

SALTER



12 Litre Halogen Oven

The versatile cooking solution, just spray and fry

 OVER 250 YEARS OF GREAT BRITISH
DESIGN & INNOVATION

SALTER

12 Litre Halogen Oven

Prepare healthier food in less time
than conventional cooking

*"My Salter Halogen Oven
allows me to prepare healthier
fried food for all of the family."*

CONTENTS	PAGE
Safety Instructions	4-5
Getting Started	6
In the Box	6
Features	6
Description of Parts	7
Instructions for Use	8
Before Using the Halogen Oven	8
Preparing the Halogen Oven	
for Cooking	8
Cooking Food	8-9
Halogen Oven Settings	9
Frying	9
Grilling or Barbecue	9
Steaming	10
Thaw Setting	10
Toasting	10
Using the Halogen Oven with	
Specific Food Types	11
Biscuits and Pastries	11
Bread Rolls and Garlic Bread	11
Cakes	11
Eggs	11
Fish	11
Frozen Food	12
Pies	12
Roasting Meat	12
Vegetables	12
Cooking Times Guidelines	13
Further Guidelines	14
Hints and Tips	14
Dos and Don'ts	14
Care and Maintenance	15
Specifications	15
Recipes	16-41
Wiring Page	42
Guarantee	43

Please read all of the instructions carefully and retain for future reference.

Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of reach of children.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not overload the appliance.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not cover the appliance.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance (except when using the 'Self-Clean' function).

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

The surfaces can become very hot during operation and remain hot for some time after the appliance is switched off. Do not touch the lid or sides of the appliance without heat-resistant oven gloves.

All metal items used in the appliance, such as the grill racks, can get very hot during use. Please be careful when removing these items from a hot appliance. Always use heat-resistant oven gloves or the tongs supplied.

Never place the lid onto any surface whilst hot, doing so could damage the worktop; use the lid stand provided.

Care must be taken when removing the bowl from the appliance; it should not be removed whilst the appliance is hot. The heater assembly and stand must be supported when lifting the bowl from the stand.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The door or the outer surface of the appliance may get hot during operation.

Warning: Keep the appliance away from flammable materials.



Caution: Hot Surface - Do not touch the hot section or heating components of the appliance. Always use the handle, which operates the safety cut-out.

Caution: Take care not to pour water on the heating element.

Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and either store or dispose of carefully.

