



the Smart Oven™ Air Fryer

Sage

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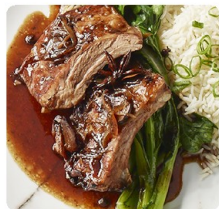
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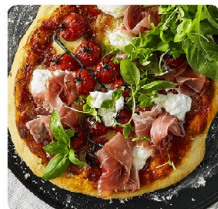
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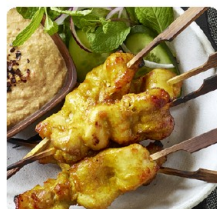
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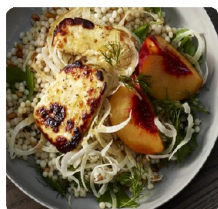
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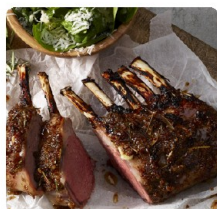
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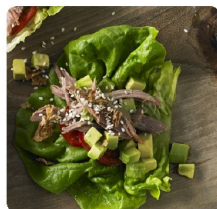
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Air Fried Korean Chicken Wings



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Air Fried Korean Chicken Wings



Prep 20 mins / Cook 30 mins



Serves 4



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For the sauce

60 ml Gochujang (Korean fermented red chilli paste)
2 cloves garlic, finely minced
20 g ginger, minced
1 tsp sesame oil
3 tbsp unseasoned rice vinegar
2 tbsp reduced-sodium soy sauce
3 tbsp honey

For the wings

600–700 g chicken wing drumettes
1 tbsp baking powder
1 tsp sea salt
2 green onions, thinly sliced, to garnish
1 tbsp white sesame seeds, to garnish

1. Combine sauce ingredients in a small bowl and whisk well. The sauce can be made a day in advance, covered, and stored in the refrigerator.
2. Insert wire rack into the middle shelf. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/230°C/20 mins and press start.
3. Place the wings in a large bowl. Combine the baking powder and salt in a small bowl. Sprinkle the baking powder mixture over the wings and toss to coat evenly.
4. Set the grilling rack in the roasting pan and place wings on the rack, providing equal space between the wings.
5. Once the oven has preheated, cook for 20 mins, remove the wings and turn them over. Place them back in the oven. Select AIRFRY/SUPER CONVECTION/230°C/10 mins and press start.
6. Gently warm the sauce.
7. Immediately after cooking, transfer the wings to a large bowl, drizzle with some of the sauce and toss to coat evenly.
8. Garnish with green onions and sesame seeds and serve with the remaining sauce on the side for dipping.



Air Fried Zucchini Fries with Herbed Yoghurt Dip



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Air Fried Zucchini Fries with Herbed Yoghurt Dip



Prep 35 mins / Cook 12 mins



Serves 4



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For the zucchini

450 g (approx. 4 medium) zucchinis
1 ½ tsp sea salt
55 g panko breadcrumbs
60 g finely grated Parmesan cheese
1 tsp dried oregano
1 pinch cayenne pepper
35 g plain flour
2 egg whites

For the herbed yoghurt dip

250 g Greek yoghurt
1 clove garlic, finely grated
½ bunch chives, finely sliced
¼ bunch Italian parsley, finely chopped
1 tsp lemon juice
½ tsp sea salt
¼ tsp freshly ground black pepper
Spray oil

1. Cut the zucchini in half crosswise and then cut each half lengthwise into long wedges, 1 cm thick. Toss the zucchini with the salt and place in a colander set over a bowl. Let drain for 30 mins.
2. Rinse well under cold running water to get rid of the excess salt. Use paper towels or a clean dish towel to dry the zucchini well.
3. Place all ingredients into a small bowl and stir until well combined. Cover and chill until ready to use.
4. Combine the panko crumbs, Parmesan, oregano and cayenne in the bowl of a food processor. Pulse until the ingredients are well combined and slightly finer in texture. Transfer the panko mixture into a shallow dish.
5. Place the flour in a separate shallow dish.
6. Place the egg whites into a bowl and whisk. When they are broken up and slightly foaming, place them in another shallow dish.
7. Toss ½ of the zucchini wedges in flour and shake off any excess.
8. Then dip the zucchini into the egg whites to coat them, allowing the excess to drain off.
9. Transfer the zucchini into the panko mixture, ensuring all sides are well crusted.
10. Spray the airfry basket with spray oil.
11. Arrange the zucchini wedges in a single layer on the air fry basket, leaving space between each piece.
12. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/220°C/12 mins and press start.
13. Once preheated, place the airfry basket in the airfry position of the oven and cook for 12 mins or until golden brown and crispy.
14. Serve immediately with the herbed yoghurt dip.




Air Fried Spring Rolls with Sweet Chili Dipping Sauce



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Air Fried Spring Rolls with Sweet Chili Dipping Sauce

 Prep 1 hr / Cook 20 mins

 Serves 8



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For the spring rolls

2 tbsp grapeseed oil, plus extra for brushing the spring rolls

225 g minced pork

1 clove garlic, minced

2 cm piece ginger, grated

115 g shredded green cabbage

1 medium carrot, shredded

1 green onion, thinly sliced

2 tsp soy sauce

1 tbsp oyster sauce

8 spring roll wrappers (215 mm x 215 mm)

2 tbsp water

1 tbsp cornflour

For the sweet chilli dipping sauce

120 ml sweet chilli sauce

2 tsp lime juice

2 tsp grated fresh ginger

1 tsp soy sauce

1. Heat 1 tbsp of the grapeseed oil in the sauté pan over high heat. Add the ground pork and cook 3–4 mins until browned, stirring frequently to break up the lumps. Transfer for a bowl and reserve.
2. Wipe the pan clean, add the remaining grapeseed oil and reduce the heat to medium. Add the garlic and ginger and cook for 30 secs.
3. Add the cabbage, carrots and green onion. Cook, stirring frequently until the vegetables have softened, 3–5 mins.
4. Add the pork back into the pan. Add the soy sauce and the oyster sauce and stir well.
5. Spread the mixture out onto a baking tray and refrigerate until completely cool.
6. In a small bowl, whisk the water and cornflour together to make a slurry.
7. Cover the wrappers with a slightly damp towel to keep from drying out until each one is ready to use.
8. Place one wrapper on a clean chopping board so that one corner points towards you like a diamond.
9. Spread 3 tbsp of filling horizontally across the wrapper, just below the halfway line. Fold up the bottom corner tightly over the filling. Fold over the two side corners, forming a tight, neat packet.
10. Spread a small amount of cornflour slurry along the top edge of the wrapper (this is the glue that holds the spring roll together) and tightly roll up the spring roll.
11. Place the rolled spring roll on a baking tray or plate and keep it covered with plastic wrap while making the remaining spring rolls.
12. Repeat the process of rolling spring rolls until all the mixture is used.
13. Preheat the oven. Select AIRFRY/230°C/SUPER CONVECTION/10 mins and press start.
14. Generously brush the outsides of the spring rolls with grapeseed oil and place them in a single layer on the airfry basket with space between each one.
15. When the oven is pre-heated, place the spring rolls in the AIRFRY position and cook.
16. Remove the basket and turn the spring rolls over using tongs. Select AIRFRY/230°C/SUPER CONVECTION/10 mins and press start.
17. While the spring rolls are cooking, combine all of the dipping sauce ingredients in a small bowl and stir well.
18. Serve immediately with the dipping sauce.



