



The Recipe book AGA Total Control (TCS)



The Recipe book



TOTAL CONTROL

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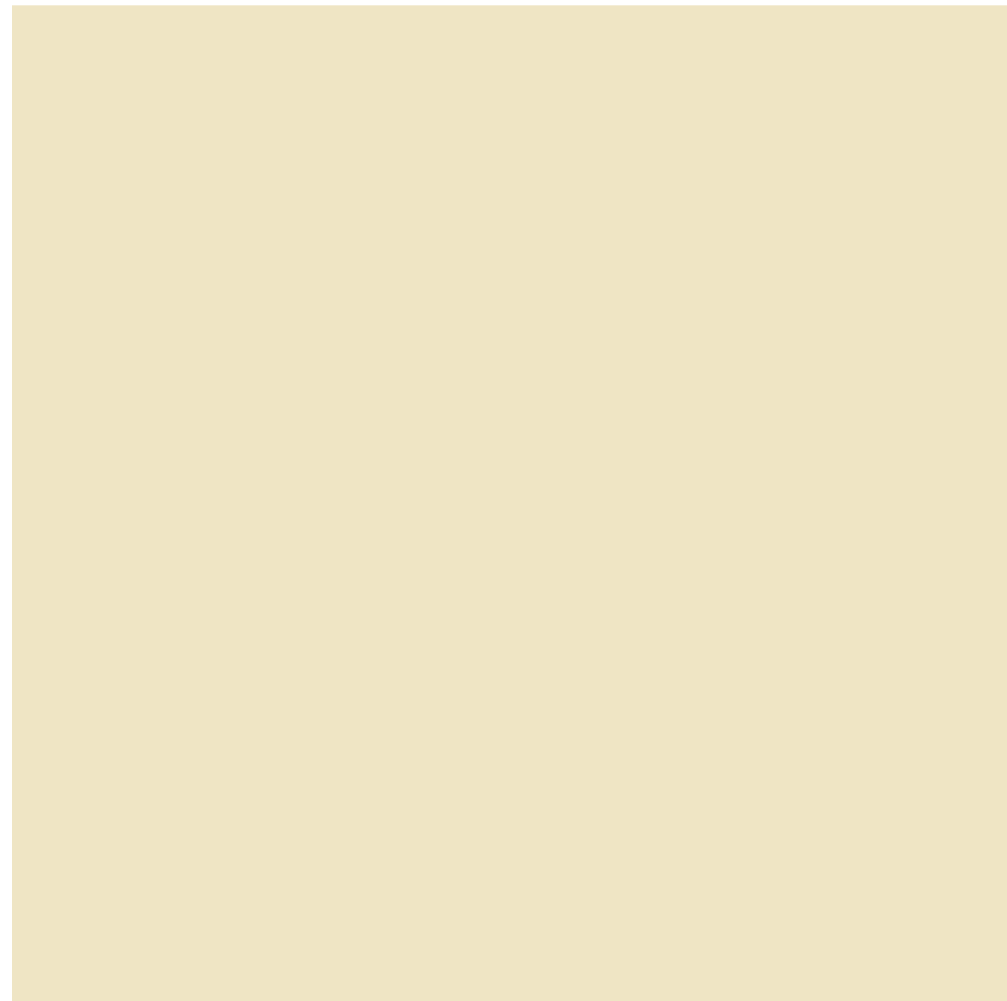
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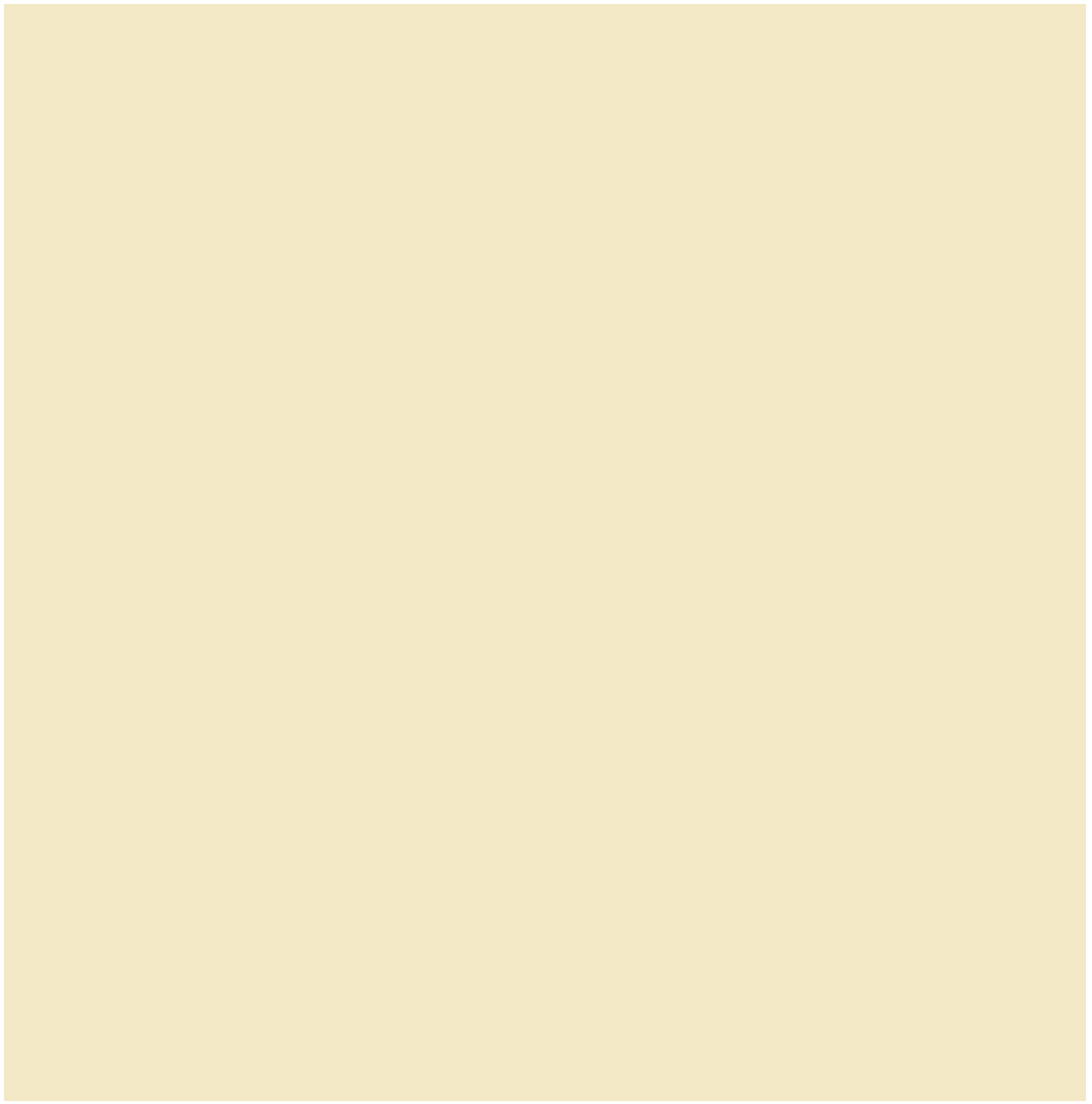
The Recipe Book

Welcome to the AGA Total Control Recipe Book – a stunning collection of recipes giving you total control in your kitchen.

Ask any owner of an AGA cooker and they will tell you that their food really does taste better, and the AGA Total Control will bring you this in abundance, due to the radiant heat from the cast iron which helps to retain food's flavour and texture. Only now, the AGA Total Control also has the flexibility to fit in with the hectic lifestyles so many of us find ourselves leading. From quick-cook meals for those busy weekdays to sumptuous feasts you can enjoy at leisure over the weekend, mouth-watering breakfasts to kick-start your day to some fabulous childhood favourites to tempt even the fussiest of eaters. Whatever the occasion, there's a recipe to suit.

For those who are familiar with the AGA style of cooking, we hope you discover some new tempting secrets within these pages and to those of you new to an AGA cooker, we're proud to pass on your first little taster of the delicious world of AGA cooking.

Recipes by AGA Food Editor, Dawn Roads and AGA Home Economist Jayne Gingell



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Whatever your morning routine, whether its grabbing something quick before the daily commute, or a long and leisurely breakfast with the weekend papers, there's something to get you off on the right foot here. From full British feasts to the famous AGA drop scones, you'll have great fun kick-starting any day here.

Breakfast



AGA Porridge

Any health guru will tell you that porridge is a perfect start to the day and this recipe is particularly virtuous, as it needs only water, not milk. With the AGA Total Control cooker you can cook it two different ways, either on the hotplate or by overnight cooking, which means waking up to a warming no-effort breakfast. That's not to say it can't be made more indulgent with any number of delicious toppings.

Bring the water and oatmeal to the boil in a 2 litre AGA saucepan whilst whisking and then simmer on the simmering plate for 3 minutes. Cover.

Transfer to the oven grid shelf on the floor of the simmering oven and leave overnight, about 6-7 hours. In the morning take the pan from the oven and stir well, serve with apricot conserve, fruit compote, molasses, brown sugar or your favourite topping.

