



# COOKING WITH AVIN

FOR OUR AVIN FAMILY, FROM OUR AVIN FAMILY



AVIN, A WELCOMING ADDITION TO  
YOUR COLLECTION OF COOKING  
GEAR AND PROBABLY THE ONLY ONE  
YOU WILL EVER NEED.

*A warm welcome to you, our latest AVIN family member.*

Thank you for choosing the AVIN brand to join your home /  
establishment.

We present to you, our AVIN recipes.  
Specifically, and carefully created just for AVIN.

With only a few elements and a little prep work, a simple meal  
becomes a masterpiece.

**AVIN**

FOOD • FAMILY • FRIENDS



## AVIN Neapolitan Pizza

*AVIN preheat for 1 hour flame on.  
Maximum temperature*

*Makes 1 x 250g dough ball/1 pizza base*

What you will need and how to do it:

Poolish (pre-fermentation):

- 30g 00 flour
  - 30g room temperature water
  - 1g fresh yeast
- Dissolve the fresh yeast in room temperature water and add to the flour. Mix until incorporated and place mixture into an airtight container. Allow mixture to sit at room temperature for 1 hour and then place in the fridge for 18 – 24 hours.



# Method

*Continued*

What you will need and how to do it:

- 70ml water
- 125g 00 flour
- 4g salt
- Remove polish mixture from the fridge one hour before adding the remaining ingredients. Add the 70ml water to the polish and mix until incorporated. Add the salt and mix well again. Add half the flour into the mixture, once the flour has been absorbed, add the remaining flour and knead the dough for 15 minutes. Alternatively, use a stand mixture.
- The dough will be very sticky but
- continue to mix.
- After 15 minutes of kneading, cover dough and allow it to rest for 10 minutes, (the gluten will continue to develop). Rub hands with olive oil and gently shape the dough into a tight ball. Place in an airtight container and allow to rest at room temperature for 1hour/until doubled in size.

- Remove dough from container and shape into dough balls of about 250g. Shape dough and ensure a nice tight ball and place into a dough box or airtight container and allow to prove for at least 2 hours at room temperature before using. Alternatively, place them into the fridge if they will not be used right away.
- Side note: (I have recently used this recipe but have done a 72-hour cold fermentation and the dough is even more fragrant, soft and chewy. If you have the time, I will really suggest using this method. Follow all the above steps but when shaping the dough balls, allow to rest at room temperature for 1 hour and then place in the fridge for 2 days. Remove dough balls from fridge about 3 hours before cooking to allow them to completely come to room temperature.
- Obviously, our climate plays a big part so in summer months (especially with the humidity, dough will rise a lot quicker and slower in Winter months so just play around with it)

### Tips:

- Be careful when taking the dough ball out the container, you do not want to let all that beautiful air out. Use your 00 flour and a scraper so that it does not stick when removing them.
- Once out the container, place them in a bowl of flour and coat them (you can always remove the excess). Gently press all the air to the outside of the ball until a circle is formed. Stretch the dough slightly but final stretching can be done on the pizza board/spade.

- Suggestion - a bamboo /wooden pizza board as I find they do not stick so easily to them.
- Lightly dust your pizza board and place your pizza base onto the board. Add your toppings and then lightly adjust and stretch the pizza until it is around 12 inches.
- If making a classic Neapolitan Margherita, use Fior di latte mozzarella or a buffalo mozzarella. Woolworths sell Fior di latte which works great, the flavour pairs beautifully with the tomato base and some fresh basil.
- With regards to the wood oven, having the fire directly on the floor (left hand side only) works best and generates a lot of heat with the pizza cooking literally inches away from the direct coals. Pre-heat the oven for around 1-hour 15min to ensure the floor is seriously hot as often you find the pizza cooks beautifully on top, but underneath is not fully cooked. You also want to have some light spotting on the base of the pizza as well. This method without the trays re only suggested as a tip with the Neapolitan style pizzas. The pizza should cook between 60 to 90 seconds.
- To ensure you get the Neapolitan spotting, you need to have a rolling flame. Just before you start preparing a pizza, place 1 or 2 pieces of wood to the side of the oven to pre-heat. Just before you place the pizza into the Oven, place the pieces of wood onto the coal and you should instantly get a good rolling flame.

# AVIN Beer Pizza Dough



*AVIN between 200/300deg  
Flame on.*

*Makes 15 bases*

*40 minutes pre heated with closed door and keep your fire going!*

What you will need and how to do it:

- 1kg OO Flour / Cake flour
  - 1 tsp Salt
  - mix together
  - 650ml Beer (2 x bottles)
  - heat until lukewarm and stir in
  - 60ml Olive oil
  - 2 x sachet Instant dry Yeast
  - 4 tsp Sugar
  - mix until dissolved
  - make a well in the centre of the flour and pour the liquid in, start mixing to form a soft dough with no lumps.
  - knead for about 5min
  - place the dough back into the mixing bowl and rub some olive oil over the top, cover with plastic wrap and leave to rise
- for about 1hour or double in volume
- knead the dough again for about 2min and divide into equal balls to roll out your pizza bases.
  - the dough may yield bases depending on the thickness of your preferred pizza base
  - Tip cover the surface which you will be rolling your bases onto with a little semolina flour...it gives a beautiful crunch to the crust




# Festive AVIN Lamb Shoulder

Preheated AVIN 350deg

Serves 6

*This recipe beats any spit out there!  
Side Dishes - Flat Breads/Hassle Back potatoes/ Flat  
breads with cumin/Home made Tzatziki*

