredients are combined, check for seasoning and serve.

Note

At the end of the cooking time the risotto should be quite moist. The rice will continue to absorb moisture and the addition of the parmesan and butter will make it creamy. Risotto can be cooked in an oven proof ceramic dish suitable for serving at the table.





ROAST *turkey*

Oven setting: Circo Therm®, Vario Steam and Multi Point Meat Probe

Serves: 8–10

Preparation time: 30 minutes

Cooking time: 3 hours stuffed,
1 hour 30 minutes–2 hours unstuffed

Level of difficulty: Medium

Ingredients

4kg turkey, fresh or completely thawed
1 clove garlic, crushed
1 tbsp thyme leaves, chopped
1 lemon, zested
50ml light olive oil

Method

Remove the wish bone of the turkey then separate the skin from the flesh by running your fingers in between them both. Clean cavity and pat dry with paper towel.

Mix the garlic, thyme, zest and oil together and place between the skin and flesh of the turkey. Fill cavity with stuffing (see next page for stuffing recipe). Truss the turkey. Place on a wire rack, on top of a universal tray lined with baking paper. Insert the Multi Point Meat Probe fully into the breast, entering in from the shoulder.

Place trays in the oven on level 2 of a full size oven or level 1 of a compact appliance. Select Circo Therm® at 160°C and add a high level of steam. Connect Multi Point Meat Probe, set core temperature to 75°C and press Start.

Remove turkey from the oven, remove probe and allow oven to cool. Select Keep Warm function at 60°C with a high level of steam. Rest the turkey in the oven for 30 minutes to 1 hour before serving.

Serve with jus (see next page for jus recipe).

Note

If using a frozen turkey, please ensure that it has been fully defrosted.

Roast turkey stuffing

Oven setting: Circo Therm®
Preparation time: 15 minutes
Cooking time: 10 minutes
Level of difficulty: Easy

Ingredients

100g slivered almonds
100g panko breadcrumbs
100g plain breadcrumbs
100ml milk
2 eggs
1 clove garlic, crushed
½ bunch basil, roughly chopped
¼ bunch mint, roughly chopped
1 lemon, juiced and zested
Salt and pepper, to taste

Method

Preheat oven on Circo Therm® at 160°C. Place almonds on the universal tray and cook for 5–10 minutes or until lightly toasted.

Place almonds with remaining ingredients in a mixing bowl and mix until well combined. Use to stuff turkey before trussing.

If cooking stuffing separately, shape into a log, wrap in plastic wrap and refrigerate overnight. To cook stuffing, remove plastic wrap and place on universal tray lined with baking paper. Preheat oven on Circo Therm® to 160°C with a high level of steam and cook for 30–40 minutes. Serve sliced.

Note

Stuffing is great to prepare a day ahead and keep in the refrigerator.

Roast turkey jus

Preparation time: 15 minutes
Cooking time: 45 minutes
Level of difficulty: Easy

Ingredients

1L good quality chicken stock
750ml good quality beef stock
250ml red wine
2 cloves garlic, bruised
½ bunch thyme
100ml honey
2 tbsps Dijon mustard
3 tbsps cornflour
3 tbsps water

Method

Place the chicken stock, beef stock and red wine in a medium to large saucepan. Place on induction level 8 or FlameSelect® gas cooktop, level 9 and bring to the boil. Add the garlic, thyme, honey and mustard then simmer on level 5–6 and reduce by half.

Mix the cornflour and water together and whisk into the jus, simmer for a further 10 minutes and then strain through a fine sieve. If you have pan juices from your roast turkey add them just before the cornflour mix.

Note

The magic of a jus is the quality of the stocks. A jus is made by reducing the liquid by half. Make it ahead without adding the cornflour up to 3 days ahead and store in the refrigerator.

ROASTED EGGPLANT WITH *goat cheese and tomato sugo*

Oven setting: Circo Roasting

Serves: 4

Preparation time: 30 minutes

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

1 onion, finely chopped

4 cloves garlic, crushed

1 tsp cumin

2 large tomato, diced into 1-2cm pieces

½ bunch thyme, leaves stripped and finely chopped

100ml water

Olive oil

Salt and pepper, to taste

50ml honey

2 large eggplants

75g soft goat cheese, at room temperature,
roughly chopped

50ml cream

Method

TOMATO SUGO

Place a medium sized saucepan on your cooktop. Turn the cooktop onto level 7 on an induction or FlameSelect gas cooktop. Place 2 tablespoons olive oil in the saucepan along with the chopped onion and half of the crushed garlic.

Cook the onion and garlic in the pan for 5–7 minutes or until translucent. Add the cumin and tomato, cook for a further 5 minutes then add half the thyme and the water. Bring to the boil then reduce the temperate to level 5 and cook for a further 30 minutes. While the tomato sugo is cooking, move onto the eggplant preparation.

Once the tomato sugo is complete, reduce temperate to level 2 in order to keep warm, add salt, pepper and half the honey. If you want a tomato puree you can use a stick blender at this point, this is optional.

EGGPLANT

Preheat oven on Circo Roasting to 180°C.

Slice the eggplant in half lengthways and with a small sharp knife score the flesh diagonally. Rub in the remaining garlic and thyme, drizzle liberally with olive oil and the remaining honey then season with salt and pepper.

Place the eggplants on a wire rack with a universal tray underneath, place on level 4 of the oven and cook flesh side up for 30 minutes.

WHIPPED GOATS CHEESE

Place the goats cheese in a small to medium bowl with the cream and 2 tablespoons of olive oil. Whip until combined.

Serve by placing the tomato sugo on the base of a platter, add the eggplant on top, then dollop the whipped goat's cheese over the eggplant and serve.



ROASTED VEGETABLE *frittata*



Oven setting: Circo Therm®

Serves: 6–8

Preparation time: 25 minutes

Cooking time: 75 minutes

Level of difficulty: Easy

Ingredients

200g peeled kumera, cut into 2cm pieces

200g peeled butternut pumpkin, cut into 2cm pieces

2 red onions, cut into eighths

1 red capsicum, cut into 2cm pieces

2 tbsps oil

1½ tbsps fresh rosemary, roughly chopped

8 eggs, lightly beaten

⅔ cup cream

⅔ cup parmesan cheese, grated

Salt and black pepper, freshly ground, to taste

1 x 200g punnet grape tomatoes

125g Feta cheese

Method

Preheat oven on Circo Therm® to 180°C.

Combine the vegetables and rosemary then place into a paper lined 32 x 26cm deep baking dish (approx. 3 litre), drizzle with the oil and bake for 30–35 minutes, or until the vegetables are tender and starting to brown on the edges.

Meanwhile, in a bowl whisk together the eggs, cream, half the parmesan and seasonings then pour over the cooked vegetables. Poke in the tomatoes then crumble over the feta and sprinkle with the remaining parmesan.

Reduce the temperature to 160°C and bake for 35–40 minutes until set and the frittata is a little puffed up and lightly golden. Serve warm or cold.







ROLLED CRANBERRY AND
pistachio stuffed chicken

This stuffed whole chicken is delicious hot or cold. The homemade cranberry sauce is a traditional condiment which will also go well with Christmas turkey or ham.

Oven setting: Circo Roasting and Vario Steam

Serves: 4–6

Preparation time: 20 minutes

Cooking time: Approx. 1 hour

Level of difficulty: Medium

Ingredients

CHICKEN

2 tbsps olive oil

2 rashers of bacon, finely chopped

1 small onion, finely chopped

1 clove garlic, crushed

2 tsps fresh thyme leaves

1/3 cup dried cranberries

1/3 cup pistachio nuts, chopped

2 tbsps parsley, chopped

1/2 orange, zested

1 cup fresh breadcrumbs

1 egg

2 tbsps orange juice

Salt and black pepper, freshly ground

1.5kg whole chicken, boned

1 tbsp olive oil, extra

CRANBERRY SAUCE

3/4 cup dried cranberries

200ml water

100ml orange juice

5cm strip of orange rind

1/4 tsp salt

1 tbsp brandy

Method

Heat a frypan over FlameSelect® gas cooktop, level 8 or induction level 8. Add the oil and bacon and cook for 2 minutes. Add the onion and garlic and cook until onion is softened and golden. Add the thyme leaves and cook for a further minute. Allow to cool.

Preheat oven on Circo Roasting to 180°C with a medium level of steam. Top enamel tray with wire rack.

In a medium bowl, combine the cranberries, pistachio nuts, parsley, zest, breadcrumbs, egg, orange juice and cooled bacon mixture. Season well with salt and pepper. Mix until well combined, then press the stuffing into a large sausage that is the length of the chicken.

Lay the chicken out flat and even out the meat. Place the stuffing in the centre of the chicken, roll up the chicken over the stuffing and tie the roll firmly at 2cm intervals with string. Carefully lift the chicken onto the prepared wire rack. Brush with extra oil and season with salt and pepper.

Insert Multi Point Meat Probe fully at one end of the chicken, horizontally into the centre of the stuffing. Place chicken into the oven on shelf level 2 and connect probe. Adjust internal core temperature to 70°C and press Start. Cook until core temperature is reached. If a probe is unavailable, cook chicken for approx. 1 hour or until chicken is cooked and golden.

While the chicken is cooking, make the cranberry sauce. Combine all of the sauce ingredients into a medium saucepan. Heat sauce over FlameSelect® level 7 or induction level 7. Cook sauce for 10–15 minutes, or until the cranberries have softened and the sauce is syrupy. Turn off heat, pour in brandy, cover with a lid and allow the stand. Serve warm or at room temperature.

When chicken is cooked wrap in aluminium foil and allow to rest for 15 minutes or refrigerate if eating cold. Cut the chicken into 1cm slices, arrange on a serving platter and serve with cranberry sauce.

Note

Have your friendly butcher debone the chicken for you. The wings can be left on or removed.

SALMON *poke bowls*

Oven setting: **Full Steam**

Serves: **4**

Preparation time: **30 minutes**

Cooking time: **4 minutes**

Level of difficulty: **Easy**

Ingredients

1 tbsp sesame oil
 1 tsp fresh ginger, grated
 1 clove garlic, crushed
 1 tbsp coriander stalk, finely chopped
 2 x 300g skinless salmon fillets
 2 x 180g packets ready to eat soba noodles
 125g sugar snap peas, trimmed
 ½ cup frozen, shelled edamame beans
 1 large carrot, peeled and grated
 1 cucumber, washed and peeled into thin ribbons with a vegetable peeler
 6 radishes, thinly sliced
 1 avocado, thinly sliced
 Finely sliced shallot and chopped coriander, for garnish
 Japanese roasted sesame dressing or chilli sauce, for serving

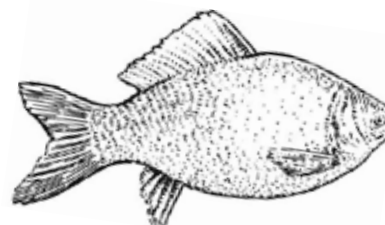
Method

Mix sesame oil, ginger, garlic and coriander together and spoon evenly over salmon fillets. Marinate in the refrigerator for 1 hour. Cut salmon into slices approx. 5mm thick.