In the Box

Lid/cooker assembly

12 litre glass cooking bowl

Insulated base with handles

High grill rack

Low grill rack

Tongs

Lid stand

Instruction manual

Features

Prepare healthier food in less time than conventional cooking

Also great for baking, roasting, grilling and steaming

Triple cooking power: halogen, convection and infrared

Uses less energy and cooks up to 3 x faster

12 litre total capacity

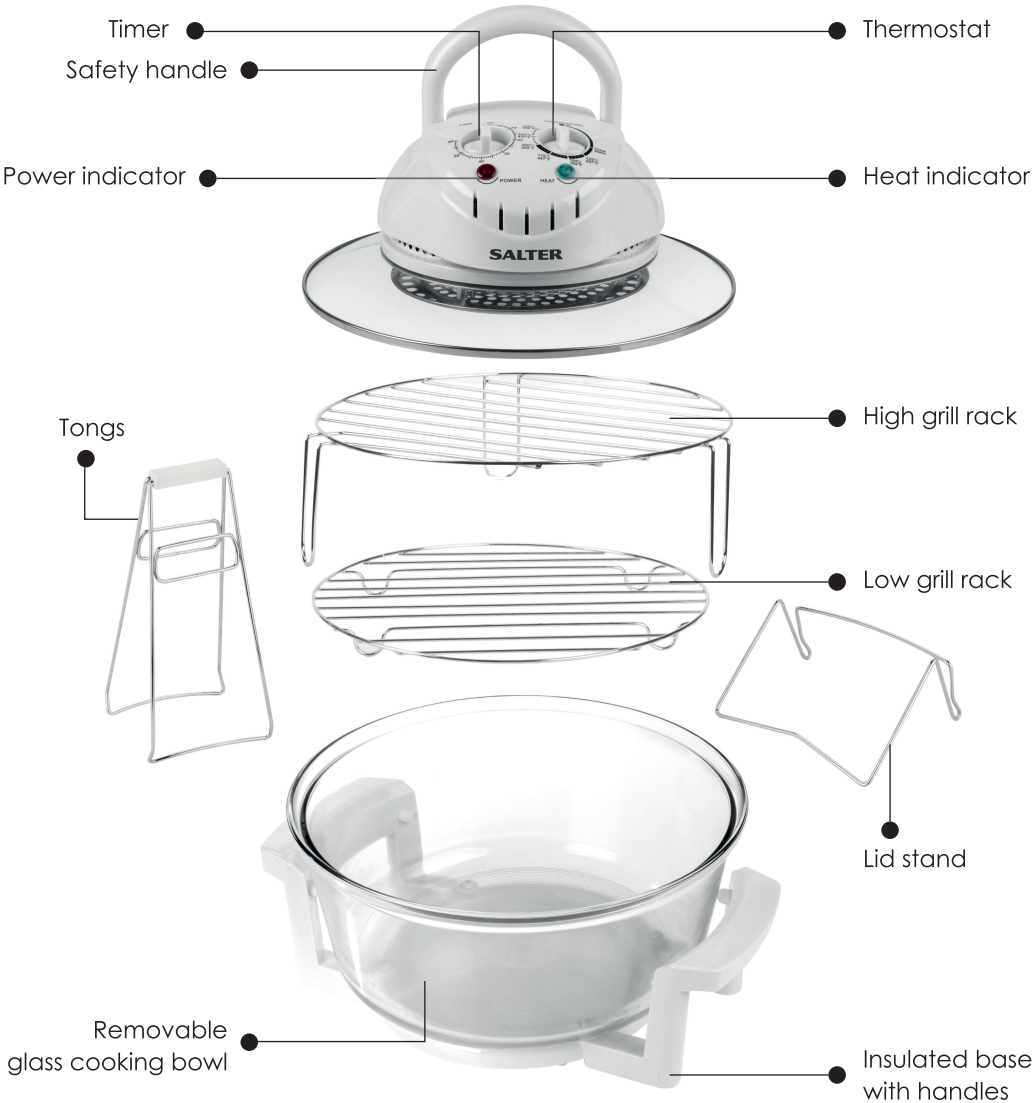
Power: 1400 W

Removable bowl for easy cleaning

Accessories include: high grill rack, low grill rack, lid stand and tongs

Includes recipe booklet

Description of Parts



Instructions for Use

Before Using the Halogen Oven

Ensure that the halogen oven is not connected to the mains power supply and wipe down the lid/cooker assembly with a soft, damp, lint-free cloth.

Wash the grill racks and removable glass bowl in warm water using a mild household detergent, rinse and allow to dry thoroughly.

Note: When heating for the first time, vapour may be emitted. This is normal and will soon subside.

Note: During the first use, there may be a slight odour; this is completely normal and will disappear after a few uses.

Preparing the Halogen Oven for Cooking

Place the removable glass bowl securely onto the base ensuring that it is seated centrally.

Place the low grill rack or the high grill rack into the bottom of the bowl, according to the food type being cooked.

Alternatively, both racks can be used: i.e. the high grill rack can be placed over the low grill rack in order to create two layers of racking. This will enable two types of food to be cooked at the same time.

Once the food has been placed onto the grill racks, place the lid/cooker assembly onto the removable glass bowl.

Ensure that the handle is pushed down and secured so that the safety cut-out device is reset.

Cooking Food

Push the safety handle down. Plug the mains power supply cord into the mains power socket and switch on if applicable.

Set the required cooking time using the timer control; the red power indicator will illuminate and the fan will come on.

Set the thermostat to the required temperature (between 125 °C–250 °C) and the halogen infrared element will come on.

The green heat indicator will illuminate to show that cooking has commenced.

Preheating the halogen oven for approximately 3 minutes before cooking commences will give better results with certain recipes, although it is possible to cook food without preheating.

Other than this short preheat, do not operate the halogen oven whilst the removable glass bowl is empty.

At the end of the required cooking time, the timer will ring and cooking will cease. The internal halogen lamp and fan will also switch off.

Raise the safety handle to remove the lid/cooker assembly off the halogen oven, being careful to avoid hot splashes and steam.

Ensure that food is thoroughly cooked and is piping hot before removing it from the halogen oven.

Use the tongs provided to remove the grill racks from the halogen oven.

Note: Please take care to select the correct time. Do not try to turn the dial backwards (anticlockwise) as this may damage the timer. Turn the unit off and wait for the timer to count down naturally.

Note: The green heat indicator and the internal halogen lamp will cycle on and off during cooking to show that the set temperature is being maintained.

Caution: The underside of the lid/cooker assembly will be very hot, take care not to touch it and avoid contact with anything that may be damaged by heat.

Halogen Oven Settings

Frying

When frying, if two grill racks are required to be used at once, ensure that the right food is placed onto the correct rack as specified in the recipes. Cook as per the recipe for the food placed onto the high grill rack but be aware of the distance between the heating element and the food, as this will affect cooking times. Once cooked, remove the high grill rack and continue to cook the food on the low rack for half of the time again.

When cooking one food after another, ensure that the removable glass bowl has been wiped down with some kitchen roll before putting in fresh food; this will prevent the halogen oven from smoking.

Any food not covered in a marinade must be sprayed all over with oil.

Be sure to spray the grill racks with oil before placing food onto them, as this will prevent it from sticking.

Grilling or Barbecuing

When grilling or barbecuing, ensure that all food items are placed onto the high grill rack and the temperature is set to between 220 °C–240 °C. It is important to consider the thickness of the food when selecting the cooking time. For example, a 4 cm thick steak will take longer to cook than a 2 cm thick steak. Also, consider that frozen foods such as burgers are likely to require a longer cooking time. To ensure an even colour, food should be turned periodically during the grilling process.

Handy Tip: Place a sheet of foil at the bottom of the removable glass bowl to collect excess fat for easier cleaning. Greaseproof paper can be placed onto the grill racks to prevent food from sticking.

Steaming

When steaming meat, fish or vegetables, ensure that the vegetables are placed onto the low grill rack and that the high grill rack is used for meat or fish (if wrapping in tin foil).

Before starting the cooking process, fill the removable glass bowl with cold water to a level just below the low grill rack. For the best results, set the temperature to between 180 °C–200 °C. The food to be cooked will dictate the amount of time required, it may also be necessary to place the food in a piece of foil on the low rack.

Thaw Setting

The halogen oven has a thaw setting, which is a low temperature that should be used to defrost food. This is indicated on the thermostat.

The cooking duration depends upon the size and weight etc. of the food to be cooked. Most meat, for example, comes with a recommended cooking time and this should be used as a guide. As the halogen oven cooks faster than conventional ovens, cooking times may need to be reduced.

To determine whether the food is cooked, use a cooking thermometer or pierce the food with a fork or skewer to check that the juices run clear on meat, poultry etc. or for tenderness when cooking vegetables.

