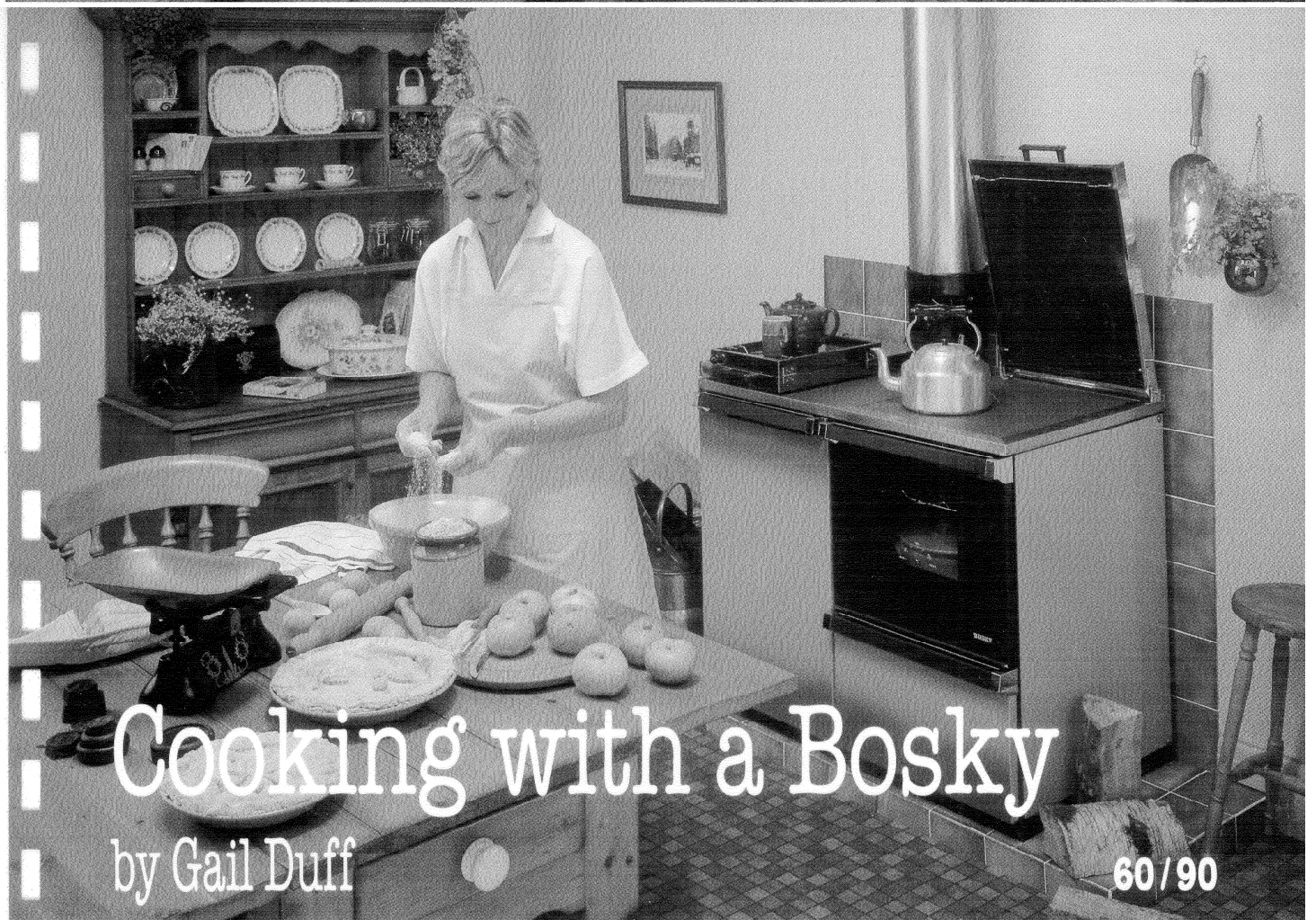


Cooking with a Bosky

by Gail Duff

60/90



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illustrated by Ann Usborne

Published by UA Engineering Limited, The North Pole, Canal Street, Sheffield
Telephone (0742) 721167 (24 hrs) & 738803

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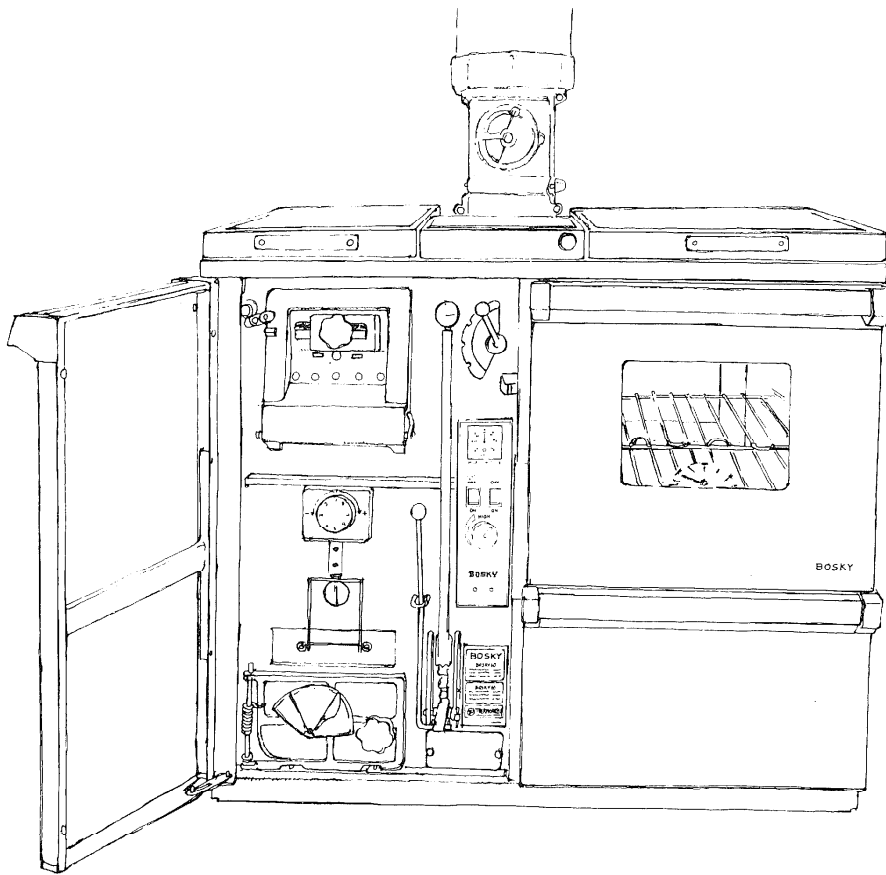
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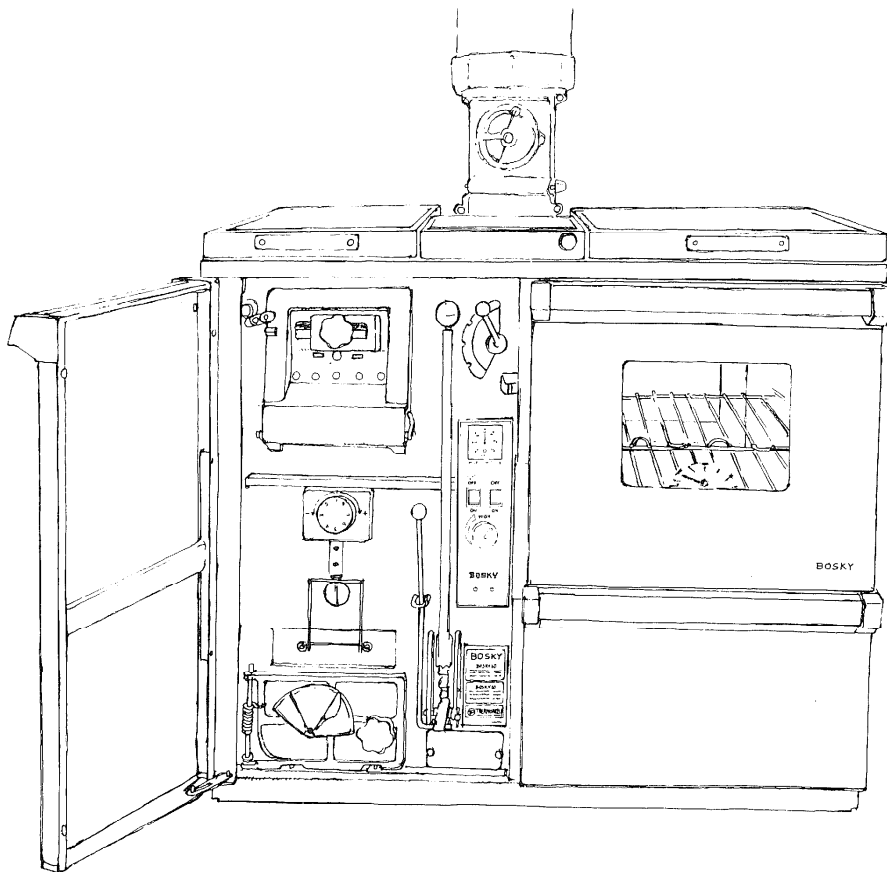
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Why I chose a BOSKY

I had been using woodburning stoves for some time and loved their gentle heat and the homely feel that they give to a room. One of my stoves had a hot-plate on which I cooked everything from stews to griddle cakes, but it was very small and I often wished that it was bigger and its heat more controllable.

My house is fairly large and an extension made it even larger and the prospect of growing oil bills was not a pleasant one, either for my pocket or the world situation. If everyone was to raise their oil consumption as I could have done, the black liquid would soon disappear rapidly.

The obvious solution was a solid fuel and wood burning cooker. We have enough coal in this country to last for four hundred years. However, there is not enough wood for everyone to burn all the time, even with careful wood husbandry; but there is enough to help eak out supplies. The BOSKY burns peat efficiently as well and disposes of your household rubbish.

Besides burning efficiently to do your heating and give you lots of hot water, the BOSKY also cooks. It has two large hot-plates, an oven big enough to take a good sized turkey plus a warming oven in which you can put anything from gently cooking rice pudding to drying socks.

The BOSKY provides a constant, gentle warmth, a constantly warm oven for slow cooking and somewhere to warm your hands and toes when you come in from the cold. All this sounds like old fashioned comfort, but I live in a modern world and cooking is my business. Temperatures for me have to be accurate so I can write recipes for other people to use. That is where the electric thermostat appealed so much. I can still write recipes and give accurate times and temperatures whilst cooking with solid fuel and wood.

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There are other conveniences about the BOSKY that should not be forgotten. I get mountains of correspondence and consequently my waste paper baskets can become very full. Instead of saving up all the rubbish for one bonfire at the end of the week, it can simply be put into the BOSKY as it arrives.

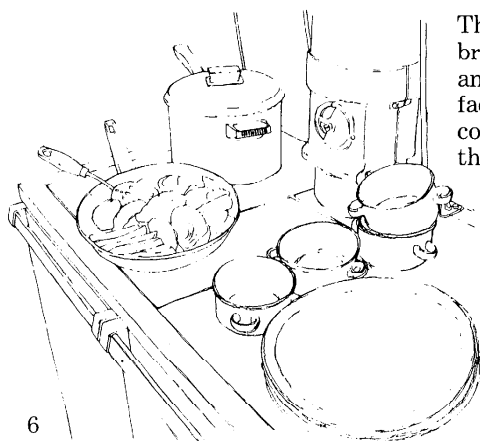
Another bonus if you burn wood is wood-ash for the compost heap. With a BOSKY, nothing need go to waste.

The first time I lit my BOSKY, within fifteen minutes hot water was being pumped around the central heating system and the hotplate was hot enough for me to boil up a large pan of home made soup. At the same time I was frying some potatoes to go with some cold meat. It was a simple meal but a memorable one, the first of many without electricity.

The next day I decided to give the BOSKY a real test and bake some bread; and because the oven was hot it encouraged me to bake cakes and a tea bread as well. The BOSKY is always like that. The sheer fact that the heat is there makes you want to make the most of it and cook more and more. The bread, needless to say, was perfect. I felt that the BOSKY had been truly christened and had become a loved member of the household.

Cooking on a BOSKY takes a little more effort at first than simply turning on a gas or electric stove. However, you will soon learn to work in partnership with your cooker; controlling fuel and draughts to produce just the right heat will become instinctive.

Whether cooking is your business or whether you simply enjoy cooking for family and friends, the BOSKY will certainly make you a more enthusiastic cook. It will probably also make you a better one.



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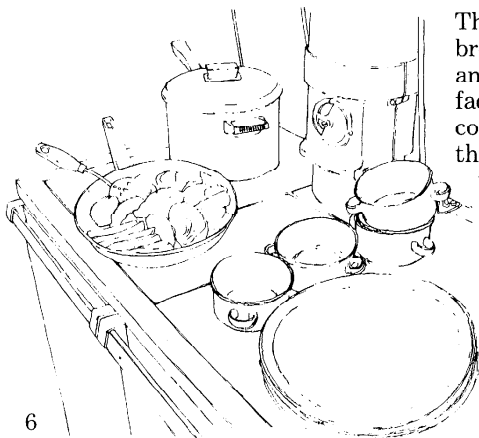
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Technical Information

There is a fully comprehensive technical leaflet supplied with the BOSKY, but here are just one or two important points.

Fuel

The BOSKY will burn coal, solid fuel, wood or peat. The best smokeless solid fuels are Home fire (which I find best of all), Coalite, Anthracite, Phurnacite and Rexco.

If you intend to use wood make sure before buying the BOSKY that you will always have a well seasoned supply.

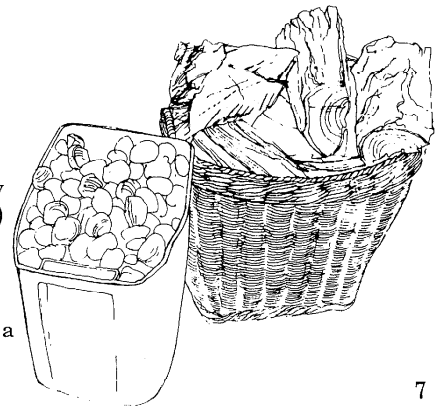
Never use unseasoned wood.

