

USER MANUAL

CONVECTION OVEN

MODEL: SICO-12H

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SINGER®
TECHNOLOGIES
AT HOME WORLDWIDE

INTRODUCTION

CONVECTION OVEN

THE NEXT GENERATION IN COOKING

With the **Convection Oven** you can prepare delicious, healthy meals in less time than traditional methods, generally 10 – 14 % quicker and using 70 – 80 % less power. What makes these superior results possible is our revolutionary approach to certain time-honored cooking methods.

Professional cooks have long known that they could improve upon traditional oven cooking by using a fan to accelerate the circulation of the oven's hot air. This traditional convection oven consists of a round fan mounted on one side of a square metal box.

The **Convection Oven** improves upon traditional convection ovens in the following ways:

- The **Convection Oven** bowl is made of glass, so that you can clearly see what you are cooking.
- The **Convection Oven** combines a circular bowl with a large fan mounted in the lid so that hot air currents move down over the food, around the bowl's sides, and then back up to the fan. This creates a tornado-like flow of constantly moving, super-heated air that cooks and browns food quickly and thoroughly.
- The **Convection Oven** uses cooking racks that allow you to cook two levels of food at once. In addition, when meat, poultry or fish are cooked, fats and oils are blown away and fall through the racks into the bottom of the bowl. You will cook lighter, (lower in fat & cholesterol) more nutritious meals, with enhanced natural flavours.
- Consider these other benefits:
 - Meat and poultry turn out brown and crisp on all sides, moist and juicy on the inside with less fat and cholesterol, and taste better too.
 - Sliced potatoes can be "air-fried" with a very small amount of oil and will turn out crisp and golden brown and very low in fat, usually about 98% fat free. They can even be cooked with no oil at all if you are on a strict fat free diet, and still brown and crisp, although a little olive oil gives them a beautiful finish and delicate flavour.
 - Breads and pastries rise higher and turn fluffier and remain moister than in a standard oven.
 - You can save up to 80 percent of the energy consumed by a standard oven.
 - It can save up to 25% in power and time compared to other fan ovens.

- Multi-level cooking allows you to cook an entire meal at one time, even different courses.
- All this – and cook much faster than a standard oven! That is why this **Convection Oven** represents "The Next Generation in Cooking!"

BENEFITS OF THE CONVECTION OVEN

- The **Convection Oven** roasts, grills, bakes, dry fry's, re-heats and by putting some water in the bottom of the bowl can even steam food perfectly.
- The **Convection Oven** cooks food in less time than the average convection oven.
- This is fan oven cooking without the cost of installing expensive wall units, and it's portable too, so you can take it with you when you move or travel.
- Easy to operate – just put the food in and set the temperature and timer.
- Hot air circulates around food, therefore food cooks evenly and quickly.
- Meat sears quickly on the outside – sealing juices on the inside, only releasing fat and cholesterol.
- Hot air circulation helps make baked goods rise higher, great for scones, puff pastry & cakes.
- The **Convection Oven** uses less electricity than a conventional oven – up to 80% less.
- The **Convection Oven** can be used to help with washing the bowl, see cleaning instructions.

FEATURES OF YOUR CONVECTION OVEN

REPLACE UP TO 10 APPLIANCES

- | | |
|----------------------|-------------------|
| *Standard Oven | *Grill |
| *Broiler Oven | *Electric Steamer |
| *Microwave Oven | *Convection Oven |
| *Toaster Oven | *Rotisserie |
| *Electric Frying Pan | |
| *Slow Cooker | |

AND COOKS IN MANY WAYS

- | | | |
|------------|-----------------------------|---------|
| *Broils | *Roasts | *Bakes |
| *Grills | *Re-heats | *Steams |
| *Barbecues | *Dry Fry - see introduction | |

A HEALTHIER LIFESTYLE

With the **Convection Oven**, you are always cooking with hot air (dry roasting) and with the food suspended on a wire rack. As a result, retention of fat is minimized, leading to fewer calories, lower fat and cholesterol consumption and a healthier lifestyle. You will find that with the **Convection Oven**, it is not necessary to add fat, oil, butter or margarine to most recipes. However, you can do so if you wish.