Gently separate soba noodles. Place noodles, salmon, snap peas and edamame beans onto a large perforated steamer tray that has been lined with baking paper. Cook on Full Steam 100°C for 4 minutes.

Divide noodles, steamed vegetables, carrot, cucumber, radishes and avocado evenly between 4 serving bowls.

Arrange salmon on top of vegetable mixture and garnish with shallot and coriander. Serve with sesame dressing or chilli sauce if desired.





SHOYU *Ramen*

Oven setting: **Low temperature cooking,
Full Steam**

Serves: **10**
Preparation time: **45 minutes**
Cooking time: **6 hours**
Level of difficulty: **Medium**

Ingredients

2 sheets kombu
3L water
1 kg pork shoulder
Salt, to taste
125ml soy sauce
100ml dry sake
2 tbsps mirin
10 eggs
500g pork ribs
1L chicken stock
2–4cm ginger, cut into quarters
1 bulb garlic, cut in half
1 medium carrot, cut in half
1 stick celery
20g bonito flakes
1 bunch spring onions
1 kg ramen noodles
250g sliced bamboo sheets
3 nori sheets cut into 4 pieces
6 spring onions, sliced

Method

THE DAY BEFORE

Add the kombu and water together in a large bowl and let it sit outside overnight.

Salt the pork shoulder and tie up with butchers twine to hold it together, then refrigerate overnight.

Mix the soy sauce, sake and mirin together and refrigerate.

Steam the eggs on Full Steam from a cold oven at 100°C for 6–8 minutes then remove and place in iced water to cool, then peel. Once peeled, add to the soy mixture and let it sit overnight.

ON THE DAY

On induction level 8 or FlameSelect® gas cooktop, level 9, colour the pork shoulder in a large pan then place into a large ovenproof dish along with the pork ribs, chicken stock, ginger, garlic, carrot, celery, bonito flakes, spring onions and as much of the kombu water as possible (retain the excess).

Set the oven to low temperature cooking at 120°C for 6 hours. Remove from the oven and wrap the pork shoulder in cling wrap to help with cutting. Cut into approx. 1–1½cm slices. Strain the stock through a fine strainer or muslin cloth, discard all the food remains.

Place the stock back on the cooktop and bring back to a boil, then add the mirin and soy mix, noodles and eggs to heat through and serve. Once in the bowl add the pork, bamboo shoots, nori sheet, spring onions, then serve.



Side of **SALMON**



Oven setting: Circo Roasting and Multi Point Meat Probe

Serves: 6–8

Preparation time: 20 minutes

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

2 cloves garlic, crushed
 ½ bunch fresh coriander, chopped
 2 tsps paprika
 2 tsps cumin
 1 tsp coriander
 1 tsp turmeric
 1 chilli, chopped (or chilli paste)
 1 lemon, juiced
 1 lime, juiced
 2 tsps olive oil
 1–1.5kg side of salmon
 Salt and pepper, to taste

Method

Place all the herbs, spices, juice and oil together in a medium bowl. Mix until it becomes a paste.

Line universal or baking tray with baking paper. Lay the salmon on baking paper and season liberally with salt and pepper. Rub the spice mix over the top of the salmon. Place the tray into the oven on shelf level 3. Insert the Multi Point Meat Probe into the fattest part of the salmon and set it to 60°C. Cook salmon on Circo Roasting at 200°C until core temperature is reached. Remove and rest for 10 minutes before serving.

Note

If a Multi Point Meat Probe is not available cook salmon for 15–20 minutes, or until flesh is firm or cooked to desired doneness.





Slow cooked
BEEF LASAGNE



Oven setting: Circo Therm®

Serves: 8–10

Preparation time: 1 hour

Cooking time: 1 hour plus 4 hours simmer
time for meat

Level of difficulty: Medium

Ingredients

1 kg piece chuck steak
Salt and pepper
2 tbsps olive oil
2 brown onions, chopped
4 cloves garlic, finely chopped
1 cup red wine
700ml tomato passata
4 bay leaves
2 tbsps dried oregano
2 tsps dried thyme
½ tsp ground nutmeg
½ tsp ground allspice
1 cinnamon stick
2 tbsps tomato paste
1 tbsp brown sugar
200g dried lasagne sheets

BÉCHAMEL SAUCE

60g butter
⅓ cup flour
2 cups milk
¼ tsp nutmeg
Salt and pepper
3 cups mozzarella cheese, grated
1 cup parmesan cheese, grated

Method

Season the meat with salt and pepper.

Place a large pan over a high heat, induction level 8. Add the oil then brown the meat well on all sides. Remove from the pan then add the onions and garlic and sauté until lightly browned. Reduce the heat to medium, induction level 5. Add the red wine and passata, mix well. Stir in the herbs, spices, tomato paste and brown sugar. Return the meat to the pan, reduce the heat to low, induction level 2 or 3. Cover with a lid and allow to simmer gently for approx. four hours or until the meat is tender.

Remove the meat from the sauce and place into a large bowl. Using two forks, shred the meat and discard any fat. Skim any excess fat from the surface of the sauce then return the meat and mix well. Allow to cool.

To make the béchamel sauce, melt the butter in a medium size saucepan over a medium heat, induction level 5. Add the flour to the pan and blend to a smooth paste. Gradually stir in the milk and cook, stirring constantly until the sauce boils and thickens. Season with the nutmeg, salt and pepper. Add half the combined mozzarella and parmesan cheeses to the sauce and mix well.

Preheat oven on Circo Therm® to 170°C and place the wire rack on shelf position 2 (see notes).

Grease a lasagne dish, approx. 28cm x 22cm or 4 litre capacity. Layer the base of the dish with lasagne sheets and spread one third of the meat mixture on top. Spread one third of the béchamel sauce over the meat mixture then top with another layer of lasagne sheets. Repeat to make three layers, finishing with the béchamel sauce, then top with the remaining cheese mix.

Bake for 55–60 minutes or until golden and cooked.

Notes

If using Vario Steam set to medium steam. Cooking time will be approx. 50 to 55 minutes.

The meat can be cooked and shredded the day before making the lasagne. This can also be served as a Ragout with pasta.



SLOW COOKED LAMB

with minted pea mash

Oven setting: Top/Bottom heat Eco
and Full Steam

Serves: 6–8
Preparation time: 20 minutes
Cooking time: 7 hours
Level of difficulty: Easy

Ingredients

SLOW COOKED LAMB

1 tbsp olive oil
1.5–2kg leg of lamb
4 cloves garlic, sliced
2 brown onions, sliced
1 tsp dried chilli flakes
2 cups red wine
1 cup beef stock
2 cups chopped fresh herbs, e.g. rosemary, parsley,
thyme, sage, oregano

MINTED PEA MASH

500g frozen peas
60g butter
½ cup mint leaves
Salt and black pepper, freshly ground

Method

SLOW COOKED LAMB

Heat a heavy based pan over a medium to high heat. Add olive oil then brown the lamb well on all sides. This will take 6–8 minutes. Remove the lamb from the pan and place into a large casserole dish. Add the garlic, onions and chilli flakes to the pan and fry for 2–3 minutes. Reduce the heat to medium then add the red wine and stock, stirring to scrape any bits from the base of the pan. Remove from heat, add the chopped herbs and mix well. Pour the red wine and herb mix over the lamb and cover tightly with foil or a lid.

Preheat oven on top/bottom eco to 120°C. Place casserole dish on wire rack on shelf level 1 and cook for 6–7 hours, or until meat falls from the bone. Remove meat from the pan and rest for 10–15 minutes. Strain the pan juices and place into a saucepan over a low heat to keep warm and reduce slightly.

Pull the meat from the bone with 2 forks and place into a warmed serving dish. Pour pan juices over meat and toss to combine.

MINTED PEA MASH

Place all ingredients into the unperforated steamer tray. Cook on Full Steam at 100°C for 8 minutes. Transfer to heatproof jug and mash coarsely with stick blender. Place into serving dish. Drizzle with extra virgin olive oil and garnish with fresh mint.

Slow roasted BEEF BRISKET

The perfect recipe for entertaining. Prepare in the morning and let your oven do the rest.

Oven settings: Low temperature cooking,
Circo Therm®

Serves: 6–10
Preparation time: 45 minutes
Cooking time: 12 hours
Level of difficulty: Medium

Ingredients

2kg beef brisket

SPICE RUB

1½ tbsps salt
1 tbsp cumin
1 tbsp smoked paprika
1 tbsp sweet paprika
2 tpsps garlic powder
1 tsp chilli powder
1 tsp onion powder

TOMATO SAUCE

200g brown sugar
100ml water
12 ripe tomatoes, roughly chopped
250ml apple cider vinegar
100ml treacle

Method

Combine the dry spices and rub onto the brisket. Place the sugar, water, tomatoes, vinegar and treacle into a saucepan and bring to the boil. Simmer for 10 minutes.

Place the brisket in an ovenproof dish that has a tight fitting lid. Pour over the tomato sauce and place the lid on top. Put the brisket into the oven and select the low temperature cooking function at 120°C. Cook the brisket for 12 hours. Turn the brisket over in the sauce every 3 hours.

After cooking, remove the brisket from the sauce. Place brisket on a wire rack with a multipurpose pan lined with baking paper underneath. Return the brisket to the oven and cook on Circo Therm® at 160°C for 20 minutes to caramelise the beef. Skim the fat from the cooking liquid. While the brisket is cooking, in a saucepan reduce the cooking liquid down to a sauce consistency.

Slice the brisket and serve the sauce on the side.

Note

This is a great recipe to cook overnight. In the morning refrigerate the brisket in the cooking liquid. Before reheating, remove the solidified fat. Reheat the brisket on Circo Therm® at 160°C for 30 minutes and reduce cooking liquid to sauce consistency.







The spicy crust will slowly infuse into the lamb while it cooks low and slow.