Ideally it should have been cut and stacked for two years before burning and certainly for at least twelve months.

BOSKY is a truly multifuel appliance and will be quite happy to burn any readily available fuel. Wood probably is best for cooking on the hot plate, as it gives a good flame, playing directly onto the cooking area. Generally speaking, the smaller the pieces of wood the faster and hotter they burn. Thus smaller bits of wood are ideal for fast boiling, whereas larger logs would be better for a long, medium heat session in the oven.

Solid fuels tend to give out their heat at a slower rate, but are of course perfectly adequate for top cooking, particularly when the grate is raised and very good for oven cooking. Solid fuel will usually require a little more riddling and livening up (by opening the air flap) before cooking.

The choice of fuel is up to you and will depend on what you wish to cook and at what temperature. As you will see from the section entitled 'Fuels' in your operating manual, there is no 'best fuel' only a fuel that suits you. A little experimentation may decide this for you.



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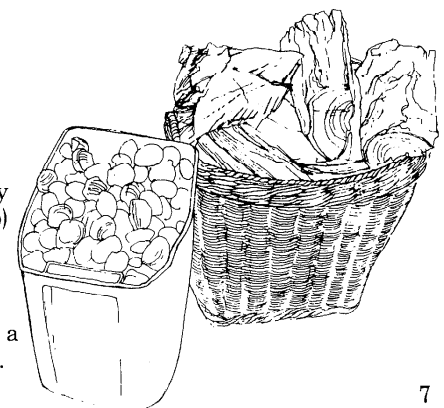
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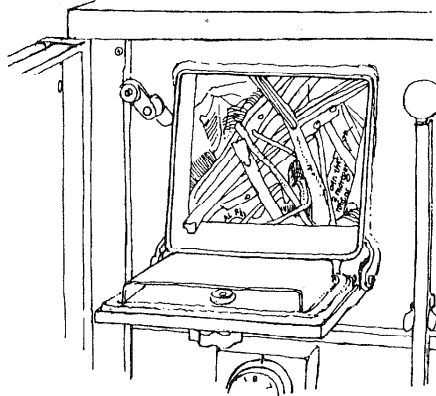


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Lighting the fire

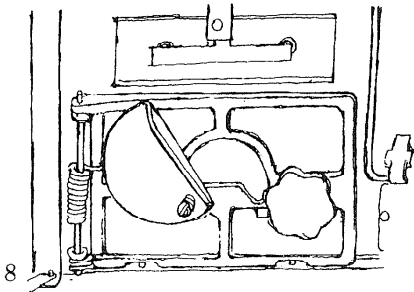
I used three types of wood burning appliances before installing the BOSKY and I have found that it is certainly the easiest of them all to light.

When lighting the fire for the first time or after cleaning out, bring up the grate to the top position, put some loosely screwed up newspaper on the firebox grate. On top of this you can put a paraffin fire-lighter, but you will probably find that you do not need it. Then pile on a small amount of kindling wood.



Open the direct draught control flap, the primary air inlet and set light to the paper through the front loading door. Once the kindling has started to burn, add a little more and close the direct draught control flap and lower the grate down to the position required.

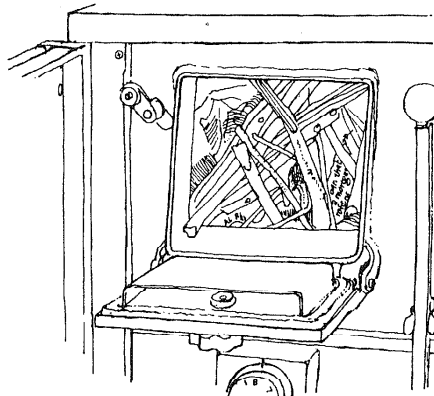
Gradually top up the firebox with solid fuel or with larger pieces of wood. Once a good heat has been produced, larger pieces of wood or more solid fuel can be added to fill the firebox. Shut the flap on the ashpan door and gradually close the primary air inlet to an almost shut position.



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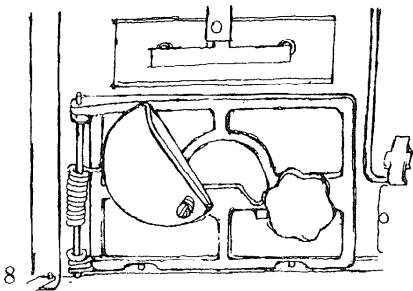
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Heating up for cooking

To heat the top plate quickly when there is a low fire, open the primary air inlet to its fullest extent and then raise the grate to its top position so the flames are as close as possible to the underside of the hot plate. Small pieces of kindling wood can be added to the fire if it is really low.

When you start to use the oven for cooking, the temperature of the hot plate will automatically increase and there will be no need to raise the grate.

To use the oven, fill the fire box about thirty minutes before you need to start cooking. Open the primary air inlet to its fullest extent and open the flap on the ashpan door. As the required temperature is reached, shut the flap on the ashpan door and if necessary close the primary air inlet slightly. Should the oven temperature become too high, close the primary air inlet down until just shut and open the oven door to let the heat escape.

Keeping the fire in overnight

Make sure that the grate is in the lowest position. Fill the fire box with solid fuel or with large pieces of horizontally placed wood or peat. Make sure that the flap on the ashpan door is closed and shut the primary air inlet to a low number. The fire should then burn gently all night.

First thing in the morning

To heat up the hot plate for cooking breakfast, open the primary air inlet to its fullest extent and open the flap on the ashpan door. Raise the grate to the top position and let the hot ashes start the bacon frying. Put in some small pieces of kindling wood or a small amount of solid fuel. Very soon the fire will be roaring away close to the hot plate and breakfast will be cooked in no time.

After breakfast, lower the grate and make up the fire to last for the rest of the morning.

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Cleaning

Before heating up the cooker for the first time, grease the hot plates lightly with a vegetable oil and do this several times more in the first week of use. This will cause a stain resistant film to build up on the plates and their over-all colour will be dark. This, I have found, is the most practical way of maintaining the surface for the serious cook.

Most oven stains can be cleaned away with a soap pad while the oven is warm. Burnt particles should be heated to a high temperature and then scraped off. If they prove to be stubborn, use a commercial oven cleaner.

Several times a week, clean the doors with a cloth dipped in warm water. This will keep a smart external appearance.

Cookware

For use on the hot plates, choose heavy, flat bottomed saucepans and casseroles. Uncoated or enamelled cast iron, stainless steel and heavy enamel are the best materials.

There is more chance of saucepan handles becoming hot on the BOSKY hot plate than on a conventional stove because the heating area is so large. Therefore always choose pans **with handles that will not melt, burn or become loose over the heat, and always remember to use an oven glove when taking hold of them.**

After service care

YOU ARE NEVER ALONE WITH A BOSKY.

Should you follow these instructions and those in the technical leaflet correctly, you should have no trouble in using your BOSKY as a central heating boiler and cooker. However, should you need advice or service assistance, the staff of UA ENGINEERING Ltd. and its distributors are always most willing to help.



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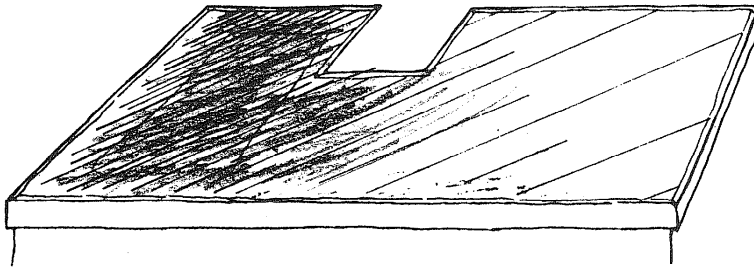
Cooking with the BOSKY

Hot-plate Cooking

The hot-plate heat of the BOSKY is at your service at all times of the day (or night for that matter!) without you having to turn a knob or flick a switch. The heat is efficient but gentle. Foods will cook quickly and well, but I never had a pan boil over or any dish dry or burn.

The area on which you can cook is large compared with the four small rings on an ordinary cooker. I have been known to have six pans just on the left hand side at one time.

Another superb feature is that the heat is not uniform over the surface of the plate so you can have two pans side-by-side, with the contents of one boiling and those of another simmering gently.



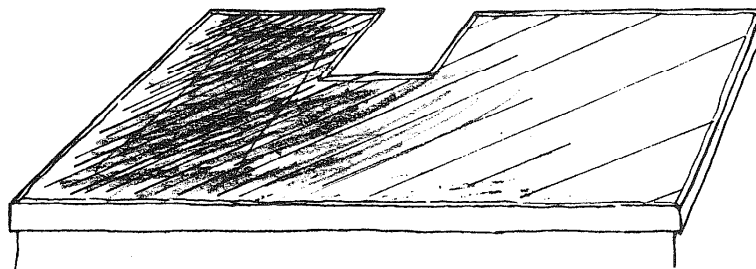
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Starting at breakfast time, if you follow the instructions in the technical section, you will soon have a plate hot enough to fry your eggs and bacon. Use a frying pan if you would rather, or use the plate like a griddle and put the food directly onto it.

To make toast, either make it directly on the oven plate or over a wire rack, or lift or remove the front top loading plate. Lay a wire rack across the opening and toast will brown on this in no time.

After you have cooked breakfast, lowered the grate and made up the fire for the day, the BOSKY will require no more attention unless you want to cook, boost the heat or want an extra bath.

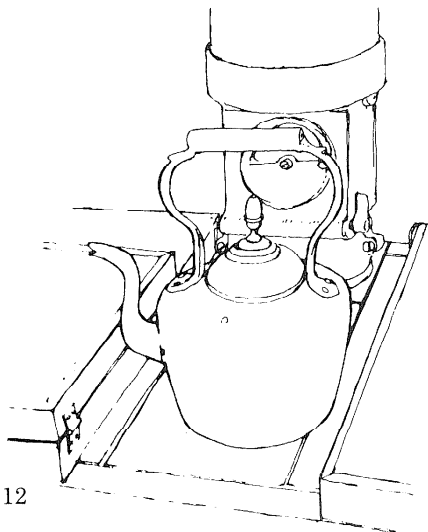
The BOSKY also provides a place for the kettle to sing all day, for coffee or tea or for hot water to cook your vegetables.

During the day, the kettle can be left simmering on the small centre hot-plate to be brought to the boil in a matter of seconds by moving it to one of the left-hand hot-plates, and if in a hurry, raising the fire. This applies not only to kettles, of course, but also to pans of soup, stocks, pots of coffee and the like.

For cooking lunch or an evening meal on the hot-plate, make sure about half an hour before you want to start that you have boosted the fire to get the top-plates really hot.

The BOSKY is perfect for stove top cooking because you can change the heat under a pan very quickly. An annoying factor when cooking on an electric stove is that after browning meat for a casserole or a braised dish you can never lower the heat quickly enough to gently soften the onions. With a gas stove, if you lower the heat too far, the flame can go out completely. With a BOSKY, you simply move the pan. The hottest part of the BOSKY hot-plate tends to be directly over the firebox and to the front right.

There is always enough room for you to be able to move the pans around so each gets the right kind of heat. You can bring a pan of



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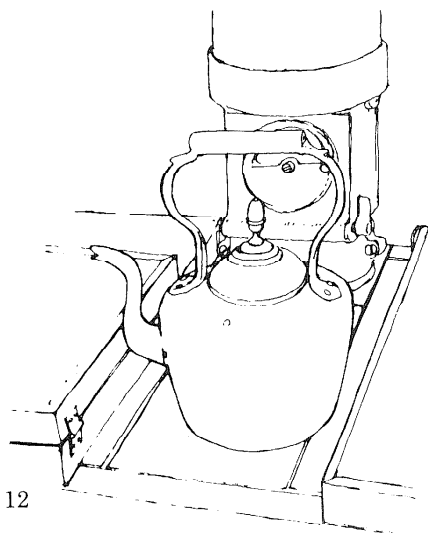
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water to the boil on the hottest part of the hot plate, put in the vegetables, bring them back to the boil and then move the pan to a cooler part for them to simmer. Then you can use the hot-plate for frying meat and after you have added the flavourings and the liquid you can move that pan to a cooler spot while you make use of the hottest part for frying the potatoes.

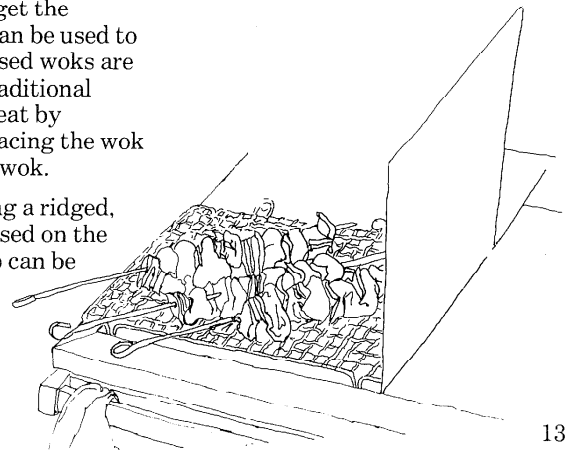
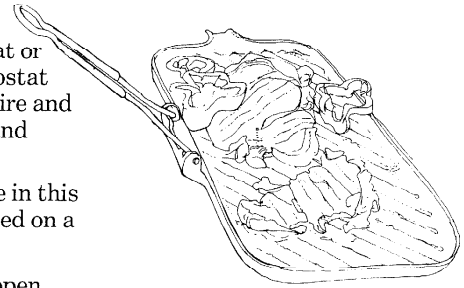
When making a pot roast or a slow cooking stew, sear the meat or bring the stew to the boil with the grate raised and the thermostat and the ashpan flap open. Then lower the grate, make up the fire and keep the pot simmering for as long as you like, checking flue and draughts from time to time.

Cheaper meat can be made deliciously tender and flavoursome in this way. It will stay moist and will shrink far less than when cooked on a conventional stove.