What you will need:

- 
- 1.8kg Deboned Karoo Lamb Shoulder, scored over the top of the skin
  - 100g Butter at room temperature
  - 3 sprigs fresh rosemary, washed, picked, and chopped finely
  - Small bunch fresh oregano, washed, picked, and chopped finely
  - Zest of 1 lemon, reserve the lemon for the juice later
  - 6 cloves garlic, peeled and crushed
  - Salt & Freshly ground black pepper

# Method



- The lamb shoulder should be room temperature, remove from the fridge at least 2 hours before cooking.
- Place the shoulder in a cast iron skillet or roasting tray and set aside
- Add the herbs, lemon zest and crushed garlic to the butter and mix well
- Rub half of the flavoured butter onto the lamb shoulder and set the other half aside.
- Season with salt and freshly ground black pepper.
- Fire up your AVIN and pre-heat to 350 °C, regulating the temperature with your oven door and chimney.
- Once the oven has reached temperature, place the roasting tray with lamb shoulder inside, roast for 20-25 min to obtain a beautiful, caramelized colour, reduce heat and regulate between 300 °C and 280 °C for an additional 20 min.
- Remove from the oven and brush with the remaining flavoured butter and squeeze of lemon juice
- Place back into the oven and slow roast at cooler temperature, 200 °C - 250 °C for 1.5 hours depending on your choice of doneness.
- (the rule of thumb is usually 15 min per 500g of meat)
- Halfway through the cooking process you will add your Spanish Style Hassle back potatoes to the oven as well.





## Hassle Back AVIN Potatoes

*Refer to lamb shoulder method when to add to AVIN*

What you will need:

- 6-8 medium potatoes, washed, dried but not peeled
- 80 ml Olive oil, divided
- 8 garlic cloves, peeled and thinly sliced
- 6 – 8 sprigs of rosemary, washed
- 150g chorizo sausage, diced
- 1 medium red onion, sliced
- Salt & Freshly ground black pepper
- Sweet smoked paprika flakes to taste

# Method



- Place the potatoes between two wooden spoons, using a sharp knife, cut slits into the potatoes about 3mm apart
- Use 1/3 of the oil to cover your baking dish and add the potatoes, rub with the 2nd 1/3 of the oil and place the thinly sliced garlic in-between the slits and space accordingly
- Add the onions and rosemary, season with salt, pepper and paprika flakes and the remaining olive oil
- Add to the oven halfway through the lamb's cooking time
- Once the potatoes are almost cooked, add the diced chorizo the potatoes should be golden brown and soft with caramelized onion and chorizo



# AVIN Flat Breads with Cumin

What you will need:

- ¼ cup warm water
- 2 tsp sugar
- 1 ½ tsp Instant dry yeast
- ¾ cup warm milk
- ¾ cup plain double cream yoghurt
- ¼ cup olive oil
- 6 x garlic clove, peeled and crushed
- ½ tsp cumin seeds
- Small bunch Italian parsley, washed and chopped
- 1 tsp baking powder
- 1 tsp salt
- 560g Cake flour



# Method

- Combine the water sugar and yeast
- Leave 5-10 min until it begins to bubble
- Add the milk, yoghurt, oil, garlic, cumin and parsley, cake flour, baking powder and salt
- Mix until the dough comes together and lightly knead 3 – 5min until a smooth dough form
- Leave to rise covered in an oiled bowl for 1 hour
- Divide into 10 equal pieces, roll out into oval shapes and brush with olive oil
- Cook in hot Oven 2 min each side brushing the other side with olive oil once turning.
- Season with salt and freshly ground black pepper

