

AGA

Total Control



An Introductory **AGA** Recipe book - the 10 cooking methods



The launch of AGA Total Control provides the opportunity to reflect on why the AGA remains the world's best cooker.

Gustav Dalén, the inventor of the AGA, recognised that the ingredients, the recipes and the correct application of heat – essentially an engineering question – have to come together to create great food. The radiant heat from all around from the cast iron walls of the AGA cooker, is simply a better cooking method than typical conventional ovens provide.

And when it comes to double ovens and multi-functional ovens, the AGA was there first.

So with the AGA, cooking is healthy with more vitamins and minerals retained and less fat used.

And with all 10 ways of cooking the benefits of the AGA stand out. Using examples from the new AGA Total Control Recipe book, here is a short review of how the AGA covers all cookery techniques. I am sure you will enjoy it.

Best wishes

Dawn Roads
AGA Cookery Editor



Grill



Succulent steaks and chops cooked on your AGA boiling plate in the special cast iron grill pan. Fierce heat reminiscent of a charcoal grill sears the outside of the meat, sealing in flavour and juices, while the meat gently cooks to perfection on the inside.



Oven grilling for a full English breakfast at the top of the roasting oven is so easy, sausages, bacon, tomatoes and mushrooms in one large pan, no cleaning off fat splashes from the top plate



Grill direct on the simmering plate

Toast



Using the special wire toaster, you can make the famous AGA toast crunchy-on-the-outside and fluffy-in-the-middle. AGA toast tastes better and even looks better: every slice is branded with the distinctive waffle pattern. Carried out on the boiling plate or on the simmering plate with no toaster



required for toasted sandwiches.

Stir Fry



Tackle Asian cookery with an AGA wok on the boiling plate for fast stir fries and quick cooking.

Fry



Creating crunchier-on-the-outside, moister-on-the-inside fried / sautéed chicken

Simmer



The simmering plate of the AGA Total Control is so gentle it allows milk to heat without boiling over, make sauces and simmer soup.



The AGA simmering oven, or the roasting and baking ovens, when on slumber slow cooks for hours – even overnight – gently coaxing casseroles, stock, soups, curries, and bolognaise to perfect tenderness while you're at work, running errands, or simply relaxing.

Casserole



The AGA simmering oven's gently persistent heat helps you create richer, juicier casseroles, stews and slow-roasting or braising large cuts of meat. It slow cooks for hours. Also can be undertaken on slumber mode on the AGA Total Control cooker.

Boil



Water boils so fast on an AGA. The AGA boiling plate cooks so rapidly that fresh vegetables retain more of their natural flavour, colour and nutrients. Provides a good rolling boil for making quick jam.

Roast



Roasts are superb – cooked evenly throughout because, unlike conventional cookers, the heat comes from all directions, not just one. Shrinkage and dryness are reduced because there are no flames or elements inside the ovens to dry out the meat. Roasted vegetables are full of Mediterranean flavour and roast potatoes are brown and crispy. All undertaken in the roasting oven.

Slow-roasting is ideal carried out in the simmering oven or when the roasting or baking oven is on slumber.

Bake



Like a traditional baker's brick oven, the AGA roasting and baking ovens provide all-around, consistent heat, to create feathery pastries, ever-so-moist cakes, and perfectly baked breads.



Sweet and savoury can be cooked together without intermingling of flavours.

Steam



In the AGA simmering oven or on slumber mode on the AGA Total Control you can steam a sponge pudding to perfection without turning your kitchen into a sauna. Also unpleasant, lingering, cooking smells are banished and no topping-up is required. Steaming root vegetables locks in their full flavour and nutrients.

The Full English

When nothing but an English breakfast will do. Any late-wakers in the house will be tempted out of bed with the irresistible lure of sizzling bacon.

Place a piece of Bake-O-Glide in the large AGA roasting tin and place halved tomatoes, the mushrooms and black pudding in the base. Place the sausages on the grill rack and place the rack over the tomatoes and mushrooms.

Grill the sausages at the top of the roasting oven for 12-15 minutes, turn the sausages over and add the bacon, return to the top of the roasting oven for 10 minutes.

Meanwhile place a little fat into the half size roasting tin, lined with Bake-O-Glide, heat on the floor of the roasting oven. When the fat is hot break in the eggs and return to the floor of the oven to cook to your liking (cooking in the oven saves fat splashes on the top plate).

