

Cast iron cooking from Stanley

Synonymous with quality for over 60 years, Waterford Stanley is the leading Irish manufacturer of cast iron cookers and stoves.

A signature piece in every home, a Stanley is about much more than heating and hot water. Handcrafted from cast iron it is perfect for baking and wonderful for all types of cooking - from stir-fries & soufflés to casseroles & Sunday roasts. Cooking with a Stanley is as easy as

with any conventional cooker but gives the brilliant juicy results that are only possible from the kind-to-food radiant heat that comes with cast iron cookers.

The cast iron oven does not dry or shrink the food, as heat is radiated from all sides of the oven simultaneously. This is a gentler process than the direct heat from the elements or flames of most ovens and ensures that food retains its natural flavours & moisture.

You don't need to be a master chef to get brilliant results - the gentle, radiant heat in each oven is very constant and therefore cooking times need not be as strict as with conventional ovens. A joint roasted in the Stanley has a crisp golden exterior, sealing in all the natural flavours and juices giving you moist and juicy mouth-watering meat.



Stanley Roast Potatoes

8-10 potatoes
55g (2oz) melted butter
Salt and freshly ground black pepper
Main oven 220°C (430°F)



Peel the potatoes & par-boil in salted water for about 8 minutes. Stop boiling before they are cooked right through. Leave to cool and then scratch roughly with a fork. Preheat the butter in a roasting tin. To add extra flavour, add some of the excess oil from the pork belly roast. When the oil is sizzling hot add the potatoes and turn carefully in the tin so that they have a light coating of oil. Roast for 45 minutes until golden brown, turning at least once. Season with salt and pepper before serving.

Rhubarb crumble

120g (4oz) Plain Flour
85g (3oz) Butter Chilled
175g (6oz) Sugar
60g (2oz) Oatflakes
675g (1½ lb) Rhubarb trimmed and cut into chunks
Main oven 180°C (350°F)



Sieve flour into a bowl; then rub in the chilled butter until the mixture resembles breadcrumbs. Add oatflakes and half the sugar, arrange half of the prepared fruit in an oven proof dish, sprinkle with the remaining sugar, and top with remaining fruit. Spoon the crumble mixture over the fruit, and cook until the fruit is soft and the topping is golden. This will take approximately 25-30 minutes.

Slow roast belly of pork with apple compote

A rustic, hearty and economical dish that is ideal for the Stanley as it needs to slow cook over a long period of time.

Serves 8-10

2kg (4½ lb) belly of pork, skin deeply scored
2 tsp all spice
Salt and freshly ground black pepper
50ml (2fl oz) olive oil
2 large Bramley apples, peeled and chopped
10g/1oz butter
1 tablespoon of sugar
Pinch of cinnamon
Main oven 160°C (325°F)

Dry the skin of the pork with kitchen paper and place in a meat tin, fat side up. Sprinkle the spice powder and salt and pepper over the skin. Drizzle over the oil. Roast the meat in the lower part of the oven for 3-3¼ hours. Remove to a warm platter to rest.

While the pork is roasting, melt some butter in a pan on a low heat and add the sugar. Mix until well combined and allow the sugar to melt. Add the apples and allow to caramelize gently. Cover the apples with a little water and allow to simmer until the mixture is dry again. Break up the apples with a wooden spatula and stir in the cinnamon. Add honey to taste.

Slice the cooked pork; make sure everyone has a piece of crisp crackling. Serve with apple compote and Stanley roast potatoes.



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