Variation

Hotplate AGA Oatmeal Porridge

Use the recipe above, bring the water and oatmeal to the boil whilst whisking and simmer on the simmering plate for 5-8 minutes, until the oatmeal is swollen. Serve as above.

Serves 3-4

Ingredients

500ml water
(or a generous pint)
85g (3oz) pinhead
medium oatmeal





Smoked Salmon Scramble

Replicate a lovely lazy-day café brunch with this scrumptious dish. Just add orange juice, good coffee and your favourite paper and sit back happy in the knowledge that this light protein-rich breakfast is doing all sorts of good.

Melt the butter in an AGA non-stick saucepan on the simmering plate. When the butter has melted and begins to foam add the eggs and seasoning, stir continuously until just set and creamy.

Arrange the smoked salmon over the buttered toasted bagel halves and cover with the scrambled egg. Garnish with a little chopped parsley.

Serves 2

Ingredients

25g (1 oz) butter
3 free range eggs,
lightly beaten
Salt and black pepper
100g (3½ oz) smoked salmon
2 bagels, toasted
Butter for spreading

Garnish

Finely chopped parsley





The Full English

When nothing but an English breakfast will do. Any late-wakers in the house will be tempted out of bed with the irresistible lure of sizzling bacon.

Place a piece of Bake-O-Glide in the large AGA roasting tin and place halved tomatoes, the mushrooms and black pudding in the base. Place the sausages on the grill rack and place the rack over the tomatoes and mushrooms.

Grill the sausages at the top of the roasting oven for 12-15 minutes, turn the sausages over and add the bacon, return to the top of the roasting oven for 10 minutes.

Meanwhile place a little fat into the half size roasting tin, lined with Bake-O-Glide, heat on the floor of the roasting oven. When the fat is hot break in the eggs and return to the floor of the oven to cook to your liking (cooking in the oven saves fat splashes on the top plate).

Serves 4-6

Ingredients

6 tomatoes, halved

6 mushrooms

6 slices of black pudding

8 good quality sausages

6 rashers bacon

4-6 free range eggs



Variations

Eggs In Fried Bread

Use the AGA toaster on the boiling plate to toast the bread one side, cut a circle out of the centre of the slice of bread. Place the bread untoasted side down in the base of the hot roasting tin and break an egg into the circle. Return to the floor of the roasting oven for 3-5 minutes, depending on how well cooked you prefer the egg.

No-Fat Fried Egg For One

If cooking for one try the no-fat method. Place a circle of Bake-O-Glide onto the simmering plate, up to heat and break an egg into the centre. Close the simmering plate cover, this will create a micro-climate to cook (but not colour) the egg from the top and the heat from the simmering plate will cook-fry the egg from underneath. Cook for 3-4 minutes or to your preference.



Drop Scones

Probably the most fun you'll ever have making breakfast, it's a real AGA treat. Don't restrict yourself to just round shapes. How about hearts, splodges and splats or letting the kids spell out their names in batter?

Place the flour and sugar into a basin, mix together. Make a well in the centre and add the egg and half the milk. Whisk together, adding the remainder of the milk gradually to make a smooth batter.

Lightly oil the simmering plate with a little oil on a piece of kitchen paper. Drop tablespoonfuls of the mixture onto the surface. Cook one side then flip over and cook the other. Keep warm in a clean tea towel and serve with maple syrup, honey or syrup, warmed at the back of the top plate – or you can spread them with softened butter.

Variations

- In the summer or autumn add fresh raspberries or blueberries to the mixture
- For cinnamon drop scones add 1 tsp cinnamon to the mixture and serve with sliced banana
- Replace the sugar with 1-2 tbsp pesto and serve topped with smoked salmon and crème fraîche

Makes 8-10

Ingredients

115g (4 oz) self raising flour
25g (1 oz) caster sugar
1 free range egg
About 150ml (¼ pint) milk

To serve

Maple syrup or honey
or strawberries/
blackberries/blueberries





Muffins

Great to grab when you're rushing out the door and need something to see you through to elevenses. Blueberries burst in your mouth adding a bit of sunshine, whatever the weather outside is doing.

Line a 12 hole muffin tin with paper cases.

Place the flour, baking powder, sugar and lemon rind into a bowl and stir. Mix together the oil, milk, egg and vanilla extract. Add this to the dry ingredients mixing until smooth. Add the blueberries and stir well.

Divide the mixture between the muffin cases and sprinkle each muffin with a little Demerara sugar.

Place the muffin tin on the oven grid shelf placed on the floor of the roasting oven and cook for 20-25 minutes. If the muffins are getting too brown slide the cold plain shelf onto the second runners down, this will reduce the top heat. Alternatively place the muffin tin on the oven grid shelf on the fourth set of runners in the baking oven and cook for 20-25 minutes.

Variations

Apple And Sultana Muffins

Omit the blueberries, lemon rind, and vanilla extract and add 200g (7 oz) apple such as Cox, peeled, cored and chopped into small pieces, 85g (3 oz) sultanas and 1 tbsp mixed spice and follow the procedure above.

Chocolate Muffins

Omit the apples, sultanas and mixed spice and replace 50g (1¾ oz) flour with 50g (1¾ oz) cocoa, add 200g (7 oz) chocolate chips and 1 tsp vanilla extract and follow the procedure above.

Makes 12

Ingredients

250g (9 oz) plain flour
1 tbsp baking powder
115g (4 oz) caster sugar
Grated rind of 1 lemon
100ml (3½ fl oz) corn oil or 85g (3 oz) butter, melted
150ml (¼ pint) milk
1 free range egg
1 tsp vanilla extract
200g (7 oz) blueberries
Demerara sugar

These lite bites and savoury snacks are perfect for lunches or quick fill-up food in the evenings. They can also be taken to the office, or packed up and taken on a picnic. And may we suggest for the cheesy dishes (such as cheese on toast and the Halloumi salad) that it's worth using some Bake-O-Glide, as it cuts down cleaning to a minimum.

Lite Bites



Halloumi and Chargrilled Pepper Summer Salad

A substantial salad full of flavour, with everyone's favourite squeaky cheese working beautifully with the smoky sweet peppers. A big bowl will go down a treat at a summer buffet or it's a great dish for lunch in the office.

Halve and de-seed the peppers and place on the large AGA grill rack, in its highest position, placed in the large roasting tin.

Slide the tin onto the second set of runners down in the roasting oven and grill for about 20 minutes. Turn once, until the skins are browning and the peppers are tender.

Place the grilled peppers into a large plastic bag and seal. Leave until cool, but not cold, then peel off the skins and discard. Cut the peppers into strips and put into a bowl. Mix the dressing ingredients together and pour over the peppers, lightly turn and place in a serving dish.

Place a circle of Bake-O-Glide onto the simmering plate and put the cheese slices on this and cook until browned then turn the cheese slices over and cook the other side.

Arrange the cheese and salad on plates and serve with crusty bread.

Serves 4

Ingredients

1 x 250g pack of Halloumi cheese, cut into 8 slices

Chargrilled Pepper Salad

2 small orange peppers

2 small red peppers

2 small yellow peppers

Dressing

4 tbsp good olive oil

1 plump clove of garlic, puréed

1 tbsp balsamic vinegar

1 tbsp lemon juice

Salt and black pepper

2 tbsp flat leaf parsley, chopped

2 tbsp capers, drained

100g (3½ oz) Kalamata olives, pitted and halved





Quesadillas

This is a simple versatile dish and ingredients can be personalised to suit your tastes. Great for a quick solo snack, informal entertaining, kid's dinner, or cut into pizza style slices for a summer picnic. They are also a great way of using up any of those Sunday Roast leftovers.

Place a tortilla on a piece of Bake-O-Glide on the simmering plate and sprinkle a quarter of the cheese, chilli, spring onion and chicken over the tortilla base, toast lightly

Place another tortilla on top and turn over allowing the cheese to melt. Cook for another couple of minutes.

Remove from the simmering plate and cut into wedges using a sharp knife or pizza cutter. Repeat with the remaining tortillas and serve garnished with a side salad.

Makes 4

Ingredients

1 pkt 8 soft tortillas
 250g (9 oz) mature cheddar, grated
 2 hot chillies, finely chopped
 Bunch of spring onions, sliced
 250g (9 oz) cooked chicken, sliced





Broccoli and Goat's Cheese Tart

The AGA cooker's radiant heat really comes into its own with this dish, the filling comes out heavenly light and cooking on the floor of the oven ensures a crispy, cooked pastry base. As well as making a really good stand-alone light lunch or snack, small garnished slices can become a cracking starter when entertaining.

Lightly butter the ceramic baking tray. Line the baking tray with the puff pastry and place the broccoli florets over the surface. Dot pieces of the goats' cheese between broccoli sprigs. Beat the eggs with the cream and season to taste. Pour over the broccoli and sprinkle with grated cheese.

Cook on the floor of the roasting oven for about 25 minutes until golden.

Serve warm or cold with a salad.

