

Cook with *Stanley!*

Great food is one of the real highlights of Christmas and the delicious recipes below offer versatile options for every occasion. There are recipe ideas for breakfast and light meals through to Christmas Eve dinner. The best thing about these recipes is that they are

simple to prepare or can be made ahead leaving the chef time to enjoy the Christmas Spirit too. Have fun decorating your Christmas table, light your fire or Stanley stove, turn on the Christmas tree, and enjoy these special times with family and friends.

Oat pancakes

The combination of oats, milk and eggs make this a nutritious start to the day.

- 125g/5oz plain flour
- 1 tsp baking powder
- ½ tsp salt
- 25g/1oz caster sugar
- 75g/3oz porridge oats
- 2 large eggs
- 300ml/½ pint whole milk
- Vegetable oil & butter to cook

Sift the flour, baking powder and salt in a large bowl. Stir in the oats and sugar. In a separate bowl lightly whisk together the milk and eggs. Pour the milk mixture into the egg mixture and using a fork beat until you have a smooth batter. Let the batter stand for a few minutes. Heat a griddle pan or large heavy based non stick frying pan over a medium heat. Add a drop of oil and knob of butter to the pan. When the butter has melted add a dessertspoon of the batter to the pan. Cook for 2-3 minutes until bubbles start to break through on surface, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm thick. Transfer to a warm oven until the remaining pancakes are cooked. Serve with fresh fruit.



Baked salmon with pesto and parmesan

A delicious yet light dinner and one you won't have to work off in the gym in the New Year!

- 4 fillets of salmon
- 4 tablespoons prepared pesto
- 4 dessertspoons grated parmesan

Preheat oven to 170°C. Place the salmon fillets skin side down on to a piece of foil on a baking tray. Spoon 1 tbsp of pesto onto each salmon fillet and close over the foil to make a parcel. Roast in the oven for approx. 45 mins. Sprinkle each salmon fillet with parmesan before serving with a wedge of lemon on the side.

Mulled Wine Beef Casserole

A simple casserole is just what's called for on Christmas Eve. This one fills your kitchen with its gorgeous mulled wine flavours and aromas. It works well when cooked a day or two in advance of serving.

- 1kg rump or lean braising beef
- 50g/2oz chopped rashers
- 50g/2oz butter
- 30ml/2 tablespoons oil
- 1lb/450g shallots peeled
- 2 cloves garlic finely chopped
- ½ inch of ginger grated
- 3 heaped tablespoons flour
- 150ml (¼ pint) beef stock
- 300ml (½ pint) full bodied red wine
- 1 cinnamon stick
- 4 cloves
- 4 juniper berries
- 1 diced pear
- 1 handful cooked chestnuts
- 1 tablespoon red currant jelly

Preheat oven to 170°C. Heat oil and butter in a large casserole, add garlic, ginger and shallots and fry gently for five minutes. Add beef and rashers. When beef is browned all over, add flour and stir. Cook for three minutes then add stock and wine. Bring to the boil and simmer gently for 5 minutes. Put lid on casserole and transfer to oven for 2 hours, stirring occasionally. After two hours add the cinnamon stick, cloves, juniper berries, diced pear, red currant jelly and chestnuts. Cook for a further 15-20 minutes.

*Wishing you and your family
a very Happy Christmas and
peaceful New Year
from all at Waterford Stanley!*



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