

INALTO

COOKING WITH CARE

RECIPES & GUIDES



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INALTO?

COOKING WITH CARE

INALTO WELCOME YOU TO
COOKING WITH CARE: A CULINARY CORNER
OF COOKING GUIDES & RECIPES



We all know that cooking with new appliances can be daunting. So to help out, we've created this book, packed with recipes and guides to take the guesswork out of cooking!

If you have any questions on usage, functions or features, our Support Team are here to help out as well. To get in touch, please call: **1300 11 4357**



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Cooking Guidelines

AN INTRODUCTION

Your new InAlto Care oven has been designed with you in mind. With thoughtful features and safety functions, it will soon feel like you've been cooking in it for years! However, to help you at the beginning, we've compiled some helpful information and guides.

If you need a hand at all, regarding using your appliances or which functions would suit your meal best, please don't hesitate to call our Support Team on **1300 11 4357**.

RULES OF THUMB

Low Oven

A low oven of 120–150°C is good for long, slow roasting, especially for tenderising the tough cuts of meat. This is useful for many meals with high protein ingredients like meat or eggs, which end up tough and chewy if you overcook them.

Medium Oven

A medium oven means an oven is heated to 180°C. This is a good baseline temperature for everything from cakes to pasta bakes to apple pies. If you're not sure what temperature you need or how long to cook it for, set it to 180°C and keep an eye on it.

High Oven

A high oven means heating it to 200–230°C. This is great for quick-roasting lean cuts of meat and fish.

SOME BASIC GUIDELINES...



Vegetables

30–45 minutes in an oven pre-heated to 220°C is best for veggies such as carrots, onions, potatoes or pumpkin.



Chicken & Turkey

This will depend on how big your bird is, but 180°C or lower will ensure that the meat is cooked without drying out the skin.



Pork, Beef & Lamb

Higher temperatures are better for red meat, although be sure to check on how your guests like their beef done!



Fish

Fish fillets can generally be cooked for 15 minutes at 200°C, but be sure you check it's done before you plate it up!



Snacks

Most baked goods such as cookies and cupcakes won't need long in the oven, so keep an eye on them or they'll burn!

THERMOMETER METHOD

If you have an oven thermometer handy, or are looking to stay on the safe side of cooking, the temperatures below should set you straight.

For poultry, inserting the thermometer into the inner thigh near the breast should give you the most accurate reading, while for red meat such as beef, pork and lamb the thermometer should be inserted into the centre of the thickest part, away from bone, fat and gristle.

Food Type	Temperature
Fish	63 °C
Mince & Sausages	71°C
Chicken & Turkey	74 °C

Beef, Lamb & Veal

Medium Rare	63 °C
Medium	71°C
Well Done	77 °C

Pork

Medium	71°C
Well Done	77°C
Crackling	70–75 °C

Ham

Raw to Cooked	71°C
Cooked to Reheated	60°C

Times & Temperatures

VEGETABLES

It wouldn't be a Sunday roast without a side of roast veggies, with oven-baked vegetables a good way to not only get your daily servings in, but make a chilly winter's day that bit more bearable.

For those looking to cook the traditional roast veggies, such as carrots, onions, potatoes and pumpkin, cooking times will generally fall between 30 and 45 minutes at a temperature of 220°C.

Other popular veggies, including zucchini and capsicums, will take between 10 and 20 minutes at the same temperature, as does green beans and asparagus. Cooking times will be dependent on how you like your veggies, with personal preference impacting how long you leave your food in the oven for. Of course, no one likes their veggies burnt to a crisp, so it's always best to keep an eye on your oven, regardless of what you put in there.

ROAST PORK

A popular option for the Christmas table, roast pork—in particularly pork crackling—is a fan favourite for many. While families have different opinions on how the pork should look when finished cooking, either with a bit of pink in the middle, or cooked throughout, how you should cook your pork will be dependent on what cut of pork you've picked up from the store.

For a leg of pork with rind, an oven temperature of 220°C is generally recommended to begin with, before a temperature drop to 180°C for the second half will likely leave your dinner guests impressed. The weight of your cut will also influence how long you leave pork in the oven for, with 15–20 minutes per 500g of meat the general rule of thumb for most pork cuts, although the rind crackling is a good indication that the temperature is ready to be dropped.