Note: Always ensure that food is adequately thawed before cooking.

Toasting

The halogen oven will enable toasting of a wide variety of food including bread, crumpets and bagels. The hot air in the halogen oven will usually toast both sides of the food at once. To enable toasting, ensure that the high grill rack is used and that the temperature is set to between 220 °C–230 °C, according to personal taste. For the best results, flip the food over half way through the cooking programme.

Using the Halogen Oven with Specific Food Types

Biscuits and Pastries

Place a baking tray onto the high grill rack containing the mixture. Set the halogen oven to between 220 °C–230 °C and cook for approximately 12–15 minutes. Refer to recipes where applicable.

Bread Rolls and Garlic Bread

To reheat bread rolls or garlic bread, wrap each roll in foil, place onto the low grill rack and heat at 200 °C for approximately 5–7 minutes.

Cakes

To bake cakes, ensure that the halogen oven is preheated to between 220 °C–230 °C for approximately 3 minutes. If using a pre-prepared cake mix, deduct 10 °C from the recommended cooking temperature. Place the prepared cake mixture in a cake tin onto the low grill rack in the halogen oven. Cooking times will vary according to cake size.

Eggs

Place between 1–3 eggs onto the low grill rack. Set the temperature to 200 °C and the timer to approximately 6–10 minutes, depending upon whether soft or hard-boiled eggs are required.

Handy Tip: Use the tongs when removing the eggs from the halogen oven to avoid injury.

Fish

Fish can be cooked in a number of ways in the halogen oven, including steaming, grilling and baking. In order to steam fish, season to taste and wrap it in a sheet of tin foil. The halogen oven should be set to between 200 °C–250 °C for approximately 13–15 minutes (depending upon the weight of the fish) and the fish placed onto the high grill rack. The high grill rack can also be used for grilling fish and the halogen oven should be set to around 230 °C. To bake the fish, use the low grill rack and set the halogen oven to between 180 °C–200 °C for approximately 15–20 minutes.

Handy Tip: Cooking times may need to be adjusted according to taste and the weight of the fish.

Frozen Food

Larger foods like joints of meat or poultry cannot be cooked from frozen and must be thawed thoroughly before cooking. Other foods may be cooked from frozen and could actually cook better, simply follow the manufacturer's guidelines. However, cooking times in the halogen oven are often faster, therefore check and adjust accordingly.

Pies

Using the high grill rack, set the halogen oven to 220 °C. For cooked pies, heat for approximately 8–12 minutes. Increase the time to approximately 20–25 minutes for frozen or uncooked pies.

Roasting Meat

Cooking times for roasting meat can vary greatly according to weight and personal taste. The details below are purely a guide for adaptation.

Chicken: Set the halogen oven to around 230 °C for approximately 15 minutes per pound.

Pork: Set the halogen oven to 220 °C and place the pork onto the low grill rack for approximately 30–40 minutes or until crackling has formed. Then reduce the temperature to between 180 °C–200 °C, turn the meat and cook for an additional 20 minutes.

Lamb/Beef: Set the halogen oven to between 180 °C–200 °C, cook the meat for approximately 30 minutes before turning. Continue to cook for a further 15–20 minutes.

Handy Tip: Reduce the cooking temperature by approximately 10 % and increase the cooking times when cooking marinated meats.

Vegetables

Wash and prepare the vegetables as normal. Wrap each type of vegetable into foil parcels and place onto the low grill rack in the halogen oven, ensuring that there is a 1 cm gap between each parcel. Set the timer to approximately 10–15 minutes and the temperature to 220 °C.

Handy Tip: Use both grill racks to enable cooking of a wide variety of vegetables. Ensure that the slower cooking vegetables are placed onto the high grill rack, as the temperature is hotter near the top of the halogen oven.

Cooking Times Guidelines

Note: The temperatures and times detailed below are approximate and should be used as a guideline only. Additional food volume will require increased cooking times.

Food Item	Shelf	Temperature	Approximate Cooking Time	Further Instructions
Fish Bites	Low	185 °C	8 mins.	
Fish Fillet	Low	190 °C	15–20 mins.	
Chicken Bites/Strips	Low	200 °C	10–12 mins.	
Chicken Wings	Low	175 °C	10 mins.	
Chicken Legs/Thigh	Low	220 °C	5–10 mins.	Then turn the temperature down to 190 °C and cook for approximately 15–20 mins. for thighs and 5–10 mins. for legs.
Chicken Burger	Low	200 °C	12–15 mins.	
Chicken Breast	Low	200 °C	12–15 mins.	Ensure that the breasts have been flattened so that they are all the same thickness.
Pork Chop	Low	175 °C	12–15 mins.	
Individual Ribs	Low	190 °C	5 mins.	Then move to the high grill rack at 225 °C for approximately 2–3 mins. to crisp.
Rack of 4/5 Ribs	Low	220 °C	25 mins.	For extra caramelisation, change to the high grill rack after 15–20 mins. and cook for 2–3 mins.
Lamb Chop	Low	175 °C	5–10 mins.	Cooking time depends upon how well done the chop is required to be cooked.
Prawns/Shrimp in Batter	High	180 °C	5 mins.	