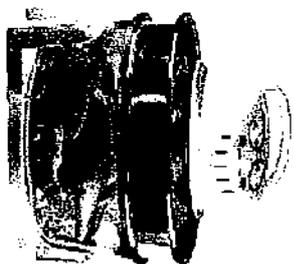
Perhaps one of the most exciting benefits of **Convection OVEN** is its ability to prepare an entire meal at one time, in one container. It is possible in fact easy, for example, to cook chicken, potatoes and bread together, without the flavour-mixing. When finished instead of cleaning up 3 containers, you simply let the Halogen Oven wash itself and then rinse and dry. Experiment with your favourite food, vary the times suggested as a guide. In time you will undoubtedly come up with countless combinations of your own preference.

“It’s easy to cook food exactly the way you like it.”

USING YOUR CONVECTION OVEN

PRODUCT AND ACCESSORY DIAGRAMS

1. CONVECTION OVEN

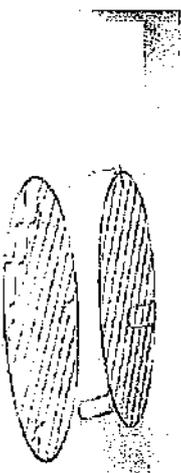


2. GLASS BOWL (12 LITRE CAPACITY)



NB: ALWAYS PLACE GLASS BOWL FLUSH WITH MAIN HOUSING (SEE DIAGRAM).

3. LOWER AND UPPER RACKS



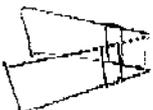
LOWER

UPPER RACK

..CAN ALSO BE USED ON TOP OF UPPER RACK

.. USE ON HIGH LEVEL FOR GRILLING

4. TONGS



..FOR PLACING THE LOWER AND UPPER RACKS IN THE OVEN, AND FOR REMOVING FROM OVEN

GENERAL SAFETY PRECAUTIONS

- Read all the instructions – then save for future reference
- Do not let cord hang over edge of counter.
- Place oven securely in center of counter or work space.
- Always unplug oven before attempting to move it.
- Oven surfaces are hot – always supervise children while in the kitchen.
- Do not operate with a damaged cord.
- Always unplug and let the oven cool before cleaning.
- Use two hands when moving the oven.
- Do not allow the lid to get wet. Do not immerse in water.
- Do not leave water or food in oven overnight.
- Lower top gently, do not let it drop down.
- Always leave the handle in the 'up' position whenever the bowl is removed.
- Always carry the oven by the handles.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- In order to avoid a hazard due to inadvertent resetting of the thermal cutout, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.

WARNING: All surfaces of the oven get very hot, it is an oven after all. Touching these surfaces before the oven cools may cause a burn. Do not touch any part of the oven other than the handles, until it has had a chance to cool.

BEFORE YOU BEGIN COOKING

PREPARING YOUR CONVECTION OVEN

The Convection Oven should be heated once without food before cooking with it.

While preparing the oven according to the following instructions, the oven may give off a slight burning odour. The oven is actually burning off excess lubricants found in the oven's heating elements and will not harm you, your food or the oven.

- Follow these easy steps:**
- Wipe the inside of the bowl with a clean, damp sponge.
 - Place racks in the bowl – do not leave tongs in the hot bowl.
 - Close the lid on the bowl
 - Set thermostat to 200°C and turn oven on.
 - Set timer to 10 minutes.
 - After timer has shut oven off, allow to cool for 10 minutes before opening the lid.

**NOW YOUR CONVECTION OVEN IS READY TO COOK
YOUR FIRST MEAL!**

HOW TO OPERATE THE CONVECTION OVEN

- ⇒ Place wire rack in the bowl of the oven.
- ⇒ Always use the highest rack available for the food being cooked. The more air circulating around the food, the faster it will cook.
- ⇒ Place food directly on rack, unless otherwise specified.
- ⇒ Place lid on oven in recessed lip of bowl.
- ⇒ Set thermostat to required temp. or function.
- ⇒ Set timer and the oven will stay on for the set time.
- ⇒ **NOTE: There is a safety button under the handle on the lid. The heating element and fan will not work unless the handle is fully down.**

NOW YOU'RE COOKING!