Air Fried Apple Turnovers



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Air Fried Apple Turnovers



Prep 20 mins / Cook 30 mins / Standing 50 mins



Serves 8



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4 medium Granny Smith apples, peeled

30 g unsalted butter

70 g brown sugar

1 tsp vanilla extract

1 tsp lemon juice

½ tsp ground cinnamon

¼ tsp sea salt

2 sheets frozen puff pastry

1 egg

1 tbsp water

Non-stick oil spray

Raw sugar

1. Cut the apples into approx. 1 cm dice.
2. Combine the apples, butter, brown sugar, vanilla, lemon juice, cinnamon and salt in a medium saucepan.
3. Place the pan on medium heat, stirring occasionally until apples are tender and syrup is thick, approx. 10 mins.
4. Transfer the apple mixture to a bowl and chill in the refrigerator until cool to the touch, approx. 20 mins.
5. Line a tray with baking paper.
6. To make the egg wash, break the egg into small bowl and whisk with a fork.
7. Lay 1 sheet of puff pastry on a chopping board and cut into 4 equal squares.
8. Brush the egg wash on each square. Place 1 tbsp of mixture into the centre of each square.
9. Fold each square in half on the diagonal to form a triangle. Press down the sides so there are no air bubbles and to seal the pastry. Using a fork, press down the edges and seal the pastry.
10. Place the turnovers onto the lined tray.
11. Repeat the above steps with the second piece of puff pastry.
12. Once all turnovers are complete, place them into the fridge for 30 mins or until they are set and the pastry is slightly firm.
13. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/175°C/20 mins and press start.
14. Spray the airfry basket with non-stick oil spray.
15. Place the turnovers in the basket, brush with the egg wash and sprinkle with raw sugar. Score the pastry with 3 small slits making sure you don't slice through and cut the pastry.
16. Once the oven is pre-heated, place the turnovers in the oven. Cook for 20 mins, or until they are golden brown and puffed.
17. Serve the turnovers warm or at room temperature.



Spice Rubbed Mexican Chicken with Grilled Corn



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Spice Rubbed Mexican Chicken with Grilled Corn

 Prep 15 mins / Cook 50 mins

 Makes 4



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2 *tbsp* smoked paprika
1 *tsp* chilli powder
1 *tsp* ground coriander
2 *cloves* garlic, finely grated
3 *sprigs* thyme
60 *ml* olive oil
1 *tsp* sea salt
1.3 *kg* whole chicken, butterflyed
4 *cobs* of corn, husks removed
1 *tbsp* fine salt

50 *g* Manchego cheese
80 *g* sour cream

For the salsa

3 *vine ripened* tomatoes
1 *small red* capsicum
½ *lime*, zested and juiced
2 *green onions*, finely sliced
20 *g* extra virgin olive oil
½ *tsp* sea salt

1. Place the wire rack into the middle shelf. Pre-heat the oven. Select, ROAST/ CONVECTION/ 180°C/50 mins.
2. Place the smoked paprika, chilli powder, ground coriander, garlic, thyme, olive oil and sea salt in a large mixing bowl and whisk together.
3. Place the chicken into the marinade and coat.
4. Place the grilling rack into the roasting pan. Remove the chicken from the bowl and place it on the grilling rack skin side up.
5. Brush the remaining marinade over the skin to coat well.
6. Place the chicken in the pre-heated oven and roast.
7. Cut the tomatoes into quarters. Using a knife, remove the seeds from the tomato.
8. Dice the tomatoes into approx. 5 mm cubes. Place into a bowl.
9. Cut the top and bottom of the capsicum off and dice the capsicum to approx. 5 mm dice. Add the capsicum to the tomatoes, add the green onions, lime zest and juice, and the olive oil. Season with sea salt and set aside.
10. For the corn, place a pot of water on high heat and bring to the boil.
11. Once the water is boiling add the fine salt. Leave to boil for 1 min. Add the corn to the boiling water and boil for 6 mins.
12. Strain the corn and set aside.
13. Remove the chicken from the oven when cooked. Check doneness by inserting a paring knife into the thickest part of the chicken. If the tip is hot and the juice from the chicken is clear, the chicken is cooked. Carefully lift the chicken from the rack and place on another tray to keep warm.
14. Roll the corn in the chicken juices from the roasting pan. Place the corn onto a plate. Carefully tip the cooking juice from the chicken pan into a vessel and reserve. Wash the grilling rack and pan.
15. Once they are clean, set the rack back onto the baking pan and place the corn on the rack. Place it into the oven.
16. Set the oven to GRILL/HIGH/6 mins.
17. When the timer is finished, remove the tray from the oven and turn the corn. Brush the corn with chicken juices and place back into the oven. Set the oven to GRILL/HIGH/4 mins.
18. Cut the chicken into quarters, place on a serving platter with the corn, grate Manchego over the top of the corn using a microplane. Serve the salsa on the side with the sour cream.




Grilled Miso Salmon



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Grilled Miso Salmon

 Prep 10 mins / Cook 12 mins / Standing 24–48 hrs

 Serves 6



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For the marinade

120 ml white miso paste
60 ml mirin
60 ml sake
2 tbsp sugar
2 cloves garlic, minced
2 cm piece ginger, peeled and minced

For the salmon

4 x 170 g salmon fillets, 2.5 cm thick
2 tbsp lemon or lime juice
1 green onion, finely sliced, to garnish
1 tbsp sea salt
2 bunches broccolini

1. Combine the marinade ingredients in a medium bowl and whisk well. Place salmon fillets in a large zip seal bag and pour over the marinade. Refrigerate for at least 24 and up to 48 hrs, flipping the bag over occasionally to redistribute marinade.
2. Insert the wire rack into the middle shelf. Pre-heat the oven. Select BAKE/SUPER CONVECTION/200°C/6 mins and press start.
3. Place the grilling rack on the roasting pan. Remove the salmon from the marinade, allowing the excess marinade to drip off. Reserve the marinade and place it in a small saucepan.
4. Place salmon on the grill rack inside the roasting pan and place it into the pre-heated oven.
5. Meanwhile, bring the marinade to the boil, stirring, on medium-high for 2–3 mins. Take the pan off the heat, add lemon or lime juice and whisk to combine. Set aside.
6. Once the salmon has finished baking, leave it in the oven and select, GRILL/HIGH/4 mins and press start.
7. Fill a large pot with water, place on high heat and bring the water to the boil.
8. When the water has boiled, add the salt and cook for 2–3 mins until just tender. Strain the broccolini.
9. When the salmon is done, take the salmon out and serve with the steamed broccolini. Garnish with sliced green onions and serve with the miso marinade on the side.