Spiced LEG OF LAMB

Oven setting: Circo Therm®
 Serves: 6–8
 Preparation time: 10 minutes
 Marinating time: 30 minutes or overnight
 Cooking time: 4 hours
 Level of difficulty: Easy

Ingredients

4 tsps cumin
 2 tsps smoked paprika
 2 tsps garlic powder
 1 tsp onion powder
 1 tsp whole or ground caraway seeds
 ½ tsp ground star anise
 ¼ bunch thyme, chopped or 1 tsp dried thyme
 1 tbsp salt
 ½ tsp pepper
 4 tbsps olive oil
 2kg leg of lamb



Method

Mix all of the dried ingredients together with the olive oil and stir until combined.

Rub spice mixture over the lamb and let it marinate overnight if possible or for at least 30 minutes.

Line a universal tray with baking paper and place a wire rack on top. Place the lamb on the wire rack and put the lamb in the oven on shelf level 2. Set the oven to Circo Therm® at 140°C and roast for 4 hours.

Remove the lamb from the oven and let rest for 20–30 minutes before carving.

Oven setting: **Circo Roasting**

Serves: **4**

Preparation time: **20 minutes**

Cooking time: **20 minutes**

Level of difficulty: **Easy**

Ingredients

4 pieces firm white fish (such as Ling or Blue Eye Cod, approx. 800g)

1/3 cup coconut milk

2 tsps Gewürzhaus Asian Wok Spice

1/3 cup green shallots, sliced

1 tbsp ginger, chopped

1 tbsp Thai basil leaves, shredded

Olive oil spray

Extra sliced shallots for serving

Method

Preheat oven on Circo Roasting at 200°C. Line the universal pan with baking paper and place the fish pieces on the tray.

Combine the coconut milk with the wok spice, shallots, ginger and Thai basil. Mix well. Spoon over the fish and lightly spray with olive oil.

Cook on shelf position 4 for 18–20 minutes or until the fish flakes slightly when tested with a fork. The thickness of the fish will determine the cooking time. Sprinkle with extra sliced shallots and serve with steamed rice and beans.

Note

Left over coconut milk can be stirred through steamed rice before serving. Approximately 1/3 – 1/2 cup coconut milk per 2 cups steamed rice or to taste.





Spicy COCONUT FISH

SPICY HARISSA CHICKEN

with pearl couscous

Oven setting: Full Steam and Multi Point Meat Probe

Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

Level of difficulty: Easy

Ingredients

2 x 250g chicken breast fillets
 2 tbsps harissa paste
 1 brown onion, chopped
 1 clove garlic, finely chopped
 2 tsps grated ginger
 1 tsp ground turmeric
 1 tsp ground coriander
 1 tsp ground cumin
 30g butter
 1½ cups pearl couscous
 2¼ cups chicken stock
 250g baby beans (see note)
 ¼ cup coriander, chopped
 ¼ cup mint, chopped
 Salt and pepper
 ¼ cup toasted slivered almonds
 ⅓ cup pomegranate seeds

Method

Rub the chicken breast fillets with the harissa paste and place into the solid stainless steel steamer tray.

Insert the Multi Point Meat Probe horizontally into the thickest part of the largest chicken breast.

Place the chicken into the oven and set the oven to Full Steam, 100°C. Set the core temperature to 71°C and press start.

Place the onion, garlic, ginger, turmeric, coriander, cumin and butter into a 2 litre ovenproof dish.

When the oven has reached temperature, place the onion mix into the oven with the chicken and continue to cook on Full Steam, 100°C for 4 minutes. Remove the onion mix from the oven then stir in the couscous and stock. Return to the oven and cook for 10 minutes. Add the beans to the couscous and continue cooking for a further 6 to 8 minutes or until couscous is cooked.

Stir in the chopped herbs and season with salt and pepper.

When the chicken is cooked, allow to rest for a few minutes before slicing.

Serve with the couscous and sprinkle with the almonds and pomegranate seeds.

NOTE

Frozen baby beans are ideal to use in this recipe.





Spicy slow roasted LAMB SHOULDER

This lamb is easy to prepare and the long, slow cooking makes it meltingly tender.

It may take the day to cook but it will be gobbled up very quickly.

Oven setting: Low temperature cooking

Serves: 6–8

Preparation time: 10 minutes

Cooking time: 8 hours

Level of difficulty: Easy

Ingredients

2kg boned lamb shoulder

SPICE PASTE

3 tbsps canola oil

2 tbsps brown sugar

1 tbsp salt

1 tbsp cumin

1 tbsp coriander

1 tbsp paprika

1 tbsp fresh garlic, crushed

1 tbsp fresh ginger, crushed

2 tps cracked black pepper

1 tsp ground cinnamon

1 tsp onion powder

1 tsp chilli powder (optional)

½ tsp ground star anise

½ tsp ground cardamom

Method

Remove lamb from refrigerator 1 hour before cooking.

Preheat oven on low temperature cooking to 100°C. Line the multipurpose pan with foil and top with the wire rack.

In a medium mixing bowl, combine the oil, brown sugar and all of the spices to form a paste. Rub the spice paste thoroughly all over the lamb.

Place the lamb on the wire rack and place both trays onto shelf level 2 of the oven. The multipurpose pan will be between the shelf rails and the wire rack will sit on top. Cook the lamb for 8 hours or until tender and meat pulls apart.

Note

Any leftover lamb can be shredded for a delicious sandwich filling. Make sure you keep some of the spicy crust to stir through the lamb.







*Cannelloni will bring the flavours of Italy to your dinner table.
It's an easy dinner to prepare, vegetarian, and won't disappoint.*

Spinach and ricotta CANNELLONI

Oven Setting: Circo Therm® and Vario Steam

Serves: 4–6 people

Preparation time: 20 minutes

Cooking time: 25–30 minutes

Level of difficulty: Medium

Ingredients

SAUCE

2 tbsps olive oil

1 small onion, finely chopped

1 clove garlic, finely chopped

700g tomato passata

1 tsp salt

1 tsp sugar

Black pepper

FILLING

2 tbsps olive oil

1 small onion, finely chopped

1 clove garlic, finely chopped

250g frozen spinach, thawed and gently squeezed

2 tbsps chopped fresh basil

450g smooth ricotta

2 eggs, lightly beaten

70g parmesan cheese, grated

½ tsp grated nutmeg

1 tsp salt

Black pepper

250g dry cannelloni shells (approx. 18 shells)

200g grated mozzarella cheese

Method

To make the tomato sauce, heat the olive oil in a saucepan over medium heat. Add the onion and garlic and cook for 3 minutes. Add the passata, salt, sugar and black pepper to taste. Cook for 10 minutes or until sauce has thickened.

To make the filling, heat the olive oil in a large frypan. Add the onion and garlic and cook for 3 minutes. Add the spinach and cook for 2 minutes to remove excess moisture. Remove from heat and spoon on to a large plate to cool.

In a large bowl, combine the basil, ricotta, eggs, parmesan, nutmeg, salt and pepper. Add the cooled spinach mixture and stir to combine.

Preheat oven on Circo Therm® to 180°C with a medium level of steam.

Using a large plain nozzle piping bag or spoon, fill the cannelloni shells. Pour ⅓ of the tomato sauce into a large greased baking dish then lay the filled cannelloni on top. Pour remaining tomato sauce over the cannelloni. Top with mozzarella cheese and bake for 25–30 minutes or until golden.

Note

If Vario Steam is not available, add 2 tablespoons of water sprinkled on top of the cannelloni to keep it moist during cooking.





Let your sticky fingers be the guide for how delicious and tender these pork ribs are! Ribs are perfect for a family meal or entertaining.

Sticky PORK RIBS

Oven setting: Circo Therm® and Vario Steam

Serves: 4

Preparation time: 10 minutes

Cooking time: Approx. 2 hours 30 minutes

Level of difficulty: Easy

Ingredients

1.25kg pork ribs
 1 small red onion, peeled and roughly chopped
 2 cloves garlic, peeled and halved
 ½ tsp dried chilli flakes (or more to taste)
 1 tsp smoked paprika
 1 tsp fennel seeds
 Pinch of star anise
 100g brown sugar
 2 tbsps olive oil
 200g tomato sauce/ketchup
 2 tbsps cider vinegar
 2 tbsps soy sauce

Method

Place onion, garlic, chilli flakes, paprika, fennel seeds, star anise and brown sugar in a bowl of a food processor and process until smooth.

Heat a saucepan over medium heat, add the olive oil and onion paste and cook for 2 minutes. Add the tomato ketchup, vinegar and soy sauce and cook for 5 minutes or until the sauce thickens.

Line an enamel tray with baking paper. Place the ribs on the tray and brush the ribs with all of the sauce. Place ribs in the oven and lay a piece of baking paper loosely on top. Turn oven on Circo Therm® at 140°C with a high level of steam. Cook for 1 hour 45 minutes–2 hours, turning once. The time will depend on when the ribs are tender. When the ribs are tender, increase Circo Therm® to 180°C with no added steam and remove baking paper. Cook for up to 30 minutes or until ribs are golden and sticky.

Remove the ribs from the oven and allow to cool for 5 minutes. Cut ribs using the rib bones as a guide.

Note

If Vario Steam is not available, cover the ribs with aluminium foil when cooking for the first 2 hours. Remove the foil for the last 30 minutes.

Oven setting: Circo Roasting, Circo Therm®, Full Steam

Serves: 6
 Preparation time: 45 minutes
 Cooking time: 45 minutes
 Level of difficulty: Easy

Ingredients

CAPSICUMS

6 medium red or yellow capsicum
 3 tbsps olive oil
 200g Basmati rice
 400ml water
 3 cloves garlic, crushed
 1 chilli, chopped
 2 tbsps cumin
 1 tsp smoked paprika
 ½ bunch fresh coriander
 ¼ tsp star anise
 ¼ tsp allspice
 ¼ tsp nutmeg
 2 tsps salt

SAUCE

6–8 tomatoes
 1 clove garlic
 1 tsp smoked paprika
 1 tsp cumin
 ¼ bunch coriander
 1 tbsp honey
 1 chilli, chopped
 1 tsp salt

Method

Heat the oven to 250°C on Circo Roasting. Coat the capsicums with 2 tablespoons of the olive oil and place on the universal tray and bake for 10 minutes, turning halfway through. Once cooked remove from the oven and place into a container with a lid or wrap with cling wrap, then set aside.

Place the rice into a non-perforated steamer, add the rest of the olive oil and coat. Add all the other ingredients and place into an oven set to Full Steam at 100°C for 20 minutes. Once cooked, remove from the oven and using a fork, fluff the rice by running it through to separate the grains of rice. Set aside.