CLEANING YOUR OVEN

LIGHT CLEANING

- ⇒ Unplug oven and let cool.
- ⇒ Use a clean sponge or dish cloth with a little mild dishwashing detergent and warm water to wipe bowl clean.
- ⇒ Rinse well to remove all detergent. Wipe dry.
- ⇒ **Note:** Never immerse the lid in any liquid.

NORMAL CLEANING

- ⇒ Never immerse the lid in any liquid.
- ⇒ Unplug oven and let cool.
- ⇒ Wipe lid and fan housing using a damp, clean dish cloth or sponge with a little mild dishwashing detergent.
- ⇒ Do not clean with steel wool pads or abrasive materials.
- ⇒ Wash wire racks in mild dishwashing detergent and water.
- ⇒ Clean metal parts using a sponge or dishcloth with mild dishwashing detergent, then wipe clean. If scrubbing is necessary, use a nylon or polyester mesh pad or a pod brush. If very "burnt on" use stainless steel or other metal scourers. A thick "tub" style paste cleaner, is recommended with a damp sponge for stubborn stains.

SELF CLEANING OF THE BOWL

- First remove fat or rubbish. Never flush fat down the drain.
- To self-clean the bowl, fill with hot water to 50-60mm above racks in bottom of bowl with the racks placed upside down in the bottom of the bowl.
- Add a good squeeze of mild dishwashing detergent.
- Replace lid and plug in.
- Set temperature to half way between OFF and 100°C and timer to 10 minutes (The hot air circulation creates the turbo action that helps release or at least soften stubborn stains in the bowl & on the racks).
- After cleaning, rinse in warm water (NOT THE LID) to remove all soap residue, wipe with a scourer or brush with a pot brush to remove any remaining dirty spots. Drain, rinse and dry.
- Do not leave water in oven overnight.

DISHWASHER SAFE BOWL

The bowl and wire racks may also be washed in the dishwasher. However, never wash the lid in a dishwasher or immerse it in liquid. Remove the bowl from its stand before dishwashing.

NOTE: Dishwashing will eventually damage the chrome on the wire racks and dull the finish.

Remember:

- ◇ Unplug oven before cleaning the lid.
- ◇ Remove fat to rubbish before washing.
- ◇ Let oven cool down a little before washing.
- ◇ Never immerse lid in water.
- ◇ Use hot water and detergent for cleaning the bowl.
- ◇ Do not add water above halfway up the bowl when self-washing.
- ◇ Do not let fan assembly get wet.
- ◇ Never leave the lid on the cooker after it switches off, either with food in it or with water in it. If you do you will eventually cause rusting of metal parts in the lid. This will NOT be covered by the warranty as you are expected to take normal good sensible care of your cooker, and keep it clean and dry after cooking and/or washing.

HELPFUL HINTS

COOKING TIPS

TO USE YOUR CONVECTION OVEN TO ITS FULLEST POTENTIAL, HERE ARE A FEW COOKING TIPS TO REMEMBER...

- **Firstly it is an oven.**

Whatever you can cook in any oven, you can cook in your **HALOGEN OVEN**: that's what it does best. It will bake, roast, grill, dry fry, re-heat, dehydrate, crock pot, etc. but it's faster, cheaper and fat free if you want it to be.

- **Whenever possible place food directly on one wire rack**

Cooking on a wire rack allows the hot air to circulate freely around the food, cooking it quickly and evenly, often without turning. Generally choose the highest rack that accommodates the food with clearance to the underside of the lid.

- **Cooking a complete meal at once**

By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods and different weights of foods take different amounts of time to cook. Think ahead. Put the food that takes the longest amount of time to cook on the bottom rack. Later on during the cooking process, put the other food on the lower and top rack. Now your complete meal of meat, potatoes and vegetables are all cooked together and will be ready at the same time. Food on the high rack will slow down cooking on the lower rack, this needs to be allowed for.