Serves 4-6

Ingredients

6 tomatoes, halved
 6 mushrooms
 6 slices of black pudding
 8 good quality sausages
 6 rashers bacon
 4-6 free range eggs



Variations

Eggs In Fried Bread

Use the AGA toaster on the boiling plate to toast the bread one side, cut a circle out of the centre of the slice of bread. Place the bread untoasted side down in the base of the hot roasting tin and break an egg into the circle. Return to the floor of the roasting oven for 3-5 minutes, depending on how well cooked you prefer the egg.

No-Fat Fried Egg For One

If cooking for one try the no-fat method. Place a circle of Bake-O-Glide onto the simmering plate, up to heat and break an egg into the centre. Close the simmering plate cover, this will create a micro-climate to cook (but not colour) the egg from the top and the heat from the simmering plate will cook-fry the egg from underneath. Cook for 3-4 minutes or to your preference.

Cheese and Ham Toasties

When the whole clan need refuelling quickly, these are an easy option as the simmering plate will take up to four sandwiches at once. No butter is needed for the outside as the bread will brown beautifully naturally and a piece of Bake-O-Glide will stave off cheesy spills.

Butter the bread and place a slice of cheese and ham between the two slices of bread; spread a little mustard over the ham if liked.

Toast the sandwich on the simmering plate with the hotplate cover down. Then turn the sandwich over to toast the other side. If toasting four sandwiches at once leave the cover up to prevent squashing the outer edges.

Variation

Brie and Grape Toastie

Place the bread on a board and butter. Put the cheese on the buttered side of one slice of bread and sprinkle on the grapes. Cover with the other slice of bread.

Place a piece of Bake-O-Glide on the simmering plate then place the sandwich in the centre. Toast the sandwich on the simmering plate with the cover down. Then turn the sandwich over to toast the other side.

Tip – substitute a fruity chutney for the grapes or use chopped walnuts.

Makes 1

Ingredients

Cheese and Ham Toastie

2 slices of good bread
Butter for spreading
Slices of cheddar cheese
Slices of ham
Mustard, optional

Brie and Grape Toastie

2 slices good bread
Butter for spreading
Slices of Brie
4 grapes, halved



Sesame Beef Stir Fry

Food in a flash is epitomised by the stir-fry. A meal in itself, it makes a fantastic work-night dish. Don't be shy about experimenting with the ingredients, substituting and adding in things that might need eating up in the fridge.

Cut the fillet of beef into strips.

Heat an AGA wok on the boiling plate, add the sesame oil, when hot place in the strips of beef and stir fry until browning, about 2-3 minutes, and then add the mushrooms and chilli. Stir fry for a further minute. Add the sesame seeds then the spring onions, cook a further minute. Stir in the oyster sauce, when hot add the cooked noodles and stir together, serve at once.

Serves 3-4

Ingredients

- 350g (12 oz) beef fillet
- 3 tbsp sesame oil
- 150g (5½ oz) oyster mushrooms
- 1 red chilli, sliced finely
- 25-30g (1 oz) sesame seeds
- 1 bunch spring onions, sliced diagonally
- Jar of oyster sauce
- 250g pack of noodles, cooked



Pan Fried Sea Bass with Tangy Mango Salsa

The fish cooks brilliantly quickly and the most time-consuming part of this meal is preparing the mango salsa. So if you know you're going to be pushed for time, make the salsa in advance. It's still an impressive home-cooked plate, but it only takes six minutes!

Firstly make the salsa by placing all the ingredients into a bowl and mix well together. Just before cooking the fish divide the salsa between two serving plates.

Pat the fish dry with kitchen paper and check there are no bones.

Heat the oil in an AGA frying pan. Place the fish fillets skin-side down into the hot oil and cook for 2-3 minutes on the boiling plate, until coloured. Carefully turn the fish fillets over and cook for a further 2-3 minutes, until the fish is just cooked. Put the shredded spring onions into the side of the pan for the last minute of cooking.

Remove the fish from the pan and place on top of the salsa. Drain the spring onions on kitchen paper then sprinkle over the fish. Serve.

Serves 2

Ingredients

- 2 x 175g (6 oz) sea bass fillets, with the skin on
- 2 tbsp oil
- 2 spring onions, shredded

Salsa

- 1 small mango, peeled and diced
- ½ bulb of stem ginger, finely chopped
- 2 tomatoes, diced
- ½ red onion, finely diced
- ½ red chilli, finely chopped
- ½ bunch of fresh coriander, roughly chopped
- 1 tbsp rice vinegar
- 1 tsp soy sauce
- 1 tsp stem ginger syrup
- Black pepper



Chunky Autumn Veg Soup

Getting in your five a day has never been easier, or more delicious with this fantastically rustic soup. A steaming thermos on a crisp country walk will keep everyone toasty warm inside.