Chocolate Chip, Pecan & Oatmeal Cookies



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Chocolate Chip, Pecan & Oatmeal Cookies

 Prep 20 mins / Cook 36 mins / Standing 15 mins

 Makes 24



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115 g butter, softened

100 g caster sugar

100 g brown sugar

1 tsp vanilla extract

1 large egg

160 g plain flour

2 tsp baking powder

$\frac{1}{2}$ tsp salt

170 g dark chocolate chips

60 g pecan halves, chopped

20 g rolled oats

1. Place the butter, caster sugar, brown sugar and vanilla into the bowl of a bench mixer with the paddle attachment. Mix on medium speed for 2 mins until pale and creamy.
2. Add the egg and beat until just combined.
3. Sift the flour, baking powder and salt into a medium bowl. Then add to butter mixture. Mix on low speed, mixing until just combined.
4. Add the chocolate chips, pecans and oats and mix on low speed until just combined.
5. Pre-heat the oven. Place the wire rack in the bottom position. Select BAKE/155°C/SUPER CONVECTION/12 mins and press start.
6. Line the pizza pan with baking paper. Make 8 balls with the cookie mixture using a heaped tbsp. Place the balls evenly spaced onto the tray and flatten slightly. When the oven has preheated, place the cookies into the oven and bake.
7. When the cookies are golden brown, remove them from the oven and cool on the tray for 5 mins. Then transfer to a wire rack to cool completely.
8. Repeat the process with the remaining dough until all the mixture is used.
9. When the cookies are cooled completely, place them into an air-tight container.




Vegetarian Lasagne



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Vegetarian Lasagne

 Prep 1 hr / Cook 2½ hrs / Standing 15 mins

 Serves 8



the Smart Oven™ Air Fryer

For the vegetables

800 g (approx. 2 medium) sweet potatoes,
cut into 3 mm thick slices
60 ml olive oil
1 tbsp fresh thyme leaves
Sea salt, to season
Freshly cracked black pepper, to season
280 g (approx. 2 medium) zucchinis, sliced
lengthwise, 2 mm thick
9 lasagne sheets (instant)

For the tomato sauce

2 tbsp olive oil
1 medium brown onion, finely chopped
200 g sliced mushrooms
10 basil leaves, torn

3 cloves garlic, crushed
1 sprig thyme
2 x 400 g tinned chopped tomatoes
1 tbsp tomato paste
1 tbsp balsamic vinegar

Béchamel Sauce

80 g butter
80 g plain flour
1.1 lt milk
¼ tsp ground nutmeg, or to taste
1 egg (60 g), lightly beaten
200 g Parmesan cheese, grated
100 g mozzarella cheese, shredded

1. Preheat the oven. Select **BAKE/ CONVECTION/200°C/12 mins** and press start.
2. Place the sweet potatoes in a large bowl, toss in 1 tbsp of olive oil and sprinkle with half of the thyme. Season with salt and pepper.
3. Line the roasting pan with baking paper. Arrange ⅓ of the sweet potatoes in a single layer on the tray and bake in batches for 10–12 mins or until softened.
4. Set aside to cool. Use the same tray to bake the remaining sweet potatoes.
5. Pre-heat the oven. Select **BAKE/ CONVECTION/200°C/12 mins**. Place the zucchinis in a large bowl and toss with 1 tbsp of oil. Sprinkle with the other half of thyme, season with salt and pepper. Arrange ⅓ of the zucchini slices in the roasting pan. Place the pan into the oven and bake for 12 mins or until slightly soft. Remove the zucchini from the pan and set aside. Repeat with the remaining zucchini until all of it is cooked.
6. Meanwhile, heat the oil in a medium pan. Add the onions and cook, stirring, for 5 mins or until softened and translucent. Add the mushrooms, basil, garlic and thyme and cook, stirring, for 4 mins.
7. Add the chopped tomato, tomato paste and balsamic vinegar and bring to the boil. Reduce the heat and simmer for 5–10 mins or until the sauce has slightly thickened. Season with salt and pepper.
8. For the Béchamel sauce, melt the butter in a small saucepan. Add flour and cook, stirring for 2 mins or until the mixture begins to boil. Gradually add the milk, whisking constantly until the mixture returns to the boil and thickens. Simmer for 10 minutes. Stir through the nutmeg and season with salt.
9. Remove the sauce from heat and whisk in the egg and 100 g of the Parmesan cheese.
10. Place ⅓ of the tomato sauce in the base of a 7 cm deep, 3 lt capacity baking dish. Top with 3 lasagne sheets, half of the zucchini slices, half of the sweet potato and ⅓ of the Béchamel sauce. Repeat with 3 lasagne sheets, another ⅓ of the tomato sauce, remaining zucchini slices, sweet potato slices, and one third of the Béchamel sauce. Top with 3 pasta sheets, remaining tomato sauce and Béchamel sauce. Sprinkle with the remaining Parmesan cheese and mozzarella.
11. Place the wire rack in the in the bottom shelf of the oven.
12. Pre-heat the oven. Select **BAKE/ CONVECTION/175°C/50 mins** and press start.
13. When the oven is preheated, bake the lasagne in the oven for 50 mins or until the pasta is cooked.
14. Allow the lasagne to rest for 15 mins, and serve.



Beef Lasagna



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Beef Lasagna

 Prep 1 ½ hrs / Cook 45 mins / Standing 20 mins

 Serves 8



the Smart Oven™ Air Fryer

For the meat sauce

- 1 tbsp olive oil
- 1 large onion, finely diced
- 2 carrots, peeled and diced
- 2 stalks celery, finely diced
- 6 cloves garlic, minced
- 1 kg beef mince
- 2 tsp salt
- 1 tsp freshly ground black pepper
- 2 tbsp red wine vinegar
- Pinch of sugar
- 1200 g tinned crushed tomatoes
- 170 g tomato paste
- 12 g fresh basil leaves, chopped

For the Béchamel sauce

- 80 g unsalted butter
- 80 g plain flour
- 1 lt full-fat milk
- 60 g Parmesan cheese, finely grated
- 1 tsp sea salt
- ¼ tsp freshly ground black pepper

To assemble

- 12 instant lasagne sheets
- 100 g mozzarella cheese, shredded
- 30 g Parmesan cheese, finely grated

1. Place a large deep sauté pan over medium heat and add the olive oil, heat for 1 min. Add the onion, carrots and celery. Cook, stirring occasionally, for 5-7 mins until the vegetables are starting to soften.
2. Add the garlic and cook, 1-2 mins.
3. Increase the heat to medium-high and add the beef mince. Break up the meat with a wooden spoon and stir for 4 mins until the meat is cooked through but not browned, season with salt and pepper.
4. Add the vinegar and cook, stirring occasionally, until it has almost evaporated. Add the sugar, crushed tomatoes and tomato paste and stir to combine. Bring to a boil, then reduce the heat and simmer, uncovered, for 20 mins.
5. Remove pan from the heat. Stir in the basil and set aside.
6. Melt the butter in the saucepan over medium heat until foaming. Add the flour and cook, whisking constantly, for 1-2 mins or until the mixture bubbles and begins to pull away from the side of the pan.
7. Remove the pan from the heat and add the milk slowly, whisking constantly to avoid any lumps.
8. Return the pan to the heat and bring to a boil. Reduce the heat to medium-low and simmer, stirring constantly with a wooden spoon, for 10 mins or until the sauce thickens and the flour is cooked out.
9. Remove the pan from heat and stir in the grated Parmesan, salt and pepper.
10. Spread ¼ of the meat sauce (about 480 ml) evenly on the base of a approx. 23 cm x 33 cm baking dish.
11. Place 4 of the lasagne sheets over the sauce, ensuring they don't overlap, snapping off any excess pasta. Spread another ⅓ of the meat sauce over the pasta followed by the béchamel (about 360 ml).
12. Continue layering the pasta, meat sauce and béchamel twice more, finishing with the béchamel.
13. Sprinkle with the shredded mozzarella cheese and grated Parmesan.
14. Insert wire rack into the bake position. Pre-heat the oven. Select BAKE/ CONVECTION/175°C/45 mins and press start.
15. When the oven has preheated, bake the lasagne for 45 mins or until bubbling and browned on top.
16. Allow the lasagne to rest for 20 mins before cutting and serving.