Serves 6

Ingredients

- 1 x AGA Portmeirion baking tray, buttered
- 1 x 375g rectangular pack of ready rolled puff pastry
- 450g (1 lb) broccoli, cut into florets and blanched
- 1 x 125g pack of Goats' cheese, no rind
- 3 free range eggs
- 300ml (½ pint) double cream
- Salt and black pepper
- Grated cheese





Chunky Autumn Veg Soup

Getting in your five a day has never been easier, or more delicious with this fantastically rustic soup. A steaming thermos on a crisp country walk will keep everyone toasty warm inside.

Take a 9 litre AGA stockpot and put in the leek, carrots, onion, celery, potato, courgette, tomatoes, water or stock and a piece of Parmesan rind, season.

Bring to the boil on the boiling plate and then simmer for about 45 minutes on the simmering plate. Add the drained borlotti beans, spinach leaves and pasta to the stockpot, stir and simmer for another 6-8 minutes.

Remove the Parmesan rind and serve in bowls accompanied by crusty bread.

Alternative cooking method

Make as above and bring to the boil, cover and simmer for 5 minutes. Transfer the covered stockpot to the floor of the simmering oven and cook for 1 hour. Complete as above. Alternatively, use the roasting or baking oven when on slumber.

Serves 6-8 as a main dish

Ingredients

- 1 large leek, sliced
- 2 carrots, diced
- 1 onion, chopped
- 2 sticks celery, diced
- 1 potato, diced
- 1 courgette, diced
- 450g (1 lb) tomatoes diced or use a can of chopped tomatoes
- 2 litres (3½ pints) water or stock
- Piece of Parmesan cheese rind
- Salt and black pepper
- 1 x 410g can of borlotti beans, drained
- 50g (1¾ oz) spinach leaves, sliced
- 75g (2½ oz) tiny pasta shapes, such as farfalline
- Salt and black pepper





Speedy Chargrilled Chicken and Pesto Pasta

This is a deceptively simple meal that can be thrown together in under 15 minutes, but looks beautiful on the plate. Pair with a glass of chilled white wine and this dish becomes the hero of impromptu entertaining.

Brush the chicken fillets with a little olive oil. Use the boiling plate to heat an AGA cast iron grill pan and when hot add the chicken fillets, cook and colour on one side, about 5 minutes. Turn them over. Transfer the grill pan to the simmering plate to complete cooking, about 10-15 minutes, depending upon the thickness of the chicken. Add the tomatoes to the grill pan 5 minutes before the end of cooking.

Meanwhile cook the pasta. Bring the water to the boil in a covered saucepan on the boiling plate, add the pasta and salt, if using. Return to the boil. Cook for the time indicated on the packet. Drain and add the pesto and mix well together.

Serve the chicken on a warm plate with the pesto pasta.

Alternative cooking method

If you have the ovens turned on to their full heat then the chicken fillets can be grilled on the floor of the roasting oven, after initial starting on the boiling plate.

The pasta can be brought to the boil then covered and placed on the floor of the simmering oven and left for the time indicated on the packet, drain and complete as above.

Serves 4

Ingredients

4 medium free range
chicken fillets, flattened

Olive oil

1.5 litres (2¾ pints)
boiling water

Small tomatoes on the vine

Olive oil

250g (9 oz) pasta shapes –
penne or rigatoni

Salt, optional

3 tbsp pesto





Late Night Cheese on Toast

The ultimate munch-buster, this snack is real comfort food at anytime of day, but especially after a night out on the tiles. Try our variations for some lovely tasty twists on an old staple.

Toast the bread one side, either in the toaster on the boiling plate or by placing the bread on a piece of Bake-O-Glide on the cold plain shelf then slide onto the top set of runners in the roasting oven. Sprinkle the grated cheese over the untoasted side of the bread.

Place the slices of cheese laden bread on a piece of Bake-O-Glide on the cold plain shelf and slide this shelf onto the top set of runners in the roasting oven. Grill for about 5 minutes until the cheese is melted and beginning to lightly brown.

Variations

- Mix the cheese with a little Worcestershire Sauce
- Place tomato slices on top of the cheese before grilling
- Place slices of cooked beetroot under the cheese before grilling
- Mix the cheese with some grated onion before grilling
- Spread the bread with red onion chutney before scattering with cheese

Serves 1-2

Ingredients

2 slices of bread
Grated cheese

All of the family favourites in this section have been designed for those evenings when your feet haven't touched the ground and you simply want something that's quick and easy to make. Many of these recipes are reliant on just one dish, which is a blessing when it comes to the washing up! We're particularly proud of the risotto on page 32 which, due to the genius of the simmering oven, needs no stirring at all.

Busy Workdays



Hearty Veg and Sausage Bake

This supper has it all, tonnes of tasty veg, meaty sausages and a crisp golden topping tempting everyone to tuck in. Plus, a sigh of relief for those who do the washing up, as this square meal comes in just one dish.

Place the leeks, tomatoes, peppers, onion, garlic and chilli into a shallow ovenproof dish and pour over the oil, herbs, seasoning and mix together with a spoon.

Place the dish on the floor grid set on the floor of the roasting oven and cook for 10-15 minutes

Mix in the mushrooms then arrange the sausages on top. Return to the roasting oven and cook for a further 35 minutes, turning the sausages over occasionally to brown all their sides.

Place the breadcrumbs, cheese and herbs into a bowl and mix well. Sprinkle over the sausages and return to the roasting oven, third runners down, for a further 15 minutes or until the breadcrumbs are golden and crispy.

Serves 4

Ingredients

3 medium leeks,
washed and sliced
450g (1 lb) tomatoes, quartered
1 green pepper, diced
1 red pepper, diced
1 red onion, sliced
1 clove of garlic, finely chopped
1 chilli, finely chopped
4 tbsp olive oil
1 tsp mixed herbs
Salt and black pepper
175g (6 oz) mushrooms, sliced
8 thick good quality
Lincolnshire or herb sausages

Topping

150g (5½ oz) breadcrumbs
85g (3 oz) cheddar
cheese, grated
1 tsp mixed herbs





Sesame Beef Stir Fry

Food in a flash is epitomised by the stir-fry. A meal in itself, it makes a fantastic work-night dish. Don't be shy about experimenting with the ingredients, substituting and adding in things that might need eating up in the fridge.

Cut the fillet of beef into strips.

Heat an AGA wok on the boiling plate, add the sesame oil, when hot place in the strips of beef and stir fry until browning, about 2-3 minutes, and then add the mushrooms and chilli. Stir fry for a further minute. Add the sesame seeds then the spring onions, cook a further minute. Stir in the oyster sauce, when hot add the cooked noodles and stir together, serve at once.

Serves 3-4

Ingredients

350g (12 oz) beef fillet
3 tbsp sesame oil
150g (5½ oz) oyster mushrooms
1 red chilli, sliced finely
25-30g (1 oz) sesame seeds
1 bunch spring onions,
sliced diagonally
Jar of oyster sauce
250g pack of noodles, cooked





Quick and Easy Mushroom Risotto

There was a time when risotto meant a whole lot of stirring and constant attention. This recipe, which can just be thrown in to the simmering oven, is much less needy and leaves you free to chat, lay the table or deal with some of your other million “to-dos”.

Melt the butter and oil together on the boiling plate and then sauté the onion, garlic and pepper. Add the mushrooms then the rice. Stir the mixture to coat the rice, season. Pour on the stock and wine. Bring the contents of the saucepan up to the boil and cover with a lid.

Transfer the pan to the floor grid set on the floor of the simmering oven and cook for 20 minutes. Remove from the oven.

Add the parsley, with the grated parmesan and cream. Serve piping hot garnished with shavings of parmesan.

Serves 4

Ingredients

25g (1 oz) butter
1 tbsp olive oil
1 onion, chopped
1 clove of garlic, chopped
1 red pepper, diced
225g (8 oz) mixed mushrooms
225g (8 oz) Arborio rice
Seasoning
375ml (13 fl oz) stock
125ml (4 fl oz) white wine
2 tbsp parsley, chopped
55g (2 oz) parmesan, grated
2-4 tbsp cream

Garnish

Shavings of parmesan cheese





Pan Fried Sea Bass with Tangy Mango Salsa

The fish cooks brilliantly quickly and the most time-consuming part of this meal is preparing the mango salsa. So if you know you're going to be pushed for time, make the salsa in advance. It's still an impressive home-cooked plate, but it only takes six minutes!

Firstly make the salsa by placing all the ingredients into a bowl and mix well together. Just before cooking the fish divide the salsa between two serving plates.

Pat the fish dry with kitchen paper and check there are no bones.

Heat the oil in an AGA frying pan. Place the fish fillets skin-side down into the hot oil and cook for 2-3 minutes on the boiling plate, until coloured. Carefully turn the fish fillets over and cook for a further 2-3 minutes, until the fish is just cooked. Put the shredded spring onions into the side of the pan for the last minute of cooking.

Remove the fish from the pan and place on top of the salsa. Drain the spring onions on kitchen paper then sprinkle over the fish. Serve.