Take a 9 litre AGA stockpot and put in the leek, carrots, onion, celery, potato, courgette, tomatoes, water or stock and a piece of Parmesan rind, season.

Bring to the boil on the boiling plate and then simmer for about 45 minutes on the simmering plate. Add the drained borlotti beans, spinach leaves and pasta to the stockpot, stir and simmer for another 6-8 minutes.

Remove the Parmesan rind and serve in bowls accompanied by crusty bread.

Alternative cooking method

Make as above and bring to the boil, cover and simmer for 5 minutes. Transfer the covered stockpot to the floor of the simmering oven and cook for 1 hour. Complete as above. Alternatively, use the roasting or baking oven when on slumber.

Serves 6-8 as a main dish

Ingredients

- 1 large leek, sliced
- 2 carrots, diced
- 1 onion, chopped
- 2 sticks celery, diced
- 1 potato, diced
- 1 courgette, diced
- 450g (1 lb) tomatoes diced or use a can of chopped tomatoes
- 2 litres (3½ pints) water or stock
- Piece of Parmesan cheese rind
- Salt and black pepper
- 1 x 410g can of borlotti beans, drained
- 50g (1¾ oz) spinach leaves, sliced
- 75g (2½ oz) tiny pasta shapes, such as farfalline
- Salt and black pepper



Thai Green Curry

This curry is delicious as a vegetarian meal, however, if like a few people we know, dinner doesn't count unless there's meat involved, a diced chicken fillet can easily be added when frying the paste or add prawns towards the end of the cooking time. It's a dish that works any time of year.

Place the oil into a pan to heat on the boiling plate and fry off the curry paste for a minute, then add the coconut milk and stock, stir then add the red pepper and potato cubes. Simmer uncovered for 10 minutes then add the broccoli florets, mangetout, chillies, lemon grass, salt and sugar. Simmer for a further 10 minutes or until the vegetables are tender.

Ladle into bowls and garnish with fresh coriander and slices of red chilli. Serve with rice.

Serves 2-3

Ingredients

1 tbsp oil
2 tbsp green Thai curry paste
1 x 400ml can of coconut milk
350ml (12 fl oz) vegetable stock
1 red pepper, sliced
1 large potato, cubed
1 head of broccoli,
broken into florets
225g (8 oz) mangetout,
topped and tailed
1-2 red chillies, sliced
1 stalk lemon grass, finely sliced
Pinch of salt
Pinch of sugar

Garnish

Fresh coriander
Chilli slices



Quick Berry Jam

A dollop of this delicious jam spread on a slice of AGA toast, scone or stirred into your porridge is guaranteed to brighten up a grey morning. Plus any pots you can bear to part with make perfect presents when dolled up with a pretty bit of fabric or ribbon.

Place the fruits into the AGA maslin pan and squash with a potato masher, add the butter.

Bring to the boil on the boiling plate. Add the jam sugar, dissolve on the simmering plate then return to the boiling plate and boil for 4 minutes. Allow to rest for 5 minutes then pour into sterilised jam jars. Cover, cool and label.

Tip: Wash the jam jars in hot water then place in the simmering oven, to dry.

Makes 1.5 kg (3 lb 5 oz)

Ingredients

800g (1 lb 12 oz) frozen
red fruits, thawed

Knob of butter

1 kg (2.2 lbs) jam sugar





The Ultimate Roast Chicken

A family favourite that's truly succulent when cooked in a cast iron oven. There's the added benefit of not needing any butter or oil, if you turn the bird over during cooking. However, if you prefer, smear a little butter over the breast or cover with 2 or 3 rashers of bacon.

Take the chicken out of the refrigerator an hour before cooking. Remove any string, the legs should be free to allow heat to circulate properly. Cut two of the onions into slices and place in the base of the half size AGA roasting tin – this will give good flavour to the gravy. Put the chicken onto the onion. Stuff the cavity of the chicken with sprigs of thyme and parsley and the remaining onion cut into quarters.

Slide the roasting tin onto the lowest set of runners in the roasting oven and roast for 25 minutes. Take the chicken out of the oven and turn the whole bird over, return to the oven and roast for another 20 minutes. Then turn the bird back to its original position and continue cooking for a further 15-20 minutes. The chicken is cooked when juices from a pricked thickest part of the thigh run clear, or use a meat thermometer.

Allow the chicken to rest for 20 minutes before carving.

Serves 4

Ingredients

1 x 1.5kg (3 lb) free
range chicken
3 onions
Thyme
Parsley
Salt and black pepper



The Victoria Sponge Cake

The Victoria Sandwich, named after and a favourite cake of Queen Victoria, represents classic English baking and in our opinion should only be made with butter for the best flavour. It can be surprisingly therapeutic to mix by hand once in a while, but do use an electric mixer if you wish.