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Deep Dish Apple Pie

 Prep 1 hr / Cook 1 hr 15 mins / Standing 2½ hrs

 Serves 8



the Smart Oven Air Fryer

For the dough

360 g plain flour
1 tbsp caster sugar
1 tsp fine salt
225 g cold, unsalted butter,
cut into 1 cm cubes
120 ml ice water

For the filling

2.5 kg Granny Smith apples, peeled,
cored and sliced 5 mm thick

175 g caster sugar
75 g dark brown sugar
1½ tsp ground cinnamon
½ tsp ground nutmeg
½ tsp ground allspice
½ tsp ground ginger
½ tsp fine salt
2 tbsp corn flour
45 g unsalted butter

1. In a medium bowl, combine the flour, sugar and salt. Whisk to combine. Add the butter and use your fingers to rub the butter into the dry ingredients until it resembles coarse breadcrumbs.
2. Add the ice water and use your hands to gently work the dough until it just comes together. Be careful not to overwork the dough.
3. Turn dough out onto a lightly floured surface and form a ball. Divide the dough in half, form each half into a disc and wrap with plastic wrap. Refrigerate for at least 30 mins.
4. In a small bowl, mix together 75 g of the caster sugar, brown sugar, spices, salt and corn flour.
5. Heat a large pot over medium heat. Add 25 g of the butter and melt. Add the apple slices and the remaining 100 g of sugar. Stir to coat evenly and sauté for 10 mins to slightly soften. Gently stir frequently to ensure even cooking.
6. Par cooking the apples with sugar will pre-shrink them and help prevent the large empty space that often forms beneath the baked crust.
7. When the apples are softened, drain off the liquid from the pan and discard. Add the remaining butter and stir to coat the apples evenly. Spread the apples onto a rimmed baking tray in a single layer and cool to room temperature. Set the pot aside but do not clean it.
8. After the apples have cooled, place them back into the pot and sprinkle them with the remaining sugar, spice and corn flour mixture. Stir to coat evenly.
9. Roll out the bottom crust to about 35 cm in diameter and about 3 mm thick. Gently fold it in half and drape it in the bottom of a 24 cm (4 cm deep) pie dish. Carefully unfold the crust. Refrigerate for at least 10 mins before adding the filling.
10. Roll out the top crust to 3 mm thick. Place it in the centre of a sheet of parchment paper. Refrigerate for at least 10 mins.
11. Remove the crust-lined pie dish and the top crust from the refrigerator. Set the top crust aside. Evenly fill the pie dish with the apple mixture.
12. Remove the top crust from the baking paper and centre the point on top of the pie. Carefully unfold the crust and pinch the edges of the bottom and top crust together.
13. Use kitchen scissors or a sharp knife to evenly trim both crusts so that 1 cm extends beyond the rim. Crimp together the edges. Refrigerate the pie for 15 mins firm up the crust.
14. Before baking use a sharp knife to cut 4-5 slits, 5 cm long, in the top crust to vent the steam.
15. Insert the wire rack into the middle position. Pre-heat the oven. Select BAKE/ CONVECTION/175°C/1hr, 15 mins and press start.
16. Place the pie on a large tray and bake until crust is crisp, golden brown, and the juices are bubbling.
17. Remove the pie from the oven and allow it to cool on a wire rack for at least 2 hrs before serving.



Salami, Mozzarella & Olive Pizza



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Salami, Mozzarella & Olive Pizza

 Prep 20 mins / Cook 31 mins / Standing 30 mins

 Makes 2 pizzas



the Smart Oven™ Air Fryer

For the dough

1 tsp honey
375 ml warm water
1 ¼ tsp quick rise instant yeast
210 g flour
45 g yellow cornmeal
1 tsp salt
1 tsp olive oil, for greasing
Non-stick oil spray

1 clove garlic, minced

¼ tsp fine salt

½ tsp oregano

2 sprigs of basil

For the toppings

225 g shredded whole milk mozzarella cheese

170 g thinly sliced salami

80 g pitted black olives, halved

½ bunch basil, to garnish

For the pizza sauce

240 g peeled tomatoes, tinned
½ tbsp extra-virgin olive oil

1. In a small bowl, dissolve the honey and water. Sprinkle over the yeast and let stand for 3 mins.
2. Place the flour, cornmeal and salt in the bowl of a bench mixer with a dough hook attachment. Mix on low speed to combine. Add the honey, yeast and water mixture and knead for 5–7 mins or until dough is smooth and elastic.
3. Grease a bowl with ½ the olive oil and transfer the dough to the bowl. Cover with plastic wrap and set aside for 30 mins.
4. After resting, grease a baking tray with the remaining olive oil. Divide the dough into 2 x 210 g, even sized round balls and place them on the tray. Lightly spray the dough with oil and cover with a clean tea towel. Set aside for 30 mins.
5. Place all of the sauce ingredients into a food processor, except the basil. Pulse the ingredients to combine. Using a spatula, scrape the sauce in a bowl and add the basil, allowing it to infuse for 20 mins. Cover it with cling film and set aside.
6. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/5 mins and press start. When the oven is preheated, place the pizza pan into the middle-rack position for 5 mins to pre-heat the pan only.
7. Stretch the dough to fit the pizza pan, remove the pizza pan from the oven and carefully place the dough onto the preheated pan.
8. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/13 mins and press start. Spread half of the sauce evenly on the dough, leaving a 1 cm border of crust. Top with half of the mozzarella, salami and olives on the pizza and, once preheated, place it into the oven. Bake for 13 mins or until the pizza is crisp.
9. Remove the pizza from the oven. Sprinkle with basil leaves.
10. Repeat the same process again with the remaining dough and ingredients.