For the sauce, heat the oven on Circo Therm® at 180°C. Roughly chop the tomato and place on the universal tray with all the other ingredients and bake for 25 minutes. Remove from the oven and pour into a medium mixing bowl. Use a spoon and mash the tomatoes to form a saucy consistency.

Cut the top off the capsicums and peel off the skin. Clean out the inside then stuff with the rice, place onto a universal tray and put the tops back onto the capsicums.

Heat on Circo Therm® at 160°C for 10 minutes then serve with the sauce underneath.





Stuffed CAPSICUM

TANDOORI CHICKEN

with roti bread

Oven setting: Circo Roasting, Vario Steam and Multi Point Meat Probe

Serves: 4
 Preparation time: 15 minutes
 Cooking time: 25 minutes
 Level of difficulty: Easy

Ingredients

3 chicken breast fillets, approx. 750g
 ⅓ cup tandoori paste
 ⅓ cup natural yoghurt
 8 Roti bread
 3 cups salad greens
 2 Lebanese cucumbers, sliced
 1 small red onion, sliced
 ½ cup coriander leaves
 200g cherry tomatoes, halved
 Mango chutney
 Natural yoghurt

Method

Make deep incisions into the chicken breast fillets with a sharp knife. Combine the tandoori paste and the yoghurt in a medium bowl. Add the chicken and turn to coat well (see note).

Preheat oven on Circo Roasting to 200°C with a medium level of steam. Line the universal pan with baking paper and place a wire rack on top. Insert the Multi Point Meat Probe horizontally into the largest chicken breast. Place the tray on shelf 4 and set the probe to 71°C.

When the chicken is cooked, remove from the oven and allow to rest for 10 minutes.

While chicken is resting, pan fry the roti breads. Arrange the salad greens and cucumber on the roti bread. Top with sliced chicken and remaining ingredients.

Note

Chicken breast can marinate for a few hours or overnight in the refrigerator to improve the flavour.





Oven setting: Full Steam

Serves: 4–6

Preparation time: 10 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

RICE

200g jasmine rice

400ml water

4 tbsps shredded coconut

2 tsps palm sugar

2 tsps salt

CURRY

2 lemongrass stalks

5 cloves garlic, crushed

5cm ginger, peeled and thinly sliced

2–4 birds eye chilli, halved

4 Kaffir lime leaves

¼ bunch coriander, use roots, stems and leaves

1 tbsp ground cumin

2 tsps ground coriander

1 tsp ground turmeric

2 x 400ml coconut milk

250ml fish or chicken stock

2–3 tbsps fish sauce

1 tbsp palm sugar

1 capsicum, cut into 2cm pieces

100g sugar snap peas, top and tailed

750g marinara mix

Extra ¼ bunch coriander for garnish

There is no need to call the local takeaway with this fragrant and creamy coconut seafood curry. Both the curry and rice are cooked together making it quick and easy.

THAI COCONUT SEAFOOD *curry with coconut rice*

Method

Put all of the ingredients for the rice in the small solid stainless steel tray and place in the Full Steam oven.

With the back of a knife bruise the lemongrass and place in a 4 litre solid stainless steel tray or dish. Add the garlic, ginger and chilli. Crush the lime leaves in your hands and add to the tray. Add the fresh and ground coriander, cumin, turmeric, coconut milk and stock. Stir to combine. Place tray in Full Steam oven with the rice.

Select Full Steam 100°C and cook curry and rice for 20 minutes.

Remove the rice from the oven, cover with foil and set aside. Remove the curry from the oven, strain the curry liquid through a fine strainer and discard the herbs and spices. Place the liquid back into the tray, add the fish sauce, palm sugar, vegetables and marinara mix. Place back in the Full Steam oven and cook for a further 10 minutes on Full Steam, 100°C.

Garnish curry with coriander leaves and serve with rice.

Note

Finely slice the chillies to increase the heat if desired.





TOMATO AND BASIL *linguini*

Appliance used: Induction or
FlameSelect® gas cooktop

Serves: 4
Preparation time: 10 minutes
Cooking time: 20 minutes
Level of difficulty: Easy

Ingredients

250g linguini pasta
500g heirloom tomatoes
1 birdseye chilli
3 cloves garlic
1 bunch basil
100ml olive oil
150ml white wine
Salt and pepper, to taste

Ripe tomatoes and basil make for a perfect pasta sauce. This is a simple pasta dish which works as both an entrée or main.

Method

Place a medium-sized saucepan on an induction cooktop on pot boost or FlameSelect® gas cooktop, level 9. Half fill the saucepan with water and add 2 teaspoons of salt. When boiling, add the pasta, cook following the time recommended on the packet or until al dente. Drain pasta and place on a tray, drizzle with a little olive oil so it does not stick, then set aside.

Cut the heirloom tomatoes in half, slice the chilli, crush the garlic and pick and tear the basil leaves.

Heat oil in a frypan over induction level 7 or FlameSelect® level 9. Add the chilli and garlic and stir until lightly coloured, then add your tomatoes and cook for another 1–2 minutes before adding the white wine. Cook for another 5 minutes. Add the basil and pasta to the pan and heat through. Season to taste with salt and pepper. Serve when pasta is heated through.

Note

This is a great pasta sauce to make when tomatoes are plentiful. Don't be put off by the quantity of olive oil as the oil, wine and juices from the tomatoes makes an amazingly light pasta sauce that tastes great cold if there are any leftovers.



TRAY BAKED CHICKEN *with haloumi*

Oven setting: Circo Roasting

Serves: 4–6

Preparation time: 15 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

4 chicken breast fillets, skin on
2 Spanish onions, quartered
2 cloves garlic, chopped
2 tbsps dried oregano
¼ cup olive oil
10 baby chat potatoes cut into 3mm slices
200g haloumi, sliced into 5mm thickness
Salt and pepper
1 lemon, quartered

Method

Preheat oven on Circo Roasting to 190°C. Line the universal pan with baking paper.

Place all the ingredients, except the lemon into a large bowl. Squeeze the lemon juice over the ingredients, then add the lemon pieces to the bowl and toss all the ingredients well.

Place the potatoes and onion in a single layer on the tray then place the chicken on top with the skin facing up. Arrange the haloumi and lemon pieces around the chicken.

Cook on shelf position 3 for 28–30 minutes or until cooked. Allow chicken to rest for a few minutes before slicing thickly and serving over remaining ingredients.

TWICE COOKED DUCK WITH *steamed Asian greens and red rice*

Duck is notoriously fatty, so this method of steaming first removes a lot of the fat and makes the meat succulent. The final stage of cooking uses Circo Therm® to give a crisp skin and perfect result.

Oven setting: Full Steam and Circo Therm®

Serves: 2–4

Preparation time: 15 minutes

Resting time: 15 minutes

Cooking time: 1 hour 40 minutes

Level of difficulty: Medium

Ingredients

2kg whole duck

1 tbsp Chinese five spice

2 tsps sugar

2 tsps fine salt

1 knob fresh ginger, thickly sliced

4 cloves garlic, crushed

4 spring onions, cut in half

½ orange, cut into wedges

1 tbsp rice vinegar

½ cup honey

½ cup soy sauce

2 cups red rice, rinsed

1 bunch bok choy, washed

1 bunch choy sum, washed

Method

Rinse the duck well and dry with kitchen paper. Combine five spice, sugar and salt and rub all over the duck, inside and out. Stuff the cavity with ginger, garlic, spring onion and orange wedges.

Place the duck on the perforated tray and use a skewer to pierce the duck skin all over.

Set the oven to Full Steam 100°C and select 40 minutes cook time. Place an empty oven tray on shelf level 4, to catch any duck fat. Place duck on shelf level 3 and cook, then remove duck from the oven. Remove the tray that contains all the rendered duck fat. Pour into a container and refrigerate or freeze for another use. Return oven tray to shelf level 4.

In a small pot over medium heat, mix vinegar, honey and soy, then brush this mixture all over the duck to coat. Set the oven to Circo Therm® 180°C and select 60 minutes cook time.

Place duck on shelf level 3 and cook, basting every 15 minutes until the duck is lacquered and deep brown in colour.

Meanwhile, place rice in a medium saucepan with 4 cups cold water, cover and bring to the boil. Reduce heat to low and cook for 45 minutes, or until water is absorbed and rice is tender.

Remove duck from oven and rest, lightly covered with foil, for 15 minutes.

While the duck is resting, place the bok choy and choy sum on the perforated tray and insert into the oven on self level 3. Set oven to Full Steam, 100°C and select 10 minutes cook time.

Serve the duck with the steamed greens and red rice.



VEAL *ossobuco*



Oven setting: Circo Therm®

Serves: 4

Preparation time: 10 minutes

Cooking time: 1 hour 15 minutes

Level of difficulty: Easy

Ingredients

2 onions

3 carrots

2 sticks celery

2 tbsps butter

1 clove garlic, chopped

2 strips preserved lemon rind, rinsed

¼ cup vegetable oil

Flour for dusting

1.5kg veal osso buco

1 cup white wine

1 cup stock

1 x 400g can diced tomatoes

2 bay leaves

Few sprigs thyme

Method

Preheat oven on Circo Therm® to 180°C.

Chop onion, carrot and celery into large dice.

Melt butter in a large frypan and cook onions, carrots, celery, garlic and preserved lemon for a few minutes. Remove from heat and place vegetables in a large ovenproof casserole dish.

Heat vegetable oil in same frypan, lightly dust meat in flour and cook in pan until browned on all sides. Remove meat from pan and place on top of vegetables. Return pan to heat and cook wine, stock and tomatoes for a few minutes. Pour over the top of the meat and vegetables. Add the bay leaves and thyme, cover dish with foil or lid and cook in oven for about 1 hour or until meat is very tender, turning the meat half way through. Check the level of the liquid and add more if required.

Remove from oven and serve.

Note

Beef can be used as a substitute for this recipe.





WHOLE BAKED *sweet potatoes*

Oven Setting: Circo Therm®

Makes: 4
Preparation time: 10 minutes
Cooking time: 1 hour
Level of difficulty: Easy

Ingredients

4 sweet potato, approx. 300g each

SUGGESTED TOPPINGS

Cream cheese, chopped pecans and maple syrup.
Smashed avocado, sour cream, drained canned black beans, tomato salsa, chilli and coriander.