Other pork roasts such as pork loin, pork rack or pork scotch fillet will generally take longer to cook than pork leg, so always keep an eye on what you're cooking to ensure you're left with a succulent pork roast.

ROAST TURKEY

While generally synonymous with American Thanksgiving, roast turkey has also become an increasingly popular option for Australian households, with the lean meat providing plenty of health benefits without the fat.

Cooking times will vary depending on the size of the turkey, as well as whether or not you've gone the full nine-yards and stuffed the turkey as well. A good rule of thumb is to base your calculations on a 4kg turkey, altering it to suit your bird. For larger turkeys, a cooking time of 90 minutes plus 20 minutes per kilo, and for birds under 4kg, 90 minutes plus 70 minutes per kilo. Turkey can generally be cooked at 180°C, although for larger turkeys, dropping the temperature to around 160°C may help balance out the longer cooking time to ensure you're not left with overcooked skin.

If you're looking to roast just a turkey breast and not the whole bird, you can ramp up the temperature to around 200°C, cooking for 30 minutes per kilo of meat.

ROAST CHICKEN

Roast chicken has been a classic within Australian households for years, and while popping down to Woolies to grab a roast chicken is tempting, for those looking to cook one themselves, it's easier than you think to put a juicy chicken roast on the table.

At an oven temperature of 180°C, cook the chicken for 25 minutes, before lowering the temperature to around 165°C and cook for another 45–60 minutes, depending on the size of the chicken. To be extra sure that your chicken has been cooked to perfection, a digital thermometer is a handy tool, with a reading of 65–70°C indicating that the chicken is ready to be served.

It's important to ensure your chicken is properly cooked, as you might be left feeling a bit under the weather the next day—or worse!

ROAST BEEF

With plenty of options when it comes to cooking beef, oven roasting is a traditional favourite, although what type of cut you have will affect the temperature and duration you leave it in the oven for. Personal preference will also be a big factor here, so be sure to check with your guests what they're after before putting it in the oven.

For Rib eye, rump, sirloin, fillet and rib roast, an oven set at 200°C will get the job done, with those after rare only having to wait between 15–30 minutes, while Medium lovers will have to wait an extra five minutes and those preferring their beef well done are recommended to cook between 25–30 minutes.

For those cooking beef silverside, blade, round, topside, eye round or oyster blade beef, drop the temperature down to 160°C and cook 20–25 minutes for rare, 25–30 for medium, and 30–35 for well done to leave guests feeling full.

It's always best to keep an eye on your beef while it's in the oven, as well as take it out a few minutes before the allotted time is up, as the meat will continue to cook while resting

ROAST LAMB

Similar to beef, a lamb roast will be dependent on not only which part you're cooking, but your personal preference as to the meat. Topside roasts and lamb rumps will need an oven temperature of 220°C for 15–20 minutes for rare, 20–25 minutes for medium and 25–30 minutes for well done.

Rack of lamb and crown roast will require a slightly lower temperature of 200°C, while requiring a minimum 20–25 minutes for rare, and up to 45 minutes for well done. Finally, if you're cooking loin, leg or shoulder, you'll only need to preheat an oven to 180°C, with cook times between 20–35 minutes depending on your preferences.

Eggcellent Boiled Eggs

INGREDIENTS

Eggs

As many as you'd like!