## **BONUS**

### *Home-made Tzatziki*

#### *Ingredients:*

*500ml Plain double cream yoghurt*

*½ cucumber, seeds removed and grated coarsely*

*1 clove of garlic, peeled and crushed finely*

*Few mint leaves chopped*

*Salt*

*Freshly ground black pepper*

*2 tbsp Olive oil*

**(MIX ALL INGREDIENTS AND JUST KEEP REFRIGERATED UNTIL SERVING)**



## AVIN Smores Pizza cookie

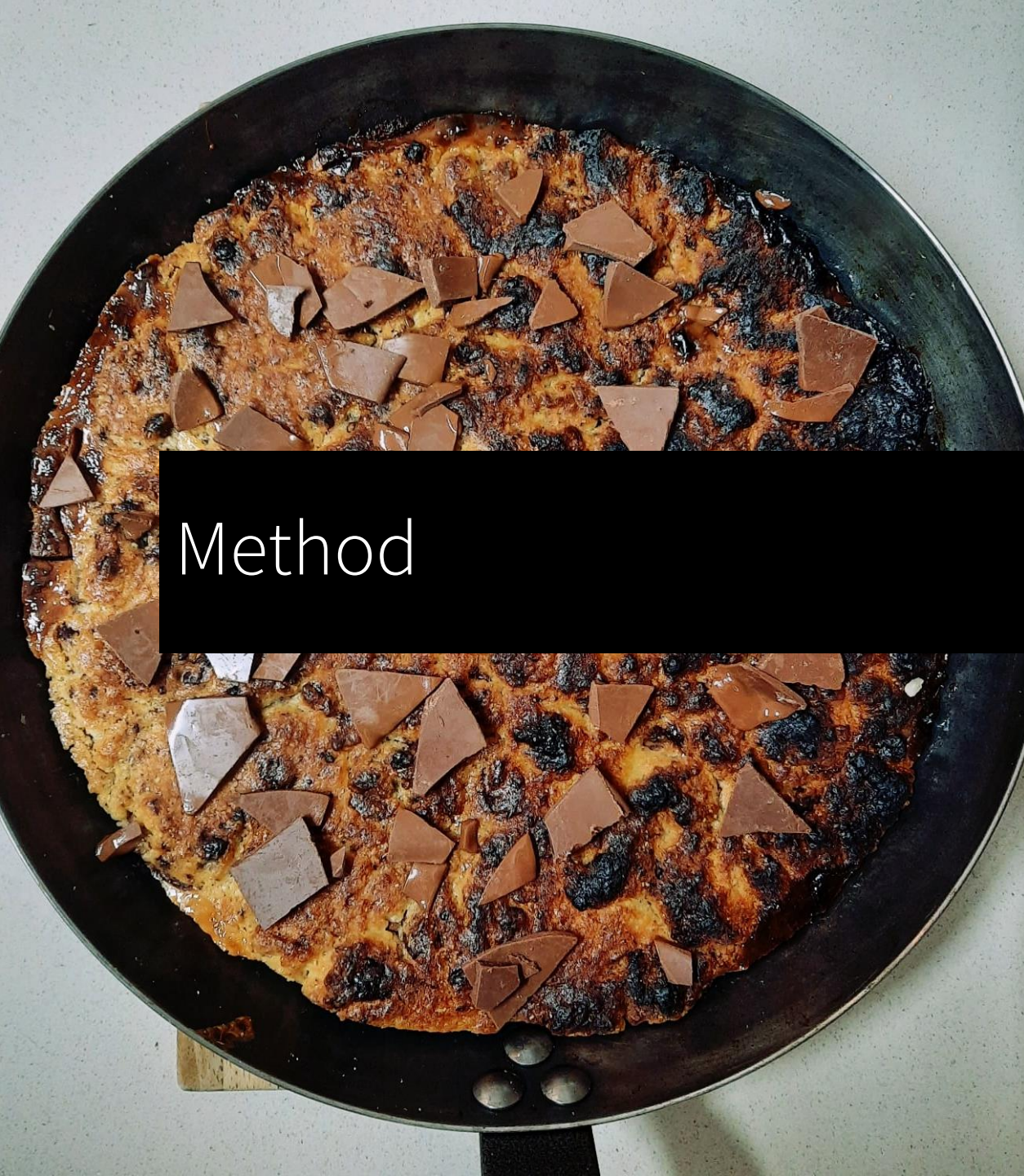
*AVIN at 280-300deg – please regulate*

*Serves 6*

*This is all your favourites rolled into one, gooey, chewy, crunchy, and thick dessert served with good helping of ice-cream...the perfect end to a meal!*

What you will need:

- 1 x 30cm – 36cm cast iron pan or skillet (or any other fire/oven proof dish) prepared by brushing with some melted butter or non-stick cooking spray
- Electric mixer
- Sugar thermometer
- Spatula
- 1 tin Caramel Treat or Small Jar of Nutella
- 100g or 1 slab of Chocolate of Your choice, chopped (I used Milk Chocolate from CocoaFair) & Tub of Ice Cream of your Choice



## Method

### For the Choc-chop Cookie

- 225g Butter, soft
- 200g Golden Brown Sugar
- 5ml Vanilla paste (or essence)
- 2 Eggs, at room temperature
- 360g Cake Flour
- 1tsp Baking Powder
- 1tsp Fine Salt
- 150g 70% Dark Chocolate Chopped roughly (or 50g each Dark, Milk and White Chocolate mixed)
- \*I prefer CocoaFair chocolates as they have many exciting flavours to choose from and local as well.
- \*to add a touch of Christmas flavour to your chocolate chip cookie dough you can add:
  - ½ tsp Ground Cinnamon
  - ¼ tsp Ground Ginger
  - ¼ tsp Ground Nutmeg
  - 50g Candied Citrus Peel
  - 10 ml Brandy
- In your mixer using the paddle attachment cream the butter and sugar until pale and light, add the vanilla (and brandy if you are using it).
- A hand mixer will work just as well.
- Add the eggs one at a time, beating well after each addition.
- Sift together the cake flour, baking powder and salt (add the spices if you are using them at this stage as well)
- Add in 2 additions to the creamed butter, eggs and sugar.
- Mix until combined, add the chocolate (and citrus peel if you are using it) and mix until combined.
- Cover the dough with plastic wrap and leave to rest in the fridge for 20 min.



## For the marshmallow topping

- 120g Egg Whites (4 x egg whites)
- 4 ml Vanilla Essence
- 3 x Gelatin leaves or 3 x tsp Gelatin powder
- (both should be put in ice water for a few minutes to Bloom)
- For the sugar syrup:
- 180ml Water
- 200g White Sugar
- 30g Glucose (may be substituted with good quality organic honey)
- Start by placing the egg whites in your mixer with the whisk attachment and whisk until soft peaks form
- Place the water, sugar and glucose in saucepan with the sugar thermometer and bring to the boil, turn down the heat slightly and simmer until the temperature reaches 120 °C (firm ball stage in sugar cooking) \*Do NOT stir!!
- Remove from the heat just before that temperature is reached and start lightly whisking the egg whites again adding the vanilla
- Add the gelatin to the hot sugar mixture carefully and stir until its melted
- Start pouring the sugar in a slow stream into the egg whites while whisking.
- Continue until all the syrup is added and

the meringue becomes thick and glossy, continue whisking until the mixer thickens nicely and set aside.