Place the butter and sugar into a large bowl and cream well together with a wooden or silicone spoon until the mixture is light and fluffy. Gradually add the beaten egg, beating well between each addition. Add a little flour when beating in the final stages of the egg as this will help stop the mixture curdling.

Gently fold in the sieved flour and divide between two 20cm (8 inch) shallow cake tins, which have been buttered and base lined.

Place the two cake tins on the oven grid shelf slid on the fourth set of runners down in the baking oven. Cook for 20-25 minutes until risen and golden brown. The top of the cake should spring back when lightly pressed with a finger.

Let the cakes rest in the tins for 5 minutes then turn out onto a wire cooling rack, removing the lining paper. Sandwich together with a generous amount of raspberry jam and decorate the top with sieved icing sugar or sprinkle with caster sugar.

Cuts into 6 or 8 slices

Ingredients

225g (8 oz) soft butter

225g (8 oz) caster sugar

4 free range eggs, at room temperature, beaten

225g (8 oz) self raising flour

Filling

Raspberry jam

Topping

Sieved icing sugar or
caster sugar



Steamed Banana Pudding drizzled in Butterscotch Sauce

The idea of steamed puddings may take you back to your school days and this one certainly tends to be a hit with the kids. Using very ripe blackened bananas gives it an amazing flavour and delicious with the butterscotch sauce.

To make the butterscotch sauce, place the brown sugar, butter and cream into a saucepan and bring gently to the boil, stirring until thick and smooth. Remove from the heat. Butter a 1.2 litre (2 pint) pudding basin.

Place the butter, caster sugar, eggs, flour and bananas into a basin and beat well together. Pour half the butterscotch sauce into the base of the prepared basin and carefully spoon over the pudding mixture. Cover with a disc of baking parchment and place a double thickness of foil over the top of the basin. Tie the foil on with string, leaving enough to be able to lift the pudding out of the saucepan.

Put the basin in a large saucepan and pour in boiling water to come half-way up the side of the basin, steam for 15 minutes - moving the saucepan partially off the boiling plate if necessary to maintain a gentle boil.

Transfer the covered saucepan, complete with water and pudding to the simmering oven. Steam for about 1½ hours in the simmering oven until the pudding is cooked through.

Turn the pudding out onto a serving dish, gently reheat the remainder of the sauce and pour over the top.

Serves 4

Ingredients

Sauce

25g (1 oz) brown sugar
25g (1 oz) butter
125ml single cream

Pudding

115g (4 oz) soft butter
115g (4 oz) caster sugar
2 free range eggs
140g (5 oz) self raising flour
2 ripe bananas, mashed

AGA Tips

from Richard Maggs the AGA cookery doctor

1. Place a lemon in the roasting oven for three minutes before squeezing to extract the most juice. Organic lemons give a far superior flavour and are worth the extra cost.
2. To fry eggs without using a frying pan, use a piece of Bake-O-Glide placed on the simmering plate. Crack the egg into the centre of the sheet, and lower the lid to speed up the cooking. It's fat free and no washing-up.
3. To revive a slightly stale loaf of bread, cut off a slice from the 'open' end of the loaf and discard. Hold the loaf, cut-side down, for a few moments under a running cold tap, and then place it in the roasting oven for four minutes for warm, crusty bread.
4. When making pancakes, cook the first side in the usual way in a pan on the boiling plate, but then flip it over to cook the second side on the lightly greased simmering plate. You can then start another pancake in your pan, and double your production speed.
5. Leave jars of jam or syrup for 30 minutes on the back of the top plate of the AGA, with their lids loosened, to soften for easy spreading when baking.
6. To loosen tight metal screw-top jars, simply place the lid side down on the simmering plate for 30 seconds. The metal lid expands and then is easily twisted off using a cloth.
7. When your AGA Total Control top plate is warm you can keep a mug of coffee hot whilst chatting on the phone by leaving it on the top plate in front of and between the lids.
8. For pizzas to die for, cook directly on the floor of the roasting oven. Keep the oven floor clean by brushing out with a wire brush.
9. Dry awkward-shaped metal cooking utensils and kitchen gadgets, graters, etc., on the warm top plate so they don't go rusty in storage.
10. Use the gentle warmth of the top of the AGA to soften, melt or warm ingredients for cooking. Soften butter, melt chocolate and warm bread flour in the bowl for brilliant bread making.

Taken from *The Little Book of AGA Tips* by Richard Maggs



Why it's time for
AGA TOTAL CONTROL

total flexibility
great food
ambient warmth
design icon
economical to run



Total Control

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