For stir-frying, bring the grate up to its highest position and open both the primary air inlet and the ashpan door flap to get the maximum heat possible. A large cast iron frying pan can be used to stir-fry, placed on the hottest part of the plate. Flat based woks are also efficient if placed on the plate; but if you have a traditional round based wok you may find that you get the best heat by removing the front top loading plate completely and placing the wok over the opening. This in fact is how the Chinese use a wok.

If you enjoy grilled meats it would be well worth buying a ridged, cast iron grill (sometimes called a broiler) that can be used on the hot-plate. It works very efficiently and once heated up can be placed on a lower temperature and will still retain its heat. The meat will be attractively seared in lines.

For cooking kebabs, proceed as for making toast. Remove the front top loading plate. Set a wire rack over the opening and cook the kebabs on that.



13

water to the boil on the hottest part of the hot plate, put in the vegetables, bring them back to the boil and then move the pan to a cooler part for them to simmer. Then you can use the hot-plate for frying meat and after you have added the flavourings and the liquid you can move that pan to a cooler spot while you make use of the hottest part for frying the potatoes.

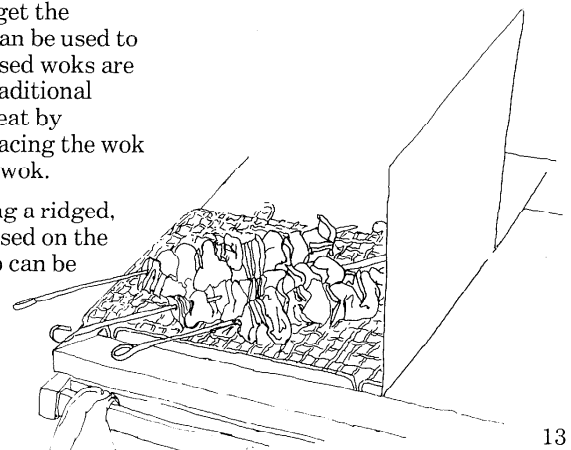
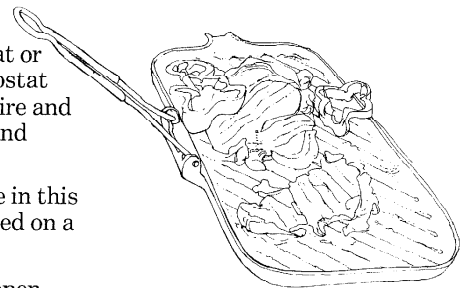
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13

Hot Plate Recipes

Spiced Pot-Roast of Beef

Cheaper cuts of meat are deliciously tender and full of flavour when pot-roasted on the hot-plate. Brisket of beef is a perfect cut for this method.

2½ lb/1.25 kg rolled brisket of beef
2 tbs/30 ml olive oil
2 medium onions—thinly sliced
1 garlic clove, finely chopped
6 allspice berries, crushed
6 juniper berries, crushed
6 black peppercorns, crushed
pinch salt
6 tbs/90 ml barley wine or bitter beer
bouquet garni
1 bayleaf

If the level of the fire is low, raise the grate to the highest position or at least to the centre position so the flames are as near the hot-plate as possible. Open the primary air inlet to its fullest extent.

Heat the oil in a flameproof casserole on the hottest part of the hot-plate. When it is hot, put in the beef and brown it all over. Put in the onions, garlic, spices and salt. Turn the beef to get it coated with the spices. Pour the barley wine over the beef and tuck in the bouquet garni and bayleaf. Cover the casserole.

Lower the fire box and make up the fire. Let the beef cook gently for about 5 hours, turning it several times so it cooks evenly. After about half an hour, check the heat and close the primary air inlet a little if necessary.

Serves 4.



14

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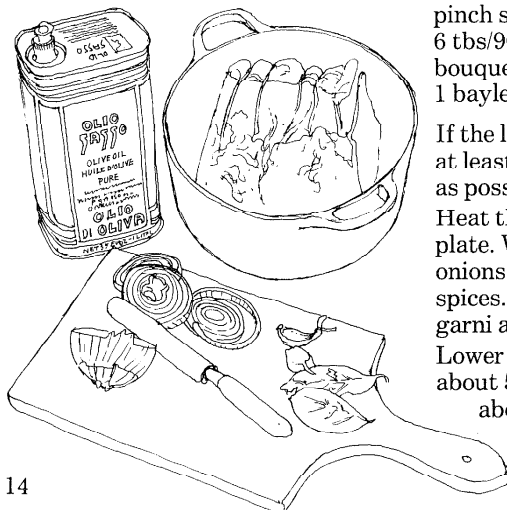
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14

Veal Escallopes with Mushrooms

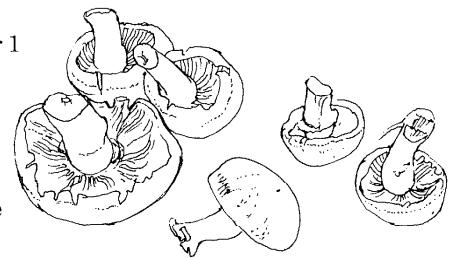
Sautee dishes are easy on the BOSKY as you can change the heat quickly by moving the pan.

4 veal escallopes
1 oz/25 g seasoned wholemeal flour
8 oz/225 g mushrooms
½ oz/15 g butter
4 tbs/60 ml olive oil
1 large onion—finely chopped
1 garlic clove—finely chopped
3½ fl oz/100 ml stock
3½ fl oz/100 ml dry white wine
pinch cayenne pepper
1 tbs/15 ml chopped marjoram
1 tbs/15 ml chopped thyme

Open the primary air inlet and the flap on the ashpan door to make the hot plate really hot. Raise the grate if necessary. Beat out the veal escallopes and coat them in the seasoned flour. Finely chop the mushrooms. Heat the butter and oil in a large frying pan on the hottest part of the hot-plate. When the butter has melted, put in the escallopes and brown them on both sides. Remove them. Move the pan back on the hot plate to a cooler temperature. Put in the onions and soften them. Mix in the mushrooms and cook them, stirring for 1 minute.

Move the pan forward again and pour in the stock and wine. Bring them to the boil. Season with cayenne pepper and add the herbs. Replace the veal. Move the pan back again and simmer the veal gently, uncovered, for 10 minutes, by which time there should only be a small amount of sauce in the pan. Serve the escallopes with the mushrooms spooned over them.

Serves 4.



15

Veal Escallopes with Mushrooms

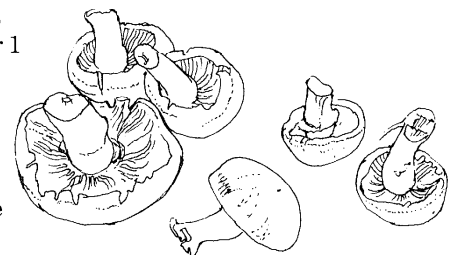
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15

Irish Stew

Irish stew can simmer away by itself for ages on a BOSKY. The longer it cooks, the better it becomes.

1½ lb/675 g lean lamb (shoulder or leg) cut into ¾"/2cm cubes
2 lb/900 g potatoes, cut into ¾"/2 cm cubes
1 lb/450 g carrots, thinly sliced
6 celery sticks, cut in ¾"/2 cm pieces
2 large onions, quartered and thinly sliced
6 tsp/90 ml chopped parsley
sea salt and freshly ground black pepper
2 pints/1.15 l. stock
cold water

In a large casserole, mix together the lamb, vegetables and parsley. Season them well. Pour in the stock and just enough water for the total liquid to cover the lamb and vegetables.

Open the primary air inlet on the BOSKY to its fullest extent and, if necessary, raise the grate. Set the casserole on the back of the hot plate and bring the contents gradually to the boil. When the stew is bubbling away nicely, close the air inlet to about 6/7 and lower the fire box. Let the stew simmer away for about 2 hours. There is no danger of it over cooking or drying and you can easily leave it for 3-4 hours if you have to go out.

Serve the stew in big deep bowls and eat it with spoons. If there is any liquid left over, add it to the stock pot or use it for a soup on another occasion.

Serves 4.



Stir Fried Beef and Water Chestnuts

1½ lb/675 g rump steak
8 oz tin/225 g tin of water chestnuts
3 tbs/45ml oil
1 garlic clove—finely chopped
1 large onion—finely chopped

16

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1½ lb/675 g rump steak
8 oz tin/225 g tin of water chestnuts
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1 garlic clove—finely chopped
1 large onion—finely chopped

16

1 tsp/5 ml ground ginger
¼ tsp/1.5 ml cayenne pepper
2 tbs/30 ml soy sauce

About half an hour before you start to cook, raise the grate to the highest position, fully open the primary air inlet and open the flap on the ashpan door.

Cut the steak into small, thin slivers. Drain and thinly slice the water chestnuts. Put the oil and garlic into either a large, heavy frying pan or into a wok. If you are using a frying pan, set it on the hottest part of the hot-plate. If you are using a wok, you can remove the front top loading plate and balance the wok inside. When the garlic is sizzling, put in the meat and onions and keep stirring them around until the meat has browned. Mix in the water chestnuts, ginger and cayenne pepper and keep stirring for 1 minute. Pour in the soy sauce. Let it bubble and take the pan from the heat. Serves 4.



Buttered Cabbage and Celery with Nutmeg

These vegetables cook naturally in their own juices, retaining all the flavour and goodness.

1 medium sized green cabbage
4 large sticks celery
1 garlic clove, finely chopped
6 black peppercorns
pinch of sea salt
1 oz/25 g butter
¼ nutmeg, grated

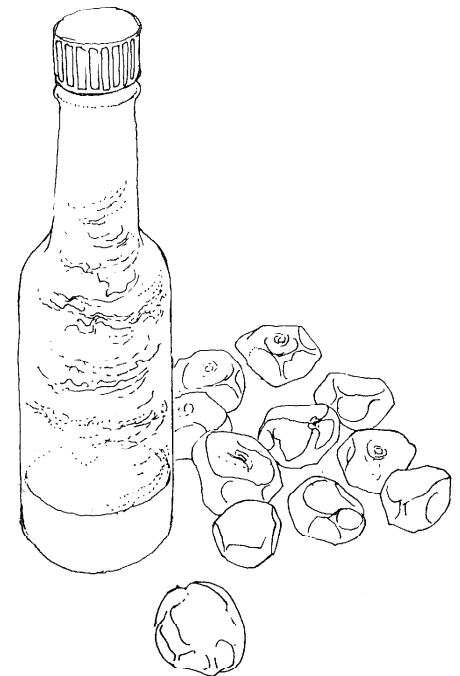
Finely shred the cabbage and celery. Crush the garlic, peppercorns and salt together. Put the butter into a saucepan and set it on the hottest part of the hot-plate. When it sizzles, mix in the cabbage and celery. Grate in the nutmeg and add the crushed garlic, pepper and salt. Mix everything well, cover the pan and move it onto a low heat for 12 minutes. Serves 4.

17

1 tsp/5 ml ground ginger
¼ tsp/1.5 ml cayenne pepper
2 tbs/30 ml soy sauce

About half an hour before you start to cook, raise the grate to the highest position, fully open the primary air inlet and open the flap on the ashpan door.

Cut the steak into small, thin slivers. Drain and thinly slice the water chestnuts. Put the oil and garlic into either a large, heavy frying pan or into a wok. If you are using a frying pan, set it on the hottest part of the hot-plate. If you are using a wok, you can remove the front top loading plate and balance the wok inside. When the garlic is sizzling, put in the meat and onions and keep stirring them around until the meat has browned. Mix in the water chestnuts, ginger and cayenne pepper and keep stirring for 1 minute. Pour in the soy sauce. Let it bubble and take the pan from the heat. Serves 4.



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17

Pineapple Flamed in Rum

Flambéed fruit needs a quick fire for a short time.

- 1 large pineapple
- 1½ oz/40 g butter
- 4 fl oz/125 ml dark rum
- 4 tbs/60 ml barbados sugar

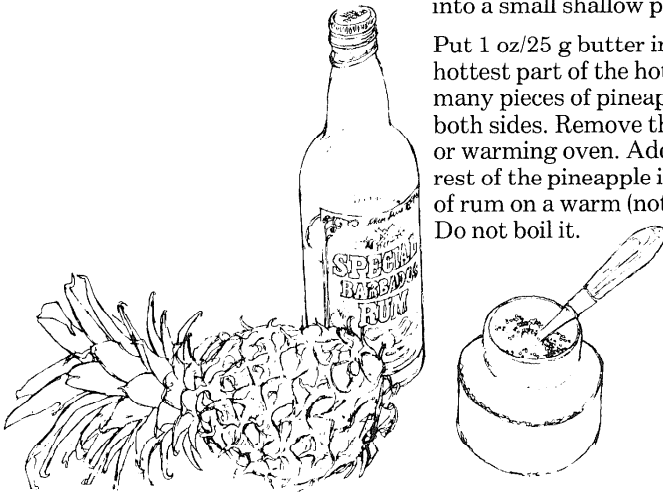
Before you start, make sure that there is a good, glowing fire in the BOSKY. Raise the grate to its highest position and open the primary air inlet to its fullest extent. If necessary, open the flap on the ashpan door. This will get the plate really hot before you start cooking.

Cut the husk and leaves from the pineapple and cut the flesh in to eight slices. Stamp out the cores with an apple corer. Pour the rum into a small shallow pan.

Put 1 oz/25 g butter into a heavy frying pan and melt it on the hottest part of the hot plate. When the foam subsides, put in as many pieces of pineapple as will go in in one layer. Brown them on both sides. Remove them to a plate and keep warm either in the oven or warming oven. Add the remaining butter to the pan and cook the rest of the pineapple in the same way. While it is cooking, set the pan of rum on a warm (not hot) part of the hot-plate to warm it slightly. Do not boil it.

Return all the pineapple slices to the frying pan and sprinkle them with the sugar. Set fire to the rum. Stand well back and pour it over the pineapple. As soon as the flame dies, lift the pineapple onto a warm serving dish.

Serves 4.



