

# 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, utilizing 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.



## Risotto with prawn, lemon, asparagus and parsley

Risottos are usually rich and packed full of butter, but this version is very light and much lower in fat. Risottos are versatile and you can use whatever flavour combo you want. Seafood works especially well in this lighter recipe. Ready in approx 25 to 30 minutes

Heat up a splash of oil and gently fry the shallots until soft but not brown. Add the rice and continue frying for two minutes. Add the wine and continue stirring until the wine is absorbed.

Now start to add the stock, cup at a time, stirring until the stock is absorbed between each spoonful. After about 15 minutes (or until the stock is absorbed), add in the asparagus spears to the risotto, continue cooking for 5 minutes and then add the prawns and the crème fraîche. Continue to cook the risotto, taking care not to destroy the asparagus spears or the prawns. Taste and season with salt and pepper to taste.

It is important that the rice is al dente, which means firm-to-bite (not soft and overcooked), so keep tasting it until it is time to take it off the heat (it will probably need another five minutes).

Add a squeeze of lemon and stir through the basil. Check the seasoning and then, for the final touch, grate some lemon zest over the top.

### Ingredients

- Olive oil
- 2 small shallots, peeled and finely chopped
- 150g risotto rice
- 75ml white wine
- 750ml warm light vegetable stock
- 20 asparagus, steamed until just tender, spears removed
- 150g cooked peeled prawns
- 3 tablespoons low-fat crème fraîche
- A squeeze of lemon
- ½ bunch of basil, chopped
- Salt and freshly ground black pepper

Serves 2

## Grilled peaches with amaretto

Grilling peaches is a sure sign that summer's here. This is a lovely easy dessert that looks fantastic.

Preheat the oven to 190°C. Preheat grill. Slice the peaches in half and remove stones. Place peach halves, cut side down and grill until each peach half has become slightly charred. Thinly slice the vanilla pod lengthways and scrape out seeds, mix seeds with castor sugar. Place the peach halves face up in a shallow ovenproof baking dish. Sprinkle the vanilla sugar over the peaches and pour in some of the amaretto. Place in the preheated oven and bake for 10 minutes. Pour over remaining amaretto and serve hot or cold with crème fraîche.

### Ingredients

- 12 ripe peaches
- 1 vanilla pod
- 2 tablespoons caster sugar
- 4 fl oz amaretto
- crème fraîche to serve

Serves 6



## Love food. Love warmth. Love life

Cast-iron range cookers make great food taste better - that's a fact. At the heart of your home, the Brandon offers dedicated control for cooking, hot water and heating. It's clean, easy to use and energy-efficient. Don't just live your life - love it.

Call 1850 302502  
for your free brochure.

[www.waterfordstanley.com](http://www.waterfordstanley.com)

**STANLEY™**