Salt

A pinch for cooking & some to serve

Water

MATERIALS

Saucepan

Small is best

Slotted spoon

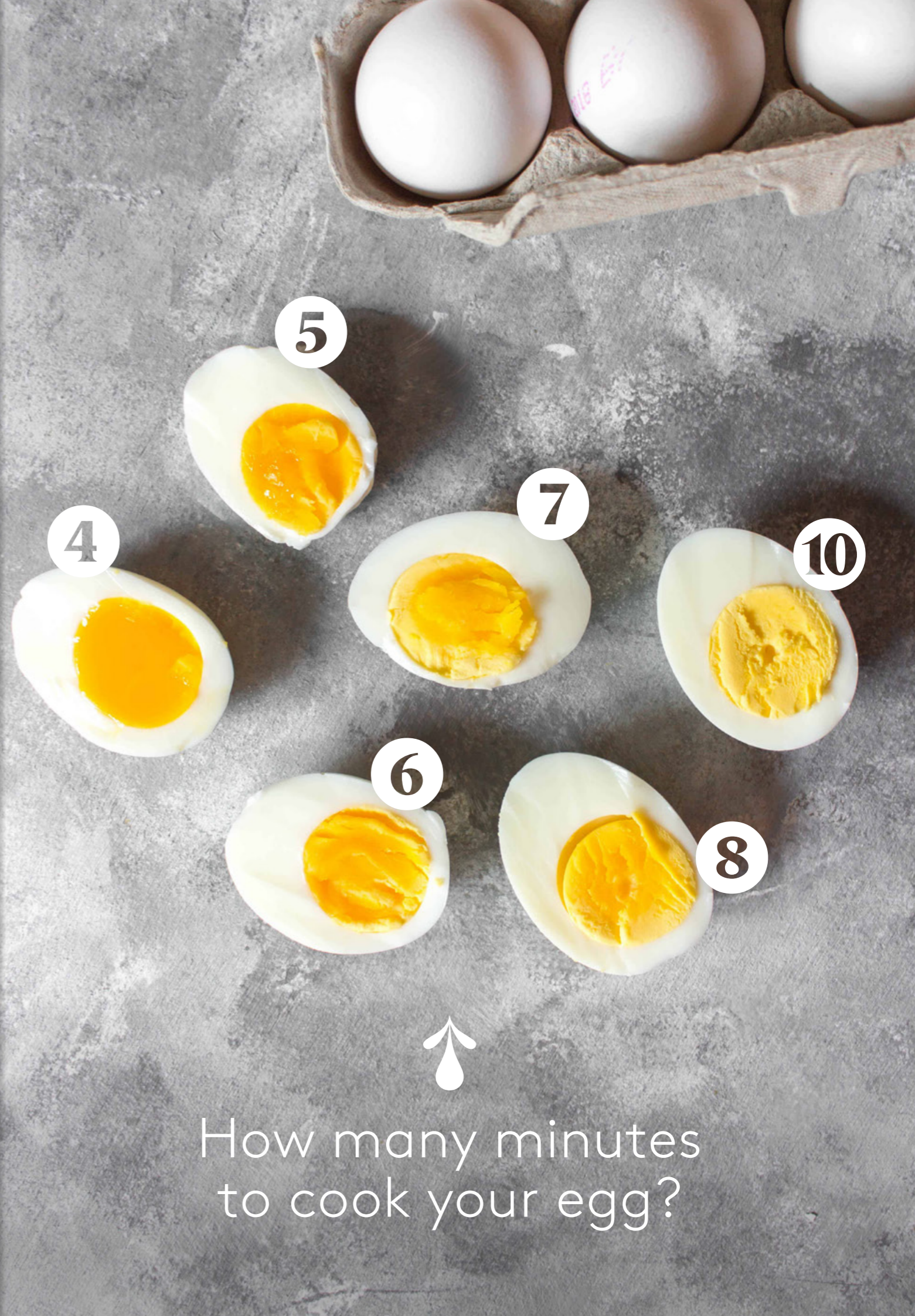
METHOD

To begin...

You can't get much better than a well-boiled egg with dipping soldiers for breakfast or brunch. Whether you like them soft- or hard-boiled, it's easy to get them spot-on with our handy guide on how to boil eggs!

- 1 Fill a small saucepan $\frac{3}{4}$ of the way full with water. Put it on the cooking zone that is the closest in size to your saucepan and bring it to a fast boil.
- 2 Add a good pinch of sea salt, and, using a slotted spoon, dip your eggs in and out and then lower them into the water.
Dipping the eggs first helps prevent the shock of the change in temperature, which can sometimes make them crack open. Be sure to lower them in slowly, so the shells don't crack on the bottom of the saucepan.
- 3 Cook for the following times, depending on how you like your eggs: 4 minutes for runny, 7 minutes for semi-firm or 10 minutes for hard-boiled.
- 4 Remove the eggs with the spoon and serve with hot, buttered toast, or allow to cool before peeling.

