

AN OVEN ON THE HOB

With the ingenious Omnia recreation oven you can bake and make oven cooked dishes on the hob. Your Omnia is easy to use, and works on all types of hob - no installation required.

Three parts

The Omnia comprises three parts: a steel base that is placed on the hob with the heat source centred under the hole, an aluminium food holder with centre funnel that allows the heat to spread from above, and a tight-fitting lid with ventilation holes. When cooking, the 2 litre food holder must be placed on the base with the lid in place.

The specially designed, raised lid allows cakes and bread to rise with the lid in place.

WARNING: the three parts of Omnia recreation oven get hot; **ALWAYS** use potholders when working with the oven.

INSTRUCTIONS

Gentle heat and greased food holder

Always grease the food holder before use and use breadcrumbs when baking. Bake over a gentle heat. If the oven gets too hot, this can be caused by a strong heat source, a small quantity of food in the food holder or a long cooking time, the red lid can change colour – discolouration does not affect the oven's efficiency. Using an oven that is not equipped with a thermometer/thermostat may feel strange at first and as the effect of each heat source can vary you will get the best results through trial and error. When you use the oven for the first time it may emit a small amount of smoke – this is not a health or environmental hazard. For best results wash the food holder by hand as dishwasher detergent can discolour the metal. If the Omnia is not to be used for some time wipe it with an oiled cloth.

DON'T USE knives or other sharp tools on the aluminium holder.

Using on an electric hob

Place the base plate on the centre of a suitably sized hot plate. Turn to maximum heat for 3-5 minutes before cooking and then reduce to medium heat or lower before putting the food holder with lid on the base plate.

Cooking times are approximately the same as in a standard oven. If you do not pre-heat the Omnia' base plate you must add to the cooking time.

Open flame cooking

Light and reduce the heat to just above low heat. Put the centre of the Omnia base plate above the flame.

Cooking times are approximately the same as in a standard oven but can vary according to type of heat source. It is a good idea to frequently check to see if the stove is lit.

RECIPES

Nearly everything that you prepare in a standard oven can be cooked in the Omnia – use it as you would any oven. Use your own favourite recipes and try some new.

For more recipes visit www.omniasweden.com.

Easy, simple and fast

All bake off breads such as French stick loaves and croissants, and most mixes can be prepared in the Omnia. Follow the maker's instructions on the packet.

RICE AND CHICKEN GRATIN

1 yellow onion
 1 tbs oil
 1½ dl basmati rice
 1 tsp salt
 ½ chicken stock cube
 + 3 ½ dl water
 ½ grilled chicken
 cashew nuts (optional)

SAUCE
 1 ½ dl double cream
 3 tbs light mayonnaise
 3 tbs chilli sauce
 Curry powder

SERVE WITH

Mixed salad and garlic bread

Grease the food holder. Chop the onions and gently fry in oil. Add the rice and stir. Dissolve the stock cube and salt in the water and add to the rice. Bring to boil and allow to simmer for approx. 10 minutes. Put the rice in the food holder. Skin the chicken and cut into small pieces and add to rice. Add cashew nuts. Whip the cream until it begins to thicken, stir in the mayonnaise and chilli sauce. Add curry powder to taste. Pour over rice and chicken in food holder and cook on a medium heat for approx. 25 minutes.

BLUE CHEESE AND HAM PIE

DOUGH
 150 g butter
 3 dl flour
 1 pinch salt
 1 tbs water

FILLING
 1 red capsicum
 60-70 g smoked ham
 6+ large sweet basil leaves
 150 g blue cheese
 3 eggs
 2 ½ dl single cream
 Cayenne pepper (to taste)

Rub the flour, salt and butter together. Add the water and kneed to a dough; place the dough in a plastic bag and allow to cool for 1 hr (if you have time). Grease the food holder. Mould the dough into a sausage shape and place in the food holder; press it into place so it forms a pastry case.

Finely chop the capsicum and ham and place in the pastry case, capsicum first. Cut the basil into strips. Crumble the cheese and place over the ham with the basil strips. Beat the eggs, cream and Cayenne pepper together and pour gently over the pie contents. Cook on a medium heat until the sauce stiffens, approx 1 hr.

BACON AND CHEESE STUFFED FILET OF PORK

1 filet of pork, approx 500 g
 4-6 lightly smoked slices of bacon
 Blue or garlic cheese, approx 70 g
 2-3 dl single cream
 1 tbs soja
 salt and pepper
 4-5 toothpicks

SERVE WITH

Rice or new potatoes and vegetables of the season

Grease the food holder. Clean the pork filet of fat and cut it open down the centre. Line the split pork filet with the bacon and fill with the cheese. 'Sew' the pork filet back together using the toothpicks. Put the stuffed fillet in the food holder and place on a medium heat for about 15 minutes until the filet is turning brown. Remove the Omnia from the heat. Mix the cream and soja, pour over the fillet and return to the heat for a further 15 minutes. Cooking time will vary slightly depending on the thickness of the pork fillet.

THYME BREAD

2 ½ dl warm water, aprox 35°C
 8 g dry yeast
 2 tsp salt
 1 tsp granulated sugar
 8 dl wheat-flour
 4 g dried thyme
 sesame seeds

Mix the ingredients into a smooth dough. The dough is ready when you can stretch it without breaking; allow it to rest for 15 minutes. Shape the dough as required, e.g. plait; grease the food holder with margarine and cover with sesame seeds, breadcrumbs or similar. Place the dough in the food holder and allow to rise for 1 hr. Place the Omnia on a medium heat for 1 hr.