- Divide the cookie dough into 2 equal pieces and roll out into a circle that will fit into your skillet or pan.
- (it does not have to be perfect; you are going to press it into the pan lightly with your fingertips)
- Now add your spread of choice, caramel treat or Nutella, the amount is up to you!
- Cover with the other rolled out piece of cookie dough and press down lightly with your fingertips pressing against the sides of the skillet.
- Place in your 280 °C AVIN oven and close the door...it is very important to regulate the temperature carefully and let it go past 300 °C or the cookie will burn, I recommend turning the pan after 5 minutes to ensure even cooking.
- It should be cooked around 10 – 15 min.

# Method



You're almost there!

Now, remove from the oven and leave to cool for 10 min. Top with 100g of broken chocolate slab pieces and using a spatula top with the marshmallow, shaping it like you would a lemon meringue pie.

Place back into your AVIN oven and bake another 20min until golden brown, again turning the pan so your marshmallow turns an even golden colour all round.

This super sweet and decadent dessert is best served immediately with a scoop of your favourite ice cream.





# Slow Braised AVIN Lamb shanks

*Preheated AVIN 180-200deg*

*Serves 6-8*

*Moroccan Style!*

What you will need:

- 2/3 cup (160ml) olive oil
- 8 x 350g Frenched lamb shanks (ask your butcher to do this)
- ½ cup Coarse salt
- Olive oil
- 2 leeks, cut into 1cm pieces
- 2 onions, chopped
- 2 x celery, tops removed and sliced
- 1 x carrot, peeled and diced
- 4 garlic cloves, chopped
- 2 sprigs rosemary
- 1/3 cup (60g) harissa paste
- 2 x bay leaf
- 2 cinnamon quills
- 4 x cloves
- 2 x star anise
- 1 pinch saffron thread
- Finely grated zest and juice of 1 orange
- 2 x bottles red wine
- 1/2 cup (110g) dried apricots, chopped
- 2/3 cup (110g) pitted dates, chopped
- 500g Chopped tomatoes (tinned)
- 2 cups (500ml) chicken stock
- Coriander leaves and chopped smoked almonds, to serve

# Method



- Preheat the Avin Oven to 180°C - 200 °C. (Maintain this heat to for cooking time) adding more wood chips to keep heat constant.
- Rub salt over the trimmed lamb shanks and leave for 30 -40 mins.
- Rinse and pat dry.
- Heat 1/3 cup (80ml) oil in a large heavy-based flameproof casserole with a lid over high heat. In 2 batches, cook the lamb, turning, for 8-10 minutes or until evenly browned.
- Transfer lamb to a plate and set aside. Discard any remaining oil.
- Return casserole to medium-high heat and add remaining 1/3 cup (80ml) oil. Add leek, onion and garlic, carrots, celery and cook, stirring, for 4-5 minutes or until softened.
- Add harissa, cinnamon, cloves, bay leaf, rosemary, star anise, saffron and orange zest, and cook, stirring, for 2-3 minutes or until fragrant. Add orange juice and red wine and bring to the boil for 5 mins.
- \*(For even better flavour, after searing the shanks, you can marinate the shanks for 24H in this fragrant wine mixture and proceed according to recipe from there)
- Cook, scraping bottom of casserole with a wooden spoon, for 2-3 minutes or until wine mixture is reduced by half. Stir through apricot, date, tomatoes and stock, and bring to the boil.
- Return lamb to casserole, then cover and transfer to the Avin oven. Cook for 4 hours 30 minutes or until the meat begins to flake away from the bone.
- Increase oven temperature to 200°C - 220 °C and cook, uncovered, for 30-40 minutes or until sauce has reduced and thickened.
- Scatter braised lamb with coriander leaves and smoked almonds to serve. \*accompany with creamy polenta or crushed potatoes.



AVIN Bread

*Pre-heat the Avin oven to 220 deg - 1 hour before baking*

*Sourdough, 1kilo loaf*

*Patience for perfection, this recipe takes 3 days*

What you will need:

- 600g White Bread Flour
- 120g Sour dough Yeast Ferment
- 15g Fine salt
- 400g Water
- 10g Fresh Yeast



Day 1 - Sour dough yeast ferment

- 15g Rye Flour
- 300g white bread flour
- 300g yoghurt
- 1g wet Yeast
- 200g Apple juice
- Accurately scale all ingredients.
- Whisk together the flours, yoghurt, yeast and apple juice for 10 minutes on medium speed using a whisk attachment of a blender.
- Place in a glass jar with a lid and dust the batter surface with flour.
- Place the jar in a warm environment 28 °C until the next day.
- This kick starts the fermentation.



## Day 2

- 150g Milk
- 150g Yoghurt
- 100g apple juice
- 300g bread flour
- Accurately scale off all the ingredients.
- Return the mixture to the cake mixer on the second day.
- Whisk on a slow speed using the whisk attachment.
- Add the additional milk and yoghurt.
- Add 300g of flour and mix on a medium speed until the batter is smooth and lump free.
- Return to a glass jar, dust the batter surface with flour.
- Place the jar in a warm environment 28°C until the next day.



### Day 3

- 150g Apple juice
- 150g yoghurt
- 150g milk
- 300g Bread flour
- Accurately scale off all the ingredients.
- Return the mixture to the cake mixer on the third day.
- Whisk on a slow speed using the whisk attachment, add the 150g apple juice and 150g yoghurt.
- Add 300g of flour and mix on a medium speed until the batter is smooth and lump free.
- Return to a glass jar, dust the batter surface with flour.
- Place the jar in a warm environment 28°C until the next day.
- The starter should be bubbling vigorously.
- It is now ready to use and should be stored in the refrigerator.



