

Cook with Stanley!

Retaining Stanley's reputation for quality and superior performance the Stanley Supreme is skillfully engineered to meet the needs of the most demanding of chefs. Bringing you the responsive nature of gas cooking the hotplate comprises of 5 gas burners including a twin flame wok burner, a long central burner as well as one fast and two semi-rapid burners. In addition, a thermostatically controlled slow cooking oven compliments the two large independent ovens and high speed ceramic grill giving

the Stanley Supreme the versatility and convenience to make cooking a real pleasure. Available in three colours – cream, black and claret there is a Stanley Supreme to compliment any style of Kitchen. The hob is available in gas, LPG or electric and has been designed to occupy a 100cm space and to match the height and depth of standard kitchen units. This month's recipes are about simple dishes that are easy to cook but taste delicious. Enjoy!



Baked salmon with pesto and parmesan

Preheat oven to 170°C. Place the salmon fillets skin side down on to a piece of foil on a baking tray. Spoon 2 tbsp of pesto onto each salmon fillet and close over the foil to make a parcel. Roast in the oven for approx. 45 minutes. Sprinkle each salmon fillet with parmesan before serving with a wedge of lemon on the side.

Ingredient

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

Some quick tips on preparing and cooking salmon

1. Salmon's beautiful pink color dresses up any plate, no matter how simply or complicated it is prepared.
2. Salmon is excellent for just about any cooking method, including baked, broiled, poached, sautéed, grilled, barbecued and smoked.
3. Over-cooked salmon becomes dry and unpalatable. Cook only until it feels firm when pressed lightly with the back of a fork. Let rest 10 minutes before serving.
4. Leftover salmon is great in salads and cream sauces for pasta, so make double the amount you need for dinner and use it the next day as well.
5. Salmon is high in Vitamin A, B-complex, and Omega-3 oils, making it a very nutritious choice.

Serves 4

Summer Pudding

This recipe is ideal when there is plenty of fruit around in the summer.

Summer Pudding or Summer Fruit Pudding is a dessert made of sliced white bread, layered in a deep bowl with fruit and fruit juice. Making Summer Pudding is much easier if the bread is somewhat stale. This helps the fruit juices soak through the bread, which makes the pudding more pleasant.

Ingredients

- 225 g (8 oz) redcurrants
- 225 g (8 oz) raspberries
- 110 g (4 oz) blackcurrants
- 350 g (12 oz) strawberries cut in half
- 6 oz (175 g) caster sugar
- 8 to 10 slices of good quality white bread

Other fruits you can use with this recipe include Blackberries, Cherries and Blueberries. Please note to rinse all fruit before preparing the summer pudding and removing the red and black currants from their stalks (use a fork!).

Place the fruits with the sugar in a large saucepan over a medium heat and let them cook for about 3-5 minutes, only until the sugar has dissolved and the juices begin to run. Make sure not to overcook the fruit and so spoil the fresh flavour. Leave to cool for 10 minutes and start preparing the bread.

Line your pudding bowl with cling film. Cut the crust off the bread with around 8 slices of bread (or however many your bowl takes) overlapping to ensure the base is sealed by pressing the edges together, so that no juice can get through when you add the fruit.

Now fill the lined basin with fruit. Place the last few bread slices on top and tuck in any bread edges, making sure the fruit is completely covered. Then place a small plate or saucer on top, and a weight on top of this (tin of beans or tomatoes). Chill the pudding overnight.

To serve the pudding, turn it out on to a large serving dish making sure not to damage it. Decorate with some strawberries and redcurrants. Serve with either vanilla ice cream or creme fraiche.

Pudding will keep for up to 4 days in the fridge!

Serves 6



Introducing the Stanley Supreme

With five ways to cook at any one time, the Stanley Supreme is the perfect range cooker for those who are passionate about cooking.

The Supreme introduces the impressive effect of a range cooker seamlessly into your home without flues or fuss.

Call 1850 302502
for your free brochure.

www.waterfordstanley.com

STANLEY™