Slow Cooked Pulled Pork



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Slow Cooked Pulled Pork

 Prep 15 mins / Cook 5 hrs / Standing overnight

 Serves 20



the Smart Oven™ Air Fryer

For the spice rub

- 2 tbsp sea salt
- 2 tbsp brown sugar
- 1 tbsp smoked paprika
- 1 tsp freshly ground black pepper
- 1 tsp chilli flakes
- ½ tsp mustard powder
- ¼ tsp cayenne pepper

For the pork

- 2.2–2.7 kg boneless pork shoulder, cut into 4 pieces
- 1 large onion, thinly sliced
- 4 cloves garlic, peeled and crushed
- 300 ml apple cider vinegar

60 ml Worcestershire sauce

125 ml water

Sea salt

Freshly cracked black pepper

For the barbecue sauce

240 ml tomato passata

80 ml cider vinegar

60 ml treacle

40 ml Worcestershire sauce

50 g brown sugar

1 tsp smoked paprika

½ clove garlic, minced

1 tbsp Dijon mustard

Sea salt, to taste

1. Combine the spice rub ingredients in a small bowl. Coat the pork with the spice mixture and place in a large bowl. Cover with plastic wrap and refrigerate overnight.
2. Place the onion and garlic in a braising pot and place the pork on top. Pour over any juices that may have accumulated in the bowl.
3. Add the apple cider vinegar, Worcestershire sauce and water to a medium bowl, stir to combine. Pour the mixture over the pork and cover with the lid or two layers of aluminium foil, pressed down around the edges to seal.
4. Pre-heat the oven. Insert the wire rack in the bottom shelf. Select SLOW COOK/ CONVECTION/HIGH/5 hrs and press start.
5. Place the braising pot into the oven. Cook for 5 hrs or until the pork is tender and shreds easily.
6. Combine the tomato passata, cider vinegar, treacle, Worcestershire sauce, brown sugar, paprika, garlic and Dijon mustard in a medium saucepan.
7. Cook on medium heat, stirring, for 10 mins or until smooth and combined.
8. Reduce heat to low and simmer, stirring occasionally, for 40 mins or until sauce has thickened and turned maroon in colour.
9. Season to taste with sea salt. Cool completely.
10. Remove the pork to a large bowl and shred with two forks. Skim the fat off the cooking liquid and return the pork to the pot.
11. Stir 250 ml of the barbecue sauce through the pork and reserve some to put on top of burger or slider buns. Top with coleslaw and jalapeños. Alternatively, sauté the pork in oil and put in tortillas for tacos.



Carrot Salad with Yoghurt & Carrot-top Pesto



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Carrot Salad with Yoghurt & Carrot-top Pesto

 Prep 20 mins / Cook 30 mins

 Serves 4



the Smart Oven™ Air Fryer

3 bunches baby carrots, washed, peeled,
leaves attached

4 tbsp olive oil

½ bunch flat leaf parsley

2 tbsp dukkha

1 tbsp almonds

1 tbsp sultanas

1 tbsp grated Parmesan

Sea salt

2 tbsp chardonnay vinegar

½ tbsp orange blossom water

Freshly ground black pepper

150 g Greek style yoghurt

1 clove garlic, finely chopped

60 g honey

1. Insert the wire rack into the middle shelf. Preheat the oven. Select ROAST/ CONVECTION/220°C/15 mins and press start.
2. Cut the carrot tops (leaves) from the carrots and set aside the carrots. Place ½ of the carrot tops into a roasting pan, toss with 1 tbsp of the olive oil and bake for 15 mins or until slightly crisp. Discard the remaining tops.
3. Transfer the baked carrot tops to a mortar and pestle. Smash the tops and the parsley together until they start to break up, then add garlic, dukkha, almonds, sultanas, Parmesan and a pinch of salt. Smash for a few mins more until it is a rough paste.
4. Add 2 tbsp of the oil, vinegar and orange blossom water and give it a good mix to form a carrot-top pesto. Cover and set aside.
5. Preheat the oven. Select ROAST/ CONVECTION/200°C/30 mins and press start.
6. Season the carrots with remaining olive oil, salt and pepper. Place them into the roasting pan and bake for 30 mins or until tender.
7. Add the carrots to a mixing bowl and toss the carrots with the pesto.
8. In a bowl, mix together the yoghurt and garlic and season with salt and pepper.
9. Place yoghurt on a serving plate, top with carrots, drizzle with honey and serve.



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Lemonade Scones



Prep 15 mins / Cook 11 mins



Makes 8 Scones



the Smart Oven™ Air Fryer

310 g self-rising flour, sifted

75 g caster sugar

$\frac{1}{2}$ tsp salt

155 ml thickened cream

155 ml lemonade

1 tbsp full fat milk, plus extra
to brush scones

100 g strawberry jam

100 ml double cream

Icing sugar, to dust

1. Pre-heat the oven. Select **BAKE/SUPER CONVECTION**/220°C/11 mins and press start.
2. Line the baking pan with baking paper.
3. Place the flour, sugar and salt into the bowl of a bench mixer with the paddle attachment.
4. Add the thickened cream, lemonade and milk and beat slowly until the dough just comes together.
5. Place the dough on the bench and bring it together gently.
6. Lightly flour the bench. Using a rolling pin, roll out the scones 2 cm thick. Using a 6 cm cutter, cut out 8 scones and place them onto the lined baking tray.
7. Brush each scone with milk.
8. Place the scones into the oven and bake for 11 mins.
9. Once the scones have cooled slightly, but still warm, dust them with icing sugar using a sieve. Serve with double cream and jam.



Sticky Date Pudding with Butterscotch Sauce



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Sticky Date Pudding with Butterscotch Sauce

 Prep 30 mins / Cook 45 mins

 Serves 6



the Smart Oven™ Air Fryer

For the pudding

300 g pitted dates
1 tsp bicarbonate soda
375 ml cold water
150 g softened butter
165 g brown sugar
1 tsp vanilla extract
2 eggs

230 g self-raising flour
55 g plain flour

For the butterscotch sauce

80 g butter, chopped
260 g brown sugar
250 ml thickened cream
Double cream or vanilla ice cream,
to serve

1. Line a 23 cm square cake tin with baking paper.
2. Place the dates and the bicarbonate soda in a small saucepan with the cold water. On high heat, bring the mix to the boil, and then reduce to a simmer. Cook for 2 mins.
3. Transfer the date mixture to a blender and blend until smooth.
4. Place the butter, sugar and the vanilla in the bowl of a bench mixer and beat until light and fluffy.
5. Add the eggs, one at a time, until combined. Add both flours and the date mixture, and mix until just combine. Pour pudding mixture into prepared cake tin.
6. Insert the rack into the middle shelf. Pre-heat the oven. Select BAKE/ CONVECTION/160°C/45 mins and press start.
7. Once the oven is pre-heated, place the pudding into the oven for 45 mins. To check if it is cooked, insert a skewer into the centre of the cake and if it comes out clean, it is done.
8. Take the pudding out of the oven to cool whilst making the butterscotch sauce.
9. Place the butter, brown sugar and the cream in a small saucepan and cook over medium heat, stirring until the sugar is dissolved. Bring the sauce to the boil and cook for 8-10 mins or until slightly thickened.
10. Serve the pudding warm with the butterscotch sauce and double cream or ice cream.



