

# Cook with *Stanley!*

Synonymous with quality for 75 years, Waterford Stanley is the leading Irish manufacturer of cast iron cookers and stoves. Over the years, Stanley has continued to improve, uniting the best of traditional craftsmanship with the latest innovation and engineering excellence to create cookers renowned for their performance, as well as the unique atmosphere they bring to any kitchen. The Stanley Brandon is controlled by a 3 channel timer that

allows you individual control of your hot water, central heating and oven. There is a dedicated on/off timer for cooking which means that during the summer months you can still happily cook on your range cooker, without worrying about heating the rest of your home unnecessarily. For healthy, delicious food, Stanley recommends that you source the best quality ingredients, preferably locally grown, better still organic and additive free.

## *Sirloin steak with onion marmalade and potato cakes*



### Ingredients Steak:

- 4 x 175g/6oz thick sirloin steaks
- Salt and black pepper
- Olive oil
- Garlic
- 125ml (½pt) home-made beef stock
- Dash of whiskey
- Knob of butter
- 1 quantity onion marmalade (see below)

Brush the steaks with oil and season. Cook with some garlic in a hot heavy bottomed pan to your liking. Do not turn over until the underside is browned, then cook the other side. Remove from the pan and leave to rest. To the juices in the pan, add some beef stock, dash of whiskey, knob of butter and season to taste.

### Ingredients Potato Cakes:

- ½ kg ( 1 lb) potatoes, peeled and chopped
- 2-3 tablesp, mixture of milk and cream (½ & ½)
- Knob of butter
- 2 tablesp, scallions (spring onions) chopped
- Salt and black pepper

Place the potatoes in a large pot. Cover with water. Season, bring to the boil, and then simmer until potatoes are cooked. Drain well, then mash really well with the milk, cream and butter. Whip in the scallions, season well. Divide the mixture into four and shape into four potato cakes. Dust each one with a little flour and fry in hot butter until golden brown on each side — keep warm. Place the warm potato cake on the plate with the steak on top. Top the steaks with onion marmalade.

**Serves 4/6**

### Ingredients Onion Marmalade:

- 2lb/900g large onions peeled and slice thinly.
- 3fl oz/75ml of balsamic vinegar
- 4 tablespoons olive oil
- 2 tablespoons soft brown sugar

Put the sliced onions into a large frying pan. Pour balsamic vinegar and olive oil over onions and add brown sugar. Bring the contents of the pan to the boil, then reduce heat and move frying pan over to the simmering plate and simmer gently, stirring occasionally until the onion mixture is thick and brown. Allow to cool. This can be stored in a fridge for up to two weeks.

## *Strawberry Meringues*

### Ingredients:

- 4 large free-range egg whites
- 284ml/½ pint double cream
- 250g/8½oz caster sugar or icing sugar
- large punnet of strawberries
- pinch of salt

Line a baking tray with non-stick greaseproof paper. Place the egg whites in a mixing bowl and whisk until they form soft peaks when the whisk is removed. Add the sugar, a spoonful at a time, constantly whisking. When the sugar is absorbed, the meringue should look shiny, glossy and stiff. Using a tablespoon, spoon the mixture onto non-stick baking tray to make little mounds. Place in the oven at 100oC for 1-1 ½ hours until crisp on the outside. Leave to cool. When the meringues are completely cool carefully peel off the parchment paper. Whip the cream until it holds its shape. Sandwich the meringues together with the whipped cream & strawberries.



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