- **Placing foods for optimum cooking**

When placing several pieces of food on the wire rack, be sure to leave at least 15mm between the food and the side of the bowl. This space allows the air to flow freely through the oven. Also avoid stacking food on food in order to cook more at one time. The hot air must circulate freely in order to cook the food properly – otherwise, if you can't leave gaps you can rearrange items as you cook.

- **Keeping food crisp**

After the food is cooked, turn the thermostat down, keeping the fan running. Your food will stay hot and crisp.

- **To make your clean-up even easier**

Before cooking, spray the oven, including the racks and pans, with a non-stick product first. Wiping away the grease and residue after cooking will be even easier. You can also place foil or a little hot water under the bottom rack to catch drippings etc. This is optional.

- **Grill on the high rack, roast or bake on the low rack.**

- **Adapting recipes**

As a rule of thumb, when using recipes intended for conventional ovens, temperatures will remain the same but cooking times should be less, in some cases 10-15% less. Generally for cakes etc. reduce the recommended conventional oven temperature by 10°C. Always ensure that food is cooked through before serving.

When working with the **Convection Oven** for the first few times, we suggest using a meat thermometer. Watch the cooking progress through the glass bowl. After a few times of using you will easily be able to adapt your favourite recipes for the **Convection Oven**. Remember, meats are best roasted more slowly – they remain tender, succulent and moist. Start at a higher temp. and seal/brown meats first, then reduce the temp. to complete the cooking.

Preheat your oven

For optimum cooking, preheat your oven. Pre-heating is absolutely essential for grilling and dry frying. Pre-heating is also beneficial for faster baking and roasting, providing quicker sealing/browning.

Cooking time

Cooking times shown on the lid are subject to the volume and weight of the food or the desired finish/crispness you want. Remember the most important thing is to cook to your satisfaction.

Bring meats to room temperature before cooking them

If not meats will take longer to cook through, only helpful if you wish to cook 'rare'.

Place large food items off center

To encourage maximum air flow around and under for fastest cooking. Expect to turn once after sealing at higher temperature, then reduce for best cooking of meats (beef, lamb, pork or veal).

Convection Oven Helpful Hints

- Remember it is best to preheat your oven before using it.
- When cooking meats or other foods, remember, the bigger the size the longer it takes to cook.
- DON'T over load the oven with too many things at once, you must allow air to flow all around your food so it can cook evenly on all sides.
- DON'T put ANY plastics (including microwaveable plastics) or any thin glass plates/dishes into the oven.
- You can put metal materials/thick glass plates and oven dishes into the oven.

FOLLOW THESE HINTS & YOU WILL ENJOY THE FULL BENEFITS OF YOUR CONVECTION OVEN.

Please note:
 All cooking times and methods included in this manual are suggestions only. Personal preferences by customers will involve you in testing times/methods for yourself in order to achieve the desired results for your cooking/eating style

Recipe Suggestions

* Beef Stew *

780 grams stewed beef, cut in 1" cubes / 2 or 3 potatoes, peeled and quartered / 2 or 3 carrots, quartered / 2 onions, quartered / 2 stalks celery, sliced / 1 bay leaf / 2 tablespoons salt / 1/4 tablespoon pepper / 2 to 3 cups water or broth

Place all ingredients in baking or casserole dish. Stir to blend thoroughly. Add water to cover, approximately 2 to 3 cups. Cover dish with lid or aluminum foil. Place on rack, set thermostat at 150°C and cook for 2 to 3 hours.

* Fillet Mignon *

4 fillet steaks cut to approx. 1 1/4 to 1 1/2 (2.5cm) thick - at room temperature / 4 wickens bacon (thinly black pepper / toothpicks

Remove hind and excess fat from bacon. Trim meat and remove excess fat. Wrap one bacon rasher around the perimeter of each fillet, secure with toothpick(s). Sprinkle (ground) black pepper onto steak both sides. Preheat convection oven to 220°C and place fillets on high wire rack and cook for 10-12 minutes (rare); 12-15 minutes (medium); 15-20 minutes (well done) for 3/4(2cm) thick fillets. Turn fillets halfway through cooking time if desired. Thicker and for larger fillets will take longer to cook. Serve hot with fresh steamed vegetables.