Further Guidelines

Food Item	Temperature	Time Taken
Roast Chicken (1.6 kg)	180 °C–230 °C	65–80 mins.
Roast Beef (1 kg)	180 °C–190 °C	60–75 mins.
Cod Steak (150 g)	190 °C–200 °C	18–24 mins.
Chicken Breast (300 g)	180 °C–200 °C	10–12 mins.
Peppers, halved	190 °C–200 °C	25–30 mins.
Onion (whole, small)	180 °C–200 °C	60–70 mins.
Potatoes (roast, small, cut)	190 °C–210 °C	25–40 mins.
Parsnips (strips - 2 cm diameter)	200 °C	25–40 mins.
Potato (baked, medium sized)	180 °C–200 °C	50–70 mins.
Yorkshire Pudding (frozen)	180 °C–200 °C	10–15 mins.
Oven Chips (frozen)	180 °C–200 °C	15–20 mins.

Hints and Tips

The halogen oven enables almost any type of food to be cooked to perfection. The guide in this manual is there for reference when cooking further recipes. Once the halogen oven has been used several times, it will become easier to determine the best cooking times and temperatures to suit personal preferences.

Dos and Don'ts

Do: Ensure that the safety cut-out handle is engaged and in the secure position when using the halogen oven. If the safety handle has not clicked into place, the halogen oven will not operate.

Do: Use the safety cut-out handle when removing the lid/cooker assembly.

Do: Place food onto a grill rack to ensure good air circulation.

Do: Unplug the halogen oven from the mains power socket when not in use and before attempting any cleaning or maintenance.

Do not: Place the underside of the lid/cooker assembly directly onto the work surface or power cord. It is very hot and may cause injury or damage to work surfaces etc.; use the lid stand provided.

Do not: Leave the halogen oven unattended whilst cooking.

Do not: Touch the outer casing of the halogen oven.

Do not: Immerse the lid/cooker assembly in water or any other liquid.

Care and Maintenance

Before cleaning, always disconnect the halogen oven from the mains power supply and allow to fully cool for approximately 15 minutes.

The halogen oven has a 'Self-Clean' function but can also be cleaned manually. To clean manually, wipe the lid/cooker assembly with a soft, damp, lint-free cloth moistened with a mild detergent solution only.

Wash the grills racks and removable glass bowl in warm, soapy water; rinse and dry thoroughly.

Never immerse the lid/cooker assembly in water or any other liquid.

Do not use abrasive or harsh cleaners. Stubborn stains can be removed using a nylon scouring pad or brush.

Ensure that extra care is taken when handling the removable glass bowl, especially when wet.

To use the 'Self-Clean' function, add warm water to the removable glass bowl, ensuring that there are no more than a few centimetres in depth and add a small amount of mild detergent.

Turn the halogen oven on, select the 'Self-Clean' function and programme the timer for 5 minutes.

The swirling action of the water in the removable glass bowl will now clean away most cooking stains.

Specifications

Product Code: EK2098S

Voltage: 220–240 V

Frequency: 50 Hz

Power: 1200–1400 W

SALTER

Asparagus Soup

Ingredients

225 g fresh asparagus
150 ml single cream
1 small onion, chopped
500 ml vegetable or chicken stock
50 g butter
1–2 tbsp plain flour
Olive oil
Seasoning, to taste



Method

Preheat the halogen oven to 125 °C.

Place an ovenproof dish onto the low grill rack to heat through, with a drizzle of olive oil in the bottom.

Wash and trim the asparagus, removing any tough side shoots with a potato peeler. Remove a few of the tips and reserve for garnish. Chop the asparagus into 2.5 cm lengths.

Add the onions and the asparagus to the dish with the butter and cook gently until the onion is soft but not browned.

Remove the dish from the halogen oven and blend in the flour. Gradually add the stock, stirring all of the time.

Return the dish to the halogen oven and simmer gently for approximately 20 minutes, until the asparagus is tender.

When cool, blend the soup in a liquidiser or food processor, until smooth.

Press through a sieve to remove any asparagus fibres and return the soup to a clean saucepan.

Stir in the cream and add seasoning to taste. Cook the reserved asparagus tips in a little boiling, salted water until just tender and then drain. Reheat the soup gently but do not boil.

Scatter a few of the reserved tips into each bowl before serving.

Mixed Vegetable Soup

Ingredients

2 medium carrots, chopped
1 leek, very finely chopped
1 onion, very finely chopped
1 small red onion, very finely chopped
1 large sweet potato, very finely chopped
1 small swede, chopped
½ mid-sized parsnip, chopped
500 ml vegetable stock
2 tbsp cream
Olive oil
Seasoning to taste



Method

Preheat the halogen oven to 125 °C.

Place an ovenproof dish onto the low grill rack to heat through, with a drizzle of olive oil in the bottom.

Finely chop the leek and onions. Peel the remaining vegetables and cut them into very small cubes.

Place all of the ingredients into the dish and mix them thoroughly, coating them in the oil. Use the lowest possible heat to 'sweat' them for approximately 25 minutes. When all of the vegetables are soft, add the stock and turn the heat up to approximately 200 °C until it boils and then turn down to simmer for approximately 20 minutes. Test the soup for flavour and season to taste.

When the soup is cool, add part of it to a blender and mix until totally liquid.

Repeat with the rest of the soup, as many times as needed until all of the mixture has been blended.

Add the cream and serve warm with crusty bread.

SALTER

Peppercorn Steak

Ingredients

2 x 200 g sirloin steak (2–2½ cm thick)
2 shallots, finely diced
2 tbsp Worcestershire sauce
2 tbsp brandy
2 tbsp double cream
1 tbsp green peppercorns
1 tbsp Dijon mustard
100 ml beef stock
50 g unsalted butter
1 tbsp olive oil
Black and white peppercorns, to taste
Seasoning, to taste



Method

Preheat the halogen oven to 200 °C.

Dry the steaks with kitchen paper and press the black and white peppercorns into both sides.