➔ See the image overpage as a further guide for how long to cook your eggs. Note that whether your eggs are straight from the fridge or at room temperature when they enter the boiling water can affect the cooking time too; colder eggs will take longer to cook.





 SERVES
4

 PREP TIME
15 MINS

 COOK TIME
15-17 MINS

 INGREDIENTS
11

 DIFFICULTY
2/10

Amanda's Amazing Toasted Granola

INGREDIENTS

Rolled Oats

2 cups

Shredded Coconut

1 cup

Almonds

1 cup, roughly chopped

Sunflower seeds

½ cup

Pumpkin seeds

½ cup

Chia seeds

3 tablespoons

Linseeds

3 tablespoons

Coconut oil

4 tablespoons, melted

Honey

2 tablespoons

Cinnamon

2 tablespoons

Ginger

2 tablespoons

METHOD

To begin...

Preheat your InAlto oven to 160°C on Fan Bake, allowing 15 minutes to heat up to temperature.

- 1 Line two baking trays with baking paper.
- 2 Combine all ingredients in a bowl, making sure they are well mixed. Spread the mixture evenly on the two baking trays.
- 3 Place the trays in the oven. After 10 minutes, remove the trays from the oven and stir the granola mix around the trays. Place the trays back into the oven for another 5-7 minutes, taking care not to burn the mixture.
- 4 Remove from the oven. The nuts and seeds will continue to cook as the mixture cools down. Once cooled, store in an airtight container and enjoy the granola for 1 week with milk or yogurt.

Optional Extras

Serve with your favourite dried or fresh fruit.



Hot Tip: Cook the base stew in advance, then you can divide it among small heatproof pans before adding the eggs. The number of eggs depends on the size of the pan.



Eggplant & Feta Shakshuka

INGREDIENTS

Extra virgin olive oil
3 tablespoons

Onion
1 large, halved and thinly sliced

Red capsicum
1 large, seeded & thinly sliced

Garlic cloves
3, thinly sliced

Ground cumin
1 teaspoon

Sweet paprika
1 teaspoon

Eggplant
1, small, cut into thin strips

Canned tomatoes
1, coarsely chopped

Feta
140g, crumbled (about 1+1/4 cups)

Eggs
6 large

Coriander
Chopped

Salt & pepper

METHOD

To begin...

Preheat your InAlto oven to 200°C, allowing 18 minutes to heat up to temperature.

- 1 Heat oil in a large frying pan over medium-low. Add onion, red capsicum and eggplant. Cook gently until very soft, about 20 minutes.
- 2 Add garlic and cook until tender, 1 to 2 minutes. Stir in cumin and paprika. Cook for 1 minute.
- 3 Pour in tomatoes and season with a large pinch of salt and small pinch of pepper; simmer until tomatoes have thickened, about 10 minutes. Taste and add more salt and pepper if needed. Stir in crumbled feta.
- 4 Poke little wells for the eggs in the tomatoes and gently crack them in. Season eggs with salt and pepper. Transfer the pan to oven and bake until eggs are just set, 7 to 10 minutes.

To finish...

Sprinkle with coriander and serve with toasted bread on the side to dip!

Roast Pork & Pistachio Stuffing

INGREDIENTS

Extra virgin olive oil

¼ cup (60ml)

Loin pork

1.5kg Australian boned, rolled

Butter

30g

Brown onion

1, finely chopped

Garlic cloves

2, crushed

Pancetta

100g, finely chopped

Pistachios

¼ cup, coarsely chopped

Currants

¼ cup

Breadcrumbs

1 cup dried

METHOD

To begin...

Remove pork from any packaging. Pat dry with paper towel. Place uncovered on a rack, in a baking dish and refrigerate overnight to dry the rind.