Air Fried Chilli Squid with Chilli and Coconut Dipping Sauce



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Chilli Squid with Chilli and Coconut Dipping Sauce

 Prep 30 mins / Cook 7 mins

 Serves 4



the Smart Oven+ Air Fryer

For the chilli coconut sauce

1 eschallot, peeled, roughly chopped
2 cloves garlic, peeled
20 g ginger, peeled, roughly chopped
1 coriander root
2 long red chillies, de-seeded, roughly chopped
15 ml fish sauce
30 ml lime juice, approx. 2–3 limes
50 g palm sugar
50 ml coconut cream

For the Squid

500 g medium fresh squid (approx. 5 squid tubes), cleaned, legs removed
100 g plain flour
 $\frac{1}{2}$ tsp fine salt
2 eggs, lightly beaten
100 g panko crumbs
 $\frac{1}{2}$ tsp chilli flakes, optional
Sea salt, to taste
Coriander leaves, to garnish
Sliced chilli, to garnish
Non-stick spray oil

1. Place the eschallot, garlic, ginger, coriander root and red chillies in a small food processor or mortar and pestle and blend to a coarse paste.
2. Add the fish sauce, lime juice and palm sugar and blend again.
3. Remove the lid and add the coconut cream and blend again, and set aside. Cut the squid into 2 cm wide rings.
4. Place the flour into a bowl with the salt and mix together.
5. Break the eggs into a separate bowl and whisk together.
6. Place the panko crumbs into another bowl with chilli flakes and mix together so it's evenly distributed.
7. Place 3 pieces of squid into the flour and coat well. Remove the squid and shake to remove excess flour.
8. Place the squid into the egg wash, gently coat it and lift it to drain any excess.
9. Coat the squid with the panko crumbs to form a crust. Shake gently to remove excess and place them onto a tray.
10. Repeat the process with the remaining squid rings.
11. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/220°C/5 mins and press start.
12. Spray the airfry basket with canola spray. Place the squid rings into the basket, ensuring they do not touch. Spray each piece of squid in canola spray to coat the squid.
13. When the oven has preheated, place in the squid for 5 mins. Remove the squid and turn the squid over. Place the squid back in the oven, select AIRFRY/SUPER CONVECTION/220°C/2 mins and press start.
14. Place the squid on a serving plate, sprinkle with sea salt, and garnish with coriander and chilli. Place the sauce on the side and serve immediately.



Apple and Wild Berry Tea Cake




the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Apple and Wild Berry Tea Cake

 Prep 15 mins / Cook 1 hr

 Makes 1 x 18 cm cake



the Smart Oven™ Air Fryer

100 g butter, and 1 tbsp for greasing tin,
at room temperature

60 g caster sugar

55 g brown sugar

$\frac{1}{2}$ tsp vanilla bean paste

1 egg

85 g self-raising flour

85 g wholemeal self-raising flour

15 g almond meal

40 g ricotta cheese

55 ml milk

100 g frozen mixed berries, thawed

100 g red apples, approx. 2 apples, cored
and peeled. Cut in half and then cut into
5 mm thick

20 g flaked almonds

Icing sugar, to serve

1. Lightly butter an 18 cm round cake tin using a brush and line with baking paper.
2. Place the butter, both sugars and vanilla in the bowl of a bench mixer and cream until light and fluffy. Add the egg and mix until well incorporated.
3. Fold in half of the flours and almond meal, then fold in half of the milk and ricotta. Repeat folding with the remaining flours and almond meal and the remaining ricotta and milk until well incorporated.
4. Insert the wire rack on the bottom self. Pre-heat the oven on **BAKE/SUPER CONVECTION/180°C/55 mins**.
5. Evenly spread the cake batter in the cake tin. Sprinkle the berries over the cake. Lay the apple slices neatly around the top of the cake.
6. Sprinkle the flaked almonds around the top edges of the cake.
7. Cover the cake with aluminium foil and fold the edges down around the cake tin so that the foil stays in place.
8. Place the cake into the pre-heated oven.
9. When the timer ends, take the foil off the cake. Set the timer for another 10 mins and place the cake back into the oven to allow the cake to colour lightly and the almonds to become crisp.
10. When the 10 mins is complete, remove the cake and allow to cool for 5 mins in the tin. Gently turn out the cake and place it on a wire rack for 5-10 mins to cool slightly.
11. Place onto a serving plate. Dust with icing sugar and serve warm.



Baked Italian Eggs with Air Fried Bacon



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Baked Italian Eggs with Air Fried Bacon



the Smart Oven™ Air Fryer



Prep 20 mins / Cook 31 mins



Serves 4

1 tbsp olive oil

1 clove garlic, finely chopped

400 ml passata

6 leaves basil, roughly chopped

140 g bacon rashers, sliced into

3 mm batons

4 eggs

100 g mozzarella, grated

60 g Parmesan, grated

40 ml milk

1 tsp roughly chopped parsley

1 crusty sourdough baguette, to serve

1. Place a small pot on medium heat. Add the olive oil and garlic and sauté until the garlic is just golden brown.
2. Add the passata sauce and stir with a wooden spoon. Cook for 10 mins, stirring occasionally to ensure the sauce doesn't stick. Add the basil and stir, allowing it to infuse in the sauce.
3. Pre-heat the oven. Select AIRFRY/ SUPER CONVECTION/ 220°C/ 8 mins and press start.
4. Place the bacon into the airfry basket.
5. When the oven is pre-heated, place the basket into the airfry slot. Place the roasting pan on a lower rack to catch the drips of the bacon fat. Cook the bacon until just crispy. Set aside.
6. While the bacon is cooking, place 60 g of the warm passata sauce into the bottom of 4 x 150 ml deep ramekins. If using shallow ramekins reduce the baking time.
7. Carefully crack an egg over the sauce of each ramekin. Sprinkle with the mozzarella and Parmesan. Pour 10 ml of milk on top of the cheese of each ramekin.
8. Place the wire rack onto the middle shelf. Pre heat the oven. Select, BAKE/ CONVECTION/ 190°C/ 9 mins.
9. When the oven has pre-heated place the ramekins into the oven on the wire rack and cook for 9 mins. When the timer alarms, switch the oven function to GRILL/ HIGH/ 2 mins, leaving the eggs in the oven. Allow the cheese to melt and become golden-brown on top.
10. Place the bacon back into the oven to reheat. Select GRILL/ HIGH/ 1 min.
11. Remove the bacon from the oven and evenly distribute it over the 4 ramekins. Sprinkle with the chopped parsley and serve immediately with a baguette.



Baked Snapper with Pistachio Crust



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Baked Snapper with Pistachio Crust



the Smart Oven™ Air Fryer



Prep 15 mins / Cook 40 mins



Serves 4

850 g–900 g (approx. 1 medium) whole snapper, gutted, cleaned and scaled
2 fennel bulbs, thinly sliced, remove the fronds and set aside
1 bunch dill
1 bunch parsley
1 bunch coriander

1 lemon, zest only
130 g pistachios
2 tbsp extra virgin olive oil
Sea salt
Freshly cracked black pepper

1. Line the roasting pan with baking paper. Place the snapper onto the tray.
2. Stuff the cavity of the snapper with the sliced fennel, herbs and lemon zest. Season the fish with salt and pepper.
3. In a food processor, blend the pistachios and fennel fronds with a dash of olive oil. Blend for 15–20 secs or until crumbled with some larger nuts remaining. The mixture should just hold together. If the mix is too dry, drizzle with more olive oil and pulse again.
4. Spread the pistachio/frond mix across top side of the fish to create a crust.
5. Place the wire rack on the bottom position. Pre-heat the oven. Select BAKE/ CONVECTION/180°C/40 mins.
6. When the oven has pre-heated, add the fish and roast for 40 mins.
7. Remove the fish from the oven. Using the tip of a knife, make an incision near the head of the fish into the flesh. The flesh should be white, tender and coming away from the bone and the crust should be firm. Serve immediately.