# AVIN Mac & Cheese

*Preheated AVIN 180deg*

*Serves 6-8*

*A rich, Spanish style.*

What you will need:

- 5 tbsp Butter
- 2 medium onions, peeled and diced finely
- 1 x red bell pepper, seeds removed and diced
- 3-4 thinly sliced piquant peppers (peppadews)
- 3 Garlic cloves, peeled and minced
- Few sprigs picked thyme
- Few sprigs picked and chopped rosemary
- 8 smoked pork rashers, diced (optional)
- 100g sliced chorizo sausage
- 500g pre-cooked elbow macaroni pasta
- 4 tbsp cake flour
- 1 ½ cups full cream milk
- Salt
- Freshly ground black pepper
- ¼ tsp sweet smoked paprika
- 1 cup pouring cream
- 2 eggs, beaten
- ¼ cup Parmesan cheese grated
- ¼ cup mature cheddar cheese grated
- 100g plain Goat Chevre
- 250g cream cheese, softened
- ½ cup breadcrumbs mixed with 2 tbsp melted butter and chopped Italian parsley



## Method

- Pre-heat Avin Oven to 180° C
  - Prepare a fireproof lasagna dish by generously brushing with soft butter and set aside
  - Heat 1 tbsp of the butter in a large sauce pan or pot
  - Add the onions, bell pepper, piquant pepper, garlic, thyme and rosemary and fry until soft and golden
  - Add the diced pork rashers and fry until cooked and slightly crisp
  - Stir in the sliced chorizo sausage, remove from the heat and set aside.
  - Add the macaroni and stir through once the onion mixture has cooled slightly
  - Pour in the milk as well as pouring cream and add the seasonings.
  - Cook the white sauce for 3 – 5 minutes until thick and bubbly, remove from the heat
  - Spoon a ¼ cup amount of the hot sauce into a small bowl with the beaten egg.
  - Mix well and return to the rest of the white sauce and stir to combine
  - stir in all the cheeses
  - add to the cooked macaroni mixture adding a bit of milk or hot water for thinning if the sauce is too thick
  - Spoon into your prepared lasagne dish, top with breadcrumb mixture, season with more salt and pepper, drizzle with a splash of olive oil and place in your Avin oven to cook for 25 – 30 mins until bubbling and crisp over the top.
  - Serve with a fresh tomato & rocket salad.
- To make the sauce:
- Heat the remaining 4 tbsp of butter in a saucepan over medium heat
  - Sprinkle in the flour and whisk to combine, cook for a few minutes whisking constantly





AVIN Pulled Pork

*Preheated AVIN 200deg*  
*Serves 6-8*  
*Pork Belly*

What you will need and to do first with this one:

- 1.5kg Deboned Pork Belly, skin scored
- 4 tbsp coarse salt
- 1tsp chopped rosemary
- 1 tsp picked thyme
- 1tsp coarse ground black pepper
- Mix the salt, rosemary, thyme and black pepper together and rub onto the pork belly. Set aside for 30 minutes. Rinse the belly after 30 minutes and pat dry.
- Place onto a deep roasting tray with a wire rack, skin side up and roast in the Avin for 15-20 minutes until the skin starts to crisp up (roasting time may vary)
- Remove from the oven.

# Method



- 50ml Olive oil
- Roasting fat from the pork belly
- 2 medium onions, peeled and sliced
- 4 cloves garlic, peeled and chopped finely
- 2 sticks lemon grass, chopped finely
- 2 tbsp fresh ginger, sliced thinly
- 2 x bay leaf
- 2 x red chili, sliced lengthwise and seeds removed, chopped finely
- 3 x whole clove
- ¼ tsp Ground nutmeg
- 2 x Cinnamon sticks
- 3 x whole star anise
- 2 cups Medium cream sherry
- 50ml Worcester sauce
- 1/3 cup plum sauce
- 1/3 cup sweet Indonesian soy sauce
- 3 cups chicken stock
- In a medium sized sauce pot, heat the olive oil and roasting fat.
- Add the onions, garlic, lemongrass, ginger, bay leaves and chili and fry until soft and fragrant.
- Add all the spices. And fry for 2 minutes.
- Add the Sherry, Worcester sauce, plum sauce, sweet Indonesian soy sauce, chicken stock. Reduce for 10 minutes over a medium heat.
- Pour into the roasting tray and place the pork belly skin side up into the cooking liquid.
- Place in the Avin Oven and regulate the temperature between 170 °C-190 °C for +- 2.5 hours. (If need be, let it roast longer, the pork should fall apart easily)
- Once the pork is cooked, pull it apart with two forks mixing through the cooking liquid.
- Top with freshly chopped Italian parsley and coriander.
- Serve in soft tortilla / Taco / Bao Buns with pineapple and coriander salsa and Siracha mayonnaise.



## Method



### BONUS

#### Pineapple Salsa

What you will need:

- 1 x medium red onion, peeled and chopped
- 4-5 spring onion finely sliced
- 1 x green chili, deseeded and chopped finely
- 1 x pineapple, peeled and diced finely
- 1 x garlic clove, peeled and chopped finely
- Bunch fresh coriander chopped
- Bunch fresh Italian parsley chopped
- Bunch chives chopped
- 4 tbsp Olive oil
- 2 tbsp lime or lemon juice
- Zest of 2 limes or 1 Lemon
- Salt and pepper to taste
- Mix all the ingredients together for a fresh salsa.