* Roast leg of lamb *

Leg of lamb / clove of garlic / several sprigs of fresh rosemary / 2 tsp. Brown sugar (for 3kg dried rosemary) / salt and pepper to taste

Cut all excess fat from meat. Peel garlic and rub garlic over meat. Take leaves from rosemary sprigs. Mix with brown sugar and salt and pepper, and sprinkle over meat. Place lamb on low wire rack in 200°C oven. Cook for about 20 minutes. Turn meat, reduce thermostat to 180°C and cook for another 60 minutes or until done to your taste. Vegetables can be roasted around the meat during the last 45 minutes at 200°C.

* Salty Roast lamb *

Leg of lamb / garlic salt / sliced wholegrain bread / Sauce / 1 cube inch fresh ginger / 3 tablespoons cranberry peanut butter / juice of half lemon

Trim excess fat from leg, bone and remove excess internal fat. Grate the ginger coarsely and mix with the salty sauce, peanut butter and lemon juice. Saltinate the slice of wholegrain bread with the sauce. Sprinkle a little garlic sauce over the bread leg, rub into flesh and skin. Pour sauce over opened leg, spread with a spoon or fork. Place bread slice inside leg, reform and truss using skewers and cooking string. Spread excess sauce all over outside of prepared leg. Place leg on wire rack in convection oven and cook for 30 minutes at 190°C. Meanwhile, peel and clean potatoes, pumpkin and onions. Place in a bowl and add a little sauce. Toss vegetables until tightly covered with sauce. After leg has cooked for 30 minutes at 190°C turn and add vegetables. Cook for a further 40 minutes approximately, turning vegetables once. Allow to stand for approximately 10 minutes before carving.

* Roast pork with gravy *

1.7 kg fresh or frozen pork loin meat / 2oz 3 cloves, garlic, halfcup(150ml) / 1 of 3 tablespoons, Worcestershire or soy sauce / salt / pepper

Place roast on rack. Season well with salt and pepper. Insert garlic onto meat and sprinkle with Worcestershire or soy sauce. Roast at 165°C for 1 1/2 to 2 hours or until meat thermometer registers 80°C. (Frozen roast will take 2 1/2 to 3 hours.) Remove roast from rack and allow to stand.

GRAVY: Add 2 or 3 tablespoons very hot water to pot and stir well into meat juices. Combine 2 tablespoons cornstarch or flour with 2 or 3 tablespoons water to form a paste, gradually stir in 1 1/2 cups hot water. Pour into pot and stir well. Cook at 245°C for 10 to 15 minutes. Stirring well every 5 minutes. Season to taste before serving.

* BBQ Style Pork Chops *

4 pork chops/ 10ml olive oil / 1small, chopped onion/1/3 cup tomato sauce / 1tablespoon brown sugar/1 tablespoon vinegar/1 tablespoon Dijon mustard / 1 teaspoon chili powder / salt and pepper

Heat the oil in a frying pan, add onion and cook until soft. Add tomato sauce, sugar, vinegar, mustard and chili powder, stir and cook for 3 more minutes. Put to one side. Preheat convection oven to 230°C. Brush both sides of meat with the prepared sauce and sprinkle with salt and pepper. Place chops on high rack and cook for 20 minutes or until tender and cooked through. Turn once and brush with sauce.

* Chinese-Style Spareribs *

1.7 lbs pork spareribs, split / Sauce: 3 tablespoons honey/ 3 tablespoons soy sauce/ 1/4 cup dark brown sugar/ 1/2 cup ketchup/ 3 tablespoons cider vinegar / 1/4 cup water / 1/4 teaspoon dry mustard / 3 cloves garlic, minced / 2 chicken bouillon cubes / dash Tabasco

Combine all sauce ingredients in a saucepan and cook over medium heat for 5 to 10 minutes. Pour over ribs and allow to marinate for 1 or 2 hours. Place ribs on rack and brush with sauce. Bake at 180°C for 45 minutes.