Baked Trout & Fennel



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Baked Trout & Fennel

 Prep 20 mins / Cook 10 mins / Standing 10 mins

 Serves 4



the Smart Oven™ Air Fryer

2 fennel bulbs, sliced 1 cm thick
1 clove garlic, crushed
½ brown onion, sliced
4 sprigs dill, roughly chopped
2 tbsp olive oil

4 x 170 g ocean trout portions, skin on,
scaled and pin boned
Sea salt
Freshly ground black pepper
1 lemon, cut into wedges

1. Mix fennel, garlic, onion and dill together in a bowl and drizzle with 1 tbsp of olive oil.
2. Insert the wire rack into the middle shelf. Pre-heat the oven. Select BAKE/SUPER CONVECTION/180°C/10 mins and press start.
3. Place the fennel mixture on the base of the baking tray.
4. Season the fish with salt and pepper. Brush the skin of the trout with the remaining olive oil.
5. Place the fish on top of the fennel. When the oven is pre-heated, place it in the oven and cook for 10 mins.
6. Remove the trout from the oven. Insert a knife into the flesh of the fish near the skin to ensure it is cooked medium.
7. Serve the trout immediately with lemon wedges.



Pork Ribs with Sichuan Pepper



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Pork Ribs with Sichuan Pepper



the Smart Oven™ Air Fryer

 Prep 15 mins / Cook 2 hrs 15 mins

 Serves 6–8

For the braising

120 g honey
150 ml oyster sauce
100 ml soy sauce
5 lime leaves
50 g ginger, peeled and sliced
10 cloves garlic, smashed
2 tbsp Sichuan pepper
250 ml water
1 onion, finely sliced
20 g dried shiitake mushrooms
1 orange, zested and juiced
2 star anise

3 long red chillies, split in half

1.5 kg pork ribs

For the salad

50 ml lime juice
1 tbsp caster sugar
¼ head white cabbage, finely sliced
2 carrots, peeled and julienned
1 red onion, finely sliced
50 g bean sprouts
½ bunch coriander, leaves picked
½ bunch mint, leaves picked and roughly torn in half

1. Pre-heat the oven. Select SLOW COOK/ CONVECTION/ HIGH/ and press start. Reduce the time to 2 hrs.
2. Place 80 g of the honey and all the braising ingredients into a casserole dish or pot and cover with a lid or tightly cover with foil.
3. When the oven is pre heated place the ribs into the oven. Cook for 2 hrs or until the ribs are soft and come away from the bone easily.
4. Place the grilling rack onto the roasting pan. Remove the ribs from the braising liquid and place them onto the grilling rack allowing them to drain, curve side up. Reserve the braising liquid and set aside
5. Combine the lime juice and sugar in small bowl and whisk together. Set aside.
6. Place all the remaining salad ingredients into a mixing bowl and toss together.
7. In a small bowl, mix together the remaining honey and 60 ml of the cooking liquid.
8. Remove any excess liquid from the roasting tray and discard. Brush the ribs with the honey mixture. Place the wire rack into the middle shelf. Place the ribs into the oven. Select GRILL/HIGH/8 mins and press start.
9. Remove the ribs from the oven and brush them again with the honey mixture. Place the ribs back into the oven. Select GRILL/ HIGH/4 mins and press start. When the ribs have finished cooking, they should be nicely coloured and glazed.
10. Toss the salad with the lime and sugar dressing.
11. Serve the pork ribs with the salad and steamed rice.



Air Fried Autumn Vegetable Salad



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Autumn Vegetable Salad



the Smart Oven™ Air Fryer

 Prep 30 mins / Cook 43 mins / Standing 10 mins

 Serves 4-6

1 small eggplant, sliced 2 cm thick
Sea salt
1 sweet potato, peeled and cut into 2 cm dice, approx. 350 g
1 small pumpkin, peeled and cut into 2 cm dice
1 red onion, peeled and cut into wedges
2 cloves garlic, thinly sliced
8 button mushrooms
2 red capsicum, sliced in 2 cm strips
2 medium carrots, cut into 4 cm batons
2 medium zucchinis, roughly cut into 4 cm pieces and then quartered
1 tbsp vegetable oil

For the spice mix

½ tsp dried oregano
1 tbsp smoked paprika
1 tsp ground white pepper
1 tsp garlic powder
½ tsp fennel seeds
2 tsp sea salt

For the cous cous

150 g pearl cous cous
400 ml vegetable stock
1 tbsp chopped parsley
Micro parsley to serve

1. Place the eggplant slices onto a tray, sprinkle with salt on both sides and leave for 10 mins.
2. Rinse the eggplant under water and dry off with paper towel. Dice the eggplant into 2-3 cm cubes.
3. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/200°C/35 mins and press start.
4. Place the eggplant, sweet potato, pumpkin, red onion, garlic, mushrooms, red capsicum, carrots and zucchinis into a large bowl.
5. In a small bowl, mix together the spices and add to the vegetables with the oil. Toss the vegetables so that the spice mix and oil are distributed evenly through the vegetables.
6. Place the vegetables onto the airfry basket. Once the oven has pre-heated, place the basket into the oven in the airfry position and cook for 20 mins.
7. Remove the vegetables and toss. Place them back into the oven and continue cooking for the remaining 15 mins.
8. Place the pearl cous cous and vegetable stock into a saucepan and bring to the boil. Simmer for 8 mins or until the stock is absorbed by the cous cous and it is tender. Set aside.
9. When the vegetables and cous cous are at room temperature, toss them together add the chopped parsley.
10. Place in a serving platter and sprinkle with micro parsley.