Method

Preheat oven on Circo Therm® to 200°C (see note). Wash the sweet potatoes well, pat dry and place onto the universal pan that has been lined with baking paper. Using a fork, pierce several holes in each sweet potato.

Cook on shelf position 3 for 1 hour or until tender.

To serve, make a deep slit down the centre of each sweet potato. Squeeze the sweet potato gently to expose the flesh. Serve with suggested toppings.

Note

Alternatively, the sweet potatoes can be cooked on Circo Therm® 200°C with a high level of steam for 40 to 45 minutes or until tender.



Oven setting: Circo Roasting, Vario Steam and Multi Point Meat Probe

Serves: 4–6
 Preparation time: 30 minutes
 Cooking time: 1 hour 30 minutes
 Level of difficulty: Easy

Ingredients

CHICKEN

2 tsps cumin
 2 tsps oil
 2 tsps salt
 1 tsp smoked paprika
 1 tsp garlic powder
 ½ tsp onion powder
 1 x 1.2kg chicken

VEGETABLES

2 potato
 1 sweet potato
 1 red capsicum
 1 onion
 10 mushroom
 75ml oil
 2 x 10cm sprig rosemary, finely cut
 ¼ bunch thyme removed from stem
 2 tbsps mustard
 1 tbsp honey
 ½ tsp smoked paprika
 Salt and pepper, to taste

Whole roast CHICKEN AND VEGETABLES

Method

For the chicken, mix all the dry ingredients together so they make a paste and then rub into the whole chicken.

Select Circo Roasting on 200°C and set the probe to 75-80°C. Insert the probe into the chicken from one breast across to the other and press start.

Cut all vegetables into 1 inch squares then place into a bowl with the olive oil, rosemary, thyme, mustard, honey and smoked paprika. Season with salt and pepper then mix. Place the vegetables on a universal tray with the baking sheet. Place the tray in the oven underneath the chicken for the last half of the cook. This will be approx. 35-45 minutes in for a 1.2kg chicken. Once the chicken is cooked, remove from the oven and elevate the vegetables to level 4 and continue to cook for a further 20 minutes or until golden brown and soft.

Sides









Baked sweet POTATO WEDGES

Oven setting: Circo Roasting
Serves: 8–12
Preparation time: 20 minutes
Cooking time: 30 minutes
Level of difficulty: Easy

Ingredients

4 medium sweet potatoes
2 tsps smoked paprika
2 tsps cumin
2 tsps garlic powder
1 tsp onion powder
1 tsp ground coriander
1 tsp chilli powder
2 tsps cornflour
2 tbsps salt
2 tbsps olive or canola oil

Method

Place all the spices, cornflour, salt and oil into a large mixing bowl and combine.

Cut the sweet potato lengthwise into 8 pieces. Place into the mixing bowl with the spices and mix together.

Preheat oven on Circo Roasting to 210°C. Line a multipurpose pan with baking paper and place the wedges evenly on the tray. Bake for 15 minutes.

Turn the potatoes over and cook for another 15 minutes. Remove from the oven and serve.



CARMELISED CARROTS and pine nuts

This dish can be eaten hot or at room temperature, and the golden toasted pine nuts marry perfectly with the sweet caramelised carrots. A wonderful vegetarian dish or accompaniment for roast meats.

Oven setting: Circo Therm®

Serves: 4–6

Preparation time: 10 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

50g pine nuts

2 bunches baby carrots

50ml maple syrup

¼ bunch thyme

1 tsp sumac

1 lemon, zested

½ lemon, juice

50ml sour cream

¼ bunch continental parsley, leaves removed and finely chopped

Salt and pepper

Method

Preheat oven on Circo Therm® to 160°C. Spread the pine nuts evenly on the multipurpose pan. Toast the pine nuts for 8–10 minutes or until golden brown. Remove from pan and set aside to cool.

Top the carrots leaving 1–2cm of the stem, peel and place in a large bowl. Remove the leaves from the thyme and add to carrots. Add the maple syrup, sumac, salt and pepper. Toss to combine.

Line a multipurpose pan with baking paper and increase oven temperature to 180°C. Place the carrots on the prepared pan and roast for 25–30 minutes.

While the carrots are roasting, mix together the lemon zest, juice, sour cream, and salt and pepper in a small bowl.

When the carrots are cooked, place on a serving plate, drizzle the sour cream over the top and sprinkle with the chopped parsley.

Finally, top with the toasted pine nuts and serve.



CAULIFLOWER *and cheese bake*

Oven Setting: Circo Therm® and Vario Steam

Serves: 6–8

Preparation time: 10 minutes

Cooking time: 15 minutes

Level of difficulty: Easy

Ingredients

- 1 large cauliflower
- 120g butter, softened
- 4 cups tasty cheese, grated
- 2 tbsps seeded mustard
- 4 tbsps chives, chopped
- ⅔ cup panko breadcrumbs
- Salt and black pepper, freshly ground

Method

Preheat oven on Circo Therm® to 200°C with a high level of steam.

Remove leaves and hard stalks from the cauliflower.

Slice cauliflower into small pieces and arrange in a lightly greased shallow casserole dish.

Mix all remaining ingredients together until well combined and season with salt and pepper.

Spoon over the top of the cauliflower wedges and cook for 15–18 minutes or until cauliflower is just tender and cheese topping is golden brown.

A French classic with a rich cream sauce and finely layered potatoes. Dauphinoise potato makes a perfect accompaniment for winter roasts.



Oven setting: **Top/Bottom heat and Circo Therm®**

Serves: **8**

Preparation time: **45 minutes**

Chilling time: **Overnight**

Cooking time: **1 hour 30 minutes**

Level of difficulty: **Medium**

Ingredients

2 cloves garlic, smashed

8 x 10cm sprig thyme

2 x 10cm sprig rosemary

500ml thickened cream

1kg potatoes (baking variety)

125g parmesan cheese, grated

Salt and pepper

50g grated cheddar or mozzarella cheese (optional)

Method

Place the garlic, thyme, rosemary and cream in a saucepan. Put the saucepan on induction level 5–6 and simmer until cream thickens, up to 30 minutes.

Peel the potatoes and with a mandoline slicer or the thinnest blade of a food processor slice the potatoes.

Line a deep loaf pan or terrine approx. 21 x 11 x 8cm with baking paper. Carefully lay the potato slices one at a time, overlapping each other. Continue row after row making sure there are no gaps between the potato slices. Season each layer of potato with salt and pepper and sprinkle with a little of the parmesan. Repeat this process until all the potato has been used.

Next, strain the cream mixture to remove all of the herbs and garlic and pour over the potato. Push down on the potato to make sure the cream has gone between the layers and then top with the cheese if desired.

Preheat oven on top/bottom heat to 170°C. Place the dauphinoise on shelf level 3 and cook for 1½ hours until it is golden brown and there is no resistance when a knife is inserted through the centre.

Remove dauphinoise from the oven, cover with a sheet of baking paper and allow the dauphinoise to cool to room temperature. Place a dish or tray slightly smaller than the loaf pan and 4 x 400g cans of food on top of the dauphinoise to press down the potato. Put the dauphinoise in the refrigerator overnight.

Remove the dauphinoise from refrigerator and remove weights, top tray and the sheet of baking paper. Place a chopping board on top of the potato and then flip it over. The loaf pan should then slide off. Remove the baking paper and trim the edges of the potato until straight before cutting into 8 pieces.

Preheat oven on Circo Therm® at 180°C. Place the pieces of dauphinoise 2cm apart on the multipurpose pan lined with baking paper. Cook for 15 minutes or until hot.

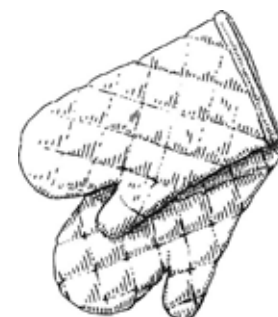
Note

This recipe is prepared using traditional techniques to ensure a perfectly layered rich dauphinoise. If you are short on time the dauphinoise can be served without pressing it overnight. Taking the extra step of pressing the potato overnight gives the dauphinoise a restaurant quality and will allow you to be extra prepared when entertaining.



Dauphinoise POTATO

Dinner ROLLS



Oven setting: Dough proving and Bread Baking

Makes: 18

Preparation time: 45 minutes plus proving time

Cooking time: 15–18 minutes

Level of difficulty: Medium

Ingredients

½ cup milk, warmed
 200ml water, warmed
 40g butter, melted
 2 tsps dried yeast
 2 tsps sugar
 3¼ cups bread flour
 2 tsps salt
 1 egg, lightly beaten

Method

Combine the milk, water, butter, yeast and sugar in a bowl and allow to stand for 5 minutes. The mixture will begin to foam.

Sift the flour and salt into a large bowl. Make a well in the centre and add the milk mixture and the egg and mix well to combine, forming a dough.

Turn onto a lightly floured surface and knead the dough for 8–10 minutes or until smooth and elastic. Shape the dough into a ball and place into a lightly greased bowl. Place the bowl in the oven and select Dough Prove 1 and allow the dough to prove for 35–40 minutes or until doubled in size. After proving, knock the air out of the dough and knead on a lightly floured surface. Divide the dough into 18 even size pieces.

Knead each piece and form into a round shape then place onto the universal tray that has been lined with baking paper. Allow room for rolls to spread. Place the tray into the oven and prove again for 20–25 minutes or until doubled in size. Remove the tray from the oven and preheat oven on Bread Baking to 200°C.

Bake the rolls on shelf level 3 for 15–18 minutes or until golden and cooked (see note if you have an oven with Vario Steam).

Note

If using Vario Steam select a high level of steam when baking the rolls.





Duck fat POTATOES

Roasting potatoes in duck fat makes deliciously crispy spuds. Par-cooking the potatoes shortens the roasting time to 30 minutes, making your roast dinner quicker to prepare.

Oven settings: Full Steam, Circo Roasting

Serves: 8–12

Preparation time: 10 minutes

Cooking time: 1 hour

Level of difficulty: Easy

Ingredients

8 large baking potatoes

160g duck fat

4 cloves garlic, smashed

¼ bunch thyme

Salt and pepper, to taste

Method

Peel the potatoes and cut into quarters. Put the potatoes on the large perforated stainless steel tray. Place the tray into the oven, select Full Steam 100°C and cook for 15–20 minutes or until potatoes are cooked when tested with a fork. If you do not have a Full Steam oven you can boil the potatoes for 20–25 minutes or until cooked.

Remove from the oven or strain the potatoes and set aside. Let them cool at room temperature.