* Roast Chicken *

1.2 in 1.7 kg chicken / salt and pepper / soy sauce / few pieces sliced carrot, Onion or celery/ butter or margarine / honey (optional)

Wash chicken and remove neck and giblets. Dry, excess moisture with a towel or cloth. Rub inside cavity well with salt and pepper. Add vegetables to cavity. Sprinkle skin with soy sauce and salt. Tie legs together with string to keep attractive shape. Brush skin with butter or margarine and honey, if desired. Place on rack in pot and roast at 180°C for 35 to 40 minutes. Potatoes & or peas may be cooked in the pot, at same time, if desired.

* Chicken Citrone *

Roast chicken (1.5-1.8kg)/lemon juice /garlic salt / lemon pepper

Clean chicken inside and remove excess fat and giblets. Drain, and pat dry inside and out. Squeeze lemon juice over chicken inside and out. Sprinkle with a little garlic salt and lemon pepper. Place lemon skins in cavity of chicken. Place chicken on wire rack in convection oven. Roast at 200°C for 30 minutes. Drizzle lemon juice over and inside chicken-if desired, at the same time turn chicken and roast for a further 20-25 minutes. Any citrus fruit can be used in place of lemon.

* Grilled Shrimp *

Rinse shrimp shells and sprinkle with lemon juice and salt. Place shrimp on rack and brush top with melted butter or margarine or oil. Grill at 245°C for about 5 to 10 minutes (depending on size of shrimp).

* Steamed Whole Fish *

Place cleaned fish on large piece of aluminum foil. Squeeze juice of 1 or 2 lemons over fish and cavity. Add 3 or 4 slices onion, celery pieces and parsley. Add 2 or 3 tablespoons water or wine and butter or margarine. Wrap foil around fish securely. Pour about 3 or 4 cups water in pot. Place wrapped fish on rack. Steam at 220°C for 20 minutes.

* Easy Quiche *

Frozen shovl cut pastry / 1/2 cup ground cheese / 1 cup milk / 1/2 cup chopped ham / 1 tomato sliced / 4 eggs / 1 onion, sliced / 1 tablespoon butter / Parsley / salt / pepper / basil (to taste)

Line a 9" (22.5cm) lightly greased pie dish with pastry. Cook on low rack in preheated oven (to 220°C) at 175°C for 12-15 minutes. Mix all remaining ingredients together and pour into hot pastry. Bake a further 15-30 minutes on 175°C until set and golden brown.

* Easy Casserole *

1 4.50g tin vege in brine 2 stalks celery / 1 4.25g tin cream of celery soup / 1 large onion / 1.25g high sour cream / 1/2 cup skimmed milk / cheese

Drain tuna and break up. Add soup and sour cream and milk and mix. Finely chop celery, grate onion and add to mixture. Mix thoroughly. Place in a light casserole dish and grate cheese over top. Place in preheated (to 220°C) convection oven on the low wire rack at 200°C for 30-40 minutes or until cheese is browned.

* Banana Foster *

1/2 cup butter, melted / 1 cup brown sugar / 3 tablespoons lemon juice / 2/3 cup banana liquor or rum / 6 to 8 firm bananas, peeled, halved lengthwise / 1/4 cup brandy, warmed, or rum

Please butter and brown sugar in saucepan. Stir well melted and smooth. Stir in lemon juice and rum. Cook for 10 minutes. Add banana and stir to thoroughly coat. Bake at 245°C for 10 minutes. Ignite brandy and pour over bananas, stirring to coat. Spoon bananas and sauce over ice cream to serve.

* Garlic Toast *

6 to 8 slices 1/2 thick French or Italian bread / 1/2 cup melted butter or margarine /
1 tablespoon grated Parmesan cheese / 2 cloves garlic, minced

Combine melted butter or margarine, Parmesan cheese and garlic. Brush on bread and allow to stand. Toast bread on rack at 245°C for 5 to 8 minutes.