- 1 Preheat your InAlto oven to 240°C, allowing 20 minutes to heat up to temperature.
- 2 Heat butter in a frying pan over medium heat. Add onion, garlic and pancetta. Cook, stirring, for 5 minutes or until onion softens. Add pistachios and cook for 2 minutes or until lightly toasted. Remove from heat and cool slightly. Transfer to a medium bowl. Add currants and breadcrumbs. Stir to combine. Season with salt and pepper.
- 3 Pour boiling water over pork rind. Drain and pat dry with paper towel. Untie and unroll pork. Lay flat, meat-side up. Spread stuffing mixture over pork and re-roll firmly. Tie with kitchen string to keep shape. Rub rind with oil and salt.
- 4 Return pork to rack in baking dish and add enough water to pan so it is 1cm deep. Roast pork for 20 minutes. Reduce heat to 180°C and continue to cook for a further 1 hour 15 minutes until cooked through and skin is golden and crisp. Transfer to a warm carving tray, cover loosely with foil and rest for 15 minutes before slicing.

➔ Serve with baked parsnips (overpage, 17)

Baked Parsnips

INGREDIENTS

Extra virgin olive oil

3 tablespoons

Baby parsnips

4, cut in half (lengthways)

Salt & pepper

METHOD

To begin...

Preheat your InAlto oven to 180°C, allowing 15 minutes to heat up to temperature.

- 1 Line a baking tray with baking paper. Wash and halve the baby parsnips.
- 2 Place in a large saucepan of cold, salted water. Bring to a simmer over medium heat and cook for 2 minutes. Drain. Rinse under cold water and dry well with paper towel.
- 3 Toss in 3 tablespoons oil, salt and pepper. Transfer to a baking tray in a single layer and roast for 35–40 minutes, turning occasionally, until golden and tender.

Great with roast pork (previous page, 16)



May's Ricotta & Onion Tart

INGREDIENTS

- Red onions**
2 halved and cut into thin wedges
- Butter**
30g
- Garlic cloves**
4, crushed
- Brown sugar**
2 tablespoons
- Red wine vinegar**
2 tablespoons
- Frozen shortcrust pastry**
1 ½ sheet, partially thawed
- Eggs**
5, lightly beaten
- Sour cream**
½ cup
- Fresh ricotta**
150g
- Fresh thyme leaves**
1 tablespoon, chopped
- Salt & pepper**

METHOD

To begin...

Preheat your InAlto oven to 200°C, allowing 20 minutes to heat up to temperature.

- 1 Line a 23cm loose-based fluted tart pan with pastry, trimming excess. Refrigerate for 30 minutes.
- 2 Melt butter in a large frying pan over medium heat. Add onion and cook, stirring, for 5 to 7 minutes or until softened.
- 3 Add garlic and sugar. Cook, stirring, for 2 minutes or until sugar is dissolved. Add vinegar and cook, stirring occasionally for 5 minutes or until liquid is absorbed and onions are caramelised. Remove from heat.
- 4 Place pan on an oven tray. Cover pastry with baking paper. Fill with uncooked rice or ceramic pie weights. Bake for 10 minutes. Remove paper and rice or weights. Reduce oven temperature to 180°C.
- 5 Spoon onion mixture over pastry. Whisk eggs and sour cream in a jug until well combined and then season with salt and pepper. Pour egg mixture over onion mixture. Sprinkle with ricotta and thyme. Bake for 25 to 30 minutes or until tart is golden and just set. Remove from oven. Set aside to cool for 5 minutes. Remove from pan. Serve with a crisp salad or greens and enjoy!

Hasselback Sweet Potatoes

INGREDIENTS

- Sweet potatoes**
4, medium size
- Margarine**
50g
- Extra virgin olive oil**
50g
- Garlic cloves**
2, finely chopped
- Fresh thyme**
4 sprigs
- Salt & pepper**
A generous pinch of each

METHOD

To begin...

Preheat your InAlto oven to 200°C, allowing 20 minutes to heat up to temperature.

- 1 Wash the sweet potatoes until all dirt or traces of soil that they may have are removed. Cut off the bottom part to make it flat so that it is easier to cut.
- 2 Place the rest of the ingredients in a pot. Cook over a low heat until the margarine has melted and the thyme and garlic begin to give off their full aroma.
- 3 Insert two wooden skewers lengthways through the sweet potato (running parallel), these prevent the sweet potato from being completely cut through.
- 4 With a sharp knife, make cuts close together without going all the way to the bottom of the sweet potato (the skewers will stop the knife). Line a baking tray with baking paper and place on the tray.
- 5 Using a brush, paint the sweet potatoes with the thyme and garlic sauce well, making sure that there is also sauce inside the grooves, not just on the surface.
- 6 Put the potatoes in the oven and bake for 30–40 minutes (when prodding them, they have to be soft on the inside and crisp on the outside). Every 10 minutes, open the oven and brush on the sauce again—this will cause them to slowly open up, forming an accordion shape with a toasted layer around it. Enjoy as a side with any roast!



