

What is a Halogen Oven?

When you open the box and take out your new halogen oven, it is well worth reading all the instructions including the safety information, before using the oven for the first time. Most of the information leaflets, supplied by the supplier issue you with a DO's and Don't's section. So put the kettle on, make a cup of tea and get reading!

What have I bought with my hard earned cash?

Most halogen ovens on the market today look identical and work the same way as each other. The halogen oven comprises of a large white plastic base, a borasilica glass bowl, (that fits inside the plastic base), 1 low wire cooking rack, 1 high cooking rack, and a pair of tongs, and a top fitting glass lid which houses the workings of the halogen oven.

The lid fits neatly into the recess of the glass bowl and houses a handle, a 60 minute timer knob, a temperature control knob, a safety switch that works in conjunction with the handle for switching on and off the power and a green and red heat and power light

You can also purchase extra parts for your halogen oven, such as an extender ring for cooking larger foods, a steam tray and a toast rack to name but a few.

How does it work?

Simply, when you switch on the halogen oven, infrared waves from the halogen bulb housed under the lid, are sent around the circumference of the bowl at a tremendous speed, by a fan also housed on top of the lid. By using the temperature control switch, you can control the heat from 20C right up to 250C, which is far higher than most conventional ovens. Food is cooked quicker than a conventional oven, saves up to 60% of your energy bill, and is up to 45% faster than the conventional oven. It is as efficient and cost effective as a microwave, but unlike a basic microwave, it browns the food like a conventional oven. A good halogen has 1300-1400W power. Conventional ovens range from 2500-4000W, hence the savings as it uses much less energy.

Benefits of using a halogen oven

You can roast, bake, grill, steam, slow cook and defrost in a halogen and when you are eating your dinner it also cleans itself! Because it is portable, all you need is a 13 amp plug soideal for the home, caravanning, camping, boating etc. The glass bowl never steams up so you can see your food cooking, and you are always working at counter level – no more bending down to lift things in and out of the oven! Foods such as meats and fish are far more succulent and juicy than conventional cooking.

The halogen oven is thermostatically controlled and the light from the halogen bulb will automatically turn off when the required temperature is reached and turn back on when the temperature drops below the required set temperature.