* Baked Potatoes *

Wash potatoes and dry. Wipe stems with oil or bacon grease, bake at 245°C for 30-45 minutes, depending on size of potatoes.

* Broiled Stuffed Tomatoes *

Halve 2 tomatoes and sprinkle lightly with salt, pepper and crushed basil. Top each half with 1 tablespoon buttered bread crumbs and sprinkle with Parmesan cheese. Broil at 245°C for 15 minutes.

* Vegetables *

The most popular method of cooking vegetables in the convection oven is by steaming. Simply wash and prepare the vegetables as normal then wrap the different types of vegetables in foil and arrange the foil 'packages' on the low rack so that there is at least a 1 cm gap between them. Set the temperature to 220°. The cooking time is typically 10-15 minutes. Tips: For best results wrap the washed vegetables in foil while they are still wet. The steam generated from this will be sufficient to cook them. If you have a lot of different vegetables to cook you can use the high rack as well and cook on two levels. Remember that the temperature is slightly higher nearer the turbo fan so put the slower cooking vegetables on the high rack.

* Savoury Bread & Butter Pudding *

6 thin slices white bread / 60g (2/3oz) butter / 100g (4oz) mushrooms, sliced / 4-6 spring onions, sliced
550ml (1 pt) milk / 2 large eggs or 3 small / 75g (3oz) grated mature cheddar /
1 clover garlic, crushed / salt and freshly ground black pepper to taste

Soak the mushrooms, garlic and spring onions. Spread the slices lightly with butter. Cut 3 slices in half diagonally and the remainder into 4 small squares. Arrange the triangles round the sides of a well greased ovenproof dish with the points sticking up. Arrange half the remaining bread in the dish, and spread with a layer of the mushroom mixture. Layer the remaining bread and mushroom mixture in the dish. Whisk the eggs, milk and salt and pepper together and pour the mixture over the bread. Top with grated cheese and leave to stand for 30 minutes. Place dish on lower rack in convection oven preheated to 220°C and bake at 170°C for approximately 35 to 40 minutes until set and lightly browned.

There are thousands more recipes available for convection oven cooking. We have tried to provide recipes that show all the various functions and abilities of the convection oven. As you become familiar with your convection oven you will become familiar with your convection oven and gain an instinctive feel for things like best temperature and cooking times etc. This will allow you to adapt recipes from virtually any source.

Please contact your local bookstore for further recipes suitable for convection oven cooking, or try a "Google" search on the net using "Convection Oven Recipes" as your key words - you will see the possibilities and recipe suggestions are endless.

Experimenting is always fun too...

GRILLING AND BROILING

To broil or grill with a convection oven, the temperature should be set between 225°-250°C. No preheating is necessary in convection oven baking. Food should be placed on the rack without covering. To bring the food closer to source of heated air, the high rack should be used. Any seasonings should be applied to surface of the meat.

If the fish or meat is lean, spray the rack or grill with non-stick vegetable oil, or brush with cooking oil prior to arranging the fish/meat on the grill. This will minimize food sticking on the grill.

For browner or more seared surfaces, broil on both sides as with thick steaks or steaks. For thinner pieces, no turning is necessary.

ROASTING

lining the pot bottom with aluminium foil (leaving an inch of rim) will catch dripping, if desired. To let hot air freely circulate, use low rack. The propelled hot air cooks meat evenly and seals in the juice. Turning and basting is not necessary.

A meat thermometer is recommended. However, without one, go by the time temperature table given here, or follow the chart given. For conventional or regular ovens and subtract 25°C.

ROAST WHOLE CHICKEN

Rinse chicken thoroughly and add desired seasonings. Spices such as garlic, black pepper, and salt are suggested. Before roasting, allow seasonings to penetrate for a few hours. Base of pot can be lined with aluminium foil to catch drippings. Roast for approximately 30 minutes per 1kg at 200°C.

WHOLE ROASTS

With fairly portion facing upward put meat on low rack. Season as desired. Insert meat thermometer. Temperature for roasting is usually 25°C less than for regular conventional roasting. Cooking time depends on type and size of roast.