Stuffed & Grilled Tomatoes

INGREDIENTS

Tomatoes
4

Shallot onion
1, thinly sliced

Chicken breast
1

Grated cheese
60g

Basil
A few leaves

Garlic
1 clove, thinly sliced

Breadcrumb
30g

Olive oil
3 tablespoons

Salt & pepper

METHOD

- 1 Cut and remove the top of the tomatoes with a sharp knife and scoop out tomatoes with a spoon.
- 2 Place the hollowed tomatoes in a large oven plate and coarsely chop the pulp.
- 3 Heat the oil in a medium fry pan and then sauté the chicken breast. 10 minutes on one side, 7-10 minutes on the other depending on the size. Once it is cooked, remove and slice into strips.
- 4 Add the strips, onion, garlic, grated cheese, and a few basil leaves to the pulp. Combine well, add salt and pepper to taste, and stuff the tomatoes.
- 5 Set your InAlto oven to Max/Grill, allowing 10 minutes to heat up to temperature.
- 5 Place the stuffed tomatoes in an oven tray. Sprinkle some extra grated cheese and breadcrumbs all over. Place the tray in your InAlto oven for 10 minutes.

➔ Great as small lunch, or as a side with roasted lamb rump (page 22)

Nuts About Potato & Leek Soup

INGREDIENTS

Extra virgin olive oil
3 tablespoons + a drizzle for serving

Leek
1, big

Brown Onion
½

Potato
500g, peeled

Nuts
50g

Vegetable stock
1L

Ground nutmeg
¼ Teaspoon

Salt & pepper

METHOD

- 1 Heat the oil in a pan and chop onion and leek. Fry with a pinch of salt until tender. Add diced potato and fry for 2 minutes.
- 2 Add vegetable broth, place a lid on the pan. Bring it to a boil until everything is tender, about 20 minutes.
- 3 Remove from heat, add nutmeg and nuts (saving some to sprinkle on top once finished). Use a blender to mix. Add salt and black pepper to taste.
- 4 Serve the portions in a bowl, finished with some nuts sprinkled on top and a drizzle of olive oil.



Roasted Lamb Rump

INGREDIENTS

Extra virgin olive oil

1/2 cup (125ml) for cooking
Plus a little extra to drizzle
at the end

Lamb rumps

4 x 225g, tied

Rosemary

1/2 bunch, leaves chopped

Thyme

1/2 bunch, leaves chopped

Cherry tomatoes

500g vine-ripened

Green beans

500g, trimmed

Black olives

1/2 cup (60g), pitted, chopped

Lemon

Juice of 1/2

METHOD

To begin...

Preheat your InAlto oven to 180°C, allowing 15 minutes to heat up to temperature.

- 1 Heat 1 tablespoon of oil in a large frypan over medium-high heat. Season lamb with salt and cook, skin-side down, for 4–6 minutes until caramelised.
- 2 Rub the rosemary and thyme over the lamb, placing the remainder on a baking tray. Place the lamb, skin-side up, on top of the herbs in the baking tray. Place tomatoes around the lamb and drizzle with remaining 100ml oil and season. Roast for 20–25 minutes for medium or until cooked to your liking. Rest, loosely covered with foil, for 5 minutes.
- 3 While the lamb is resting, blanch the green beans in a saucepan of boiling salted water for 30 seconds, then drain and refresh in cold water. Chop the beans and transfer to a bowl with olives. Drizzle with the lemon juice and extra oil, then season and toss to combine.
- 4 Carve the lamb and serve with beans and olives, and roasted tomatoes.

➔ Great with stuffed and grilled tomatoes (page 20)



A lamb roast fit for a weeknight.
It's hard to resist when served with
green beans, olives & tomatoes
—so don't!