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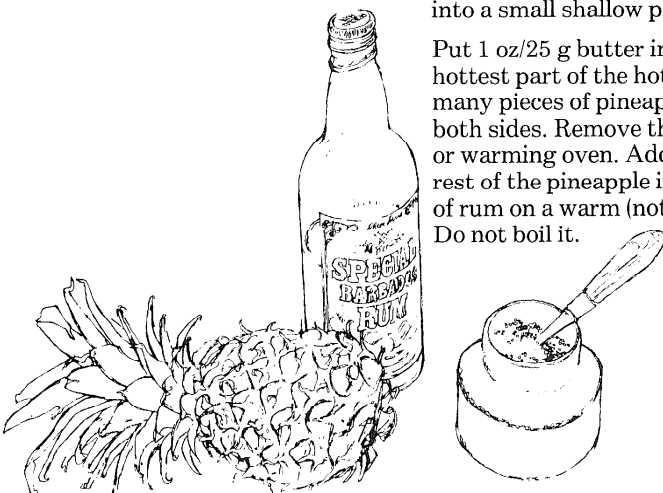
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18

Right Hand Hot Plate

Once you have heated up the oven, the whole right hand side of the hot plate will become hot, thus giving you an enormous cooking area. While the meat cooks in the oven you will be able to cook all the vegetables, keep them warm, cook the sweet and perhaps even mull some wine at the same time.

Catering for six people is easy and catering for ten or more no problem.

This illustration shows you the distribution of heat on both top plates of the oven and it easily demonstrates the cooking scope and versatility.



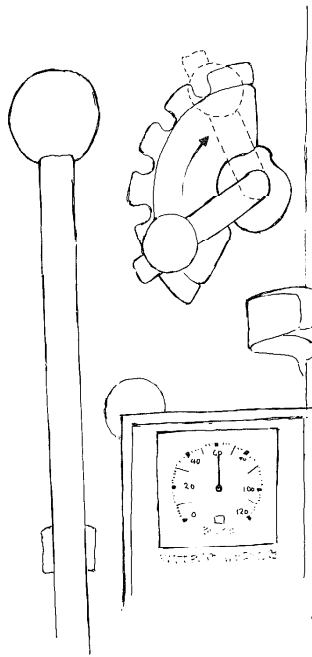
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Cooking in the Oven

Using the BOSKY oven requires just a little preparation and forethought, but once you are used to this you will probably never want to use a conventional oven again.

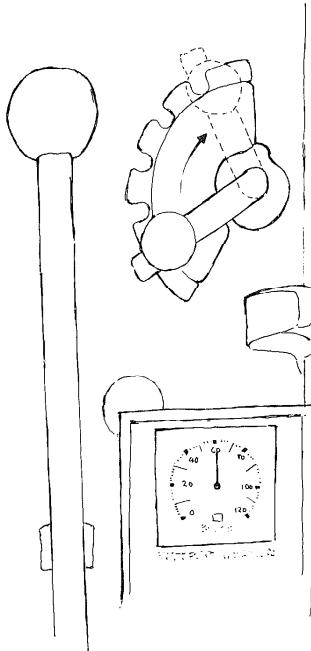
As the BOSKY is primarily a central heating cooker, for the time that you do not wish to use the oven you can keep the oven heat flap up, thus directing all the heat into the water jacket which surrounds the fire box, preventing waste of fuel and energy.

About 30 minutes before you wish to use the oven, make up the fire and open both the primary air inlet and the flap on the ashpan door.

Bring the oven heat flap control lever down to its lowest position, past the bottom notch. If you only need a fairly low heat in the oven, you can fix the lever in one of the three intermediate notches. Experiment to find out the temperature that each notch will give.

You will see the needle on the temperature gauge start to creep up. It will probably move quite slowly at first and then faster as the heat builds up. A fairly high heat can be quite easily maintained for two hours or more, enabling you to roast a joint of meat perfectly or have a batch baking session. I find that as soon as the oven starts to heat, it compels me to put something into it so as not to waste a minute of its high temperature. Even if I had only intended to make one cake, there are generally several cakes, some bread and perhaps a pie on the table by the time the oven has cooled down again.

While you are cooking, keep an eye on the fire and the temperature. With practice you will eventually be able to juggle instinctively with draughts and fuel to make the heat obey you. When cooking in the oven the temperature gradient from the top to the bottom of the oven is very even due to the fact that heat from the flue gases heat the base of the oven as well as the top. There is a little variation from front to back, the rear of the unit tending to be slightly hotter. You may like to try turning the food round during the cooking, if you are



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using the full depth of the oven. You may wish to experiment by baking a tray of biscuits. Those which brown first will be in the hottest part.

The very bottom of the oven tends to be cooler than the upper part so it is best if you want the things below to cook at the same temperature as those above not to put them directly onto the oven floor. Take the rack from the warming oven and use that instead, and remember to swop the positions of the pans half way through cooking.

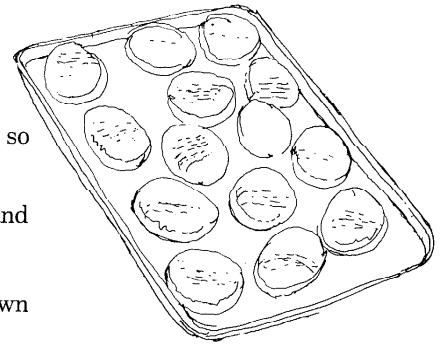
When it comes to baking, you might find that cakes and bread brown more quickly in a BOSKY than in a conventional oven. Cover the tops of large cakes with a double layer of damp greaseproof paper to prevent them from over browning.

Small cakes both brown and cook through more quickly in a BOSKY. Test them about five minutes before you think they ought to be done and if they are ready, remove them from the oven.

When you are making bread, take the loaves out of the bread tins about 15 minutes before the end of the cooking time and turn them on their sides. This way you get a light crust on the bottom as well as on top. If the heat rises while you are cooking cakes or bread try to lower it. **If it drops, it tends not to matter!** You simply have to leave things in the oven for longer. They never seem to sink or spoil. However, try to make sure that the oven temperature does not drop too fast.

A basic plan for batch baking could be as follows:

Make some small cakes as the oven is beginning to heat up. Choux pastry likes a rising heat so put it in as the oven is coming up to the high temperature that is required for bread. Try to bake bread on a constant heat. After this you can bake small cakes and finally meringues as the temperature becomes very low again.



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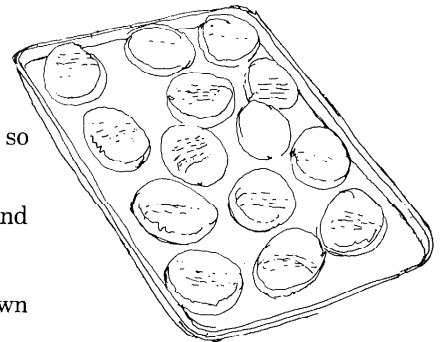
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Unlike cakes, meat takes longer to cook in a BOSKY oven, but whereas in a conventional oven it would become dry, in a BOSKY it will stay moist and never shrinks. Even if you leave the meat in the oven for a while after it is done it will never spoil. After the meat has cooked keep it warm in the warming oven while you boost the oven to crisp up the potatoes or make Yorkshire pudding. I have cooked in many different types of oven and can say with all certainty that BOSKY roasted meat is the best that I have ever tasted.

If you have a BOSKY oven, there is no need to buy a slow cooker. Start a casserole on top of the stove in the morning and then put it into the oven for the rest of the day. Have the oven flap lever on the centre notch and keep the draughts low and the fuel burning gently. By evening, the meal should be cooked. If it is not quite ready, put it on the hot plate for about 20 minutes to finish it off.

When the oven flap is up, the oven will be constantly warm. For some tips on its use see Notes for The Cook.

Using the Warming Oven

When the top oven is hot, the bottom oven will be just warm. Use it not only to warm plates and to keep meat warm, but for proving bread or even for cooking a rice pudding. If you are cooking in the top oven and need a high heat for cooking, transfer whatever you are doing to the warming oven until you have finished cooking and the top oven has cooled down again.

Using the Electric Thermostat

The electric thermostat is unique to the BOSKY. It is a means of both getting you out of trouble should a disaster happen and of seeing to the cooking while you go out.

The idea is that as soon as the temperature of the oven drops below that which is set on the thermostat, the electric will cut in to save the day.



Unlike cakes, meat takes longer to cook in a BOSKY oven, but whereas in a conventional oven it would become dry, in a BOSKY it will stay moist and never shrinks. Even if you leave the meat in the oven for a while after it is done it will never spoil. After the meat has cooked keep it warm in the warming oven while you boost the oven to crisp up the potatoes or make Yorkshire pudding. I have cooked in many different types of oven and can say with all certainty that BOSKY roasted meat is the best that I have ever tasted.

If you have a BOSKY oven, there is no need to buy a slow cooker. Start a casserole on top of the stove in the morning and then put it into the oven for the rest of the day. Have the oven flap lever on the centre notch and keep the draughts low and the fuel burning gently. By evening, the meal should be cooked. If it is not quite ready, put it on the hot plate for about 20 minutes to finish it off.

When the oven flap is up, the oven will be constantly warm. For some tips on its use see Notes for The Cook.

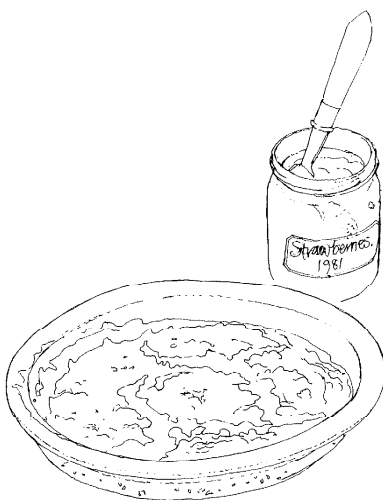
Using the Warming Oven

When the top oven is hot, the bottom oven will be just warm. Use it not only to warm plates and to keep meat warm, but for proving bread or even for cooking a rice pudding. If you are cooking in the top oven and need a high heat for cooking, transfer whatever you are doing to the warming oven until you have finished cooking and the top oven has cooled down again.

Using the Electric Thermostat

The electric thermostat is unique to the BOSKY. It is a means of both getting you out of trouble should a disaster happen and of seeing to the cooking while you go out.

The idea is that as soon as the temperature of the oven drops below that which is set on the thermostat, the electric will cut in to save the day.



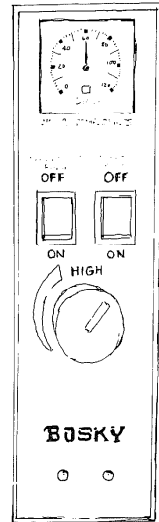
However, it is best not to rely on it all the time for you will not be taking full advantage of the very special gentle heat that solid fuel or wood cooking alone can give. If you are in the house throughout the time that your dinner is cooking, you should not really need the electric thermostat as you will be able to make up the fire and open the doors and flap sufficiently to be able to bring the heat back quickly.

If you can't, set the heat on the thermostat to that required and flick the switch. The oven will heat rapidly and should be up to temperature again within five minutes.

Having said that, I must say that when you are going out and need your dinner to cook at a constant temperature, the thermostat is a real god-send. Boost the oven and just before you go out, flick the switch.

It is important to remember that if the heat in the oven is coming from the electric element, the thermometer on the oven door will give you a temperature reading for the middle portion of the oven. A top shelf position will give a higher heat but this should not be different enough from the middle of the oven to be of any consequence, assuming that the oven has been given sufficient time to heat up evenly. The base plate of the oven should not normally be used as it is somewhat cooler than the rest of the oven. Use the lowest shelf rack instead. There is a little difference between the rear and front of the oven and it may be as well to make sure to use the central area of the oven whenever possible. If the food to be cooked extends to the back, you may like to try turning the food in mid-cooking to ensure that all of it receives the same amount of cooking.

The electric element will work for you, if necessary, in your absence.



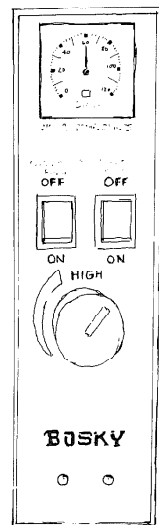
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Oven Recipes

Roast Pork with Sage and Apple Topping

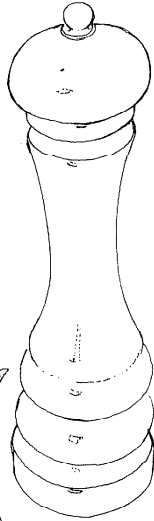
Slow roasting makes a cheap cut of pork deliciously tender. The gentle heat also keeps it succulent and flavoursome.

- 1 joint lean end of the belly of pork weighing about 2½ lb/1.125 kg
- 1 medium sized cooking apple
- 1 small onion
- ¼ pint/150 ml stock
- 2 oz/50 g wholemeal breadcrumbs
- 6 sage leaves, chopped
- 2 tsp/10 ml mustard powder
- sea salt and freshly ground black pepper
- ¼ pint/150 ml stock
- ¼ pint/150 ml dry cider

About half an hour before you want to start cooking, boost the oven to get the heat to around 180°C.

Cut the rind from the pork. Peel, core and finely chop the apple. Finely chop the onion and put it into a saucepan with the stock. Bring it to the boil and simmer for 5 minutes. Take the pan from the heat and mix in the breadcrumbs, apple, sage, mustard powder and seasoning. Press the mixture evenly on top of the pork. Put the pork on a rack in a roasting tin and put it in the oven for 3 hours so the top goes a crispy brown.

Remove the pork and keep it warm in the warming oven. Pour off all the excess fat from the pan and set the pan on the hottest part of the hot plate. Pour in the stock and cider and bring them to the boil, stirring in any residue from the bottom of the pan. Simmer them for 2 minutes. Carve the pork into fairly thick slices, making sure each person receives a fair share of the topping. Serve the cider gravy separately. Serves 4.



Oven Recipes

Roast Pork with Sage and Apple Topping

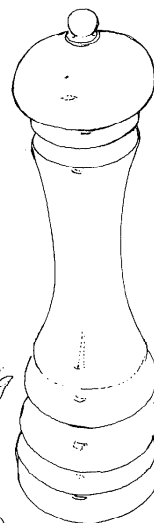
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Tandoori Chicken

Although this recipe should ideally be cooked for a relatively short time in a hot oven, I once put the dish into the oven while it was at a low temperature and left it for four hours while I went out. When I came in, I opened all the flaps to boost the oven as quickly as possible. The chicken was completely cooked in another 30 minutes.