Preheat oven on Circo Roasting to 210°C. Place the duck fat into a large baking tray, place on shelf level 2 and heat for 8 minutes. Add the garlic, thyme, potatoes, salt and pepper and bake for 30–40 minutes or until they are golden brown. Turn the potatoes over half way through.

Place cooked potatoes on absorbent paper for 2–5 minutes before serving.

Note

Any excess duck fat can be strained, stored in the refrigerator and reused for your next batch of roast potatoes. A fork is used to test if a potato is cooked as a knife can give the impression a potato is cooked when it is not.





DUKKAH CRUSTED *potato wedges*

Oven setting: Circo Therm®

Serves: 4–6

Preparation time: 15 minutes

Cooking time: 50 minutes

Level of difficulty: Easy

Ingredients

½ cup natural almonds, finely chopped

2 tbsps hemp seeds

2 tbsps sesame seeds

1 tbsp ground cumin

1 tbsp ground coriander

2 tps paprika

½ tsp salt

½ tsp ground chillies, if desired

1kg roasting potatoes, cut into wedges

1–2 tbsps light olive oil

Sour cream, for serving

Hommus, for serving

Sweet chilli sauce, for serving

Method

Preheat oven on Circo Therm® to 190°C.

In a small frypan, combine the almonds and seeds and toast on induction setting 5 for 8–10 minutes or until lightly golden, then stir through the spices and salt and allow to cool.

Place the potato wedges into a bowl. Add the oil and half the Dukkah and toss until the wedges are well coated, then place in a single layer on a lined universal tray.

Bake for 40–45 minutes, turning half way through the cooking process until tender, crisp and golden.

Serve immediately with hommus and sour cream drizzled with sweet chilli sauce.

Note

Store the remaining Dukkah in an airtight jar or snap lock bag.

Honey bacon BRUSSEL SPROUTS



Oven setting: Circo Roasting

Serves: 6–10

Preparation time: 10 minutes

Cooking time: 20 minutes

Level of difficulty: Easy

Ingredients

1 kg Brussel sprouts, trimmed and halved lengthways

200g rindless smoked bacon, cut into 1 cm pieces

¼ cup honey

100g butter

½ lemon

Salt and pepper, to taste

Method

Preheat oven on Circo Roasting to 180°C and line a multipurpose pan with baking paper.

Combine honey and butter in a microwave safe bowl and microwave on 600W for 30–45 seconds to melt the butter. Stir to combine. Place the Brussel sprouts and bacon in a large mixing bowl. Pour honey mixture over the Brussel sprouts and bacon and toss well. Season with salt and pepper.

Place Brussel sprouts and bacon mixture onto prepared pan. Cook for 20–25 minutes or until sprouts are golden and bacon crisp.

To serve, spoon Brussel sprouts, bacon and cooking liquid into serving bowl and squeeze the lemon over the top.







Oven Setting: Circo Therm®

Serves: 6–8

Preparation time: 20 minutes

Cooking time: 45 minutes

Level of difficulty: Easy

Ingredients

1kg new potatoes, cut into wedges

1–2 tbsps peanut oil

MASSAMAN CURRY

2 tsps peanut oil

1 small onion, chopped

300g minced beef

2 tbsps massaman curry paste

1 tbsp chopped coriander stem

1½ tsps tamarind paste

1½ tsps palm sugar

1 tsp fish sauce

¼ tsp cinnamon

150ml coconut milk

1 tbsp lime juice

SUGGESTED TOPPINGS

Coriander leaves

Sliced red onion

Cucumber, deseeded and finely chopped

Roasted peanuts, chopped

Long red chilli, sliced

Lime wedges

Loaded massaman POTATO WEDGES

Method

Preheat oven on Circo Therm® to 200°C.

Place the potato wedges into a bowl with the oil. Toss well to coat, then place in a single layer on a universal tray that has been lined with baking paper. Place the tray on level 3 and cook for 40–45 minutes or until golden and cooked.

While the potatoes are cooking make the Massaman Curry. Heat a large frying pan on a high heat, induction level 8. Add oil, then the onion and fry for one minute. Add beef to the pan and cook, stirring constantly until beef is well browned. Add the curry paste and continue to cook for a further 1–2 minutes. Add remaining ingredients, mix well to combine and bring to the boil. Reduce heat to medium low, induction level 3, then cover and simmer gently for 15 minutes.

Spoon Massaman mix over the wedges and serve with suggested toppings.



PEAR, FENNEL AND *Brazil nut stuffing*

Oven setting: Circo Therm®

Serves: 8–10

Preparation time: 30 minutes

Cooking time: 45 minutes

Level of difficulty: Easy

Ingredients

200g Turkish bread, cut into 8–10mm cubes

2 tbsps olive oil

100g prosciutto, sliced into strips

1 large brown onion, chopped

2 cloves garlic, chopped

1 small fennel bulb, chopped

¼ cup sage leaves, chopped

½ cup continental parsley, chopped

2 firm pears, chopped

Salt and pepper

60g butter, melted

⅓ cup chicken stock

½ cup chopped Brazil nuts

Method

Preheat oven on Circo Therm® to 180°C and place the wire rack on shelf 2.

Place the cubed bread into a large mixing bowl.

Heat a large frying pan over a high heat, Induction level 8.

Add half the oil then add the prosciutto, onion and garlic and fry for 4 to 5 minutes or until the onion is golden and the prosciutto is becoming crispy. Add the fried mixture to the bread. Return the pan to the heat and add the remaining oil. Saute the fennel for 2–3 minutes or until lightly golden. Add this to the bread mix with the remaining ingredients and mix well. Spoon the mixture into a greased 2 litre oven proof dish. Cover with foil and cook for 15 minutes. Remove the foil and continue to cook for 25–30 minutes or until stuffing is golden.

Oven Setting: **Full Steam and Circo Therm®**

Serves: **4–6**

Preparation time: **15 minutes**

Cooking time: **1 hour 10 minutes**

Level of difficulty: **Easy**

Ingredients

8 medium desiree potatoes (approx. 1kg)

2 cloves garlic, crushed

1 tbsp fresh rosemary, finely chopped

1/3 cup olive oil

Salt, freshly ground

Method

Wash potatoes and place on large perforated stainless steel steamer tray. Cook on Full Steam 100°C for 30 minutes or until potatoes are soft (see note). Transfer potatoes to an oven tray and lightly crush each one with a potato masher or fork.

Mix garlic, rosemary and olive oil together and drizzle over smashed potatoes. Season with freshly ground salt. Roast on Circo Therm® 200°C for 40 minutes or until golden and crisp.

Note

If you don't have a Full Steam oven, boil or steam potatoes in a saucepan on your cooktop until softened.



ROSEMARY AND GARLIC
smashed potatoes







The secret to making **CRISPY POTATOES USING FULL STEAM**

Perfecting crispy potatoes is every home cook's dream. You may have tried various techniques such as par-boiling, crushing or adding salt, but the best way to achieve perfect results is by using Full Steam in a NEFF oven.

Full Steam keeps your potatoes soft and moist on the inside, golden and crispy on the outside!

Wash, peel and cut your potatoes to segments. Then rinse in cold water and spread over an oven tray. Place in the oven on Full Steam 100°C until very soft. Meanwhile, heat some oil on another oven tray. Remove potatoes when cooked and place on tray with heated oil. Then heat up some extra oil and drizzle over potatoes. Add a sprinkle of salt and return to the oven on Circo Therm® at 200°C until crispy. Season with salt and pepper to serve.



Three cheese MACARONI CHEESE

Made with three cheeses this macaroni cheese recipe is easy to prepare in a single dish, using Full Steam before finishing under the grill. The kids will love it!

Oven setting: Full Steam and Grill

Serves: 4–6

Preparation time: 10 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

2 tbsps butter
 1 small onion, finely chopped
 1 clove garlic, crushed
 400g Macaroni pasta
 300ml cream
 320ml full cream milk
 320ml chicken stock or vegetable
 100g gruyere cheese, grated
 100g mozzarella cheese, grated
 100g smoked cheddar cheese, grated
 1/8 tsp ground nutmeg
 1/8 tsp cayenne pepper or to taste
 Salt
 Pepper
 100g extra grated cheese
 (a mixture of cheeses above)
 1/3 cup panko breadcrumbs

Method

In a large ceramic or glass baking dish place the butter, onion and garlic. Place the dish in the oven, select Full Steam 100°C and cook for 3 minutes.

Remove the dish from the oven. Add macaroni, cream, milk, stock, cheeses, nutmeg, cayenne pepper, salt and pepper. Stir carefully to combine all ingredients. Return the dish to the oven, select Full Steam 100°C and cook uncovered for 25 minutes.

Remove the dish from oven and stir the macaroni well. Check the pasta is cooked, the macaroni may require more cooking time, see note. All liquid should be absorbed by the pasta, with some moisture still present. Flatten out the macaroni with the back of a spoon.

Remove excess moisture from the oven and then select full surface grill 275°C. Mix extra cheese and breadcrumbs and sprinkle on top of the macaroni cheese. Return the macaroni cheese to the oven and grill until macaroni cheese is golden brown.

Note

The smoked cheese gives extra flavour to this classic. The macaroni cheese can be made ahead of time and reheated on Circo Therm® at 170°C with medium steam, until warmed through and golden.



YORKSHIRE *puddings*



Oven Setting: Bread Baking
 Makes: 12
 Preparation time: 10 minutes
 Cooking time: 8–10 minutes
 Level of difficulty: Easy

Ingredients

100g plain flour
 100ml milk
 3 eggs
 Vegetable oil

Method

Preheat oven on Bread Baking to 220°C.

Whisk flour, milk and eggs together to form a smooth batter.

Pour ½ tsp of oil into each hole of a 12 piece muffin pan.
 Heat in the oven for 5 minutes.

Divide batter mixture evenly between heated muffin pan.

Bake for 8 to 10 minutes or until puffed and golden.

Serve immediately.





Salads

AUTUMN ROAST *vegetable salad*

The NEFF oven with microwave functionality makes this salad quick and easy to prepare. It can be served hot, warm or cold.

