

Summertime cooking from Stanley!

Built in cast iron and made to last a lifetime, Stanley cast iron range cookers have been at the heart of Irish homes since 1934. 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.

This week's seafood recipe is perfect for warm summer evenings, followed by an indulgent desert to be enjoyed after the sun goes down!

Sauté of monkfish & prawns with green beans

(Serves 4)

For this recipe you can use any white fish. Serve it as a meal in itself with chunks of fresh crusty bread to mop up the delicious juices, or with a buttery couscous.

Ingredients

100g mange tout	1 diced onion
400g monkfish	1 tsp chopped thyme
100g squid (5cm/2inch pieces)	1 red pepper sliced
16 prawns	12 black olives
100ml/3½fl oz olive oil	12 cherry tomatoes
250ml/8½fl oz white wine	1 lemon cut into wedges to serve
25g butter	Salt & freshly ground pepper for seasoning
2 cloves chopped garlic	

Method

Wash the mussels, scrubbing the shells and pulling off the beards. Cut the monkfish into bite-sized pieces. Remove the tail shells and de-vein the prawns but leave the heads intact. Set all the seafood aside.

Heat two tablespoons of the olive oil in a large pan over a medium heat. Add the onion and garlic, and sauté for about 2-3 minutes, until they are soft but not coloured. Raise the heat under the pan and, when hot, add the cleaned mussels. Pour in the wine then cover and cook for 4-5 minutes, or until the mussels are open. Discard any that remain closed. Remove the mussels and remaining liquid from the pan and set aside.

Add the butter and the remaining oil to the pan and over a moderate heat, sauté the monkfish, prawns and calamari, putting the largest pieces in first so they all cook in roughly the same time. Add the peppers and mange tout. Cook for a further 2 mins, then add the tomatoes, thyme & seasoning. Add the mussels and the juices and cook for a further minute. Sprinkle over black olives and serve with wedges of lemon.



Chocolate Tart

(Serves 10)

This is a sophisticated little number for adults only. Serve in thin slices with a spoonful of thick cream - heaven on a plate

Ingredients

For the filling

150g (5oz) ricotta cheese
150g (5oz) mascarpone cream cheese
2 medium eggs
125g (4oz) muscovado sugar
2 x 15ml tablespoons brandy
100g (3½oz) 70% cocoa solid dark chocolate
50g (2oz) ground almonds

For the pastry

225g (8oz) plain flour
25g (1oz) caster sugar
150g (5oz) butter, at room temperature
1 medium egg

Method

Preheat the oven to 200°C /400°F. To make the pastry place half of the flour with the caster sugar, butter and egg in a medium size bowl. Add three 15ml tablespoons of water and mix together with a fork to a stiff paste. Add the remaining flour and mix to form a pastry, finishing off by hand. Lightly knead on a surface dusted with flour until smooth. Wrap the pastry and chill for half an hour. Roll out the pastry and line a loose base 22cm/9" flan tin. Line this with baking parchment and fill with baking beans or dried pulses. Rest the tin on a preheated baking sheet and bake blind for 20 minutes. Remove the parchment and baking beans.

To prepare the filling place the chocolate in a bowl resting over a pan of simmering water, heat until it's melted. Whisk with the remaining filling ingredients, except the chocolate, to a smooth consistency. Stir in the melted chocolate. Then spoon into the pastry shell. Bake it in the oven for a further 20-25 minutes, until the filling is just set. Leave it to cool and chill until ready to serve. Cut into thin slivers and serve with thick cream or ice cream.



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