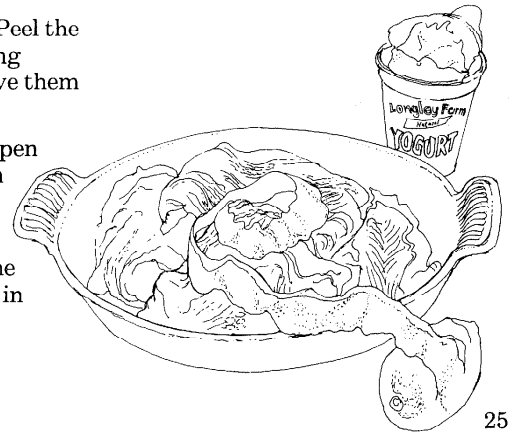
One 3½ lb/1½ kg roasting chicken
¼ pint/150 ml natural yogurt
½ oz/15 g fresh ginger root
grated rind and juice 1 lemon
1 tsp/5 ml garam masala (available from delicatessens and Asian shops)
¼ tsp/1.5 ml cayenne pepper
1 garlic clove, crushed with a pinch of sea salt

Joint the chicken. Put the yogurt into a flat ovenproof dish. Peel the ginger root and grate it into the yoghurt. Mix in the remaining ingredients. Turn the chicken pieces in the marinade and leave them for at least four hours at room temperature.

About 45 minutes before you are ready to cook the chicken open the primary air inlet to its fullest extent and open the flap on the ash pan door. The oven should heat to 200-250°C.

Put the dish of chicken into the hot oven for 45 minutes so the pieces are golden brown and there is very little moisture left in the dish.

Serves 4.



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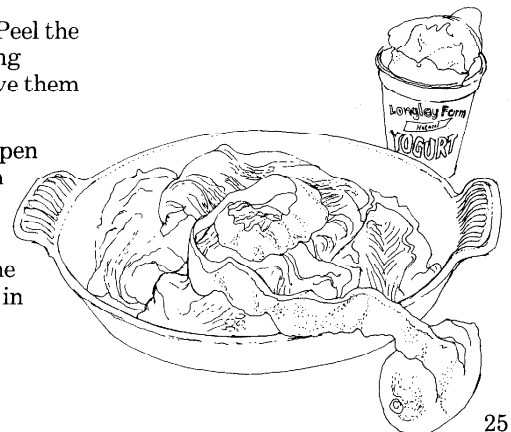
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Bacon, Mushroom and Cheese Pie

This savoury pie makes an economical main meal when served hot. It is also good taken cold in a lunch box.

Filling:

4 oz/125 g streaky bacon
4 oz/125 g open mushrooms
½ oz/15 g butter
1 medium onion, finely chopped
3 eggs
6 sage leaves, chopped
freshly ground black pepper
3 oz/90 g grated farmhouse cheddar cheese

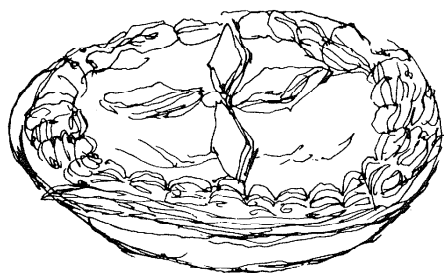
Shortcrust pastry made with:
8 oz/225 g wholemeal flour
beaten egg or milk to glaze

Heat the oven to 200°C. Finely chop the bacon and thinly slice the mushrooms. Put the butter in a frying pan and melt it on the front of the hot plate where the heat is gentle. Mix in the bacon, mushrooms and onion and cook them until the onion is soft. Take them from the heat and cool them.

Beat the eggs with the sage and pepper. Mix in the cheese and then the bacon and mushroom mixture.

Roll out about two thirds of the pastry and line an 8 inch/20 cm diameter flan tin. Pour in the filling and cover with the remaining pastry. Seal the edges of the pie and brush the top with beaten egg or milk. Bake the pie for 40 minutes, so the top is golden brown.

Serves 4.



Pork Pâté

The low heat of the BOSKY oven cooks and firms a rich pork pâté.

8 oz/225 g belly pork rashers
6 oz/175 g pork liver

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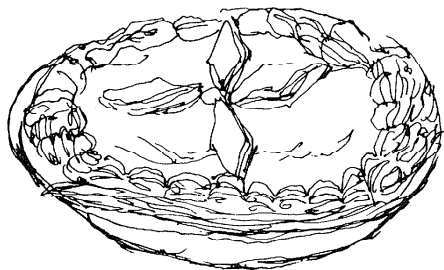
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4 oz/125 g streaky bacon
2 garlic cloves, finely chopped
1 tsp/5 ml dried sage
2 tbs/30 ml brandy
2 tbs/30 ml double cream
freshly ground black pepper

Heat oven to 150°C. Cut the rind from the pork and bacon. Mince the meats with the liver, pushing in pieces of garlic at equal intervals. Mix in the sage. Add each tablespoon/15 ml brandy separately, mixing it in well. Do the same with the cream. Season with pepper.

Grease a 1½ lb/675 g terrine or loaf tin with lard. Press in the mixture. Stand the terrine in a pan of water and put it, uncovered, into the oven for 2½ hours. Remove the terrine from the tin and let the pâté cool completely before turning and slicing.

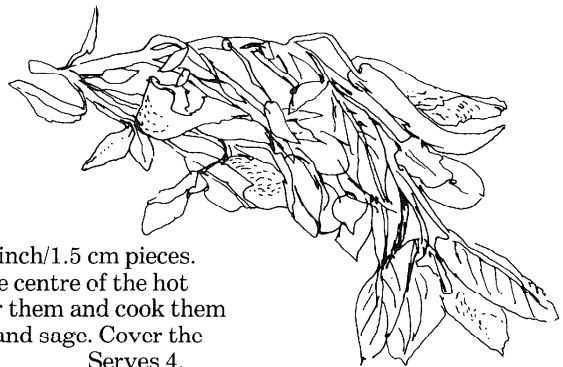
Serves 4—as a main meal Serves 8—as a first course

Braised Celery and Sage

1 head celery
1 oz/25 g butter
1 large onion, thinly sliced
1 garlic clove, finely chopped
¼ pint/150 ml stock
little freshly grated nutmeg
freshly ground black pepper
8 sage leaves, chopped

Heat the oven to 180°C. Cut the celery into ½ inch/1.5 cm pieces. Melt the butter in a flameproof casserole on the centre of the hot plate. Stir in the celery, onion and garlic. Cover them and cook them for 5 minutes. Add the stock, nutmeg, pepper and sage. Cover the casserole and put it into the oven for 1 hour.

Serves 4.



27

4 oz/125 g streaky bacon
2 garlic cloves, finely chopped
1 tsp/5 ml dried sage
2 tbs/30 ml brandy
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freshly ground black pepper

Heat oven to 150°C. Cut the rind from the pork and bacon. Mince the meats with the liver, pushing in pieces of garlic at equal intervals. Mix in the sage. Add each tablespoon/15 ml brandy separately, mixing it in well. Do the same with the cream. Season with pepper.

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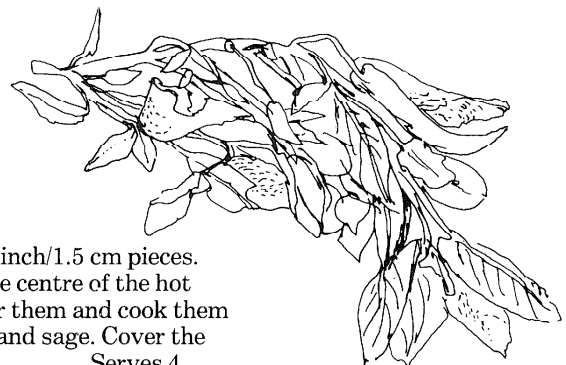
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27

Beef and Lentil Stew

If the oven has not heated up to 180°C by the time the stew has been brought to the boil, cover the stew and leave it to cook gently on the hotplate until the temperature is right. When the temperature is up, put the stew into the oven for 2 hours less the time it has been simmering.

You can also leave the stew in a low oven for up to 6 hours and finish it off either by boosting the oven or by putting the casserole on the hot plate.

2 lb/900 g stewing beef
1 lb/450 g tomatoes
2 large onions
4 oz/125 g split red lentils
¾ pint/425 ml stock
freshly ground black pepper
¼ tsp/1.5 ml ground cloves
¼ tsp/1.5 ml ground allspice
1 garlic clove, crushed with a pinch of sea salt
2 tbs/30 ml tomato purée
bouquet garni

Boost the oven to 180°C. Cut the beef into 1 inch/2.5 cm chunks. Scald, skin and chop the tomatoes. Thinly slice the onions. Mix these with all the rest of the ingredients in a flameproof casserole and bring them to the boil on the hottest part of the hot plate. Cover the casserole and put it into the oven for 2 hours. Remove the bouquet garni before serving.

Serves 4.

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Mackerel Soused with Beer and Parsley

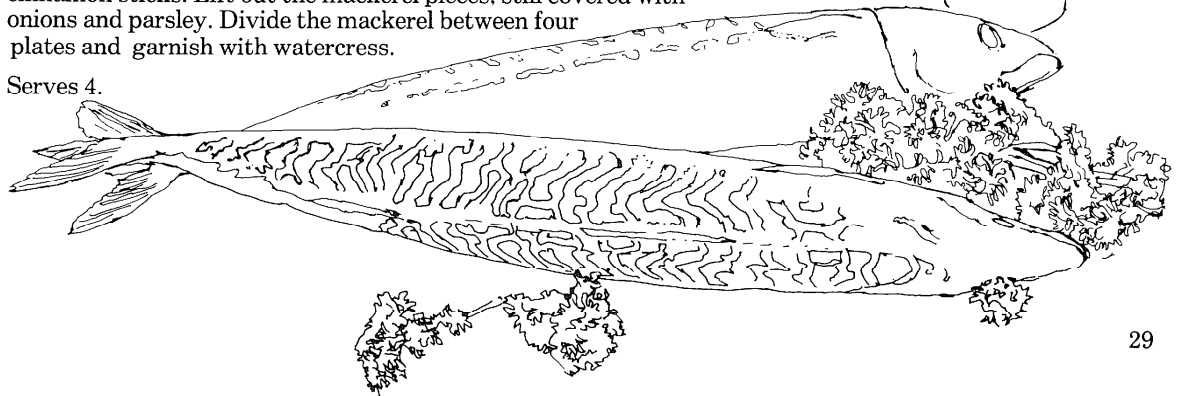
Soused mackerel is never spoiled if the heat of the oven drops. At 150°C it will need 1½ hours cooking, at 100°C it will need 2 hours.

4 medium sized mackerel
2 2 inch/5 cm pieces cinnamon sticks
1 medium onion, thinly sliced
4 tbs/60 ml chopped parsley
¼ pint/150 ml bitter beer
2 tbs/30 ml malt vinegar
watercress for serving

Heat the oven to 175°C. Fillet the mackerel and cut each fillet crossways into three even sized pieces. Lay them in a large, flat ovenproof dish, overlapping as little as possible. Tuck in the cinnamon stick, one at either end. Scatter the onion and parsley over the top. Pour in the beer and vinegar and cover the dish with foil. Put it into the oven for 1 hour.

Take the dish from the oven and leave it covered. Let the mackerel cool completely, preferably overnight. For serving, discard the cinnamon sticks. Lift out the mackerel pieces, still covered with onions and parsley. Divide the mackerel between four plates and garnish with watercress.

Serves 4.



29

Mackerel Soused with Beer and Parsley

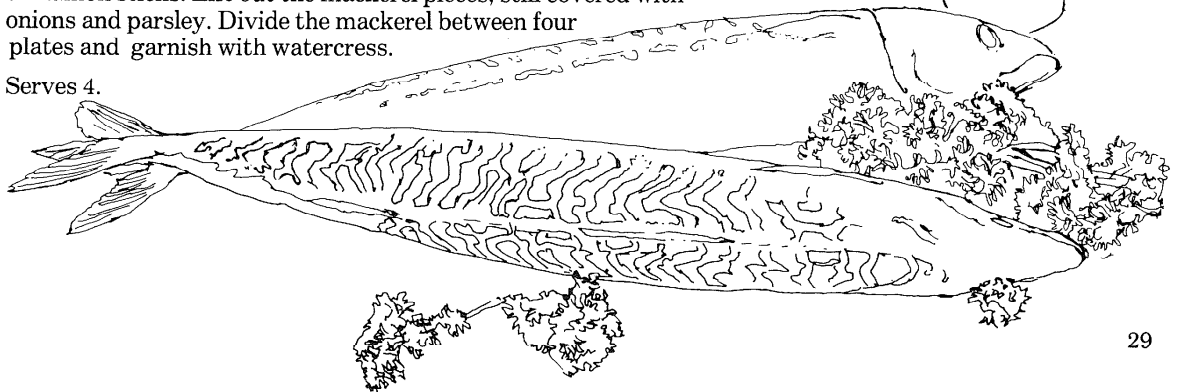
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29

Soda Tea Bread

Do not worry if the heat drops a little whilst you are baking this tea bread. Just give it a little longer in the oven.

1 lb/450 g wholemeal flour
1 tsp/5 ml bicarbonate soda
1 tsp/5 ml salt
4 oz/125 g butter
6 oz/175 g sultanas
8 oz/225 g stoned dates, chopped
2 eggs
7 fl oz/200 ml natural yogurt

Heat the oven to 180°C. Put the flour into a bowl with the bicarbonate soda and the salt. Rub in the butter. Toss in the sultanas and dates. Make a well in the centre and pour in the eggs and yogurt. Mix everything to a dough and knead it lightly to make it smooth. Press the dough into a greased 2 lb/900 g loaf tin. Put the loaf into the oven for 1 hour. Turn it out of the tin and tip it onto its side. Continue cooking for a further 15 minutes so the loaf has a light crust and sounds hollow when it is tapped. Cool the loaf completely and serve it sliced and buttered. It is best eaten on the day that it is made.