Oven setting: Microwave and Microwave Combination

Serves: 4–6

Preparation time: 15 minutes

Cooking time: 1 hour

Level of difficulty: Easy

Ingredients

1 cup brown rice and quinoa rice blend
1 tsp salt
1 red onion, peeled and chopped into 1cm pieces
1 medium carrot, peeled and chopped into 2cm pieces
2 medium beetroots, peeled and chopped into 2cm pieces
1 small sweet potato, peeled and chopped into 2cm pieces
2 tbsps olive oil
200g piece Jap pumpkin, peeled and chopped into 2cm pieces
1 clove garlic, crushed
2 tsps sesame oil
½ cup coriander leaves
Black pepper, to taste

Method

Place rice and quinoa mix in a microwave proof dish and add 2½ cups of water. Cover dish loosely with plastic wrap. Place the dish in the oven on the wire rack in shelf position 1. Select Microwave 600W and cook the rice and quinoa for 30–40 minutes or until rice is cooked. Stir rice once during cooking time. When cooked remove from oven, cover and allow to stand while vegetables are cooking.

Line the solid enamel tray with baking paper. Place onion, carrot, beetroot and sweet potato on the prepared tray and drizzle with olive oil. Season the vegetables with salt and pepper. Place vegetables in the oven on shelf level 2. Select Microwave Combination, Circo Roast 200°C with 360W and adjust cooking time to 10 minutes. Add the pumpkin and garlic and cook for a further 10 minutes.

Place rice, quinoa and roasted vegetables in a large serving bowl. Add sesame oil and coriander leaves and toss to combine. Serve.

Note

Cooking time may vary for the quinoa and rice mix, cook until rice is tender or follow cooking time on the packet.







Grilled nectarine SALAD

Oven Setting: Grill

Serves: 6–8

Preparation time: 10 minutes

Cooking time: 5–6 minutes

Level of difficulty: Easy

Ingredients

6 small slipstone nectarines, halved and stones removed

2 tsps coconut sugar

1 long red chilli, halved lengthwise and seeds removed

1 tbsp lime juice

1 tbsp olive oil

2 tsps coconut sugar, extra

Salt

1 small bunch watercress

1 cup mint leaves

100g cream cheese, cut into cubes

Method

Preheat oven on the Grill function to 220°C. Place the rack over the universal tray.

Sprinkle the cut flesh of the nectarine halves with coconut sugar and place onto rack. Place the chilli halves, skin side up next to the nectarines.

Cook on shelf 4 for 5–6 minutes or until the nectarines begin to caramelize and the skin blackens on the chilli. Place the chilli into a small bowl and cover with plastic wrap and allow to stand for 10–15 minutes to sweat. This makes it easier to remove the skin.

Combine the lime juice, olive oil and extra coconut sugar in a small bowl and whisk well to form a dressing. Season well with salt. When the chilli has cooled, remove the skin, chop finely and stir into the dressing.

Place the watercress and mint into a serving bowl. Cut each nectarine piece in half and arrange over the salad greens with the cheese. Pour the dressing over the salad.







HASSELBACK PUMPKIN SALAD

with sumac onion and yoghurt dressing

Oven setting: Circo Therm® and Vario Steam

Serves: 4
 Preparation time: 15 minutes
 Cooking time: 30 minutes
 Level of difficulty: Easy

Ingredients

½ butternut pumpkin
 1 red onion, halved and finely sliced
 2 tbsps olive oil
 1 tsp sumac
 Salt and black pepper, freshly ground
 ½ tsp sumac, extra
 ¼ cup pomegranate seeds
 Extra continental parsley
 Toasted pumpkin seeds

DRESSING

200g natural yoghurt
 2 tbsps tahini
 1 cup continental parsley leaves
 3 tbsps lemon juice
 Salt and black pepper, freshly ground

Method

Peel the pumpkin and scoop out the seeds. Place onto a chopping board cut side down. Place a chop stick on either side of the pumpkin then, using a sharp knife, slice through the pumpkin to the chopsticks at 5mm intervals. The chopsticks will prevent cutting all the way through the pumpkin. Transfer the pumpkin to a tray lined with non-stick baking paper. Carefully arrange half the onion slices between the slits in the pumpkin. Combine the olive oil and the sumac and brush over the pumpkin. Sprinkle with salt and freshly ground pepper.

Roast on Circo Therm® 200°C with medium steam for 30 minutes or until golden and tender. Allow to cool.

Place yoghurt, tahini, parsley and lemon juice for dressing in a food processor and process until mixture is well combined. Season with salt and pepper. Set aside.

Combine the remaining onion slices with the extra sumac. Carefully transfer the pumpkin to a serving plate. Drizzle with dressing and sprinkle with onion mixture, pomegranate seeds, extra continental parsley and pumpkin seeds.





MOROCCAN FREEKAH *and nut salad*

Oven setting: Full Steam and Top/Bottom heat

Serves: 4–6

Preparation time: 30 minutes

Cooking time: 30 minutes

Level of difficulty: Easy

Ingredients

100g slivered almonds

50g pistachios

100g macadamias

250g Freekah

100ml plain yoghurt

1 tsp sumac (a little extra for garnish)

½ tsp cumin

Salt and pepper, to taste

2 lemons, juiced and zested

½ bunch mint, leaves removed and teared into 2-3 pieces

½ bunch flat leaf parsley, leaves removed and teared into 2-3 pieces

3-5 fresh figs, cut into 6-8 pieces each

100g dried apricots, chopped

1 punnet cherry tomatoes, halved

50ml olive oil

Method

Place the almonds, pistachios and macadamias into the universal tray. Cook for 10 minutes from a cold oven, on top/bottom heat, 170°C.

Set oven to Full Steam at 100°C. Rinse the freekah under cold running water for 30 seconds then place in an unperforated steamer tray with 500ml of boiling water and a teaspoon of salt. Steam for 30 minutes then remove from the oven and spread over a medium tray. Place in the fridge to cool.

In a small mixing bowl add the yoghurt, sumac, cumin, salt and cracked black pepper. Mix together and place in the fridge.

When the freekah is cool add to a medium mixing bowl along with the lemon juice and zest, nuts, mint, parsley, figs, apricots, tomatoes and olive oil. Mix together and season if necessary. Place in a serving dish, drizzle with the yoghurt, sprinkle sumac over the top and serve.

POTATO *salad*



Oven setting: Full Steam and Steam Programs

Serves: 6–8 servings

Preparation time: 20 minutes

Cooking time: 30 minutes

Level of difficulty: Medium

Ingredients

MAYONNAISE

1 egg, at room temperature

1 tsp Dijon mustard

2 tps lemon juice

1 tsp warm water

125ml canola oil or light olive oil

Salt and black pepper

POTATO

1kg baby chat potatoes, washed and halved

5 rashers of bacon, rind removed

1 shallot, finely chopped

2 tbsps fresh dill tips, chopped

2 tbsps fresh chives, chopped

1 tbsp fresh mint, chopped

10 cornichons, drained and finely chopped

2 tbsps baby capers, drained and chopped

Salt and black pepper, to taste

Method

Place egg in the perforated stainless steel tray and place in an oven with Full Steam. Select Steam Programs > Speciality Dishes > Soft Boiled Egg and press start. Allow egg to cool for 5 minutes.

Place potatoes on the large perforated stainless steel tray and place in an oven with Full Steam. Select Full Steam, 100°C and cook for 20 minutes or until cooked. Rinse potatoes with cold water and allow to drain and cool.

In the bowl of a small food processor add the mustard, lemon juice and water. Carefully remove the shell from the egg and place only the egg yolk into the food processor bowl. Blend to combine and with the motor running slowly add the oil. Season to taste with salt and pepper. Set aside.

Preheat oven on Grill, large area to 250°C. If using the Full Steam oven, wipe oven interior to remove excess water. Place wire rack on the enamel tray and grill bacon until golden and crisp, cooking on both sides. Allow bacon to cool on paper towel.

In a large serving bowl add the shallot, herbs, cornichons, capers and potatoes. Season to taste with salt and pepper. Dress with as much of the mayonnaise as you like and stir until well combined. Roughly chop bacon and place on top.

Note

Mayonnaise can be made and kept refrigerated for 1 week. Potato salad can be made one day in advance, dress with mayonnaise and bacon on the day of serving.



PUMPKIN AND *black bean salad*

Oven Setting: Circo Therm®

Serves: 6–8

Preparation time: 30 minutes

Cooking time: 25–30 minutes

Level of difficulty: Easy

Ingredients

SALAD

Half butternut pumpkin, approx. 1kg

2 tbsps olive oil

1 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

Salt and pepper

2 cobs corn, husks removed

1 small red capsicum, chopped

1 Spanish onion, finely chopped

400g can black beans, drained and rinsed

½ bunch fresh coriander leaves

1 avocado, diced

DRESSING

2 tbsps lime juice

2 tbsps olive oil

Method

Peel the pumpkin and dice into 2.5cm pieces. Place into a large bowl with the olive oil and spices. Season well with salt and pepper and toss to coat the pumpkin.

Preheat oven on Circo Therm® to 200°C. Line the universal pan with baking paper and place the pumpkin onto the tray. Cook for 25–30 minutes or until golden and cooked. Allow to cool.

While the pumpkin is cooking, heat a non-stick frying pan over a medium to high heat, induction level 7. Place the corn cobs into the pan and allow to cook, turning regularly until the corn begins to cook and blacken. Remove from the pan and cool before slicing the corn off the cob.

Place the corn, capsicum, onion, beans and coriander into a large bowl and toss to combine. Add the pumpkin and avocado and carefully mix together.

Combine the ingredients for the dressing and mix well. Pour over the salad and serve.







Pumpkin salad with cauliflower, QUINOA AND POMEGRANATE

Oven setting: Circo Therm®

Serves: 4

Preparation time: 30 minutes

Cooking time: 45 minutes

Level of difficulty: Medium

Ingredients

1 cup quinoa
 500ml vegetable stock
 3 tbsps olive oil
 1 red onion, cut into wedges
 1kg pumpkin, cut into thin wedges, skin on
 ½ cauliflower, broken into small florets
 1 tsp ground cumin
 1 tsp ground coriander
 Sea salt and pepper, freshly ground, to season
 1 x 400g can lentils, rinsed and drained
 1 pomegranate, seeds removed
 1 cup walnuts, toasted
 50g baby sorrel leaves (or other salad leaves)
 ⅓ cup mint
 ⅓ cup coriander
 ⅓ cup basil
 2 tbsps extra virgin olive oil
 2 tbsps pomegranate molasses

A warm salad for autumn, with sweet pumpkin, spiced cauliflower, fresh herbs and the delightful sour tang from pomegranate molasses.

Method

Place quinoa and stock into a small saucepan, bring to the boil, reduce heat and cook over low heat until the liquid has been absorbed, approx. 15 minutes. Set aside.

Preheat oven on Circo Therm® to 200°C.