Cover with foil or plastic film and transfer to the fridge for approximately 2–3 hours. Put the steak onto the low grill rack in the halogen oven and cook for 5–10 minutes. Meanwhile, make the sauce.

Heat the oil and butter in a frying pan and cook the shallots over a medium heat, until soft but not brown.

Add the Worcestershire sauce, brandy and stock to the frying pan. Cook rapidly, scraping the bottom of the pan to incorporate the flavours. Add the green peppercorns, mustard and cream.

Season to taste.

Remove the meat from the halogen oven and slice it diagonally, then add the meat to the sauce. Stir to combine the meat juices with the pepper sauce and to warm the meat through.

Chilli Con Carne

Ingredients

500 g minced beef
400 g tin kidney beans
2 400 g tins chopped tomatoes
2 red peppers, deseeded and chopped
2 onions, chopped
2 garlic cloves, crushed
2 tbsp olive oil
1 tbsp tomato puree
1 tsp Worcestershire sauce
1 tsp chilli powder
1 red chilli, deseeded and chopped (optional)
1 beef stock cube, crumbled and dissolved in a little hot water
Seasoning, to taste



Method

Preheat the halogen oven to 180 °C.

Put an ovenproof dish into the halogen oven to heat through, with a drizzle of olive oil.

Soften the onion and peppers in the oil for approximately 5 minutes.

Stir in the chilli powder, then add the mince and fry until brown.

Add the garlic, tomatoes, tomato puree, kidney beans, seasoning, chilli, stock and Worcestershire sauce.

Mix well and cook in the halogen oven for approximately 30 minutes.

SALTER

Cottage Pie

Ingredients

1 kg beef mince
300 g potatoes, mashed with milk and seasoned to taste
1 onion, chopped
1 carrot, chopped
2 garlic cloves, chopped
½ tbsp Worcestershire sauce
1 tbsp tomato puree
350 ml beef stock
250 ml red wine
Olive oil
Rosemary and thyme, leaves chopped



Method

Preheat the halogen oven to 180 °C.
Put an ovenproof dish in the halogen oven to heat through, with a drizzle of olive oil in the bottom.
Brown the mince and set aside.
Fry the onion, carrot and garlic in the oil until softened.
Add the tomato puree and cook for approximately 1 minute.
Gradually pour in the red wine, stirring all of the time.
Return the dish to the halogen oven to let the wine boil and reduce.
Add the browned mince with the herbs, Worcestershire sauce and beef stock.
Return to the halogen oven and cook for approximately 40 minutes.
Cover with the mashed potato.
Return to the halogen oven and cook until the top is slightly brown.

Beef Stew

Ingredients

500 g stewing steak, diced
3 carrots, peeled and chopped
3 celery sticks, chopped
1 onion, chopped
350 ml beef stock
1 small glass red wine (optional)
1 tbsp plain flour
Mixed dry herbs
Olive oil
Seasoning, to taste



Method

Preheat the halogen oven to 140 °C.

Put an ovenproof dish in the halogen oven to heat through, with a drizzle of olive oil in the bottom.

Fry the onion gently in the oil until softened. Remove and set aside.

Turn up the heat to 180 °C and fry the diced meat until it is sealed and brown.

Return the onion to the dish and add the flour. Mix and stir for approximately 1 minute.

Gradually add the wine and stock, stirring all of the time.

Sprinkle the dry herbs into the sauce, return the dish to the halogen oven and simmer for approximately 4 minutes, stirring occasionally.

Check that the meat is tender and then add the carrots and celery.

Simmer for a further 25 minutes. Check that the vegetables are cooked as soft as is required.

Serve with additional vegetables.

SALTER

Rack of Lamb

Ingredients

2 6 bone lean racks of lamb
6 tbsp honey
3 tbsp soy sauce
2 tbsp Dijon mustard
2 tbsp chopped mint
Seasoning, to taste



Method

Preheat the oven to 200 °C.

In a bowl, mix together the honey, soy sauce, Dijon mustard and mint.

Put the racks of lamb, fat side up, on a chopping board. Season to taste on both sides with salt and pepper and brush the honey mixture onto both sides. Transfer to a foil lined baking sheet. Put the racks of lamb onto the low grill rack of the halogen oven and cook for approximately 30–35 minutes. Remember to cover the racks of lamb with foil if they look as if they are overcooking.

Divide the lamb and transfer to 4 plates.

Serve with roast potatoes, green beans and carrots.

Lamb Bolognese Sauce

Ingredients

500 g–700 g lamb mince
400 g tin peeled and chopped tomatoes
200 ml passata
125 g mushrooms, chopped
2 lamb stock cubes
Dried oregano, large pinch
Approximately 70 ml red wine
Fresh basil
Grated parmesan cheese, to taste
Salt and freshly ground black pepper, to taste



Method

Preheat the halogen oven to 200 °C and put an ovenproof dish inside the halogen oven to heat through.

Add the mince to the dish. Using a wooden spoon, break up the strands of mince so that they can cook evenly.

Cook for approximately 5–10 minutes, removing the dish occasionally to break the strands of mince.

Once the mince starts to brown, remove the dish from the heat.

Add the tomatoes, passata, dried herbs and seasoning. Stir thoroughly.

Return the dish to the halogen oven and cook until it reaches simmering point.

Lower the heat to 140 °C and cook for approximately 45 minutes; the mix should simmer gently. Stir occasionally.

Add the lamb stock, wine and mushrooms, bring back to the boil and simmer for a further 25 minutes.

Serve with spaghetti or pasta, sprinkle with Parmesan cheese and season with salt and pepper, to taste.