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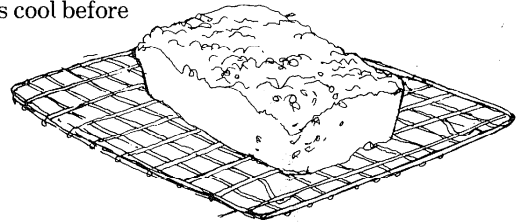
Honey and Molasses Parkin

Parkin needs a constant gentle heat. The longer and slower it is cooked the better the texture seems to be.

12 oz/350g medium oatmeal
6 oz/175 g wholemeal flour
1 tsp/5 ml ground ginger
1 tsp/5 ml bicarbonate soda
½ tsp/2.5 ml salt
8 oz/225 g honey
8 oz/225 g molasses
4 oz/125 g butter
5 tbs/75 ml milk

Heat the oven to 150°C. In a bowl, toss together the oatmeal, flour, ginger, bicarbonate soda and salt. Make a well in the centre, put the honey, molasses and butter into a saucepan and melt them together on the front of the hot-plate. Pour them into the oatmeal and flour. Add the milk. Using a wooden spoon, beat everything to a moist dough.

Line a 8"×11"×2"/20×28×5 cm tin with buttered grease-proof paper. Pour in the mixture and smooth the top. Put the parkin into the oven for about 1½ hours or until a skewer inserted in the centre comes out clean. Turn the parkin onto a wire rack and gently peel away the greaseproof paper. Leave the parkin until it is cool before cutting it into squares or fingers.



31

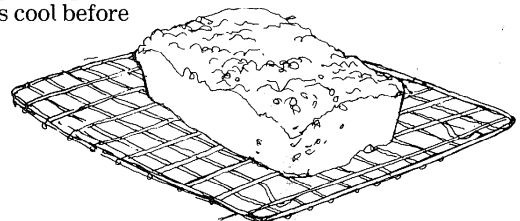
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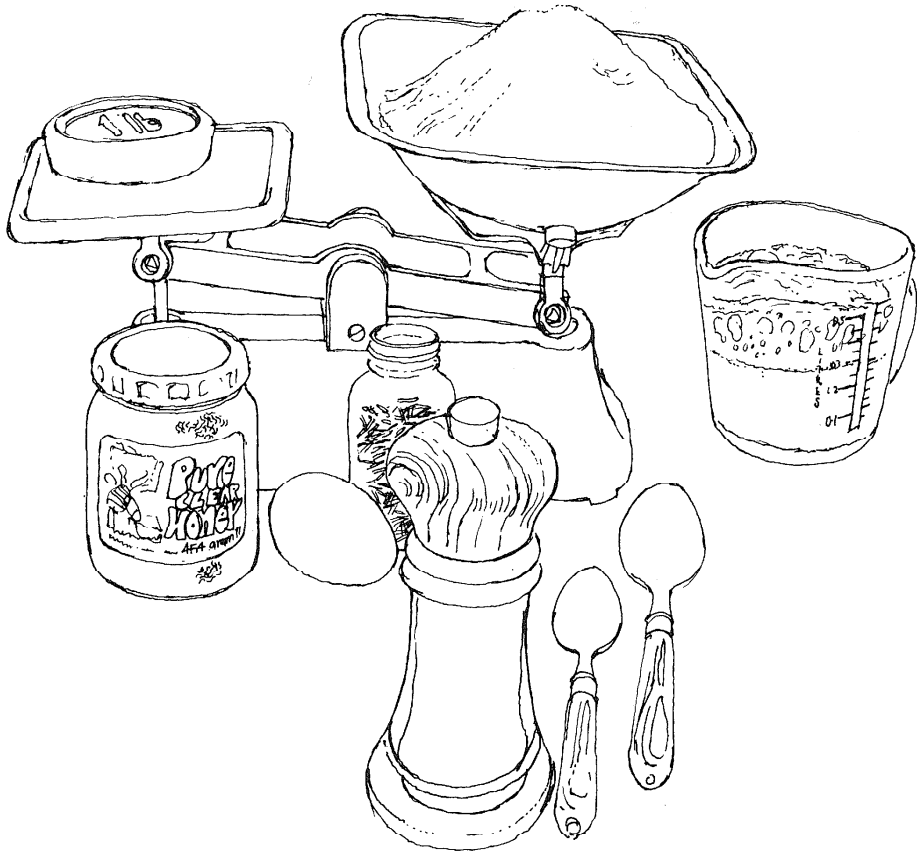
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31



Notes on Yeast Cookery

You need to boost the oven to a high temperature for most types of yeast cookery, but as you also have to wait for the yeast to work this should be no inconvenience.

After a few yeast baking sessions, you will be able to time everything perfectly and just as the oven comes to the right temperature, the bread will be proved and ready to be baked.

However, do not despair if this does not happen the first few times. Bread is not as temperamental as you might think. It cooks exceptionally well on a slightly rising heat; and on the other hand, if the temperature should drop slightly whilst it is cooking, you can simply leave the bread for slightly longer without fear of a disaster.

With a BOSKY, you always have a surface on which to warm water or milk gently for yeast cookery and on which to put the yeast whilst you are waiting for it to froth.

Doughs and batters can be put on top of the covers to raise and to prove. One word of warning, however: do not put them directly onto the plate over the oven without the cover being in place, once the oven has started to heat up. They will harden and cook underneath instead of gently rising throughout. If the cover is off for working on the plate, put the dough into the warming oven for both rising and proving.

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With a BOSKY, you always have a surface on which to warm water or milk gently for yeast cookery and on which to put the yeast whilst you are waiting for it to froth.

Doughs and batters can be put on top of the covers to raise and to prove. One word of warning, however: do not put them directly onto the plate over the oven without the cover being in place, once the oven has started to heat up. They will harden and cook underneath instead of gently rising throughout. If the cover is off for working on the plate, put the dough into the warming oven for both rising and proving.

Sardine Pizza

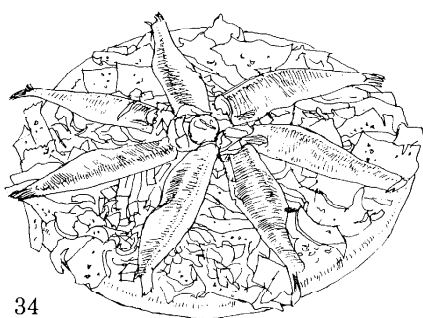
Topping

3×4 oz/125 g tins sardines in oil
3 tbs/45 ml olive oil
1 large onion—finely chopped
1 garlic clove, finely chopped
¼ tsp/1.5 ml cayenne pepper
1 tsp/5 ml paprika
1 tbs/15 ml chopped thyme
1 tbs/15 ml chopped parsley
8 oz/225 g tomatoes, scalded, skinned and chopped

8 oz/225 g wholemeal flour
1 tsp/5 ml sea salt
¾ oz/20 g fresh or 2 tsp/10 ml dried yeast
1 tsp/5 ml barbados sugar
3½ fl oz/100 ml warm water
1 egg—beaten
1 tbs/15 ml olive oil

Make up the fire and start to boost the oven to 200°C. Put the flour and salt into a bowl. Cream the yeast with the sugar and water and leave it in a warm place to froth. Make a well in the flour and pour in the yeast mixture, egg and oil. Mix everything to a moist dough. Turn it onto a floured worktop and knead it until it is smooth. Return it to the bowl. Make a cross-cut in the top. Either put the bowl, uncovered, into the warming oven or put it on top of the plate covers, covered with a clean tea cloth. Leave it until the dough has doubled in size — about 1 hour.

To make the topping, bone the sardines. Reserve eight of the best looking halves and mash the rest. Heat the oil in a frying pan on a low heat. Mix in the onion, garlic, cayenne pepper and paprika and cook until the onions are soft. Mix in the tomatoes and herbs and cook for 10 minutes so the tomatoes are reduced to a pulp. Take the pan from the heat and mix in the mashed sardines. Leave the mixture to cool. Knead the dough again and roll it out thinly to about 12 inches/30 cm in diameter. Place it either in a floured 10"/25 cm pizza pan or on a baking sheet. Fold over the edges to thicken them. Put on the mashed sardine topping spreading it out evenly to the thickened edges. Arrange the reserved sardine halves on top in a star pattern. Leave the pizza in the warming oven for 2 minutes to prove.



34

Sardine Pizza

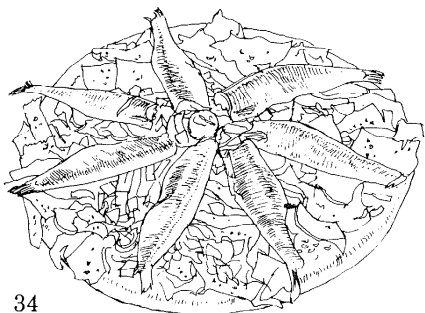
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1 garlic clove, finely chopped
¼ tsp/1.5 ml cayenne pepper
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3½ fl oz/100 ml warm water
1 egg—beaten
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34

Bake the pizza for 30 minutes so that the edges are brown. Serve it hot. Serves 4.

Basic Wholemeal Bread

1 lb/450 g wholemeal flour (plus extra for kneading)
1 tsp/5 ml honey or barbados sugar
½ pint/275 ml warm water
1 oz/25 g or ½ oz/15 g dried yeast
2 tsp/10 ml sea salt
1 egg – beaten (optional)
1 tbs/15 ml poppy or sesame seeds (optional)

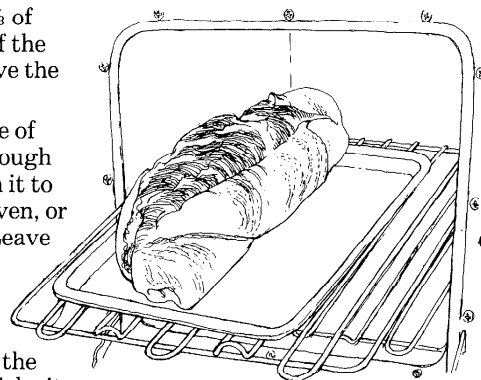
Before starting on the bread, make up the fire and start to boost the oven to 200°C.

Put the flour into a mixing bowl. Dissolve the honey in about ⅓ of the water and sprinkle in the yeast. Leave the yeast on a part of the right hand hot plate that is just warm, until it is frothy. Dissolve the salt in the remaining water.

Pour the yeast mixture into the flour. Mix in lightly with a little of the flour and then pour in the salt water. Mix everything to a dough and knead it on a floured bread board until it is smooth. Return it to the bowl. Either put the dough, uncovered, into the warming oven, or stand it on the plate cover and cover it with a clean tea towel. Leave it until it has doubled in size – about 1 hour.

Knead the dough again and lightly press it into a greased 2 lb/900 g loaf tin.

Put the loaf into the warming oven until it has risen just above the edges of the tin. Put the loaf into the hot oven for 30 minutes. Take it out of the tin and turn it on its side. Return it to the oven for a further 15 minutes. Put it onto a wire rack to cool.



35

Bake the pizza for 30 minutes so that the edges are brown. Serve it hot. Serves 4.

Basic Wholemeal Bread

1 lb/450 g wholemeal flour (plus extra for kneading)
1 tsp/5 ml honey or barbados sugar
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1 egg – beaten (optional)
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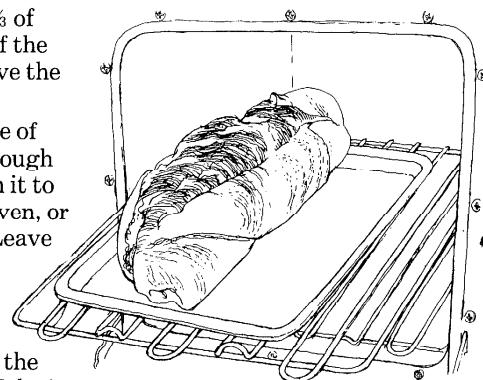
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35

Cherry Batter Fingers

8 oz/225 g glacé cherries
8 oz/225 g wholemeal flour
¼ pint/150 ml milk
4 oz/125 g honey
4 oz/125 g butter – cut into small pieces
½ oz/15 g fresh yeast or 2 tsp/10 ml dried yeast
¼ pint/150 ml soured cream
butter for greasing

Heat the oven to 200°C. Quarter the cherries. Put the flour into a mixing bowl. Mix in the cherries and make a well in the centre. Put the milk, honey and butter into a saucepan. Set them on the front of the hot-plate and stir so that the honey and butter gently dissolve. Take the pan from the heat and cool the mixture to lukewarm.

Stir in the yeast. Leave the mixture on the plate cover for about 5 minutes until it starts to froth. Pour the yeast into the flour. Add the soured cream. Beat everything with a wooden spoon so you have a thick batter. Put it into a buttered 8"×11"/20×28 cm baking tin. Leave the batter in the warming oven or on top of the plate cover until bubbles appear on the surface, about 20-30 minutes. Bake the batter for 30 minutes so it is firm and golden brown. Turn it onto a wire rack to cool completely.

Cut the batter into small, narrow fingers for serving.

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Family Meal

Beef and Mushroom Pie
Carrot Parcels
Creamed Potatoes
Spiced Brown Rice Pudding

Order of Work

- 2.00 pm Make the pudding
- 2.15 pm Put the pudding in the oven
- 2.30 pm Prepare the beef & mushrooms for the pie
- 2.45 pm Set beef on stove
- 3.00 pm Leave beef to simmer
- 4.30 pm Take out beef & leave to cool. Make pastry. Prepare vegetables.
- 5.00 pm Put pudding into warming oven & boost top oven to 200°C.
- 5.15 pm Put carrots in top oven. Cover pie.
- 5.20 pm Put pie in top oven. Put potatoes on to boil.
- 5.50 pm Drain, peel & wash potatoes
- 6.00 pm Serve pie, carrots & potatoes
- 6.15 pm Serve pudding

37

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Carrot Parcels
Creamed Potatoes
Spiced Brown Rice Pudding

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37

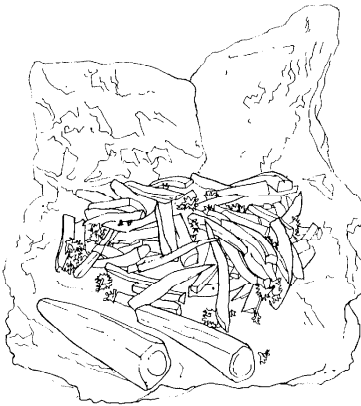
Beef and Mushroom Pie

1½ lb/675 g braising steak
2 tsp/30 ml wholemeal flour
1 large onion, thinly sliced
8 oz/225 g flat mushrooms
4 tsp/60 ml chopped parsley
sea salt, freshly ground
black pepper
1 pint/575 ml stock

Shortcrust pastry, made with:
8 oz/225 g wholemeal flour
beaten egg or milk to glaze

Cut the braising steak into ¾ inch/2 cm chunks and coat them in the flour. In a heavy saucepan, mix together the steak, onion, mushrooms and parsley. Season and pour in the stock.