Arrange onion, pumpkin and cauliflower on 2 oven trays, toss with oil to coat and sprinkle over cumin and ground coriander, salt and pepper.

Place in oven to cook for 40 minutes, until tender, with golden brown edges.

Remove and allow to cool.

Mix the quinoa, lentils, pomegranate seeds, walnuts, herbs and leaves together. Dress lightly with extra virgin olive oil.

Place the roasted vegetables on a serving platter and scatter over the salad. Drizzle with pomegranate molasses and serve.



Beetroots have an earthy charm that teams so well with fresh mint and basil. With the added crunch and creaminess of the macadamia nuts, this salad is perfect for the cooler months.

Roast beetroot SALAD

Oven setting: Circo Therm®

Serves: 4–8

Preparation time: 30 minutes

Cooking time: 1 hour

Level of difficulty: Easy

Ingredients

100g macadamia nuts
4 large beetroots
2 tsps sumac
1 tbsp honey
2 tbsps olive oil
½ bunch mint
½ bunch basil
50g baby spinach leaves
1 punnet yellow cherry tomatoes, halved
100g Persian fetta in oil
50ml balsamic glaze
Salt and pepper, to taste

Method

Place the macadamia nuts onto a universal tray lined with baking paper. Place tray in the oven on shelf level 3. Select Circo Therm® at 160°C and cook for 10–12 minutes from a cold oven. When lightly golden, remove and set aside to cool.

Peel the beetroot and then dice into thin wedges. Place into a medium mixing bowl with the sumac, honey, olive oil, salt and pepper, and stir until everything is combined. Line universal tray with baking paper and spread out beetroot in a single layer. Cook beetroot on Circo Therm® at 160°C for 35–45 minutes on shelf level 3, then set aside to cool.

While the beetroot is cooking, pick the mint and basil leaves and tear into 2–3 pieces.

With the back of a knife or under a clean pot crush the macadamia nuts slightly.

Place the Persian fetta in a small mixing bowl with the oil from the container. Using a whisk or spoon mix together until combined.

Put the beetroot into a large mixing bowl with the spinach, basil, mint and nuts and toss until combined, then pour onto serving platter.

Top salad with yellow cherry tomatoes, then add dollops of the fetta. Drizzle with balsamic glaze just before serving.



ROAST BEETROOT SALAD

with pistachio feta and kale

Oven setting: Circo Therm® and Microwave Combination

Serves: 6
 Preparation time: 20 minutes
 Cooking time: 30-40 minutes
 Level of difficulty: Medium

Ingredients

KALE

3 to 4 kale leaves
 1 tbsp olive oil

ROASTED BEETROOT

10 baby beetroots
 2 tbsps olive oil
 Freshly ground black pepper

PISTACHIO FETA

100g Greek feta, diced into 1.5cm cubes
 ¼ cup pistachios, finely chopped
 1 tbsp olive oil

DRESSING

1 tbsp olive oil
 1 tbsp lemon juice
 1 tbsp dill, pistachios
 Freshly ground black pepper

Method

Preheat oven on Circo Therm® to 150°C.

Remove the leaves from the stems of the kale and break into large pieces. Rub the olive oil into the leaves and arrange on two trays that have been lined with baking paper. Cook on shelves 1 and 3 for 15–18 minutes until crispy.

Peel the beetroot, leaving some of the root intact. Coat in olive oil and place onto the universal pan that has been lined with baking paper. Season with pepper. Place tray into the oven on shelf position 2 and select Microwave Combination, hot air at 210°C with 360W microwave. Cook for 15–18 minutes or until beetroots are tender.

Coat the feta pieces in the chopped pistachios. Place fry sensor pan on an induction cooktop and select level 5 on fry sensor. When the temperature has been reached, add the oil then quickly fry the feta until lightly golden.

Place the kale on a serving plate and arrange the beetroot on top. Place the pistachio feta around the beetroot. Combine all the ingredients for the dressing and drizzle over the salad.

Oven setting: Circo Roasting, Vario Steam and Multi Point Meat Probe

Serves: 4
 Preparation time: 20 minutes
 Cooking time: 25 minutes
 Level of difficulty: Easy

Ingredients

1 piece eye fillet beef, approx. 500g
 2–3 cups mixed salad greens
 ½ cup mint leaves
 ½ cup coriander leaves
 ½ cup Thai basil leaves
 2 kaffir lime leaves, centre veins removed and finely sliced
 2 lebanese cucumbers, sliced on the diagonal
 2 long red chillies, seeds removed and finely sliced
 250g cherry tomatoes, halved
 1 small red onion, sliced
 ⅓ cup roasted peanuts, coarsley chopped
 ⅓ cup deep fried shallots

DRESSING

1 clove garlic, finely chopped
 1 tbsp coriander, root and stem finely chopped
 2 tbsps fish sauce
 2 tsps soy sauce
 ⅓ cup lime juice
 1½ tbsps palm sugar, grated

Thai BEEF SALAD

Method

Preheat oven on Circo Roasting to 220°C.

Place the beef on the wire rack over a multipurpose pan that has been lined with baking paper. Brush beef with olive oil. Insert the Multi Point Meat Probe into the centre of the beef.

Place beef into the oven on shelf level 3 and connect the probe to the oven. Set the Multi Point Meat Probe to 54°C with a high level of steam. When the beef is cooked allow it to rest for 10–15 minutes before slicing thinly.

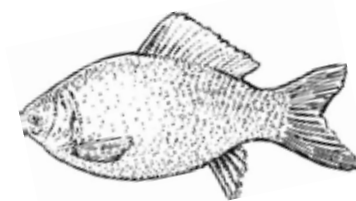
Combine the salad ingredients, reserving the peanuts and shallots for serving.

Arrange the beef slices over the salad. Combine the dressing ingredients and mix well. Drizzle over the salad and sprinkle with peanuts and shallots.





Warm Atlantic OCEAN TROUT SALAD



Oven setting: **Full Steam**

Serves: **4**
 Prep time: **30 minutes**
 Cooking time: **30 minutes**
 Level of difficulty: **Easy**

Ingredients

4 x 150g fillets of ocean trout
 4 eggs
 8 kipfler potatoes, cleaned, halved lengthwise
 2 bunches asparagus
 150g baby kale leaves
 1 bulb of fennel, finely sliced on a mandoline
 1 cup water
 1 cup white wine vinegar
 ½ tsp turmeric
 2 lemons, juiced and zested
 ¼ cup extra virgin olive oil
 Sea salt and pepper
 1 orange, zested, peeled and segmented
 1 cup parsley leaves, chopped
 1 cup dill leaves, chopped
 75g salted capers, soaked and rinsed
 ½ cup smoked almonds, roughly chopped

Method

Place eggs in small steam oven tray. Follow the instructions on the control panel for soft boiled eggs. Place eggs on shelf level 2 and cook.

Meanwhile, make the fennel pickle. Place the fennel in a medium heatproof bowl and set aside. Bring the water and vinegar to the boil in a small pot over high heat. Remove from heat and pour over fennel. Add turmeric and stir well. Set aside and allow to cool.

When eggs are cooked, remove from oven. Plunge eggs into cold water and gently crack the shells (this will help with peeling). Allow to cool.

Set oven to Full Steam 100°C. Place the potatoes in a perforated tray. Place in the oven on shelf level 3 and cook for 12 minutes. When the cooking time has finished, set oven to Full Steam 80°C. Place fish in lightly oiled tray, skin side down. Place in the oven on shelf level 3 next to potatoes and cook for 8 minutes.

After 5 minutes, place asparagus in the and continue to steam along with the fish and potatoes.

Meanwhile, place the kale in a serving dish and massage lightly with some lemon juice to help soften the leaves. Use the remaining lemon juice to make a quick dressing with the olive oil. Season with salt and pepper. Add orange segments. Drain the fennel pickle and add.

Peel the eggs and cut in half.

When the fish, potatoes and asparagus are cooked, remove from oven. Gently flake the fish into pieces and place in the salad along with the potatoes. Cut asparagus into bite size pieces and scatter over salad. Finish with dressing, herbs, capers, lemon and orange zest, eggs and toss gently to combine. Garnish with smoked almonds and serve.

Notes

Smoked almonds are available at specialty nut shops and food providores.



This is the perfect way to cook fish using your NEFF steam oven, and you can cook the potatoes at the same time. Designed to be served warm, you could easily make it ahead of time and serve it cold.



WARM CHICKEN *and brown rice salad*

Oven Setting: Full Steam, Circo Roasting,
Vario Steam and Multi Point
Meat Probe

Serves: 6
Preparation time: 30 minutes
Cooking time: 1 hour 10 minutes
Level of difficulty: Easy

Ingredients

1½ cups brown rice
2 cups water
6 slices prosciutto
2 chicken breast fillets, approx. 500g
2 tbsps chunky pesto dip
¼ cup olive oil
¼ cup balsamic vinegar
3 tsps brown sugar
Salt and pepper
2 bunches asparagus, sliced
1 x 200g punnet cherry tomatoes, halved
1 yellow capsicum, chopped
1 red onion, finely chopped
½ cup pitted Kalamata olives, halved
1 cup basil leaves, torn
125g feta, crumbled

Method

Rinse the rice well under cold running water. Drain and place into the non-perforated steamer tray and add the water.

Place the tray of rice into the full sized perforated steam tray and place on shelf position 3. Set oven to Full Steam and cook for 45 minutes.

While the rice is cooking, lay 3 of the prosciutto slices onto a clean board. Place one chicken fillet on top then spread half the pesto dip over the chicken breast. Wrap the prosciutto around the chicken breast. Repeat with remaining chicken breast.

Combine the olive oil, balsamic vinegar and brown sugar in a small bowl. Season with salt and pepper then whisk well to combine.

Place the asparagus into the small perforated tray and steam next to the rice for the last 2 to 3 minutes of the cooking time.

When rice and asparagus are cooked, wipe out the oven to remove any residual water. Place the rice into a large bowl and toss with the oil and vinegar mix and allow to cool slightly while the chicken is cooking.

Preheat the oven on Circo Roasting to 190°C with a high level of added steam. Line the universal pan with baking paper and place a rack on top. Place the chicken onto the rack and insert the Multi Point Meat Probe horizontally into one of the pieces of chicken. Place the tray on shelf position 3 and set the core temperature to 72°C. Alternatively, if you do not have the probe, cook for 22 to 25 minutes or until the chicken is cooked. When tested with a skewer, the juices should run clear.

Stir the remaining ingredients into the rice with the asparagus and place into a large serving bowl. Slice the chicken and serve with the rice salad.





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