

TRIED AND TESTED TIPS FOR USING THE HALOGEN OVEN

- Ensure that there is sufficient space around the halogen oven as the glass gets hot
- Never turn the timer knob anti-clockwise as you will damage the oven, just turn off the heat and allow the timer to run its course
- Whole vegetables will take far longer to cook than meat, such as chops, sausages etc, so with this in mind, it is best to part- cook the vegetables first.
- If your food is browning too much, you can either turn the food, cover with a lid or wrap loosely in foil.
- For healthier eating, cook meats that contain high fat content on the rack supplied, as the excess fats will drip through the bars of the rack and collect at the base of the bowl.
- If using fresh herbs, either tuck them under heavier foods, or turn the second rack upside down and place on top of the food. This will stop the hot circulating air from blowing the herbs off the surface of the food you are cooking.
- Rather than using trays, you can use tin foil for wrapping around the cooking racks or for making parcels for steaming fish, meats and vegetables. The steaming process will quicken up the cooking process of vegetables.
- I strongly recommend that you par-boil your vegetables, rice, pulses and pasta and then finish them off in the halogen and soup is best done on the hob or the induction hob.
- I suggest that you purchase a silicon mesh that fits inside your halogen oven on the top cooking rack. This is ideal for cooking chips and smaller foods and also allows the hot circulating air to penetrate through to the underside of chips making them crispy all round.
- For searing and grilling food, use the high cooking rack using temperatures between 220-250% - fantastic for example steaks, chicken wings, sausages, bacon, pizzas and garlic bread.
- The low cooking rack is best used for all roasts, casseroles, baking, steaming and defrosting.
- Finally, don't be afraid to experiment when you are cooking and when you have mastered the halogen oven, I am sure that you will agree with me that it is the best piece of equipment you will ever buy!
- If you require any further information or advice please do not hesitate to contacting me through our web site.