Put the saucepan on the hottest part of the hot-plate and bring the contents to the boil. Cover them and move the pan to a cooler part of the plate so the beef can simmer gently for 1½ hours. Tip the contents of the pan into a large pie dish and let them cool. Boost the oven to 200°C. Put a pie funnel in the centre of the dish and cover the dish with pastry. Lightly brush the top of the pie with beaten egg or milk. Bake the pie for 40 minutes or until it is golden brown. Serves 4.



38

Carrot Parcels

1 lb/450 g carrots
butter for greasing
2 tsp/30 ml chopped parsley
sea salt and freshly ground pepper

Heat the oven to 200°C. Scrub the carrots and cut them into matchstick-like pieces. Butter two pieces of foil, each about 10 inches/25 cm square. Divide the carrots between the pieces of foil. Sprinkle them with parsley, salt and seal them. Seal the ends by rolling them upwards. Lay the carrot parcels on a baking sheet and put them into the oven for 45 minutes.

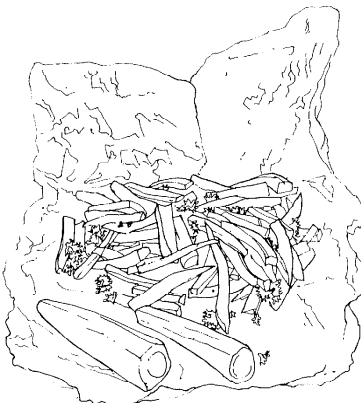
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4 tsp/60 ml chopped parsley
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38

To serve, open the parcels and tip the carrots into a warm serving dish. Serves 4.

Creamed Potatoes

1½ lb/675 g potatoes
1 small onion
1 oz/25 g butter
6 tsp/90 ml milk
sea salt and freshly ground pepper.

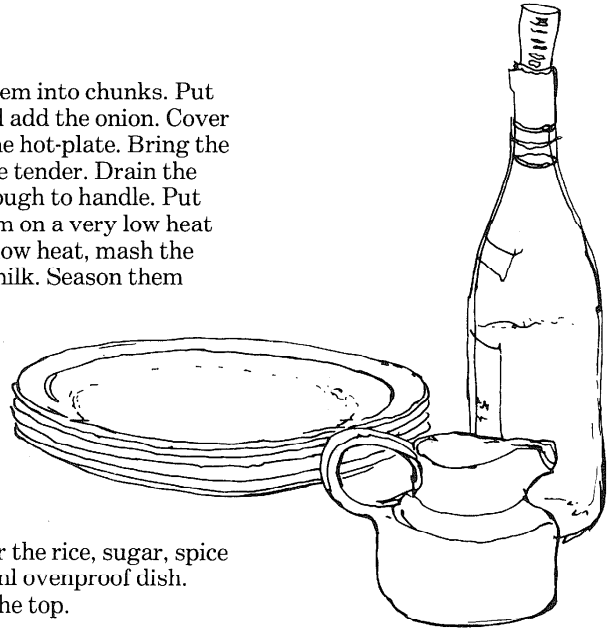
Scrub the potatoes but do not peel them. Cut them into chunks. Put them into a saucepan of lightly salted water and add the onion. Cover the saucepan and put it on the hottest part of the hot-plate. Bring the potatoes to the boil and cook them until they are tender. Drain the potatoes. Skin them as soon as they are cool enough to handle. Put the butter and milk into a saucepan and set them on a very low heat for the butter to melt. With the pan still on the low heat, mash the potatoes and onion into the melted butter and milk. Season them to taste. Serves 4.

Spiced Brown Rice Pudding

2 oz/50 g short grain brown rice
2 oz/50 g barbados sugar
½ tsp/2.5 ml ground mixed spice
1 pt/575 ml full cream milk
1 oz/25 g butter

Heat the oven to 150°C. In a bowl, mix together the rice, sugar, spice and milk. Tip them into a shallow 1½ pint/850 ml ovenproof dish. Cut the butter into small pieces and float it on the top.

Put the pudding into the oven for 4 hours so it has set and has developed a sticky brown skin. Serves 4.



39

To serve, open the parcels and tip the carrots into a warm serving dish. Serves 4.

Creamed Potatoes

1½ lb/675 g potatoes
1 small onion
1 oz/25 g butter
6 tsp/90 ml milk
sea salt and freshly ground pepper.

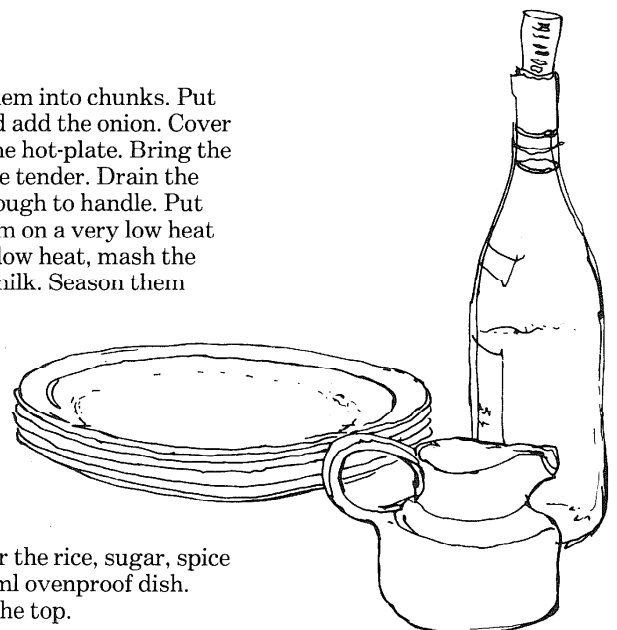
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Spiced Brown Rice Pudding

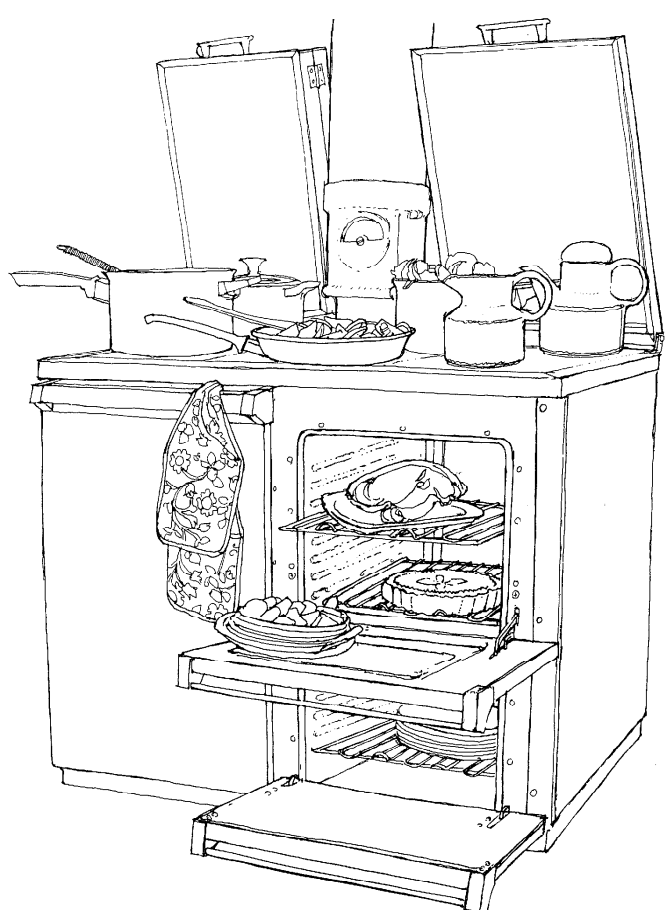
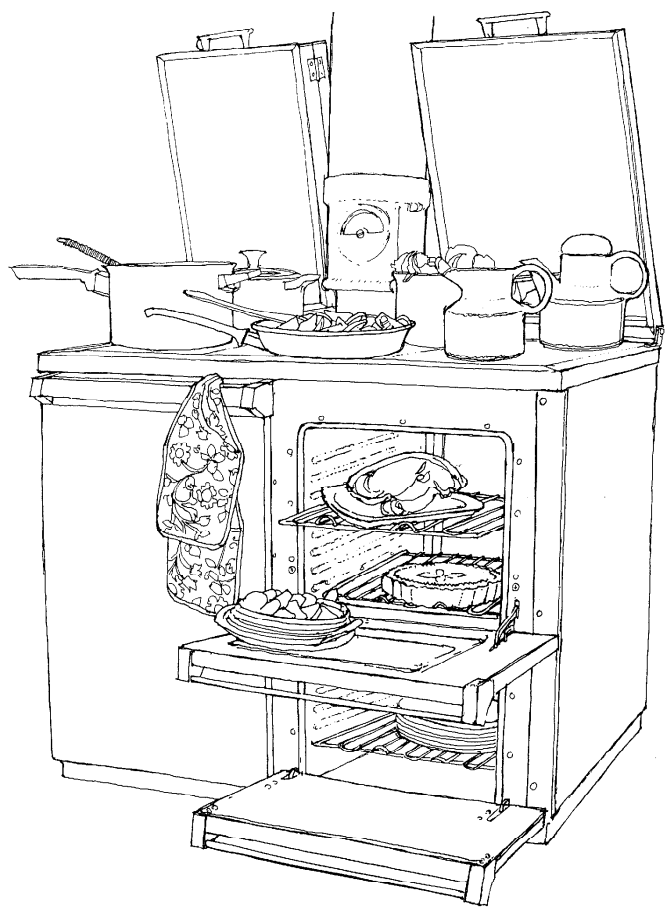
2 oz/50 g short grain brown rice
2 oz/50 g barbados sugar
½ tsp/2.5 ml ground mixed spice
1 pt/575 ml full cream milk
1 oz/25 g butter

Heat the oven to 150°C. In a bowl, mix together the rice, sugar, spice and milk. Tip them into a shallow 1½ pint/850 ml ovenproof dish. Cut the butter into small pieces and float it on the top.

Put the pudding into the oven for 4 hours so it has set and has developed a sticky brown skin. Serves 4.



39



Dinner Party Meal

Roast Leg of Lamb with Rosemary and Garlic
Boulangere Potatoes
Cauliflower with Thyme
Courgettes with Tomatoes
Apple Cream

Order of Work

4.30 pm	Heat oven to 180°C. Prepare lamb.
5.00 pm	Put lamb into oven. Prepare potatoes.
5.30 pm	Put potatoes into oven.
5.45 pm	Make apple puree & leave to cool.
6.15 pm	Whip cream & fold into apples; pile into dishes & decorate.
6.45 pm	Prepare cauliflower, tomatoes & courgettes.
7.15 pm	Start to prepare cauliflower dish & set it to cook
7.30 pm	Start to cook courgettes.
7.40 pm	Move cauliflower to right hand plate & keep warm
7.50 pm	Move courgettes to right hand plate to keep warm. take lamb out & make gravy.
8.00 pm	Serve

41

Dinner Party Meal

Roast Leg of Lamb with Rosemary and Garlic
Boulangere Potatoes
Cauliflower with Thyme
Courgettes with Tomatoes
Apple Cream

Order of Work

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7.50 pm	Move courgettes to right hand plate to keep warm. take lamb out & make gravy.
8.00 pm	Serve

41

Roast Leg of Lamb with Rosemary and Garlic

1 leg of lamb
1 tsp/15 ml rosemary leaves
2 garlic cloves—cut into small, thin slivers
sea salt and freshly ground pepper
2 tsp/30 ml wholemeal flour
½ pint/275 ml stock

Heat the oven to 180°C.

With a sharp knife, make long cuts into the lamb around the bone and insert slivers of garlic and rosemary leaves. Gently push your knife under the skin at intervals and push rosemary and garlic between the skin and the meat. Press any remaining pieces onto the outside of the skin. Season the lamb all over and dust it with flour. Put it into a roasting tin and put it into the oven for 3 hours.

When it is done, put the lamb onto a carving dish and put it into the warming oven. Pour all the fat from the roasting tin and put the tin on the hottest part of the hot-plate. Pour in the stock and bring it to the boil, stirring in any residue from the bottom of the tin. Simmer the gravy whilst you dish up the vegetables. Serve the gravy separately and carve the lamb at the table.

Serves 6.

Boulangere Potatoes

2 lb/900 g small, even sized potatoes.
2 oz/50 g butter
2 medium onions, thinly sliced
4 tsp/60 ml chopped parsley
8 sage leaves—chopped
sea salt and freshly ground black pepper
2 bay leaves
about 1½ pints/850 ml stock

42

Roast Leg of Lamb with Rosemary and Garlic

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sea salt and freshly ground pepper
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4 tsp/60 ml chopped parsley
8 sage leaves—chopped
sea salt and freshly ground black pepper
2 bay leaves
about 1½ pints/850 ml stock

42

Heat the oven to 180°C.

Scrub the potatoes but do not peel them. Cut them into very thin crossways slices. Put half the butter into a frying pan and melt it in the centre of the hot-plate. Put in the onions and soften them. Take the pan from the heat.

Put two overlapping layers of potato slices into the bottom of a deep ovenproof dish, season them and scatter some herbs. Put in about 2 tablespoons of onions. Continue in this way until all the ingredients are used, ending with a layer of potatoes. Do not season this final layer. Instead, dot it with the remaining butter. Tuck a bay leaf down each side of the dish. Pour enough stock to come just below the top layer of potatoes. Put the dish into the oven for 2½ hours so the potatoes are soft and the top layer is crisp and brown.

