



♥ DETAILS

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AROUND THE WORLD

WITH 

the best of Britain

Roast fillet of beef

♥ DATE: 24TH FEB 2018

♥ INGREDIENTS

- 1.2kg beef fillet, well trimmed
- salt and pepper
- virgin olive oil
- 2 sachets of miso paste - optional

♥ NOTES

Serves 6

When ready to serve, unwrap the fillet and slice.

♥ METHOD

- 1 Heat up a large heavy based frying pan on the boiling plate. Season the meat with salt and pepper.
- 2 When the pan is really hot add a splash of olive oil and lay the beef in the pan, browning it all over thoroughly.
- 3 If you are using the miso paste, allow the beef to cool down enough to handle, then smear the miso all over the beef before placing in the roasting tin.
- 4 Once the meat is well browned, transfer it to a roasting tin and place it in the middle of the roasting oven.
- 5 Cook for 12 - 15 minutes.
- 6 Remove to a board and allow to cook for a couple of minutes, before wrapping it in several layers of foil. Leave it to rest on the warming plate for up to 20 minutes.

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♥ HISTORY

It was in 1922 that blind Nobel Prize-winning physicist Dr Gustaf Dalén invented the world's first heat-storage cooker.

Dr Gustaf Dalén was a Swedish Nobel Prize winner, who was blinded when a bulb he was testing for an automatic flashing lighthouse exploded. On returning home he was apparently appalled to discover how much time his wife and the maid spent tending the oven and resolved to invent a cooker that could be left on all the time and didn't need constant attention.

He designed his AGA in 1922 and seven years later, a British company had bought the licence and from then on it was made in Britain. During World War II, the exterior was updated by industrial designer Douglas William Scott, who several years later designed that other beloved comfort giver, the British double-decker bus.

All AGAs are now made at a Shropshire foundry, which has been listed as a world heritage site because of its importance as the birthplace of the industrial revolution.

AGA cookers suit the British damp climate and they make their houses cosy and they are perfect at multi-tasking. You can make toast, cook food, dry laundry, and even revive lambs.

Eccles cakes from Lancashire

♥ DATE: 24TH FEB 2018

♥ INGREDIENTS

- 25g butter
- 100g currants
- 25g chopped mixed peel
- 50g demerara sugar
- 1/2 tsp ground mixed spice
- frozen puff pastry sheets, thawed
- 1 egg white, beaten
- castor sugar for sprinkling

♥ NOTES

Makes 8

Best eaten when warm!

♥ METHOD

- 1 Melt butter in a pan then add the currants, peel, sugar and spice and mix thoroughly together.
- 2 On a lightly floured surface cut out 8, 12.5 cm circles from the pastry (size of a saucer)
- 3 Divide the fruit mixture between the circles, dampen the edges of the pastry with a little water and draw them to the centre, sealing well together.
- 4 Turn the cakes over and roll gently into circles with a rolling pin.
- 5 Brush with egg white and sprinkle with a little castor sugar. Make 3 diagonal cuts across the top of each.
- 6 Bake in the roasting oven for approximately 15 minutes, until light golden brown.

Beef and Guinness Pie

♥ DATE: 24TH FEB 2018

♥ INGREDIENTS

- 1kg gravy beef or stewing steak cut into 2cm cubes
- 440ml can of Guinness
- 30g butter
- 3 brown onions, finely chopped
- 3 cloves of garlic, finely chopped
- 2 carrots, peeled and chopped
- 2 sticks of celery, sliced
- 200g mushrooms, chopped sprig of rosemary, leaves picked and chopped
- 2 heaped tablespoons of plain flour
- salt and pepper
- 100g grated cheese (optional)
- 1 sheet butter puff pastry (Careme is best)
- 1 egg beaten

♥ METHOD

- 1 In a large oven proof casserole dish heat the butter and gently fry the onions until they are translucent but not browned. Add the garlic, carrots, celery and mushrooms and stir to combine. Transfer to the boiling plate and add the beef and rosemary and season well with salt and pepper.

Brown the meat for a few minutes, then pour in the Guinness, stir in the flour and add just enough water to barely cover. Bring to a simmer and then cook the casserole with the lid on in the simmer oven for 2-3 hours. Stir occasionally.
- 2 When ready, remove from the oven and check the seasoning. If it is too tart, stir in a teaspoon of brown sugar. Allow to cool slightly. Ladle the stew into the large pie dish or individual ramekins. Sprinkle over the cheese, if using. Cover the stew with pastry and trim. Brush pastry with egg and cook in roasting oven for approximately 30 minutes or until the pastry is puffed and golden.
- 3



Yorkshire Pudding

♥ DATE: 24TH FEB 2018

♥ INGREDIENTS

- 300ml milk
- 4 eggs
- 250g plain flour, sifted
- dripping or a high heat oil – eg sunflower oil

♥ METHOD

- 1 Firstly place the dripping or oil into the muffin tins, about 1-2 tablespoons in each hole, put the tin in the roasting oven to heat up to very hot (10 minutes)
- 2 In a mixer or large bowl with whisk, beat the eggs and milk until well mixed, then add the flour whisking constantly, finally add a pinch of salt.
- 3 When whisked you want a coating consistency transfer into a jug for pouring.
- 4 Remove the tray from the oven and pour the mixture into each hole, it should be sizzling and bubbling away!
- 5 Pop it straight back into the roasting oven to cook for approx 15 minutes until they are risen and golden.

Scones

♥ DATE: 24TH FEB 2018

♥ INGREDIENTS

- 225g self raising flour, sifted
- 25g butter pinch of salt
- 25g castor sugar
- 150-200 ml milk and cream even mix

♥ NOTES

The secret to a good scone is lightness of touch.

I cheat with a thermomix or a magimix to save the rubbing of the flour and butter, but both ways are equally good.

♥ METHOD

- 1 Either add flour and butter and salt to the blender and blast until finely mixed. – moments! Then transfer to a big bowl. Or add flour to a large bowl and then rub butter through your finger tips with the flour until the mixture is fine crumbs. Takes quite a while!
- 2 With a knife stir the milk into the mixture a little at a time until you have a firm but slightly sticky dough. Put the dough on a lightly floured worktop and press it out gently until it is the thickness of your hand. Stamp out the scones with a round cutter (6cm) place the scones on a baking sheet and brush to tops with a little milk.
- 3 Hang the baking tray on the 3rd set of runners from the top of the roasting oven for around 15-20 minutes until risen and golden brown.