

THE OVEN ON THE STOVE

The Omnia is an ingenious invention that makes it possible to bake and cook oven food directly on the stove. Almost anything you can cook in a traditional oven can be cooked in the Omnia; use it just as you would your oven at home. Prepare your own favorite recipes or try our suggestions, see below – you'll find more delicious recipes at www.omniasweden.com.

The 64 page Recipes for your Omnia includes recipes and tips.

Easy and convenient

The Omnia is perfect for bake-offs such as baguettes and croissants, as well as most mixes; just follow the instructions on the package.

Three parts

The Omnia's unique three-part construction allows heat to flow over and under the item to be cooked or baked; a stainless steel base plate, an aluminum food container with circulation lip and a coated lid with exhaust vent.

CAUTION! Watch out for sharp edges! Incautious handling could lead to cuts.

DIRECTIONS FOR USE

Always grease the food holder before use and sprinkle with bread-crumbs when baking. Place the Omnia directly above the flame or above the center of the heat source on the stove. When using the oven for the first time it may emit a small amount of smoke, this is not a health or environmental hazard and will not taint the food. Only half fill the container when baking using yeast; for other foods you can fill to within 1" of the top. If you overfill, the food at the bottom of the container can be burned or overcooked before the rest of the food is ready.

If the Omnia gets too hot because of long cooking times, extreme heat or small quantities of food being prepared, the red lid may suffer discoloration; this does not affect the function only the appearance.

For best results wash the food holder by hand as dishwasher detergent can discolor the surface.

CAUTION! All parts of the Omnia get very hot, **ALWAYS** an oven cloth or pot holder when using the Omnia.

Same cooking times as with fixed appliances

Omnia cooking times are approximately the same as for your standard oven, however it is always advisable to check how the cooking is progressing, as you would in a conventional oven, a few minutes before the recipes recommended cooking time is up. When the item to be cooked is ready, remove the container from the heat source, the lid should then be removed to prevent the item from overcooking.

CAUTION! To avoid being burned by steam or similar keep your face away from the container when lifting the lid.

Baked items may appear paler than items cooked in a conventional oven.

NB! DO NOT USE knives or other sharp tools on the aluminum container.

Determining the correct heat

Using an oven that does not have a thermometer/thermostat will seem strange at first and different heat sources will have different effects; however, our customers do not find this to be a problem and quickly learn what is best.

USER TIPS! How to get the best results

- Determining the right heat:
 - Portable electric hot plates 1500 W / 5100 BTU => use max heat.
 - Spirit stove (eg Origo/Cookmate) 2000 W / 6800 BTU => a little under half power is usually perfect.
 - Gas stove 2500 W / 8500 BTU => start slightly above minimum effect.
- For shorter cooking times, 10 – 20 minutes, and always on portable electric hot plates, the stainless base plate should be pre-heated for 3 minutes before the food container with lid is placed on the stove. You should now adjust the heat according to the heat source recommendations described above.
- Some breads and cakes should be 'kick started':
 - 1) heat the base plate
 - 2) place the food container on the heated base plate for exactly one minute
 - 3) adjust the heat according to the heat source recommendations as described above.

RICE AND CHICKEN GRATIN

1 yellow onion
1 tbs oil
1½ dl / 5/8 cup basmati rice
1 tsp salt
½ chicken stock cube
+ 3 ½ dl / 1-1/2 cup water
½ grilled chicken
cashew nuts (optional)

SAUCE
1 ½ dl / 5/8 cup heavy cream
3 tbs light mayonnaise
3 tbs chilli sauce
Curry powder

SERVE WITH
Mixed salad and garlic bread

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

BLUE CHEESE AND HAM PIE

DOUGH
150 g / 1/4 pound butter
3 dl / 1-1/4 cup flour
1 pinch salt
1 tbs water

FILLING
1 red bell pepper
60-70 g / 2-3 oz. smoked ham
6+ large sweet basil leaves
150 g / 5 oz. blue cheese
3 eggs
2 ½ dl / 1 cup light cream
Cayenne pepper (to taste)

Rub the flour, salt and butter together. Add the water and knead to a dough; place the dough in a plastic bag and allow to cool for 1 hr (if you have time). Grease the food holder. Mould the dough into a sausage shape and place in the food holder; press it into place so it forms a pastry case. Finely chop the red bell pepper and ham and place in the pastry case, red bell pepper first. Cut the basil into strips. Crumble the cheese and place over the ham with the basil strips. Beat the eggs, cream and Cayenne pepper together and pour gently over the pie contents. Cook on a medium heat until the sauce stiffens, approx 1 hr.

BACON AND CHEESE STUFFED FILET OF PORK

1 filet of pork, approx 500 g / 1 lb
4-6 lightly smoked slices of bacon
Blue or garlic cheese, approx 70 g / 2-1/2 oz.
2-3 dl / 1 cup light cream
1 tbs soy sauce
salt and pepper
4-5 toothpicks

SERVE WITH
Rice or new potatoes and vegetables of the season

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

THYME BREAD

2 ½ dl / 1 cup warm water, approx 100 F.
8 g / 2-1/4 tsp dry yeast
2 tsp salt
1 tsp granulated sugar
8 dl / 3-1/3 cups flour
4 g / 1 tsp. dried thyme
sesame seeds

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