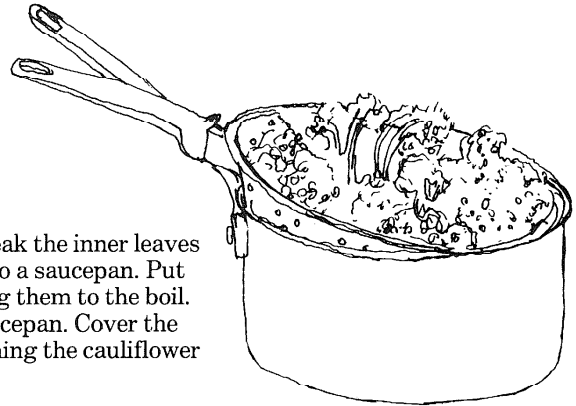
Serves 6.

Cauliflower with Thyme

1 large cauliflower
½ oz/15 g butter
¼ pint/150 ml water
1 bay leaf
1 tsp/15 ml chopped thyme

Separate the cauliflower into small fleurettes. Break the inner leaves into two pieces each. Put the butter and water into a saucepan. Put them on the hottest part of the hot-plate and bring them to the boil. Put the cauliflower, bay leaf and thyme in the saucepan. Cover the pan and move it to a low heat for 20 minutes, turning the cauliflower once so it cooks evenly.

Serves 6.



43

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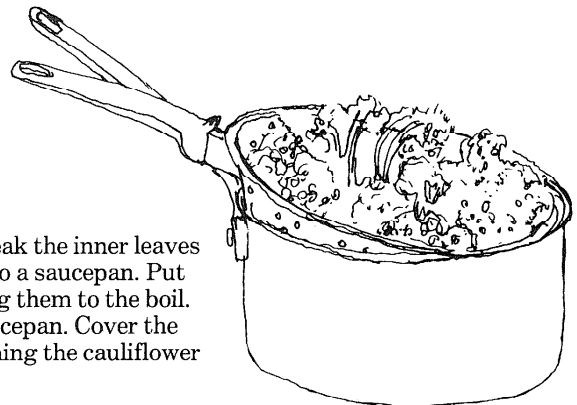
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43

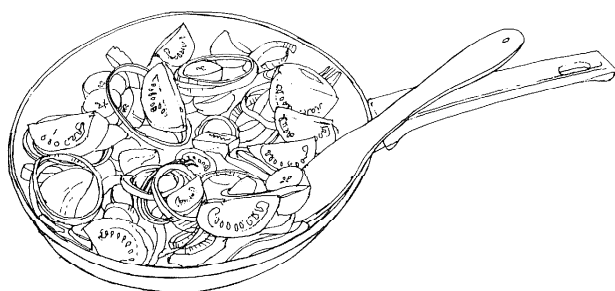
Courgettes with Tomatoes

1 lb/450 g courgettes
8 oz/225 g tomatoes
1 oz/25 g butter
1 small onion—thinly sliced
1 garlic clove—finely chopped

Wipe the courgettes and thinly slice them. Scald, de-seed and chop the tomatoes. Put the butter into a frying pan and melt it in the centre of the hot-plate. Put in the courgettes, onion and garlic and cook them for 10 minutes, turning several times.

Put the pan on the hottest part of the hot-plate. raise the heat and add the tomatoes. Cook on the high heat for about 2 minutes for the tomatoes to soften quickly. Cover the pan and keep the dish warm on the right hand hot-plate.

Serves 6.



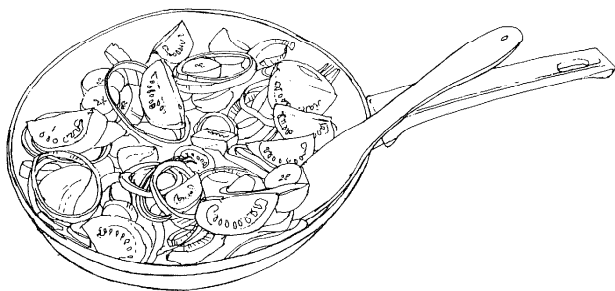
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Apple Cream

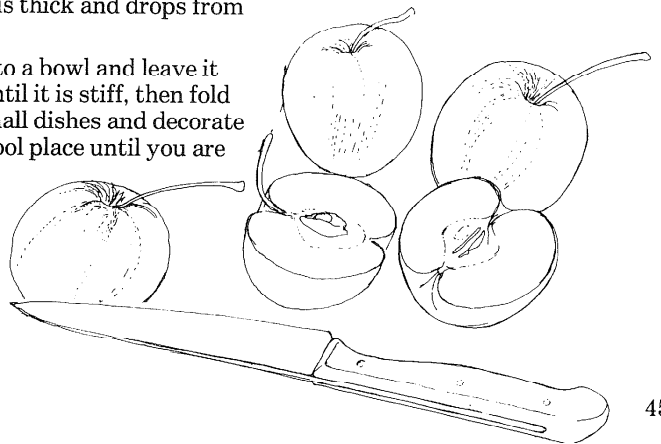
1 lb/450 g cooking apples
1 oz/25 g butter
2 thinly pared strips of lemon rind
2 tsp/30 ml honey
½ pint/275 ml double cream
candied angelica for decoration

Quarter, core and thinly slice the apples without peeling them. Melt the butter in a saucepan in the centre of the hot-plate. Stir in the apples, add the lemon rind and cover them with buttered greaseproof paper. Put the lid on the pan and move it to the front of the hot-plate for 10 minutes.

Take the pan from the heat and, using a wooden spoon, beat the apples to a pulp. Rub the pulp through a sieve. Return the resulting purée to the cleaned pan. Set the pan on the front of the hot-plate and stir in the honey. When the honey has dissolved, push the pan to the back of the hot-plate and stir until the purée is thick and drops from the spoon in pieces.

Take the pan from the heat. Put the purée into a bowl and leave it until it is completely cold. Whip the cream until it is stiff, then fold into the apple purée. Pile the mixture into small dishes and decorate the top with angelica. Put the dishes into a cool place until you are ready to serve them.

Serves 6.



45

Apple Cream

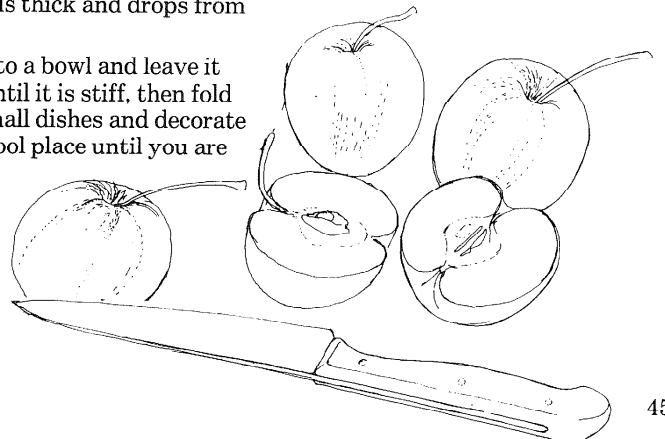
1 lb/450 g cooking apples
1 oz/25 g butter
2 thinly pared strips of lemon rind
2 tsp/30 ml honey
½ pint/275 ml double cream
candied angelica for decoration

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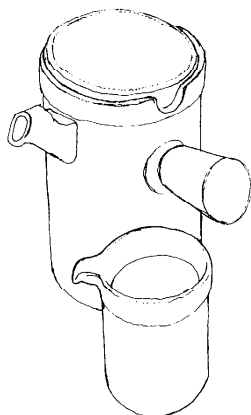
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45

Some Notes for the Cook

A constantly warm oven and warm cooking surface can bring many advantages to the cook. You will no doubt soon develop ideas of your own, but here are a few of mine to get you going.



Kettle

If you keep a kettle singing away on the kettle hatch you can always transfer it to the hot-plate for a quick cup of tea or coffee.

Tea and Coffee

If you make real coffee, make it in a filter pot, either enamel or porcelain, and keep the pot on the warm part of the hot-plate. Then real, hot coffee will be available all the time. In the same way, a pot of tea can be kept warm for a short time. One thing that often spoils coffee or tea is pouring it into a cold cup. While you are waiting for the kettle to boil, stand the cups and the coffee or tea on a gently warm part of the hot-plate.

Stock Pot

The basis for many dishes is a well flavoured stock. Make a basic stock with beef or veal bones or chicken giblets and vegetables and add left over gravy, the water from boiling vegetables or meat bones as they become available, and bring the stock to the boil every day. It will always be handy for soups, casseroles, braised and sautéed dishes and you will never again have to use a stock cube.

Griddle Cakes

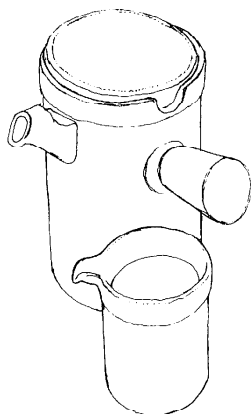
These can be made directly on the hot-plate. There is no need to stand a heavy frying pan or cast iron griddle on the plate first. You save time by not having to wait for it to heat up and also by being able to make all your cakes and scones on the BOSKY's large surface at one time.

Softening Butter

Many baking recipes call for softened butter. If you take it straight out of the refrigerator, put it into the oven (with oven heat flaps in

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Softening Butter

Many baking recipes call for softened butter. If you take it straight out of the refrigerator, put it into the oven (with oven heat flaps in

mid position) or into the warming oven, if the top oven is hot, for about 5 minutes. This will soften it evenly instead of melting the edges and keeping the centre hard.

Yoghurt

Yoghurt needs to be incubated for 8-12 hours in a warm place. The easiest way to make yoghurt with the BOSKY is to mix it in a bowl in the evening and then put the bowl into the oven (with oven heat flap barely open) overnight. In the morning, you will have perfectly set, thickened yoghurt and if you are using pasteurised or raw milk you will probably find that you will not need the extra dried milk powder which is normally needed to aid thickening.

Herbs

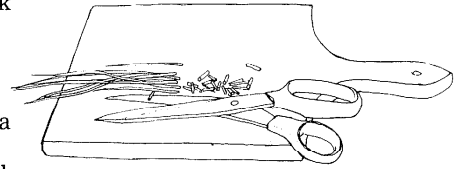
The warm top oven or, when the oven is hot, the warming oven is a perfect place for drying herbs. Lay the herbs on wire racks or on a wooden frame on which you have tacked some muslin. Put the herbs into the oven for about 5 hours. They should be crisp but still green. Provided they will not be in direct sunlight, bunches of herbs can also be hung directly over the cooker to dry.

Porridge

Porridge for breakfast is deliciously warming in the winter. In a saucepan mix coarse or medium oatmeal with water and a pinch of salt before you go to bed. Put it in the oven (with oven heat flap in a low position) overnight. In the morning all you need do is bring it gently to the boil on the hot-plate and simmer for about two minutes, stirring.

Breadcrumbs

The fail-safe way of making evenly dried breadcrumbs without over colouring them is to make the bread into crumbs in a blender or food processor and then spread the crumbs on a baking sheet or oven proof dish and put them into the BOSKY oven (with oven heat flap in mid position) for about 6 hours. If you need to heat the oven during this time, transfer the crumbs to the warming oven.



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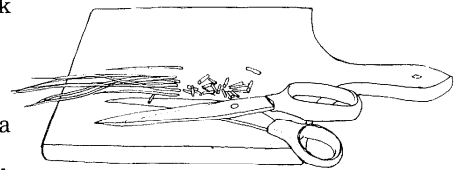
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Thawing

The warm oven is ideal for thawing out baked products such as bread or scones. They keep a deliciously crusty but thin outside and soft middle.

Re-heating

To re-heat pies, whether sweet or savoury, put them into the oven and open the oven flap. As the oven heats, so will the pie. The pastry stays crisp and the inside does not dry up.

Lemon Curd

To make perfect lemon curd, put 4 oz/125 g butter, 12 oz/350 g castor sugar and the grated rind and juice of 2 lemons into a saucepan. Melt them on the front of the hot-plate and cool them. In a bowl lightly beat two eggs. Mix in the cooled contents of the saucepan. Stand the bowl in a baking tin of water and put them into the warm oven, with the flap in mid position for 6 hours. Stir the mixture before putting into jars.

Meringues

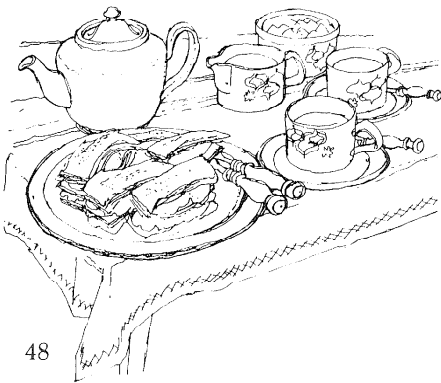
These can be made in the evening and placed in a warm oven to dry out overnight. The inside should be crisp and the middle deliciously chewy.

Other Uses

Damp tea towels or socks can be hung on the door handles or placed in the warm top oven or in the warming oven if the oven is hot. You can even use the warming oven for drying out damp shoes.

If your wood has just come in from the garden and is still damp (but nevertheless seasoned) it can be placed in the warming oven while the oven is on to dry out.

In cold weather, everyone gravitates towards the BOSKY, leaning against it, rubbing their hands over it, making tea on it. Make sure that the dog's bed is fairly near so that he can get his share of the warmth too.



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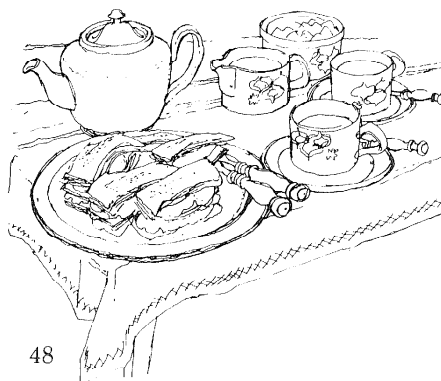
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