Minty Lamb Chops

Ingredients

2 lamb chops
2 tbsp marmalade
2 tbsp fresh mint
Juice of half a lemon
Seasoning, to taste



Method

Preheat the halogen oven to 240 °C and insert the high grill rack.

Season the lamb chops, place onto the high grill rack and cook for approximately 4–5 minutes or until browned, then turn them over to grill the other side.

Whilst grilling the second side, mix together 2 tbsp of marmalade with the juice of half a lemon, mint, salt and black pepper. Spread this mixture evenly onto both sides of the lamb chops.

Grill for a further minute on each side.

Simple Chicken Curry

Ingredients

8 boneless, skinless chicken breasts, diced
175 g ready to eat dried apricots, chopped
2 large onions, sliced
1 garlic clove, crushed
1 red chilli, finely chopped
1 cm fresh root ginger, peeled and crushed
4 tbsp granulated sugar
4 tbsp malt vinegar
4 tbsp olive oil
2 tbsp curry powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
1 tsp peppercorns
Long grain rice
4 pitta breads

Method

In a large bowl, mix together the vinegar, curry powder, herbs, garlic, ginger, chilli and sugar.

Add the diced chicken to this mixture and leave to marinate for approximately 20 minutes; the chicken can be left to marinate overnight for a stronger flavour.

Heat the oil in a large frying pan and cook the onions over a medium heat for approximately 10 minutes or until they begin to turn golden. Add the peppercorns and cook for a further 20–30 seconds.

Transfer the onions to a casserole dish and add the chicken along with any remaining marinade.

Put the casserole dish onto the low grill rack of the halogen oven and cook at 200 °C for approximately 20 minutes. Check that the chicken is cooked thoroughly and then add the apricots. Cover the dish and cook for a further 5 minutes.

Serve with long grain rice and pitta breads.



SALTER

Pot Roast Chicken

Ingredients

- 1 whole fresh chicken
- 1 kg boiled potatoes
- 4 carrots, washed, peeled and sliced
- 2 green peppers, cut into chunks
- 2 onions, peeled and cut into chunks
- 50 g butter
- 1 garlic clove, crushed
- 2 tbsp chopped parsley
- 1 tbsp chopped oregano



Method

Preheat the halogen oven to 200 °C.

Put the whole chicken into a roasting tin, cover with butter and cook in the halogen oven for approximately 15–20 minutes or until the skin is golden brown. Remove the chicken from the halogen oven and transfer it, together with any juices, to a deep casserole dish.

Add the vegetables, garlic and herbs around the chicken in the casserole dish.

Add the giblets and pour water into the casserole dish, making sure that it does not completely cover the chicken.

Transfer the casserole dish to the low grill rack in the halogen oven, still at 200 °C. Bring to the boil then simmer for approximately 45 minutes (the temperature may need to be turned down).

Remove the chicken from the halogen oven and take out the giblets.

Serve with vegetables and boiled potatoes. Cooking juices such as gravy can also be used.

Chicken Casserole

Ingredients

6 chicken pieces (a range of thighs and breasts)
400 g jersey royal potatoes,
washed and peeled if necessary
400 g tin of peeled tomatoes
250 g white turnips, sliced
113 g chestnut mushrooms
60 g lardons
2 large onions, thinly sliced
2 sticks celery, coarsely chopped
60 g unsalted butter
1 bouquet garni
Olive oil
Salt and black pepper
Chopped parsley mixed with finely chopped rind
of half an orange



Method

Preheat the halogen oven to 175 °C.

Put an ovenproof dish into the halogen oven to heat through, with a drizzle of olive oil in the bottom.

Add the butter to the dish and fry the lardons, onions, mushrooms and celery for approximately 5 minutes.

Remove the vegetables with a slotted spoon and set aside.

Fry the chicken joints in the butter liquid (add more butter if necessary), until golden. Return the bacon mixture to the dish and scatter the potatoes and turnips over the chicken. Add the tin of tomatoes and bouquet garni. Season to taste with salt and black pepper. Make sure that all of the vegetables are submerged in the liquid. Return the dish to the halogen oven and cook for approximately 5–10 minutes to reach simmering point.

Turn down the heat to 160 °C and cook for approximately 1 hour or until tender. Immediately sprinkle parsley and orange over the casserole and serve.

Caribbean Chicken

Ingredients

8 chicken thighs (skins on)
750 g sweet potatoes, peeled and diced
1 large onion, chopped
400 ml coconut milk
300 ml hot chicken stock
3 large garlic cloves, crushed
2 cm fresh root ginger, peeled and grated
2 tsp cayenne pepper
1 tsp ground cinnamon
1 tbsp plain flour
1 tbsp vegetable oil
Seasoning, to taste
Boiled rice



Method

Preheat the halogen oven to 180 °C.

Heat the oil in a frying pan, add the chicken thighs and brown all over. Remove the chicken, leaving the juices. Drain all but approximately 1 tbsp of the oil from the pan.

Add the onion to the pan and cook over a medium heat until softened, stirring occasionally. Add the garlic, ginger, cinnamon and cayenne pepper and cook for approximately 1 minute. Sprinkle over the flour, stir to combine and cook for a further minute.

Transfer the spice mixture to a casserole dish and stir in the stock. Add the sweet potato and chicken.

Put the casserole dish onto the low grill rack of the halogen oven and cook for approximately 40 minutes.

Remove the dish from the halogen oven and leave to cool for a few minutes. Stir in the coconut milk and season to taste with salt and pepper.

Serve immediately with plain boiled rice.

