





CLAUDIA
ALLEMEERSCH

THE
OVEN
COOKBOOK

For AGA and other top cookers

Lannoo

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Superb oven dishes

My AGA and I...

are a passionate story in themselves, which I would like to tell you more about later in this book. Added to that, I really like to use an oven for cooking anyway. For me, the preparation of oven dishes is synonymous with pure and intense flavours, fragrant aromas, conviviality and a slightly slower way of cooking, which I personally really appreciate. Baking, braising, roasting or slow cooking... just about all the different ways you can use an oven are covered

in the book. In addition, I give the preparation methods for both a regular type of oven and for the AGA. So there is something for everyone, both in terms of technology and taste. The dishes have been carefully selected to serve both complete, indulgent meals and to quickly magic a fragrant casserole onto the table on a busy weekday. I sincerely wish you and your family and friends richly atmospheric moments at a table with delicious dishes.



All recipes in this book have been written for a conventional oven with top and bottom radiant heat. It is best to bake in the middle of the oven.

If, however, you are using a convection oven, you may need to adjust the temperatures given in the recipes. The forced circulation of hot air means that the heat is transferred more quickly, allowing you to cook faster than in a normal oven. A disadvantage is that that this can sometimes be a bit too fast and burn your dish. We therefore recommend that you set the temperature slightly lower and cover the oven dishes with baking paper. An advantage is that you can bake on several levels in the oven.

A handy rule of thumb when choosing the temperature:

Conventional °C	Hot air °C
50	45
100	90
125	110
150	135
160	145
175	155
180	160
190	170
200	180
225	200
240	215

The baking time can also be reduced a bit, but everyone knows their own oven best!

The instructions for an AGA cooker are also included and the following terms are used for this: here we use the names of the different ovens as a guide and not the temperature.

In each oven too, the temperature varies. The higher, the warmer. For example, to grill a dish, place it as high as possible in the roasting oven, where the hottest temperature is. With the latest AGA electric cookers, the temperature is more evenly distributed in each oven.

Cook in the ovens as much as possible. Keep the hob lids closed as much as possible. Place all oven dishes on a rack, except for bread and pizza. These can be baked directly on the oven floor.

Because you cannot see inside the ovens, a side dish can sometimes be forgotten, with all the consequences. This can be remedied by placing a magnet on the doors behind which dishes are being prepared.

Always bring soups, stews and liquids to the boil on the hob before placing them in the cooking or simmering oven.

Stews require at least 3 hours in the simmering oven.

Get to know your oven and check that the indicated temperature is correct. How far does the temperature drop when you open the oven door? How long does it take for the oven to heat up again? All these details can have a major impact on your baking result. Our stated temperatures and baking times are a guide, but please adjust them to your own oven.

Liquid measures			Oven temperatures	
Metric	Imperial	Us	°C	°F
25ml	1fl oz		110	225
50ml	2fl oz	¼ cup	120	250
75ml	3fl oz		140	275
100ml	3½fl oz		150	300
120ml	4fl oz	½ cup	160	325
150ml	5fl oz		180	350
175ml	6fl oz	¾ cup	190	375
200ml	7fl oz		200	400
250ml	8fl oz	1 cup	220	425
300ml	10fl oz/½ pint	1¼ cups	230	450
400ml	14fl oz		240	475
450ml	15fl oz	2 cups/1 pint		
600ml	1 pint	2½ cups		
750ml	1¼ pints			
900ml	1½ pints			
1 litre	1¾ pints	1 quart		

BOILING PLATES	Boiling plate	Left hand hob	400 °C
		Large enough for 3 saucepans	
		Strong heat	
		Boiling water	
		Stir-frying	
		Toasting bread	
		Searing meat	
	Simmering plate	Right hand hob	250 °C
		Large enough for 3 saucepans	
		Gentler heat	
Making sauces			
OVENS	Roasting oven	Baking meat	240 to 260 °C
		Grilling at the top of the roasting oven	
		Baking bread	
		Roasting poultry	
	Baking oven	Baking bread, cakes and biscuits	180 to 200 °C
		Cooking fish and poultry	
		Lasagnes	
	Simmering oven or slow cooking oven	Slow stewing and simmering	120 °C
		Stews and ragouts	
	Slow cooking oven	Boiling, steaming and simmering	90 to 100 °C
		Stocks	
		Stews and ragouts	
		Soups	
		Curries	
	Warming oven	Keeping prepared food warm	70 to 100 °C
		Plate warming oven	

Weights for dry ingredients

20g	¾ oz	300g	11oz
25g	1 oz	350g	12oz
40g	1½oz	400g	14oz
50g	2oz	450g	1lb
60g	2½oz	500g	1lb 2oz
75g	3oz	550g	1¼lb
100g	3½oz	600g	1lb 5oz
125g	4oz	650g	1lb 7oz
150g	5oz	700g	1lb 9oz
175g	6oz	750g	1lb 11oz
200g	7oz	800g	1¾lb
225g	8oz	900g	2lb
250g	9oz	1kg	2¼lb





APPETIZERS

Appetizers that immediately set the tone

Appetizers are the first thing you serve, so I personally like to pay special attention to these. Even with unexpected Fishitors, the oven is your ally in creating simple culinary indulgence. At our home, for example, a Camembert is garnished with fresh herbs and slid into the oven with a dash of whiskey. Ready in the twinkling of an eye, and super delicious! A classic Kurt often asks me to serve and which is always right on target is snails with herb butter.



2 cloves garlic, peeled and shredded
2 tablespoons olive oil
400 g cauliflower rice
100 g cheddar, grated
2 teaspoons dried oregano

1 teaspoon paprika
1 egg white
pepper and salt
300 g pickled grilled red pepper, drained
2 anchovy fillets, drained

40 g nuts of your choice
1 teaspoon capers, drained
1 tablespoon harissa

Cauliflower snacks

Pre-heat the oven to 200 °C.

Briefly sauté 1 garlic clove in the olive oil and add the cauliflower rice. Allow to simmer for 3 minutes and stir regularly. Take the pan from the heat and leave to cool briefly.

Place the cauliflower rice in a large mixing bowl and add the cheddar, oregano, paprika and egg white. Season with pepper and salt and mix well.

Divide the mixture between little buttered baking moulds or ramekins and press well with a spoon.

Bake for 20 minutes in the pre-heated oven until golden brown.

Meanwhile, mix the remaining garlic clove with the other ingredients into a tapenade.

Serve the snacks with the tapenade.

AGA

Bake on the bottom of the baking oven.

TIP

Making cauliflower rice is easy. Grate a cauliflower with a coarse grater or cut the cauliflower into pieces and grind in a food processor into granules.



FOR ONE CAMEMBERT

1 camembert in a wooden
box
leaves of 2 sprigs thyme
1 clove garlic, peeled and
sliced

dash of whiskey
1 tablespoon honey
pepper and salt

Camembert fondue



Pre-heat the oven to 200 °C.

Remove the paper and foil from the Camembert, return the Camembert to the box and off cut the top rind.

Sprinkle the thyme and garlic over the cheese and press it into the cheese.

Drizzle with a splash of whiskey and the honey. Season with pepper and salt.

Place the camembert on a small oven tray and bake for 10 minutes in the pre-heated oven.

Present the camembert with bread or Belgian endive leaves for dipping.

AGA

Place the camembert box directly on the bottom of the roasting oven.