*Preheated AVIN 170deg*  
*Serves 6-8*

What you will need:

- 1.4kg Beef Brisket (cut into 4 equal pieces)
- Course salt for seasoning meat
- Freshly ground Black pepper
- 5tbsp Olive oil
- 8 Curry leaves
- 2tsp minced ginger
- 6 cloves of garlic, peeled
- 2 sticks lemon grass, chopped
- 1 x onion chopped
- 2 x cardamom pods
- 1 stick Cinnamon
- 2 x whole star anise
- 1tsp black peppercorns
- ½ tsp Turmeric
- 1tsp ground Coriander
- 1/2tsp ground cumin
- 2tsp ground fennel
- 2 cups chicken stock
- 1 x tin coconut milk
- 1 x tin coconut cream
- 500g Butternut or pumpkin chunks
- ¼ cup fresh coriander for serving
- 

AVIN Coconut & Beef Brisket



## Method

- Season Beef pieces with salt and pepper
- Pre-heat the Avin Oven to 170°C
- Place seasoned beef on an oven tray and in the oven to brown for 10 – 12 minutes
- Remove the beef and set aside
- Heat a heavy based sauce pan to medium and add olive oil
- Add the curry leaves, ginger, garlic, onions and lemon grass. Sauté until soft.
- Crush in a pestle and mortar the cinnamon, cardamon, star anise, black peppercorns to a coarse powder. (Garam masala)
- Add the masala, turmeric powder, coriander powder, cumin powder, fennel powder and salt.
- Sauté well for about 2-3 mins
- Add stock, coconut milk and cream, check seasoning and bring to a simmer
- Place the meat in an oven proof dish, top with the butternut or pumpkin chunks and coconut curry sauce
- Cover and place in the Avin Oven to slow braise for 2 hours and 30 mins, the meat and vegetables should be tender
- The curry is lovely served with hot naan breads, steamed rice or even creamy polenta topped with fresh coriander leaves.



AVIN Roasted Balsamic & Red Wine Chicken Stew

*Preheated AVIN 200deg*  
*Side Dish – Paprika & Sherry Cauliflower*

*Serves 6*

What you will need and what you can start doing :

- 750ml Red Wine
- 250ml Balsamic Vinegar
- 2 tbsp Caramel sugar
- \*combine and reduce to half the quantity
- 4 tbsp olive oil
- 1 x whole roasting chicken (1,2kg)
- \*Heat olive oil and brown the whole chicken on all sides
- 1 x red onion sliced into thick wedges
- 100g streaky bacon cut into strips
- 4 cloves garlic, peeled and sliced thinly
- 2 x medium carrots, peeled and cut into diagonal thick slices
- 1 x celery stalk, trimmed of veins and cut into medium diagonal slices
- \*add the onions, bacon, garlic, celery and carrots and brown slightly
- 3 tbsp tomato paste
- 1 cup button mushrooms trimmed and cut into halves
- \*add tomato paste and cook for 2 min
- At this point you can add the reduced wine followed by the mushrooms



## Method

- 1-2 cups chicken stock
- 6 sprigs thyme
- 3 stems rosemary
- \*bring to a light simmer and add the chicken broth, thyme and rosemary
- 1 ½ tsp salt
- 1 tsp freshly ground black pepper
- \*season well and place into a clay baking dish / Dutch oven with lid
- Season with salt and pepper
- Place into the woodfired oven and bake for +/- 2 hours
- \*you might need to top up with some additional stock or wine if the liquid evaporates too quickly.

# AVIN Whole Roast Cauliflower



What you will need and what to do:

*Preheated AVIN 200deg  
Paprika & Sherry*

- 4 cloves garlic, peeled
- 1 tsp smoked sweet paprika
- ½ bunch thyme leaves, picked
- 40ml olive oil
- \*add the garlic, paprika, ½ of the thyme leaves to a pestle and mortar, bash well and add the olive oil and mix well
- 1 lemon, zest and juiced
- \*put zest and juice aside
- 1 x cauliflower head, outer leaves removed and bottom cut
- \*cut across the cauliflower almost to the base
- 4-5 tbsp Sherry
- \*cover the whole cauliflower with the paprika paste and rub in.
- Drizzle the sherry over it as well as the lemon juice, place in an oven dish and cover with foil, bake for about an hour and 15 mins removing the foil the last 15 min
- 1 x 400g tin plum tomatoes or Cherry tomato
- 40g flaked almonds or Hazelnuts
- \*tear the tomatoes and pour over the cauliflower along with the almonds or Hazelnuts, lemon zest and remaining thyme leaves and return to the oven for 10 mins
- Perfect vegetable side dish for a Sunday Lunch!





## AVIN Bacon, Sundried Tomato & Feta Avin Style Cinnamon Rolls

*Preheated AVIN 180deg*

*A Savoury Cinnabon inspired roll. The perfect light lunch or snack!*

What you will need :

For the Dough

- 430g Cake Flour
- 10g Instant Yeast
- 30g white sugar
- Pinch of salt
- 1 egg
- 65g Water
- 185g milk
- 85g unsalted butter
- 10g Chopped Italian Parsley
- 5g Dried rubbed basil
- 5g oak smoked paprika
- Freshly ground black pepper

For the filling

- 100g Streaky bacon, cooked and chopped
- 80g sundried tomatoes, soaked in warm water to soften, drained and chopped

- 100g chopped onion, roasted with olive oil and rosemary
- 80g Cheddar cheese
- 100g crumbled feta cheese
- Combine the filling ingredients and set aside until needed.