Serves 2

Ingredients

2 x 175g (6 oz) sea bass fillets,
with the skin on
2 tbsp oil
2 spring onions, shredded

Salsa

1 small mango,
peeled and diced
½ bulb of stem ginger,
finely chopped
2 tomatoes, diced
½ red onion, finely diced
½ red chilli, finely chopped
½ bunch of fresh coriander,
roughly chopped
1 tbsp rice vinegar
1 tsp soy sauce
1 tsp stem ginger syrup
Black pepper





No Fuss Frittata

If you're like us and find you have a shelf of vegetable odds and ends in your fridge by the end of the week, then this is a fab way to use them all up. Substitute the potatoes if you're looking for an easy low-carb evening meal.

Heat the olive oil in an AGA non-stick frying pan, with a removable handle and sauté the sausage, onion and garlic. Add the carrots, potato and any green vegetable.

Beat the eggs with the parsley and three-quarters of the cheese, season to taste. Pour into the pan and cook on the hotplate for 3-4 minutes, sprinkle with the remaining cheese.

Place the oven grid shelf on the second runners down in the roasting oven and slide the frying pan on the shelf. Remove the handle and close the door. Cook for 5-8 minutes until there is no liquid left and the cheese has melted.

Slide onto a serving dish and cut into wedges to serve.

Serves 4-6

Ingredients

2 tbsp olive oil
 115g (4 oz) chorizo
 sausage, sliced
 1 small red onion, sliced
 1 clove garlic, finely chopped
 115g (4 oz) cooked carrots, sliced
 115g (4 oz) potatoes,
 cooked and cubed
 115g (4 oz) green vegetables,
 such as purple sprouting or peas
 6 free range eggs
 2 tbsp parsley, chopped
 115g (4 oz) Cheshire
 cheese, grated
 Salt and black pepper





Chilli Con Carne

A great stand-by dish for busy times. If you often want something quick without too much fuss, double or treble this recipe, take the surplus and pop portion-sized amounts into individual freezer bags. And voila (or “he aqai” as they say in Mexico) - instant homemade meals for a flexible amount of people.

Fry the minced beef until brown on the boiling plate, and then add the onion, pepper and garlic and fry for a further 5 minutes. Season. Combine the chilli powder and cumin with the vinegar, sugar, tomato purée and stock. Add this mixture to the meat with the can of tomatoes. Bring to the boil.

Place on the flat floor grid set on the floor of the simmering oven for 2 hours.

Stir in the drained and rinsed red kidney beans, reheat and serve with steamed rice.

If you prefer this can be made on the hotplates, start on the boiling plate then simmer on the simmering plate for about an hour.

Serves 4-6

Ingredients

500g (1lb 2 oz) minced beef
 1 large onion, chopped
 1 green pepper, chopped
 2 cloves of garlic, crushed
 Salt and black pepper
 2 level tsp hot chilli powder
 1 tsp ground cumin or
 cumin seeds
 1 tbsp vinegar
 1 tsp sugar
 2-3 tbsp tomato purée
 100ml (4fl.oz) water or stock
 1 can chopped tomatoes
 1 can red kidney beans, drained

When the weekend comes, you'll finally have some proper time to indulge yourself in the kitchen, experiment and cook for some grand, and not so grand, occasions. Weekends are the times to slow down, so join us in creating some of these simple, delicious slow-cook meals.

Something for the Weekend



Good Old Sunday Roast

We all know the power of a great roast dinner. Having piles of people around the table, fighting terribly politely over the last Yorkshire pudding, is one of the things that makes weekends worthwhile. Don't forget to cook more beef than you need for some scrumptious sandwiches later.

Roast Beef

Take the meat out of the refrigerator an hour before cooking this will allow it to come to room temperature. Massage the olive oil into the fat of the meat, which will help the seasoning to 'stay put'. Grind seasoning over the fat. Place the onion slices into the base of the large AGA roasting tin and the meat on top of the onion.

Slide the roasting tin onto the lowest set of runners in the roasting oven. Cook the ribs for 12-15 minutes per 500g plus 30 minutes – this size roast should take about 2-2½ hours. The shorter time gives a rarer inside. When cooked remove from the oven, place on a warmed plate, cover with foil and leave for 30 minutes to rest.

If you prefer the meat can be moved down to the baking oven after cooking for 1½ hours so that roast potatoes, parsnips and Yorkshire Puddings can be cooked in the roasting oven.

Make the gravy by adding two tablespoons of flour to the fat and onions in the roasting tin, stir well then add 600ml stock or a mixture of red wine and stock. Whisk together. Pour the liquid into a saucepan and bring to boiling whisking continuously, strain through a sieve and serve separately.

Serves 8-10

Beef Ingredients

3 x rib of beef on the bone,
weighs about 5kg (11 lb)
½ tsp olive oil
Sea salt
Black pepper
3 onions, peeled and each
sliced into four circles





Roast Potatoes

Peel the potatoes and cut into even sized pieces. Parboil in salted water on the boiling plate for 3-5 minutes then drain well. Fluff the potatoes up slightly by shaking them in the saucepan with the lid on.

Heat the fat in a roasting tin or AGA baking tray on the flat floor grid of the roasting oven until very hot. Add the potatoes and roast, turning occasionally, for about 1-1¼ hours, depending on their size, until they are golden and crisp.

Roast Parsnips

8-10 medium size

Peel the parsnips and cut each into 3 even size pieces, cook in hot fat in the roasting oven, for about 30-40 minutes depending upon the size.

Steamed Carrots

1 kg (2.2lb)

Peel the carrots and cut into batons. Place in a saucepan with barely enough water to cover, add 1 tsp salt if desired. Bring to the boil and boil for 3 minutes, drain off the water and transfer to the simmering oven for about 20 minutes. Serve with a small knob of butter and garnish with chopped parsley.

Use this method for all steamed root vegetables when the simmering oven is in use.

Green Vegetables

1 kg (2.2lb), cabbage or broccoli

Bring water, only enough to barely cover the vegetables to the boil on the boiling plate and then place in the green vegetables. Boil quickly for a few minutes until tender.

Serves 8-10

Roast Potatoes Ingredients

3 lb potatoes, such as Maris Piper
Oil, goose fat or beef dripping



Yorkshire Puddings

Sift the flour into a bowl, make a well in the centre and pour in the eggs and half of the milk, whisk until all are incorporated then whisk in the remaining milk, the batter should resemble the consistency of single cream. Place into a jug and leave to stand until you are ready to use it.

Heat a little fat in a 12-hole muffin tin on the floor of the roasting oven, until very hot. Whisk the Yorkshire pudding batter again then pour it into the hot fat. Return to the roasting oven on the third or fourth set of runners down and cook for about 20 minutes or until risen and golden.

Tip: if you prefer these can be made in the morning then reheated for a few minutes in the roasting oven.

Makes 12

Yorkshire Puddings Ingredients

115g (4 oz) strong plain flour,
sieved
2 free range eggs, beaten
300ml (½ pint) milk
Pinch of salt
Black pepper
Oil or beef dripping



Thai Green Curry

This curry is delicious as a vegetarian meal, however, if like a few people we know, dinner doesn't count unless there's meat involved, a diced chicken fillet can easily be added when frying the paste or add prawns towards the end of the cooking time. It's a dish that works any time of year.

Place the oil into a pan to heat on the boiling plate and fry off the curry paste for a minute, then add the coconut milk and stock, stir then add the red pepper and potato cubes. Simmer uncovered for 10 minutes then add the broccoli florets, mangetout, chillies, lemon grass, salt and sugar. Simmer for a further 10 minutes or until the vegetables are tender.

Ladle into bowls and garnish with fresh coriander and slices of red chilli. Serve with rice.

Serves 2-3

Ingredients

1 tbsp oil
 2 tbsp green Thai curry paste
 1 x 400ml can of coconut milk
 350ml (12 fl oz) vegetable stock
 1 red pepper, sliced
 1 large potato, cubed
 1 head of broccoli,
 broken into florets
 225g (8 oz) mangetout,
 topped and tailed
 1-2 red chillies, sliced
 1 stalk lemon grass, finely sliced
 Pinch of salt
 Pinch of sugar

Garnish

Fresh coriander
 Chilli slices





Stuffed Mackerel with Roasted Mediterranean Veg

A bright, attractive and healthy dish that comes jam-packed with bundles of great flavours. Also, grilling at the top of the roasting oven, ensures fat splashes and cooking odours are kept to a minimum, because the ovens are vented to outside. Just be sure to turn on the oven vent fan.

Firstly prepare the roasted vegetables by placing them into a bowl. Mix well together with the sprigs of thyme, seasoning and enough olive oil to coat them. Transfer to the AGA shallow baking tray, lined with a piece of Bake-O-Glide.

Slide the tin onto the lowest set of runners down in the roasting oven. Cook for about 30 minutes or until the vegetables are tender and just beginning to brown around the edges. Turn the vegetables occasionally during cooking.

Slash the mackerel three times on each side then place onto the large grill rack, high position, in the AGA roasting tin. Tuck fennel, lemon slices and parsley into the cavities. Slide the tin onto the second set of runners in the roasting oven. Grill for 8 minutes then turn over and cook the other side for a further 5-8 minutes, dependent upon the thickness of the mackerel.

