

Cook with Stanley!

Holidays are over for many and kids are back to school so Stanley decided to bring a little bit of Spanish sunshine into your lives with our latest recipes.

A signature piece in every home, Stanley range cookers are versatile allowing you to cook foods that require different dishes in the same

oven. The hotplate is ideal for cooking risottos and omelettes. Its large size means heat is distributed evenly to large pots and pans. By combining cooking, heating and hot water, the Stanley Brandon offers precise and easy energy-management for your home – while its radiant heat brings warmth and comfort to your kitchen.



Spanish Omelette

This omelette is filled with al dente slices of potato and has a delicate saffron flavour. The roasted vegetables bring colour, flavour and texture to the dish.

Bring a pan of salted water to the boil then add the sliced potatoes, bring back to the boil and simmer for 8 minutes. Heat 1 tablespoon of the oil in a frying pan, around 25cm in diameter, over a medium heat. Add the potato slices and cook until golden – about 10 minutes. Remove from the pan, add the remaining 1 tablespoon of oil and reduce the heat slightly, Add the onion and cook until soft but not coloured.

Lightly beat the eggs, add the saffron strands along with the steeping liquid, and season. Return the potato slices to the pan with the onions and peppers and stir to mix. Pour in the beaten eggs and cook over a low heat until set and golden on the base. Once set, loosen the tortilla around the edges with a spatula. Put a large plate over the pan, tip the pan upside down, so that the omelette falls on to the plate, then slide the omelette back into the pan, uncooked side down, and cook for a further few minutes until golden on the other side. Transfer to a plate and cut into squares. Serve warm with a green salad.

Ingredients

12oz/300g maris piper or other waxy potatoes, scrubbed and cut into 5mm slices
2 tablespoons olive oil
1 medium red onion, finely sliced
6 medium free range eggs
1 roast red and 1 roast yellow pepper deseeded and cut into strips
Pinch of saffron, steeped in 1 tablespoon freshly boiled water
Salt and freshly ground pepper

Serves 2

Paella with mussels and prawns

Paella is served all over Spain in many different forms, but its place of origin is Valencia. It has become very popular with people in Ireland from their many travels. The main ingredient is rice, typically short-grained calasparra rice grown in the mountains of the Spanish province of Murcia.

Tip

You can add shrimps monkfish or hake – practically any kind of fish – to this dish

Heat the oil in a large non-stick or paella pan. Add the chorizo and fry until crisp. Fry the onion and garlic gently until soft but not coloured. Add in seafood, and the saffron followed by the rice and stir. Pour in boiling stock, then turn the heat up until it is back to the boil. Turn the heat down to medium and cook, watching it, until the rice is cooked. Add the frozen peas and stir. Cook for another minute or two adding in any mussels you have to decorate and cook until they have opened. Serve with lemon quarters.

Ingredients

Olive oil
1 medium onion, sliced
170g/6oz chorizo, cut into thin slices
2 cloves garlic finely chopped
1 red pepper, diced
1/2 tsp of saffron
Salt and freshly ground pepper
325gs (11oz) rice (basmati, long-grain or paella rice)
1 litre of chicken stock (fresh or made from a stock cube)
1 cup of frozen peas
1 bag of frozen prawns, defrosted
A few mussel shells for decoration
2 lemons, cut into wedges to serve

Serves 4



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