For the topping

- 50g freshly grated Parmesan
- 2 prigs of finely sliced spring on.
- 2 prigs of finely sliced spring onion
- A few roasted cherry tomatoes
- Freshly chopped parsley

To make the dough:

- Add the milk and butter to a small saucepan and put over medium heat
- Stir until the butter is melted, remove from the heat and set aside to reach lukewarm temperature
- In a mixing bowl, combine 300g of the flour, yeast, sugar and salt, herbs, spices and seasoning
- Add to a mixer with a dough hook attached (you can also do this by hand and knead the dough until smooth once all your ingredients are added)
- Add the egg and water and mix until it just starts to combine
- Slowly add in the milk mixture and other 130g of flour until a soft smooth dough starts to form.
- Cover the mixing bowl with clingfilm and leave to rest for 10 minutes.
- On a lightly floured surface, roll the dough into a large square, spread evenly with the filling
- Roll up into a log, cut 8 even slices, depending on how thick you prefer your cinnamon rolls
- Place in a springform cake tin which has been

greased with butter and spray and cook or you could use a jumbo muffin pan if you prefer individual rolls

- Cover with a damp cloth and set aside for 30 minutes in a warm space to prove double in size
- Place in the Avin Oven and bake for 40 – 45 minutes until golden brown and cooked through, if the rolls start to brown too much you can cover it with foil halfway through the baking process.
- Once cooked it may be removed from the cake pan or muffin pan, cover with the topping and drizzle with a dash of olive oil.
- Delicious served on its own as a light meal with a salad or the perfect solution for a savoury bake to accompany your next braai!



## AVIN Strawberry and Cherry Cinnamon Rolls



*Preheated AVIN 180deg*

*These decadent sweet rolls is perfect served as a dessert or sweet treat topped with a decadent lemon cream cheese frosting*

What you will need :

For the Dough

- 430g Cake Flour
- 10g Instant Yeast
- 50g white sugar
- Pinch of salt
- 1 egg
- 65g Water
- 185g milk
- 85g unsalted butter
- Zest of 1 Orange

For the filling

- 300g Cherries (frozen, pitted cherries, defrosted)
- 280g Strawberries, washed and diced
- 10ml vanilla essence
- 5g sugar
- Combine the filling ingredients and set aside until needed.

- For the Lemon Cream Cheese Frosting
- 100g softened Philadelphia cream cheese
- 45g softened butter
- 100g icing sugar, sifted
- 65ml cream
- 10ml lemon juice
- Zest and juice of 1 lemon
- 5ml vanilla essence

To make the dough:

- Add the milk, orange zest and butter to a small saucepan and put over medium heat
- Stir until the butter is melted, remove from the heat and set aside to reach lukewarm temperature
- In a mixing bowl, combine 300g of the flour, yeast, sugar and salt.
- Add to a mixer with a dough hook attached (you can also do this by hand and knead the dough until smooth once all your ingredients are added)
- Add the egg and water and mix until it just starts to combine
- Slowly add in the milk mixture and other 130g of flour until a soft smooth dough starts to form.
- Cover the mixing bowl with plastic wrap and leave to rest for 10 minutes.
- On a lightly floured surface, roll the dough into a large square, spread evenly with the filling
- Roll up into a log, cut 8 even slices, depending on how thick you prefer your cinnamon rolls
- Place in a springform cake tin which has been

greased with butter and spray and cook or you could use a jumbo muffin pan if you prefer individual rolls

- Cover with a damp cloth and set aside for 30 minutes in a warm space to prove double in size
- Place in the Avin Oven and bake for 40 – 45 minutes until golden brown and cooked through, if the rolls start to brown too much you can cover it with foil halfway through the baking process.
- For the lemon cream cheese frosting:
- combine the cream cheese, butter and icing sugar and mix until smooth
- Add the cream, vanilla essence, lemon juice and lemon zest, mix well and spread over warm strawberry and cherry cinnamon rolls.
- May be served with a scoop of vanilla ice cream if preferred.

# AVIN Roasted Chicken Pie



*Preheated AVIN 200deg*

AVIN is ideal for slow cooking meats like whole chicken for pie fillings after a pizza evening. Simply prepare as you would for roasting and cover with heavy duty foil. Leave in the oven until the next morning.

*Serves 6*

## What you will need:

- 2 red onions, roughly chopped
- 3 garlic cloves, peeled and minced
- 2 leeks, roughly chopped
- 200 g carrots, trimmed, peeled and diced
- 250 g orange sweet potato, washed and diced
- ¼ tsp ground coriander
- ¼ tsp ground cloves
- Pinch ground nutmeg
- 1.2kg Whole chicken, pre – roasted in your Avin oven (overnight after pizza making works best!) picked from the bones and diced
- 1 tbsp. olive oil
- 25 g butter
- 25 g plain flour, plus extra to dust
- 500 ml fresh chicken stock (made from the picked chicken bones)
- 4 tbsp. freshly chopped Italian parsley, oregano and dill
- 1 tsp picked thyme and chopped rosemary
- Juice of 1 lemon and 1 orange
- 500 g pack puff pastry
- 1 medium egg, beaten