Serve the mackerel accompanied by the roasted vegetables.

Serves 4

Ingredients

Roasted Mediterranean Vegetables

- 2 courgettes, sliced
- 1 aubergine, diced
- 1 red onion, cut into chunks
- 5 cloves of garlic, peeled
- 2 red peppers cut into squares
- Sprigs of fresh thyme
- Black pepper
- Olive oil

Mackerel

- 4 whole mackerel, cleaned
- Fresh fennel leaves
- 2 lemons, sliced
- Parsley





Spatchcock Spring Chicken

A faster way of cooking chicken. Butterflying the chicken means it cooks significantly quicker than a whole bird would. Great for a Saturday night in and particularly useful when a barbeque is rained off. Again.

Open out the chicken by cutting down through the breast bone, the Italian way, and flatten out. Cut off any excess skin and fat. Lay the chicken on the large AGA grill rack, in its lowest position, placed in the large roasting tin.

Mix together the lemon juice, chillies and olive oil. Season. Pour the marinade over the chicken and leave for 45 minutes if possible.

Slide the roasting tin onto the third set of runners in the roasting oven and roast for 30 minutes. Baste, then cook for a further 20-30 minutes or until cooked through. Serve hot with its lovely juices accompanied by couscous or salad and crusty bread.

Serves 4

Ingredients

1 free range chicken,
about 1.3kg (3lb)
Juice of 1 lemon
1-2 red chillies, finely chopped
100ml (3½ fl oz) olive oil
Salt and black pepper





Moroccan Harissa Lamb and couscous

This is a wonderful multifaceted meal which is really fun to eat and can take the place of a traditional Sunday roast. Add some colourful rustic table decorations and a few candles to make dinner a real occasion.

With a sharp knife cut the leg of lamb into diamonds, entering the meat to a depth of about 5mm $\frac{1}{4}$ inch. Make up a paste with the crushed garlic, Harissa, cumin, paprika, salt and black pepper. Smear this paste all over the leg of lamb and place in a large plastic bag and marinate in the refrigerator overnight.

Remove the leg of lamb from the plastic bag and place in the AGA half-size roasting tin, lined with Bake-O-Glide.

Slide the tin into the roasting oven on the third set of runners down and roast for 30-45 minutes until browned. Then transfer to the simmering oven, lowest set of runners down, for 4-5 hours to slow cook. (It can even be left to cook longer if more convenient for you!) Alternatively the lamb can be cooked in the roasting or baking oven when on slumber.

Remove the meat from the oven and allow to rest for 10 minutes. Serve with couscous and flatbreads for a feast.

Couscous

Make up the couscous quantity according to the packet instructions. Place the couscous into a bowl and pour over the boiling stock, add the oil and salt leave to fluff up, then stir with a fork to separate. Meanwhile prepare the other ingredients, then add to the couscous and serve.

Serves 6

Ingredients

Slow cooked Harissa Lamb

- 2 kg (4½ lb) leg of lamb
- 6 cloves of garlic, crushed
- 2 rounded tsp Harissa paste
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp salt
- Black pepper

Couscous

- 250g (9 oz) quick couscous
- Vegetable stock, boiling
- 1 tbsp olive oil
- 1 tsp salt
- Juice of 2 lemons
- 85g (3 oz) chopped parsley
- 55g (2 oz) pine nuts, toasted in a dry frying pan
- 1 red onion, finely chopped
- 4 tomatoes, chopped
- Black pepper



Poppy's Spinach and Feta Flatbread

In a large bowl, stir together the whole wheat flour, plain white flour and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead the dough on a lightly floured surface until it is smooth. Divide into 10. Roll each piece into a ball. Rest for a few minutes. Mix the spinach and feta together and season with nutmeg and black pepper.

On a lightly floured surface, roll out the balls of dough until very thin circles. Cover each circle with the spinach mix; put cold water round the edge to seal and then fold in half.

Cook on the simmering plate, with the cover down until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Continue with remaining dough. These stuffed flatbreads cook rapidly, keep an eye on them. Cover with a damp tea towel to keep warm whilst you finish cooking the breads.

Poppy's Spinach and Feta Flatbread

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tsp salt
- 2 tbsp olive oil
- $\frac{3}{4}$ cup hot water or as needed
- $3\frac{1}{2}$ oz fresh spinach – chopped
- $3\frac{1}{2}$ oz feta cheese – crumbled
- $\frac{1}{2}$ tsp nutmeg
- Black pepper



Cosy Night in with Venison and Bramble Sauce

Richer in taste, but generally with less fat or calories than beef, Venison is a fantastic winter choice. The dark, sweet bramble sauce complements it magnificently and when paired with Potato Dauphinoise, it becomes fine dining comfort food.

Place the blackberry conserve and port into a saucepan and bring to the boil on the boiling plate, add the vinegar and reduce (boil quickly) for 5 minutes until thickening. Add the lemon juice and pepper to taste. Keep warm in the simmering oven.

Heat an AGA cast iron grill pan. Wipe the venison steaks and brush with olive oil, season both sides and place into the hot grill pan. Grill on the boiling plate both sides, about 5 minutes in total, dependent upon thickness.

Serve on hot plates with the sauce poured over. Garnish with watercress.

Serves 4

Ingredients

4 venison steaks (beef fillet steaks can be substituted if venison is out of season)

Olive oil

Salt and black pepper

Sauce

150g (5½ oz) blackberry conserve

150ml (¼ pint) port

1 tbsp red wine vinegar

Juice of half a lemon

Black pepper

Garnish

Watercress or chopped flat leaf parsley



Potato Dauphinoise

A classic recipe, which can also accompany roast lamb or it can be served as a lunch or supper dish with a simple green salad. The potatoes need to be very thinly sliced.

Butter an 18cm square dish.

Beat the butter and crushed garlic together. Arrange a layer of potatoes in the base of the dish, dot with a little garlic butter and grind over salt and black pepper. Repeat this layering, finishing with garlic butter dotted on the top of the final layer of potatoes.

Pour the cream over the potatoes.

Place the dish on the grid shelf placed on the floor of the baking oven and cook for 40 minutes then brush with a little melted butter and return to the oven for about 20-25 minutes until the potatoes are cooked and golden brown.

Garnish with fresh chives and serve at once.

Serves 4-6

Potato Dauphinoise Ingredients

40g (1½ oz) butter
2 cloves garlic, crushed
700g (1 lb 9 oz) potatoes, peeled
and thinly sliced
Salt
Black pepper
284ml (9 fl oz) single cream
15g (½ oz) melted butter

Garnish

Fresh chives



Marcia's Slow Cooked Pork and Butternut Squash Casserole

The slow-cooking time of this casserole should produce extra tender mouthfuls of pork and when sweetened with peach conserve, it makes a delightful twist on an Old-English classic. And if rice isn't what you fancy, it can also be served with jacket potatoes and green beans.

Mix the flour, salt, pepper and chilli flakes together and use to coat the pork. Place half the sunflower oil into a large cast iron casserole. Heat on the boiling plate then brown the meat in batches. Remove the meat from the pan, add the remaining oil and then fry the onion until softened. Add the garlic and continue cooking for a minute.

Return the pork to the casserole and add the carrots and the squash. Add the stock and bring to the boil.

Transfer to the flat floor grid on the floor of the simmering oven for about 2 hours or until tender, alternatively cook in the roasting or baking oven, when on slumber.

Remove from the oven, stir in the peach conserve and then adjust the seasoning. Stir in the coriander just before serving and accompany with steamed rice.

Serves 4

Ingredients

- 2 tbsp plain flour
- Salt and freshly ground black pepper
- 1 large pinch dried chilli flakes
- 900g (2 lb) shoulder of pork, diced
- 6 tbsp sunflower oil
- 1 onion, chopped
- 1 clove of garlic, sliced
- 2 carrots, peeled and sliced
- 1 butternut squash, peeled and sliced
- 300ml (½ pint) chicken stock
- 3 tbsp Bonne Maman Peach Conserve
- 2-3 tbsp chopped fresh coriander

Roulade, crumble, tart, cheesecake, steamed puddings and traybakes... We have a full cross section of the pudding world here. Each one can be customised and core ingredients substituted to give you a wide repertoire of sweet things for any occasion. Whenever possible, check to see what fruit is seasonal and try to incorporate it. The wonderful thing about experimenting with puddings is that no one is ever going to complain about having to eat the trial run.

Sweet Endings



Dawn's Damson Meringue Roulade

A roulade is a statement dessert and an impressive finale to any meal. This one is particularly delicious as the sweet crisp meringue balances finely with the tart damson jam and soft buttery whipped cream.

Line a full-size AGA baking tray with Bake-O-Glide. Whisk the egg whites until stiff, and then add the sugar a teaspoon at a time, with your electric whisk running at full speed. Spread onto the baking tray and level out. Sprinkle with the flaked almonds.

Cook on the fourth set of runners down of the baking oven for about 20 minutes until firm.