Roasted Cod with Lemon, Garlic and Parsley Crust

Ingredients

700 g thick, skinned cod fillet (alternatively you can use haddock, bass or Pollack – the fish should be at least 3½ cm thick)

85 g slightly stale, white breadcrumbs

3 tbsp finely chopped parsley

2 cloves garlic, crushed

Zest of ½ lemon

50 g butter, melted

Lemon juice

Seasoning, to taste



Method

Preheat the halogen oven to 200 °C.

Season the fish with salt and pepper.

In a bowl, mix the breadcrumbs with the garlic, parsley, lemon zest, salt and pepper. Add the melted butter and a squeeze of lemon juice. Mix thoroughly with fingers.

Place the fish onto a baking tray, skin side down.

Press the buttered crumbs firmly onto the top side of the fish.

Bake on the high grill rack for approximately 20 minutes, by which time the crust should be browned and the fish cooked through.

If either the crust is too pale or the fish is still not cooked, it can be grilled for a further 2–3 minutes to finish it off.

Tuna and Sweetcorn Pasta Bake

Ingredients

200 g pasta
1 tin of tuna, drained
4 tbsp sweetcorn
100 g crème fraîche
3 tbsp grated Parmesan
50 g Red Leicester cheese, grated
Seasoning, to taste



Method

Preheat the halogen oven to 180 °C.

Boil the pasta in salted water for 1–2 minutes less than the instructions given on the packet and drain.

Mix the crème fraîche and Parmesan in a separate bowl and season the mixture with salt and black pepper.

Add this to the drained pasta along with the sweetcorn and tuna.

Transfer to an ovenproof dish, sprinkle the cheese on top and bake for approximately 12 minutes, until the cheese is golden and crunchy.

Paella

Ingredients

200 g ready mixed paella
(available from supermarkets)
10 jumbo shrimps
100 g frozen peas
300 ml chicken stock
100 ml white wine
1 red pepper, deseeded and finely sliced
½ red onion, peeled and finely chopped
1 tsp paprika
1 garlic clove, peeled and finely chopped
Lemon juice
Olive oil
Handful of parsley, finely chopped



Method

Preheat the halogen oven to 180 °C.

Place an ovenproof dish into the halogen oven to heat through, with a drizzle of olive oil in the bottom.

Add the onion and garlic and cook for approximately 4–5 minutes, stirring often.

Put in the ready mixed paella, stirring to coat and then pour over the wine.

Allow the wine to mostly evaporate before adding the paprika and stock.

Stir well and then cook for approximately 30 minutes; the rice should be soft and still holding its shape and the liquid will have mostly evaporated. If not, add a little more boiling water and cook until the rice is soft.

When ready, add the shrimps, pepper and peas, then cook for a further 10 minutes. Stir through the parsley, add a squeeze of lemon juice and serve immediately.

SALTER

Spanish Omelette

Ingredients

4 large eggs, beaten
300 g potatoes, peeled and chopped
into 1 cm chunks
100 g feta cheese
1 red pepper, deseeded and finely sliced
½ red onion, peeled and finely chopped
Olive oil
Seasoning, to taste



Method

Preheat the halogen oven to 225 °C.

Place an ovenproof dish into the halogen oven to heat through, with a drizzle of olive oil in the bottom.

Add the potatoes to the hot oil and stir to coat. Cook for approximately 8 minutes, stirring occasionally, to colour the potatoes evenly on all sides.

Place the pepper, onion and a little more olive oil into the dish and stir to coat evenly. Cook for a further 5 minutes, stirring often.

Remove the dish from the halogen oven and add the beaten eggs.

Give the dish a shake to evenly spread the eggs. You need to shake rather than stir to ensure that the eggs do not scramble.

Put the dish into the halogen oven and crumble the feta cheese over the eggs, along with some salt and black pepper.

Place the dish back into the halogen oven and cook for a further 5 minutes, until the cheese is golden.

Mediterranean Roast Vegetables

Ingredients

1 red pepper, deseeded and chopped into large chunks
1 green pepper, deseeded and chopped into large chunks
1 courgette, thickly sliced
1 small aubergine, thickly sliced
1 small red onion, peeled and quartered
1 small bulb of fennel, chopped into chunks
1 stick of celery, chopped into large chunks
6 small cherry tomatoes on the vine (uncut)
1 clove of garlic, finely chopped
Olive oil



Method

Preheat the halogen oven to 180 °C.

Place an ovenproof dish into the halogen oven to heat through, with a drizzle of olive oil in the bottom.

Place all of the vegetables into the casserole dish. Toss them in the olive oil and season to taste.

Cook in the halogen oven for approximately 12 minutes.

Remove the vegetables and baste well with the oil. Return to the halogen oven for approximately 10 minutes. The cooking time will depend on how vegetables are preferred. If they are required to be soft, leave for a further 15 minutes.

SALTER

Vegetarian Chilli

Ingredients

300 g frozen meat-free mince such as Quorn
410 g tinned kidney beans, rinsed and drained
350 g ready-made tomato pasta sauce
1 red pepper, cored, deseeded and chopped
1 large onion, finely chopped
3 garlic gloves, chopped
2 tsp cumin seeds, lightly crushed
1 tbsp Worcestershire sauce
150 ml water
2 tbsp olive oil



Method

Preheat the halogen oven to 200 °C.

Warm a frying pan on a medium heat and lightly fry the mince, garlic, red pepper and onion in the olive oil. Any additional vegetables can be added at this point.

Stir in the tomato sauce and Worcestershire sauce.

Pour the mixture into an oven dish, then add cumin and water.

Cook in the halogen oven for approximately 20 minutes on the low grill rack.

Add the kidney beans, reduce the heat to 180 °C and cook for a further 10 minutes on the low grill rack.