 SERVES
16

 PREP TIME
15 MINS

 COOK TIME
60 MINS

 INGREDIENTS
7-9

 DIFFICULTY
4/10

Elise's Brilliant Brownies

INGREDIENTS

Dark chocolate
200g, chopped

Butter
250g, chopped

Brown sugar
1¾ cups (310g)

Eggs
4

Cocoa powder
⅓ cup (35g), sifted

Plain (all-purpose) flour
1+¼ cups (185g), sifted

Baking powder
¼ teaspoon

OPTIONAL

Dark chocolate
100g, pieces

Walnuts
100g, chopped

METHOD

To begin...

Preheat your InAlto oven to 160°C, allowing 15 minutes to heat up to temperature.

- 1 Set up a water bath (glass bowl over saucepan with a small amount of boiling water) and place the chocolate and butter in the bowl and stir over low heat until smooth. Allow to cool slightly.
- 2 Place the sugar, eggs, cocoa, flour and baking powder in a bowl. Add the chocolate mixture and mix until combined. Stir in optional walnuts or choc pieces.
- 3 Pour into a 20cm-square slice tin lined with non-stick baking paper. Bake for 40-45 minutes for a gooey centre or 50 mins if you prefer it completely cooked through.
- 3 Allow to cool slightly in the tin before slicing into 16 pieces. Serve warm or cold.

All Spice Apple Tarte Tatin

INGREDIENTS

Puff pastry

1 sheet

Apples

5 different types: sweet and sour

White sugar

100gr

Cointreau

50ml

Margarine

50gr

Cloves

5

Nutmeg

¼ teaspoon

Ground ginger

¼ teaspoon

Cinnamon

¼ teaspoon

Anise seeds

¼ teaspoon

Vanilla

1 pod

METHOD

To begin...

Preheat your InAlto oven to 180°C, using Fan Bake, allowing 15 minutes to heat up to temperature.

- 1 Peel and cut apples in four quarters. Remove core and cut every quarter in two or even three pieces if the apples are very big. Set aside.
- 2 Put sugar, Cointreau, spices, and the open vanilla pod (remove seeds) in a frying pan over medium heat. Wait until caramel syrup is golden brown and add apples. Cook for a few minutes and add margarine.
- 3 While you wait for the margarine to melt, place parchment paper in an oven mold (watch out if you use a removable bottom tart mold, the caramel can get out and burn the tray surface).
- 4 When apples are almost cooked, place them carefully on the mold. Pour the caramel gently over them and place the puff pastry sheet. Press the borders to the bottom with a spoon or a fork, so you don't get burn with the caramel. Poke the dough and put in in the oven.
- 5 Bake for 30 minutes or until the tarte is golden brown. Remove from the oven and let it cool for half an hour. Turn it upside down with a plate and remove parchment paper too. You can serve tatin with ice-cream or with a light vanilla sauce.



Bread & Berries Pudding

INGREDIENTS

Hardened bread

400g

Butter

80g, melted

Eggs

4

Milk

400ml

Sugar

50g

Lemon zest

From 1 lemon

Cinnamon

1 teaspoon

Red berries

120g fresh or frozen

METHOD

To begin...

Preheat your InAlto oven to 180°C, allowing 15 minutes to heat up to temperature.

- 1 Cut the bread into thin slices. Spread the sliced bread with the melted butter.
- 2 In a bowl mix the milk, sugar, beaten eggs, cinnamon and the lemon zest.
- 3 Place the bread on a tray and pour the milk mixture on top so that all the slices are moistened. Let it rest for a few minutes.
- 4 Put the red berries in a saucepan and heat until you get a sauce. Boil over low heat until reduced. If you are using frozen berries, they will release a lot of water so this may take longer.
- 5 Place the bread in a tidy manner on the presentation tray and water with the milk and half the sauce of the red berries. Bake for 30 minutes, approximately.
- 6 Take it out from the oven, let it cool and decorate with the rest of the red fruit sauce and icing sugar.



Support & Queries

For any questions about how to use your appliance or any issues at all, please call our friendly & locally operated Support Team

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