

# Cook with Stanley!

With sleek elegant lines and lustrous enamel finish, the Supreme from Stanley combines the much loved, timeless good looks of the traditional Stanley Cast Iron Range cooker with the latest 21st century technology to produce a cooker that not only looks fantastic but has the added attraction of ease of installation and state of the art cooking functions. This month's recipes are about flavoursome food cooked on our Stanley Supreme - light snacks and meals when the weather is warm.



## Tiny Crostini with Onion Marmalade and Feta Cheese

These tasty canapés can be made larger and served with some tossed leaves as a starter or light lunch. The onion marmalade can be stored in your fridge for a week in a sealed container.

Preheat the oven to 200°C. Cut the baguette into 1 – 1½ inch/2½-4cm slices. Brush each side of the baguette slices with olive oil. Place slices of baguette on a baking tray and bake in the middle of the oven for 3 minutes until crisp and golden. Remove from the oven and gently rub each crostini with garlic. Pile onion marmalade onto crostini and place a chunk of feta cheese on top.

### Ingredients

- 1 baguette
- 1 peeled clove of garlic
- 1 tablespoon of olive oil
- ½ quantity of onion marmalade

### Onion Marmalade

Put the sliced onions into a large frying pan. Pour balsamic vinegar and olive oil over onions and add brown sugar. Bring the contents of the pan to the boil, then reduce heat and simmer gently, stirring occasionally until the onion mixture is thick and brown. Allow to cool. This can be stored in a fridge for up to two weeks and is also great with steaks, as a pizza topping or to liven up a pasta dish.

### Ingredients

- 900g/2lb large onions peeled and sliced thinly
- 4 tablespoons of olive oil
- 75ml/3 fl oz balsamic vinegar
- 2 tablespoons of soft brown sugar

## Seared Scallops and Citrus Lime Sauce

Before you start preparing the ingredients, make sure to take out the scallops from the fridge, rinse well and pat dry. Then season well with salt and pepper and set to the side until they reach room temperature. You don't want to sear cold scallops!

In a cast iron or a stainless pan heat up 2 tablespoons of the butter and 1 teaspoon olive oil to medium high heat and sear the scallops. Once you place them in the pan DO NOT move. They take about 2-3 minutes per side and when you can easily lift them, then it's time to turn. When they become opaque and firm to the touch they are done. They will also continue to cook once removed. Once done, remove to a plate and cover with foil.

Citrus Lime Sauce - Now in the pan where you seared the scallops, add the garlic and sauté just a minute. Then add the orange juice, lime juice, honey, ginger, red pepper flakes and reduce on medium for 3-4 minutes to reduce. Add the coriander, salt and pepper if needed and butter to glisten the sauce.

Serve with rice (jasmine preferably) and top with 6 of the scallops per person. Put over the lime sauce. Garnish with a lime wedge.

### Ingredients Scallops

- 24 scallops (6 per person)
- ½ cup lime juice
- ½ cup orange juice (approximately ... just the juice of 1 orange)
- 1 teaspoon garlic, minced
- 4 tablespoons butter (2 tablespoons to sauté, 2 to garnish the dish)
- 1 tablespoon honey
- ½ teaspoon ground ginger
- 1 pinch red pepper flakes
- 1 tablespoon fresh coriander, chopped fine
- salt
- pepper
- 1 teaspoon olive oil



**How to cook Scallops!** - Scallops can be prepared in different ways, including sautéing, grilling, broiling, baking and stir-frying. However, when cooking scallops, you should take care not to overcook them, in order to keep the delicate texture and moisture. Cook scallops for about 4-5 minutes, they are done when they turn opaque (losing their translucence) and firm.



## Introducing the Stanley Supreme

With five ways to cook at any one time, the Stanley Supreme is the perfect range cooker for those who are passionate about cooking.

The Supreme introduces the impressive effect of a range cooker seamlessly into your home without flues or fuss.

Call 1850 302502  
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