Serve with rice and salad.

Sweet Potato Wedges

Ingredients

2 sweet potatoes, cut into 12 wedges
4 tbsp olive oil
1 tsp chilli flakes
Seasoning, to taste



Method

Preheat the halogen oven to 240 °C.

Put the potato wedges in a bowl, pour over the oil and turn to cover evenly. Add the chilli flakes and stir to combine. Season to taste with salt and pepper.

Place the potato wedges onto the low grill rack (which should be covered with foil) in the halogen oven and cook for approximately 10–15 minutes or until the potatoes are tender and golden brown.

Sprinkle with sea salt to serve.

Roast Potatoes

Ingredients

1 kg potatoes, halved

6 tbsp olive oil

Seasoning, to taste



Method

Preheat the halogen oven to 180 °C.

Half-fill a large saucepan with cold water. Put the potatoes in the pan; add a pinch of salt and cover. As soon as the water boils, reduce the heat and cook for approximately 6 minutes.

Drain the potatoes and shake them in a colander to roughen the edges.

Pour the oil and potatoes into a roasting tin and place in the halogen oven for approximately 25 minutes. Carefully turn them over and cook for another 25 minutes. Check that the potatoes do not burn; cover them with foil if necessary.

Dauphinoise Potatoes

Ingredients

1 kg Maris Piper potatoes, thinly sliced
1 onion, sliced
2 garlic cloves, sliced
275 ml double cream
75 ml milk
25 g butter, plus extra for greasing
Salt and pepper



Method

Preheat the halogen oven to 200 °C.

Layer the potatoes in a lightly buttered casserole dish. Add the onion and garlic to the dish and season to taste with salt and pepper.

Mix together the cream and milk and pour over the potatoes. Dot with butter.

Cover the dish with foil and cook on the low grill rack of the halogen oven for approximately 40–45 minutes, removing the foil after the first 25 minutes.

SALTER

Chunky Chips

Ingredients

875 g potatoes, quartered

2 tsp sunflower oil

Sea salt



Method

Preheat the halogen oven to 240 °C.

Place the potatoes into cold water to soak for 10 minutes. Drain and pat dry with kitchen paper.

Add the potatoes to a large bowl along with the oil and then turn the potatoes to coat thoroughly.

Transfer the potatoes to a shallow roasting tin or casserole dish and cook on the low grill rack of the halogen oven for approximately 20–30 minutes until golden brown and cooked through.

Sprinkle with sea salt and serve.

Treacle Pudding

Ingredients

100 g self-raising flour
100 g butter, plus extra for greasing
100 g caster sugar
6 tbsp golden syrup
2 eggs
½ tsp vanilla extract



Method

Preheat the halogen oven to 220 °C.

Butter a small baking dish. Put the syrup in the bottom.

Put the butter and sugar in a blender or food processor and mix until pale. Beat in the eggs one by one, then add the vanilla extract. Add the flour and combine until just mixed.

Scrape the mixture into the dish on top of the syrup and cook on the low grill rack of the halogen oven for approximately 20 minutes or until the pudding is risen and golden.

Cookie Recipe

Ingredients

170 g self-raising flour
100 g butter
100 g brown sugar
1 tbsp golden syrup
Tube of Smarties



Method

Preheat the halogen oven to 200 °C.

Cream together the sugar and butter.

Add the golden syrup and mix well, then add the flour and mix into a paste.

Pour in the Smarties and mix well.

Using a spoon, put a ball of dough approximately the size of a walnut, onto a baking tray that will fit into the halogen oven. Keep adding further balls of dough in this way but try to reserve at least a 2 cm space around each ball, as they will expand. This may need to be done in 2 batches.

Cook for approximately 8–10 minutes or until the cookies are golden brown.

Cool for a few minutes before serving.

Raisin and Honey Flapjacks

Ingredients

200 g rolled oats
125 g margarine
125 g Demerara sugar
3 tbsp clear honey
50 g raisins
1 tsp ground mixed spice



Method

Preheat the halogen oven to 180 °C.

Line a 25–30 cm (10–12 ") square baking tin with a non-stick baking parchment.

Put the margarine, sugar and honey in a small saucepan and heat gently, until dissolved. Stir in the raisins, mixed spice and rolled oats.

Press the mixture into the prepared tin and level with the back of a metal spoon.

Cover the tin with foil and cook the flapjack on the low grill rack of the halogen oven at 180 °C for approximately 20 minutes. Mark out pieces while the flapjack is still warm. Once cooled, slice the flapjack and remove from the tin.

* Any recipe images used within this instruction manual are intended for illustrative purposes only.

Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth (\perp)

FOR UK USE ONLY - Plug fitting details
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** wire and must be connected to the terminal marked **N** or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked \perp .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\perp).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS1362 and be ASTA approved.

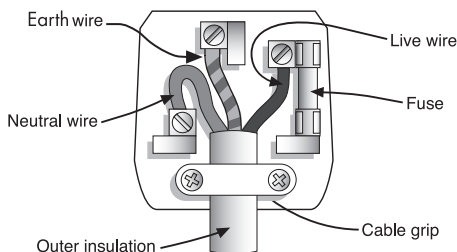
If in doubt, consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS POWER SUPPLY**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



SALTER

**UP Global Sourcing,
Victoria Street,
Manchester, OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday – Friday, 9am – 5pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

Nothing in this guarantee or in the instructions relating to this products excludes, restricts or otherwise affects your statutory rights.

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



MADE IN CHINA.

Distributed by:

UP Global Sourcing,
Victoria Street,
Manchester
OL9 0DD. UK.

SALTER

CD030614/MD050615/V5