## Method



- 1Preheat the Avin oven to 200°C.
- Put veg into a large sturdy roasting tin, toss through oil and plenty of seasoning and spices.
- Roast for 25min stirring through constantly.
- Once the vegetables are roasted add to the bite-sized pieces of chicken and mix well. Set aside while making the gravy.
- Put the roasting tin or a sauce pan over medium heat and melt the butter.
- Whisk in the flour and cook for 1min.
- Remove from heat and gradually whisk in the herbs, chicken stock and lemon and orange juice, (scraping any sticky bits from base of tin).
- Return tin to heat and cook until thickened, whisking constantly. Add gravy to chicken mixture and fold through.
- Check the seasoning and transfer to a rough 2.5 liter (4 $\frac{1}{3}$  pint) ovenproof serving dish or spring form cake tin.
- Lightly flour a work surface and roll out pastry until large enough to cover your serving dish. If using the cake tin you will need 2 x 500g puff pastry packs. Brush edges of the dish with egg, lay pastry on top and crimp edges to seal. Trim to neaten (if you like). Cut a cross in centre of pastry to allow steam to escape. If you like, cut out shapes from pastry trimmings, stick to top of pie and brush with egg. Cook for 45min to 1 hour or until pastry is a deep golden crisp colour. Serve with your favourite salad or crushed potatoes.

*Preheated AVIN 190deg*

# AVIN Nutella Sticky Buns

*Serves ...wellll there might be a fight*

What you will need:

- 1/4 cup plus 1 tsp. white sugar
- 1/2 cup milk
- 9 tbsp. unsalted butter, softened, plus more for greasing
- 1 tsp. salt
- 1 tsp. vanilla extract
- 1 (1/4-oz.) package active dry yeast
- 4 cups flour, plus more for dusting
- 3/4 cup brown sugar
- 2/3 cup coarsely chopped Hazelnuts
- 1 1/2 cups Nutella
- 1 tsp. ground cinnamon
- 3 eggs





# Method

- Combine yeast, 1 tsp. sugar and 1/2 cup warm water in a bowl until foamy, about 10 minutes.
- Meanwhile, bring milk to a simmer in a saucepan over medium heat; set aside for 5 minutes.
- Stir in remaining sugar, 4 tbsp. butter, and salt; add to yeast mixture along with vanilla, 2 eggs, and flour, stirring just until combined. Transfer dough to a floured surface and knead until smooth and elastic, about 3 minutes.
- Place in a greased bowl, cover with plastic wrap; let sit until dough doubles in size, about 1 1/2 hours.
- Light up your Avin and regulate heat up to 190°C.
- Melt remaining butter in a saucepan over medium heat. Add brown sugar, stir until smooth, and pour into a 9" x 13" baking dish; sprinkle with Hazelnuts.





# Old fashioned Lamb and Barley AVIN soup

Serves 6

*Preheated AVIN 200deg*

*Old fashioned , a little bit of effort, but worth every moreish bite!  
Perfect Winter Weather Warmer for the AVIN Family*

What you will need:

- 1kg Lamb shoulder, deboned and cut into chunks
- 500g smoked Eisbein
- 2 medium onions chopped finely
- 6 garlic cloves minced
- 2 leek stems, thinly sliced and washed
- 1 large carrot, peeled and finely chopped
- 45 ml Olive oil
- 30 ml Butter
- Salt & freshly ground Black pepper
- 1 bay leaf
- 1 tsp ground cloves
- 2 tsp ground cinnamon
- 2 tsp ground all spice
- 2 cups red wine
- 2 L Lamb stock
- 1/2 cup dry cannellini beans, soaked overnight in water
- 1/2 cup kidney beans, soaked overnight in water
- 1 cup barley, soaked overnight in water
- Juice and zest of two oranges

## What to do:

- Place a flat-bottomed cast-iron pot inside the hot oven to heat up.
- Remove the pot once hot and add olive oil and butter, brown the lamb and place back into the oven for 10 mins without the lid.
- Remove from Oven and add the following stirring well:
  - 2 medium onions chopped finely
  - 6 garlic cloves minced
  - 2 leek stems, thinly sliced and washed
  - 1 large carrot, peeled and finely chopped
  - 1 bay leaf
  - 1 tsp ground cloves
  - 2 tsp ground cinnamon
  - 2 tsp ground all spice
  - Season with salt and freshly ground black pepper
- Return to the oven for 10 – 15 mins until the vegetables have browned and spices are toasted but not burnt.  
(Regulate your oven temperature accordingly)
- Add 2 cups red wine and 2 L Lamb stock as well as the Eisbein, place back into the oven for 2 -2.5 hours stirring every 20 mins
  - Top up the liquid with some boiling water if needed, the oven temp may be regulated at 170 °C and 180 °C.
  - For the last 45 mins of cooking the soaked beans and Barley may be added.
  - Add the zest and juice of the two oranges
  - Once the meat is tender and eisbein is falling from the bone, remove the eisbein, pick meat off the bone and return the meat to the soup
  - Add more liquid if needed and continue to cook for another 20 mins, and stir through freshly chopped parsley before serving with freshly baked sourdough bread and baked bone marrow (ask your butcher to cut beef marrow bones length wise after scraping them clean, season with salt and pepper and roast for 20 min until marrow is soft)
  - Low and slow cooked Soup that can easily be served as a hearty stew.

# THANK YOU' S



To our entire AVIN family, for every share, every image and every moment we experience together.

A special thanks to Executive Head Chef, Michelle Theron & The Tall Chef, Richard Schoof for their valuable contribution to our forever evolving AVIN recipe book.

Uncompromising standard. Extraordinary customer experience. Leading and like no other. Guaranteed.