Remove from the tray and allow it to cool. Turn out onto a clean sugared cloth or tea towel and remove the Bake-O-Glide. Spread the damson preserve onto the meringue, lightly spread over the cream and roll up along the longest edge using the cloth to form the roulade. Chill before serving.

Serves 8

Ingredients

5 large free range egg whites
280g (10 oz) caster sugar
55g (2 oz) flaked almonds

For the filling

4-5 tbsp damson preserve or
other red coloured conserve
300ml (10fl oz) double
cream, whipped





Rhubarb and Ginger Crumble

A classic combination of flavours and lets face it, who doesn't like crumble? The quantities in the recipe are for one dish, however for more formal entertaining, it is rather cute to make individual ramekins.

Place the rhubarb, chopped stem ginger and ginger syrup into an ovenproof dish; sprinkle with the sugar. To make the crumble topping, put the flour into a basin and rub in the butter, then stir in the sugar. Sprinkle on top of the fruit.

Place the dish on the grid shelf on the floor of the baking oven and cook for about 35-40 minutes until the crumble is golden and the fruit is cooked. If making individual ramekins, you only need cook for 20-25 minutes.

Serve warm with custard or cream.

Serves 4

Ingredients

700g (1lb 9oz) rhubarb,
cut into pieces
2 tbsp stem ginger
3 tbsp ginger syrup
2 tbsp sugar

Crumble Topping

225g (8 oz) plain flour
175g (6 oz) butter
175g (6 oz) Demerara sugar





Cherry and Almond Tart

Cherries and almonds are great friends and this neat tart works equally well served cold at a picnic with cream or warm with ice-cream after dinner. Cooking on the floor of the oven means there's no need to bake blind, making this pudding a snitch.

Arrange the cherries over the base of the flan. Cream the butter and sugar together. Beat in the egg, almond extract and ground almonds. Spread the almond mixture evenly over the cherries and sprinkle with the flaked almonds.

Place the flan dish on the floor of the roasting oven. Slide the cold plain shelf on the second or third runners down and bake for about 25 minutes, until golden brown.

Serve warm or cold with cream, crème fraîche or ice cream.

Serves 6

Ingredients

1 x 20cm (8 inch) flan dish lined with uncooked shortcrust pastry

1 punnet cherries, stoned

100g (3½ oz) soft butter

100g (3½ oz) caster sugar

1 large free range egg

Few drops almond extract

100g (3½ oz) ground almonds

25g (1 oz) flaked almonds





Pears with Cardamom

This is such an elegant dessert and looks beautiful when simply presented with a few artful drizzles of sauce. Slow poaching will make even the hardest of pears tender and the light fruitiness of this dish can come as a delightful palette quencher after a rich heavy meal.

Place the sugar and wine into a saucepan, heat on the simmering plate to dissolve the sugar. Meanwhile open the cardamom pods to release the seeds. Crush the seeds in a pestle and mortar and add to the heated wine, together with the curl of lemon rind.

Peel the pears, making sure to leave the stalk intact – not only does this look better but it also provides a 'handle' to lift the pears in and out of the pan. Remove a thin slice from the base of the pear so that it will stand up on its own. Place the pears into the hot aromatic wine bring to the boil, turn the pears over and cover the saucepan.

Place the saucepan on the floor of the simmering oven for about 2 hours, until the pears are tender. If the liquid does not cover the pears, turn them over after an hour of cooking so they cook evenly.

Remove the pears from the saucepan and stand them up on a serving plate.

Reduce the liquid by boiling rapidly until it becomes syrupy, strain and serve the pears with a little Muscat sauce poured over. Place any remaining sauce in a jug to serve separately. Delicious accompanied with cream and a crisp biscuit.

Serves 6

Ingredients

55g (2 oz) caster sugar
 ½ bottle (375ml) Muscat wine
 4 cardamom pods
 Rind of 1 lemon, peeled off
 in one piece
 6 Conference pears,
 with the stalks on





Fresh Raspberry and Chocolate Cheesecake

A summer favourite, this cheesecake is simple, stunning and so moreish, you may have to make a couple just to keep everyone happy. Perfect as a BBQ or summer picnic pudding, it can also be made in individual sizes for more prim and proper entertaining occasions.

Place the biscuits into a plastic freezer bag and crush to fine crumbs with a rolling pin. Melt the butter in a saucepan on the simmering plate and mix with the biscuit crumbs. Line the base of a 23cm spring form tin and press the crumb mixture into the base. Place in the refrigerator while you make the filling.

Beat together the cream cheese, soured cream, sugar, eggs, vanilla and lemon rind until smooth. Pour onto the biscuit base.

Place onto the grid shelf placed on the floor of the baking oven and cook for about 45 minutes or until just set in the centre.

Cool the cheesecake then place in the refrigerator – do not worry if a crack appears, it will be covered up by the topping.

Remove the spring form tin side and use a wide palette knife to place the cheesecake onto a serving plate. Spread over the crème fraîche and decorate with fresh raspberries. Sprinkle with a little icing sugar and serve.

Serves 8

Ingredients

350g (12 oz) plain chocolate
digestive biscuits
125g (4½ oz) butter, melted

Filling

700g cream cheese
300ml carton soured cream
4 medium free range eggs
115g (4 oz) caster sugar
1 tsp vanilla extract
1 lemon, grated rind

Topping

275ml carton crème fraîche,
full fat
Fresh raspberries
Icing sugar





Poppy Seed and Marmalade Traybake

The AGA cooker is famous for its traybakes – large, shallow cakes which can be cut into many pieces. This particular bake has a distinctive poppyseed texture and a tasty orange tang. Tradition has never tasted so good.

Line an AGA half size roasting tin with Bake-O-Glide.

Place the poppy seeds and orange juice into a saucepan and bring to the boil on the boiling plate, stir and allow to cool. Place the remaining ingredients into a basin and beat together. Add the poppy seeds and mix thoroughly.

Slide the roasting tin onto the third set of runners in the baking oven and cook for about 35-40 minutes until golden and cooked.

Allow to cool for 20 minutes then remove the tin and Bake-O-Glide. Place on a cooling rack until cold.

To make the icing melt the butter in a bowl on the AGA top plate. Add the remaining ingredients to the butter, beat together well and spread on the cake, the icing thickens on cooling. Mark a pattern with a palette knife. Leave to set and then cut into 24 pieces.

Makes 24 pieces

Ingredients

55g (2 oz) poppy seeds
4 tbsp orange juice
225g (8 oz) soft margarine
225g (8 oz) caster sugar
4 free range eggs
300g (10 oz) self raising flour
Grated rind of 1 orange
150g (5½ oz) thick marmalade

Soft orange icing

55g (2 oz) butter, melted
2-3 tbsp orange juice
2 tsp grated orange zest
225g (8 oz) icing sugar





Steamed Banana Pudding drizzled in Butterscotch Sauce

The idea of steamed puddings may take you back to your school days and this one certainly tends to be a hit with the kids. Using very ripe blackened bananas gives it an amazing flavour and delicious with the butterscotch sauce.

To make the butterscotch sauce, place the brown sugar, butter and cream into a saucepan and bring gently to the boil, stirring until thick and smooth. Remove from the heat. Butter a 1.2 litre (2 pint) pudding basin.

Place the butter, caster sugar, eggs, flour and bananas into a basin and beat well together. Pour half the butterscotch sauce into the base of the prepared basin and carefully spoon over the pudding mixture. Cover with a disc of baking parchment and place a double thickness of foil over the top of the basin. Tie the foil on with string, leaving enough to be able to lift the pudding out of the saucepan.

Put the basin in a large saucepan and pour in boiling water to come half-way up the side of the basin, steam for 15 minutes - moving the saucepan partially off the boiling plate if necessary to maintain a gentle boil.

Transfer the covered saucepan, complete with water and pudding to the simmering oven. Steam for about 1½ hours in the simmering oven until the pudding is cooked through.

Turn the pudding out onto a serving dish, gently reheat the remainder of the sauce and pour over the top.

Serves 4

Ingredients

Sauce

25g (1 oz) brown sugar
25g (1 oz) butter
125ml single cream

Pudding

115g (4 oz) soft butter
115g (4 oz) caster sugar
2 free range eggs
140g (5 oz) self raising flour
2 ripe bananas, mashed

There's a child in all of us, so these childhood favourites need not be restricted to people under a certain age, but the following recipes do go down particularly well with the little ones. Encourage the kids to join in and get their hands dirty, and help them learn lots of brilliant things about food. The more they know about it, the more they're likely to eat it all up.

And for the Kids...



Cheese and Ham Toasties

When the whole clan need refuelling quickly, these are an easy option as the simmering plate will take up to four sandwiches at once. No butter is needed for the outside as the bread will brown beautifully naturally and a piece of Bake-O-Glide will stave off cheesy spills.

Butter the bread and place a slice of cheese and ham between the two slices of bread; spread a little mustard over the ham if liked.

Toast the sandwich on the simmering plate with the hotplate cover down. Then turn the sandwich over to toast the other side. If toasting four sandwiches at once leave the cover up to prevent squashing the outer edges.