CAKES

Preheat the oven to 220-230°C for 3 minutes. When selecting an appropriate cake tin to use, be sure that it will fit comfortably in the bowl. Use the extender ring if necessary. Always place the cake tin on the low rack - never directly onto the bottom of the bowl. When using cake recipes from elsewhere deduct 10°C from recommended cooking temperature. Cooking time depends entirely upon the size of cake you are making but it is easy to monitor its progress with the see-through glass bowl.

BISCUITS & PASTRIES

Use a perforated tray and place it on the high rack. On the low rack you can use that as well and cook on two levels. Don't forget to lightly grease the trays first. The best temperature for biscuits and pastries is 220-230°C. Cooking time varies but is generally 12-15 minutes for biscuits.

PIES

Pre-cooked (unfrozen) pies couldn't be easier. Place on high rack and cook for 8-12 minutes at 220°C. (Why not put some oven chips in the tray on the low rack at the same time?). Frozen or uncooked pies use the same position and temperature, but increase the cooking time usually to 20-25 minutes. This can vary depending on the size and content of the pie.

EGGS

Hard or soft-boiled eggs are unbelievably easy in the convection oven. For a start, there's no boiling involved. Simply place up to 6 eggs into the tray and put the tray on the high rack. Set the temperature to 200°C, set timer to 6 minutes for soft boiled or 10 minutes for hard-boiled. Always use the tongs to carefully remove the eggs after cooking.

BREAD ROLLS

To reheat fresh bread rolls, wrap each roll with foil, place on low rack and heat at 200°C for 5-7 minutes. If the rolls are a few days old they can be 'refreshed' by brushing them with a little milk, placing them on the high rack and heating for 6-10 minutes at 180°C.

THAWING FOOD

The convection oven will thaw most foods. Simply place onto one of the wire racks, set the thermostat to thaw and allow approximately 40 minutes per kg. Large items like meat joints should be turned at least once during the thawing process. Any liquids or juices from thawed food should be thoroughly cleaned from the bowl before cooking.

FROZEN FOOD

Large items like meat joints or poultry cannot be cooked from frozen and must be thawed thoroughly first. However, some foods cook best from frozen. Simply follow the cooking instructions on the packaging as a guideline. It is often the case that cooking time is shorter in the convection oven because it is more efficient than conventional ovens.

TOASTING

You can toast almost anything in the convection oven. Bread, buns, pizza, crumpets etc. For best results use the high rack and set temperature to 220-230°C depending upon your own preference. It is unlikely that the item you are toasting will need to be turned over half way through cooking. The hot, circulating air will usually toast both sides at once.

GRILLING

As with toasting, items to be grilled should be placed on the high rack and the temperature should be set between 220-240°C. When deciding the best temperature setting to use, consider the thickness of the food. A 3cm thick steak would require a lower temperature and longer cooking time than a 1cm thick steak. Also remember that frozen foods like burgers are likely to need a longer cooking time. You may wish to turn the food halfway through the grilling process to ensure even colouring.

BAKING AND STEAMING

The temperature for cooking uncovered dishes is usually 20°C to 40°C lower in the Convection Roaster. No greasing is necessary in convection oven baking.

Ordinarily, the centre of a cake batter will be moist, while the sections closest to the rim of the baking pan will be done first. For this reason, a bun cake pan or tube pan is better to use than the larger layered cake pans. Cupcake/muffin pans lined with paper cups are ideal for small batches.

SUGGESTED BAKING TIMES AND TEMPERATURES FOR CONVECTION ROASTER

FOOD	TEMPERATURE(°C)	MINUTES
Brownies	150	18-20
Buns	200	10-12
Cakes, layer	150	18-20
Cake, loaf	150	30-35
Cornbread	180	18-20
Cookies, drop	160	8-10
Cookies, rolled	160	10-12
Muffins	180	12-15
Pies / pastries / pie crust	200	8-10
Wish filling (no top crust)	160	25-30
Wish filling (two crust)	180	35-40
Breads, rolls	180	12-15
Loaf	160	25-30

TIMES MAY VARY, DEPENDING ON DEPTH AND SIZE OF MIXTURE.