Variation

Brie and Grape Toastie

Place the bread on a board and butter. Put the cheese on the buttered side of one slice of bread and sprinkle on the grapes. Cover with the other slice of bread.

Place a piece of Bake-O-Glide on the simmering plate then place the sandwich in the centre. Toast the sandwich on the simmering plate with the cover down. Then turn the sandwich over to toast the other side.

Tip – substitute a fruity chutney for the grapes or use chopped walnuts.

Makes 1

Ingredients

Cheese and Ham Toastie

2 slices of good bread

Butter for spreading

Slices of cheddar cheese

Slices of ham

Mustard, optional

Brie and Grape Toastie

2 slices good bread

Butter for spreading

Slices of Brie

4 grapes, halved





Homemade Burgers with Chunky Wedges

No one will be asking for fast food again once you've spoilt them with these. There's nothing quite like a homemade burger, succulent and full of flavour, plus you know what's in them and can control their size depending on the audience. Serve in traditional baps or warm pitta bread.

Place the minced beef into a basin and season. Add the minced red onion – either finely chopped, minced or put through a small food processor – with the garlic, cumin, coriander, chilli powder and fresh coriander.

Mix well and bind together with the egg. I find this easy to do with your hands, use disposable gloves if you're a bit squeamish. Shape into 4 burgers.

Lightly oil the grill rack of the large AGA roasting tin, turn it to its highest side and place the burgers on top. Put the grill rack in the roasting tin and slide onto the second set of runners down in the roasting oven. Grill for 10 minutes then turn over and grill the other side for another 10 minutes, until cooked through.

Serve in a bread bap spread with mustard and topped with sliced tomato and watercress. Great with spicy potato wedges, which can be cooked at the bottom of the roasting oven.

Makes 4

Ingredients

450g (1 lb) minced beef,
good quality
Salt and black pepper
1 small red onion, minced or
very finely chopped
1 clove of garlic, crushed
1 tsp ground cumin
1 tsp ground coriander
¼-½ tsp chilli powder
2 tbsp fresh coriander, chopped
1 free range egg
Oil

To serve

Bread bap
Mustard
Watercress
Tomato slices

Potato Wedges

650g (1 lb 7 oz) potatoes,
scrubbed with skins on
Oil
1 tbsp cumin seeds
2 tsp garam masala



Potato Wedges

Cut the potatoes into wedges, place onto an AGA baking tray, lined with Bake-O-Glide, drizzle with oil and sprinkle over the cumin and garam masala.

Place the baking tray on the floor of the roasting oven and cook for 15 minutes then turn the wedges over and continue to cook for a further 10-15 minutes until tender. Serve with the beef burgers.



Double Ginger Biscuits

Crisp ginger biscuits to accompany tea, coffee or a glass of milk. Bake a few batches as these freeze particularly well and you never know when there might be a biscuit emergency.

Melt the butter, syrup and sugar together on the simmering plate, but do not let them boil. Cool slightly. Place the flour, bicarbonate of soda, ground ginger and chopped ginger into a basin mix together and make a well in the centre. Pour in the melted butter, syrup and sugar add the egg and mix to form a dough.

Shape this dough into 40 even-sized balls and place on a piece of Bake-O-Glide set on a baking sheet – you will need two baking sheets or more as the biscuits will spread.

Place the baking sheet on the grid shelf set on the floor of the baking oven, cook for about 12-15 minutes, until golden brown.

Cool on a wire rack and store in an air tight tin.

Makes 40

Ingredients

125g (4½ oz) salted butter
 75g (2¾ oz) golden syrup
 200g (7 oz) caster sugar
 350g (12 oz) self raising flour
 1 tsp bicarbonate of soda
 1 tbsp ground ginger
 75g (2¾ oz) crystallised ginger,
 finely chopped
 1 free range egg, beaten





Cheeky Choc-a-lot Cupcakes

With three types of chocolate, these will always make a splash and are perfect for bake-sales and children's tea parties. Send your child into school with these on their birthday and their whole class will be waiting eagerly for their next one.

Place muffin cases into a large 12-hole muffin tin. Place all the ingredients into a bowl and mix well together. Divide evenly between the muffin cases.

Bake for about 25 minutes in the centre of the baking oven until risen and set.

Makes 12

Ingredients

115g (4 oz) cream cheese
115g (4 oz) plain chocolate, melted
225g (8 oz) soft brown sugar
115g (4 oz) soft margarine
115g (4 oz) self raising flour
1 tbsp cocoa
½ tsp vanilla extract
3 free range eggs, beaten
115g (4 oz) walnuts, chopped
115g (4 oz) white chocolate chips





Pumpkin Seed and Cranberry Flapjack

These are so easy to make and freeze very well, so there can always be slow-burn energy food to hand for outings and long walks. A square popped into a lunchbox should see them through until the end of school.

Melt the butter, sugar and syrup in a large pan on the simmering plate. Remove from the heat and stir in the oats, pumpkin seeds, cranberries and orange zest. Place onto a large AGA baking tray lined with Bake-O-Glide, press the mixture down.

Slide the baking tray onto the grid shelf on floor of baking oven. Cook until golden, about 20 minutes. Turn the tray after 12 minutes.

Mark into squares, whilst hot. Allow to cool completely. Then remove from the baking tray, peel off the Bake-O-Glide and cut into squares.

Makes 24 or 36 pieces

Ingredients

250g (9 oz) butter
 250g (9 oz) light brown sugar
 250g (9 oz) golden syrup
 500g (1lb 1oz) rolled oats
 115g (4 oz) pumpkin seeds
 85g (3 oz) dried cranberries
 1 orange, grated rind





Quick and Easy Fishcakes

If you're keen to get some omega 3 into their diet, fishcakes can be a tasty and painless way to do it. The crispy golden coating disguises anything a little-one might usually be suspicious of and they're pretty good for us grown ups too.

Place the cooked haddock, lime zest, seasoning, parsley, chilli and mashed potato into a bowl and mix together, taking care not to break up the fish too much. Shake some flour onto your hands and shape the mixture into four fishcakes.

Place the beaten egg onto a plate and put the breadcrumbs onto another plate. Take the fishcakes and dip both sides into the egg, then in the breadcrumbs to coat the exterior, repeat with the other three fishcakes. If you have time put to chill in the refrigerator for 30 minutes.

Heat the oil in an AGA cast aluminium frying pan and gently fry the fishcakes on the simmering plate for 4-5 minutes, until browned, turn over and cook for a further 4 minutes. Drain the fishcakes on a piece of kitchen paper and serve with a watercress and orange salad.

Makes 4

Ingredients

175g (6 oz) cooked and flaked
smoked haddock
1 lime, grated zest
Black pepper and salt
3 tbsp chopped parsley
½ green chilli, finely chopped
200g (7 oz) mashed potato
Plain flour
1 free range egg, beaten
Brown breadcrumbs,
about 85g (3 oz)
3 tbsp olive oil

If you grew up with an AGA cooker in the family, many of these dishes will be familiar, but if this is your first you're in for a treat. The radiant heat of a cast iron oven means that some dishes simply do taste better. Bread, cakes and pies all end up perfectly risen and evenly baked, and most roasts need no added fat for beautiful browning. All these recipes are old English favourites, something to celebrate and pass down to the grandchildren.

AGA Classics



Quick Berry Jam

A dollop of this delicious jam spread on a slice of AGA toast, scone or stirred into your porridge is guaranteed to brighten up a grey morning. Plus any pots you can bear to part with make perfect presents when dolled up with a pretty bit of fabric or ribbon.

Place the fruits into the AGA maslin pan and squash with a potato masher, add the butter.

Bring to the boil on the boiling plate. Add the jam sugar, dissolve on the simmering plate then return to the boiling plate and boil for 4 minutes. Allow to rest for 5 minutes then pour into sterilised jam jars. Cover, cool and label.

Tip: Wash the jam jars in hot water then place in the simmering oven, to dry.

Makes 1.5 kg (3 lb 5 oz)

Ingredients

800g (1 lb 12 oz) frozen
red fruits, thawed

Knob of butter

1 kg (2.2 lbs) jam sugar





The Victoria Sponge Cake

The Victoria Sandwich, named after and a favourite cake of Queen Victoria, represents classic English baking and in our opinion should only be made with butter for the best flavour. It can be surprisingly therapeutic to mix by hand once in a while, but do use an electric mixer if you wish.

Place the butter and sugar into a large bowl and cream well together with a wooden or silicone spoon until the mixture is light and fluffy. Gradually add the beaten egg, beating well between each addition. Add a little flour when beating in the final stages of the egg as this will help stop the mixture curdling.

Gently fold in the sieved flour and divide between two 20cm (8 inch) shallow cake tins, which have been buttered and base lined.

Place the two cake tins on the oven grid shelf slid on the fourth set of runners down in the baking oven. Cook for 20-25 minutes until risen and golden brown. The top of the cake should spring back when lightly pressed with a finger.

Let the cakes rest in the tins for 5 minutes then turn out onto a wire cooling rack, removing the lining paper. Sandwich together with a generous amount of raspberry jam and decorate the top with sieved icing sugar or sprinkle with caster sugar.

Cuts into 6 or 8 slices

Ingredients

225g (8 oz) soft butter

225g (8 oz) caster sugar

4 free range eggs, at room temperature, beaten

225g (8 oz) self raising flour

Filling

Raspberry jam

Topping

Sieved icing sugar or
caster sugar





AGA Loaf

If domestic bliss had a smell it would be of freshly baked bread being taken out of the oven. Once you're comfortable and confident with a basic loaf, feel free to use different types of bread flour and add your own flavours, fruits, nuts and seeds. We are confident you'll become quite the baker.

Place half a teaspoon of butter into the base of the AGA loaf tin and put at the back of the top plate or somewhere warm to melt (protect the enamel with a cork mat or folded piece of kitchen paper). When melted brush well around the tin, allow to cool.

Place the flour into the mixer bowl, fit the dough hook and blend the salt and yeast into the flour. Melt the butter in the boiling water then add the cold water, pour this mixture onto the flour and knead for about 5 minutes until the dough is smooth, elastic and no longer sticky.

Remove the dough from the bowl and shape into a rounded oblong and drop into the loaf tin. Cover with lightly oiled cling film or a sealed freezer bag and put somewhere warm - nearby the cooker is ideal if it's on - to rise (prove) until doubled in size, this will take about an hour, dependent upon ambient temperature of the kitchen. Remove the covering.

Cook on the grid shelf on the floor of the roasting oven for about 25-30 minutes until risen and golden. (If overbrowning before the loaf is completely cooked slide the cold plain shelf onto the second runners down, which will reduce the top heat).

When cooked the bread sounds 'hollow' when tapped. Allow the bread to stand in the tin for 5 minutes then remove and cool on a rack.

Makes 1 loaf for the AGA tin

Ingredients

½ tsp butter
 750g (1 lb 10 oz) strong white
 bread flour
 2 tsp salt
 1 sachet fast action dried yeast
 25g (1 oz) butter
 100ml (3½ fl oz) boiling water
 350ml (12 fl oz) cold water





Fruity Celebration Cake

This rich moist cake makes a great accompaniment to a cup of tea at any time of year. However, this recipe can also make a fantastic Christmas cake – simply cover with almond paste, peaks of stiff royal icing, add a sprig of red-berried holly.

Line the base of a 23cm (9 inch) round spring form cake tin. (There is no need to put any paper around the outside of the tin)

Sieve the flour and the spices together. Cream the butter and sugar well together until light and fluffy. Gradually beat in the eggs, which should be at room temperature, adding a tablespoon of flour to prevent curdling towards the end. Fold in the remaining flour, ground almonds and fruit until thoroughly mixed.

Turn the mixture into the prepared tin and smooth the top.

Place the cake tin on the grid shelf on the floor of the roasting or baking oven set at slumber and bake for about 5½-6 hours until cooked. Test with a skewer; if a skewer inserted into the centre of the cake comes out clean, it is cooked.

Leave in the tin for 30 minutes and then turn onto a wire rack to cool. Prick the surface of the cake with a skewer and spoon the brandy over. Wrap in foil until required.

Decorate with glacé fruits.

Makes 1x 23cm (9 inch)
round cake

Ingredients

225g (8oz) plain flour
1 tsp mixed spice
1/2 tsp freshly grated nutmeg
1/2 tsp cinnamon
225g (8 oz) butter
225g (8 oz) Muscovado sugar
6 large free range eggs, beaten
85g (3 oz) ground almonds
625g (1lb 6oz) mixed fruit,
currants, sultanas and raisins
115g (4 oz) mixed chopped peel
55g (2 oz) crystallised
pineapple, chopped
55g (2 oz) dried cranberries
85g (3 oz) dried
apricots, chopped
85g (3 oz) crystallised papaya
pieces, chopped
115g (4 oz) glacé cherries
cut into quarters
3 tbsp brandy

Decoration

Glacé fruits





Scones - Classic Cream Tea

Turn tea into something really special with a pretty tablecloth, jam, butter and clotted cream laid out in little bowls or ramekins and a batch of these scones. Either wrap them up in a clean tea towel, or if you have a tiered cake stand, give your guests a taste of The Ritz.

Place the flour and baking powder into a basin and rub in the butter. Stir in the sugar. Add with enough milk to make a soft dough. Turn onto a floured surface and knead lightly. Roll out to about 1cm (½ inch) thick and cut into circles. Place the scones onto a piece of Bake-O-Glide on the plain shelf. Glaze with beaten egg or milk.

Bake on the third set of runners down in the roasting oven for 8-10 minutes, until risen and golden. Turn the shelf once after 5 minutes.

Serve warm with butter and raspberry conserve or cold with clotted cream and raspberry conserve.

Variation

For cheese scones substitute the caster sugar for 55g (2 oz) grated tasty cheese and add 1 tsp mustard powder and half a teaspoon of salt to the mixture.

Makes 9

Ingredients

225g (8 oz) self raising flour
1 tsp baking powder
40g (1½ oz) butter
25g (1 oz) caster sugar
Milk or Buttermilk to mix,
about 150ml (¼ pint)

Glaze

Beaten free range egg or milk





The Ultimate Roast Chicken

A family favourite that's truly succulent when cooked in a cast iron oven. There's the added benefit of not needing any butter or oil, if you turn the bird over during cooking. However, if you prefer, smear a little butter over the breast or cover with 2 or 3 rashers of bacon.

Take the chicken out of the refrigerator an hour before cooking. Remove any string, the legs should be free to allow heat to circulate properly. Cut two of the onions into slices and place in the base of the half size AGA roasting tin – this will give good flavour to the gravy. Put the chicken onto the onion. Stuff the cavity of the chicken with sprigs of thyme and parsley and the remaining onion cut into quarters.

Slide the roasting tin onto the lowest set of runners in the roasting oven and roast for 25 minutes. Take the chicken out of the oven and turn the whole bird over, return to the oven and roast for another 20 minutes. Then turn the bird back to its original position and continue cooking for a further 15-20 minutes. The chicken is cooked when juices from a pricked thickest part of the thigh run clear, or use a meat thermometer.

Allow the chicken to rest for 20 minutes before carving.

Serves 4

Ingredients

1 x 1.5kg (3 lb) free
range chicken
3 onions
Thyme
Parsley
Salt and black pepper





Dad's Favourite Steak and Ale Pie

Here's some great pub food without having to walk to the pub. If this is the preferred dish in your family, it might be worth investing in some individual sized dishes, which give the meal a fun sense of occasion. Do feel free to substitute the puff with short-crust pastry and we recommend serving with a nice heap of veg from the garden.

Using the boiling plate, heat the oil and fry off the meat in two or three batches until browned, set to one side. Fry the onions add the flour cook for a minute then slowly stir in the ale, return the meat to the pan, season and add the mushrooms. Simmer for 5 minutes.

Transfer to the simmering oven using the floor grid for 2 hours until tender. Cool.

Place the meat mixture into a pie dish and roll out the pastry to cover the top, glaze with the beaten egg.

Place on the grid shelf on the floor of the roasting oven and cook for 20-25 minutes until risen and golden.

Serves 4

Ingredients

500g (1 lb 2 oz)
braising steak, cubed
2-3 tbsp oil
1 large onion, chopped
2 tbsp plain flour
1 x 500ml bottle local ale
Salt and black pepper
225g (8 oz) mushrooms,
sliced or quartered
280g (10 oz) puff pastry
Beaten egg to glaze





Winter Warming Fish Pie

This recipe is nice and easy, but gives the impression you've been slaving away in the kitchen for hours, making it a perfect dish for entertaining. Alternatively if you're after a little comfort food, this warm creamy pie really hits the spot.

Cut the white fish, salmon and smoked haddock into 1cm (½ inch) square pieces and place in the base of a large shallow pie dish. Scatter with the prawns and frozen peas. Sprinkle over the lime zest and juice. Season.

To make the sauce, melt the butter on the simmering plate, add the flour and mix together. Whisk in the milk over a low heat and continue whisking until the sauce has come to the boil and thickened. Season to taste and stir in the chopped parsley. Pour over the fish and ease into the corners.

Mash the hot potatoes and add the butter and cream mix together. Season with nutmeg and a little salt, if liked. Spoon the potatoes over the fish and smooth over and roughen the surface with a fork or if you prefer pipe the potato over the fish.

Cook on the oven grid shelf on the floor of the roasting oven for about 30 minutes or until the top is beginning to brown and the sauce is bubbling up the sides of the potato.

Serves 4-6

Ingredients

350g (12 oz) white fish
200g (7 oz) salmon
200g (7 oz) smoked haddock
100g (3½ oz) prawns
200g (7 oz) frozen peas
Zest and juice of 1 lime
Salt and black pepper

Sauce

60g (2¼ oz) butter
60g (2¼ oz) flour
700ml (1¼ pint) milk
Salt and black pepper
25g (1 oz) fresh parsley, chopped

Topping

750g (1 lb 10 oz) potatoes, cooked
25g (1 oz) butter
3 tbsp cream
A grinding of fresh nutmeg
Salt, if liked



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