Air Fried Bang Bang Prawns with Chilli Mayonnaise



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Bang Bang Prawns with Chilli Mayonnaise



the Smart Oven™ Air Fryer



Prep 20 mins / Cook 7 mins



Makes 20 pieces

For the prawns

150 g panko crumbs

3 eggs

50 g plain flour

½ tsp chilli powder

450 g medium green prawns, peeled, tails off and deveined, (approx. 20 prawns)

Non-stick spray oil

For the chilli mayonnaise

100 g mayonnaise

3 tsp sriracha

1 tsp sweet chilli sauce

1 lime, zest only

2 green onions, thinly sliced

1. Place the panko crumbs in a bowl.
2. In a small bowl whisk the eggs.
3. Place the flour in a bowl with the chilli powder and whisk to combine.
4. Place ¼ of the prawns in the flour and coat well.
5. Remove one prawn at a time from the flour, dusting off any excess flour. Place it into the egg wash, coat well and then place it into the crumb mixture. Press the crumbs onto the prawns to coat them well. Lightly tap the prawns and then place them on a plate.
6. Continue this process until all the prawns are crumbed. Cover with plastic wrap and refrigerate until ready to airfry.
7. Place the mayonnaise in a bowl, add in the sriracha and sweet chilli sauce and whisk. Zest in ½ of the lime and whisk together. Cover with plastic wrap and set aside.
8. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/220°C/5 mins and press start.
9. Remove the prawns from the refrigerator. Place the prawns into the air fryer basket, ensuring they are not touching each other. Using spray oil, coat the prawns with a layer of oil. Flip the prawns over and repeat on the other side so the entire prawn has a coating of olive oil.
10. When the oven is ready, place the prawns in the airfry position of the oven and cook for 5 mins.
11. At 5 mins, carefully remove the basket from the oven, flip the prawns over and place them back into oven. Select AIRFRY/SUPER CONVECTION/220°C/3 mins and press start.
12. Remove the prawns and place them into a large bowl, add in 3 tbsp of the chilli mayonnaise, green onions and toss the prawns.
13. Place the prawns on a serving platter and zest the remaining lime over the prawns. Place the remaining mayonnaise in a ramekin and serve on the side. Serve the prawns immediately.



Goats Cheese & Prosciutto Pizza



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Goats Cheese & Prosciutto Pizza



the Smart Oven™ Air Fryer

 Prep 20 mins / Cook 31 mins / Standing 60 mins

 Makes 4-6

For the dough

1 tsp honey
375 ml warm water
1 ¼ tsp quick rise instant yeast
210 g flour
45 g yellow cornmeal
1 tsp salt
1 tsp olive oil, for greasing
Non-stick oil spray

For the pizza sauce

240 g peeled tomatoes, tinned
½ tbsp extra-virgin olive oil

1 clove garlic, minced

¼ tsp fine salt

½ tsp oregano

2 sprigs of basil

For the toppings

240 g fresh mozzarella, torn into large pieces

200 g goats cheese, broken into large pieces

100 g baby Roma tomatoes, slice in half

8 slices prosciutto

30 g rocket leaves

1. In a small bowl, dissolve the honey and water. Sprinkle over the yeast and stand for 3 mins.
2. Place the flour, cornmeal and salt in the bowl of a bench mixer with a dough hook attachment. Mix on low speed to combine. Add the honey, yeast and water mixture and knead on medium speed for 5 - 7 mins or until dough is smooth and elastic.
3. Grease a bowl with half of the olive oil and transfer the dough to the bowl. Cover with plastic wrap and let it rest for 30 mins.
4. After resting, grease a baking tray with the remaining olive oil. Divide the dough into 2 x 210 g, even sized round balls and place them on the tray. Lightly spray the dough with oil and cover with a clean tea towel. Set aside for 30 mins.
5. Place all of the sauce ingredients into a food processor, except the basil. Pulse the ingredients to combine. Using a spatula, scrape the sauce in a bowl and add the basil, allowing it to infuse for 20 mins. Cover it with cling film and set aside.
6. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/5 mins and press start. When the oven is preheated, place the pizza pan into the middle-rack position for 5 mins to pre-heat the pan only.
7. Stretch the dough to fit the pizza pan, remove the pizza pan from the oven and carefully place the dough onto the preheated pan.
8. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/13 mins and press start. Spread half of the pizza sauce evenly on the dough, leaving a 1 cm border of crust. Add the mozzarella, goats cheese and tomatoes onto the pizza and, once preheated, place it into the oven. Bake for 13 mins or until the pizza is crisp.
9. Remove the pizza from the oven. Top with half of the sliced prosciutto and half of the rocket leaves.
10. Repeat the same process again with the remaining dough and ingredients.



Moroccan Lamb Pizza



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Moroccan Lamb Pizza



the Smart Oven™ Air Fryer

 Prep 35 mins / Cook 45 mins / Standing 30 mins

 Makes 2 pizzas

For the dough

1 tsp honey
375 ml warm water
1 ¼ tsp quick rise instant yeast
210 g flour
45 g yellow cornmeal
1 tsp salt
1 tsp olive oil, for greasing
Non-stick oil spray

For the toppings

2 tbsp olive oil
1 ½ tsp ras el hanout spice
2 cloves garlic, crushed
20 g harissa paste
1 lemon, zest only

400 g lamb backstrap
250 g butternut pumpkin, peeled and cut into 3 cm pieces
120 g shredded mozzarella cheese
1 small red onion, thinly sliced
150 g feta cheese, crumbled
35 g pine nuts, toasted
Sea salt, to taste
Freshly cracked black pepper, to taste
Coriander leaves, to serve

For the yoghurt dressing

50 g plain Greek yoghurt
1 ½ tbsp. lemon juice
2 tbsp chopped mint

1. In a small bowl, dissolve the honey and water. Sprinkle over the yeast and let stand for 3 mins.
2. Place the flour, cornmeal and salt in the bowl of a bench mixer with a dough hook attachment. Mix on low speed to combine. Add the honey, yeast and water mixture and knead on medium speed for 5 – 7 mins or until dough is smooth and elastic.
3. Grease a bowl with half of the olive oil and transfer the dough to the bowl. Cover with plastic wrap and let it rest for 30 mins.
4. Combine 1 tbsp of the olive oil, 1 tsp of the ras el hanout, garlic, harissa paste and lemon zest in a bowl. Add the lamb and coat well. Heat a charcoal pan over medium-high heat and cook lamb for 3 mins each side or until just sealed. Cover and set aside for 5 mins to rest. Thinly slice the lamb.
5. Place the diced pumpkin into a steaming basket and steam for 10–15 mins or until tender. Alternatively, the pumpkin can be boiled in water and drained well.
6. Mash the pumpkin and add the remaining oil and ras el hanout spice.
7. Combine all of the yoghurt dressing ingredients in a small bowl and stir to combine.
8. Grease a tray with the remaining olive oil. Divide the dough into 2 x 210 g, even sized round balls and place on a tray. Lightly spray the dough with oil and cover with a clean tea towel. Set aside for 30 mins.
9. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/5 mins and press start. When the oven is pre-heated, place the pizza tray into the middle-rack position for 5 mins to pre-heat the pizza pan.
10. Stretch the dough to fit the pizza pan, remove the pizza pan from the oven and carefully place the dough onto the preheated pan.
11. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/15 mins. Spread the base with 2 tbsp of pumpkin puree. Top with 2 tbsp mozzarella cheese, and half the red onion, feta, pine nuts and sliced lamb. Sprinkle with another 40 g mozzarella cheese and season with salt and pepper; once preheated, place it into the oven. Bake for 13 mins or until the pizza is crisp.
12. Remove the pizza from the oven. Sprinkle with coriander and drizzle with the yoghurt dressing, and serve immediately.
13. Repeat the same process again with the remaining dough and ingredients.



Baked Passionfruit Cheesecake




the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Baked Passionfruit Cheesecake

 Prep 30 mins / Cook 50 mins / Standing 8 hrs

 Makes 1-24 cm cake



the Smart Oven™ Air Fryer

250 g digestive biscuits, halved
80 g unsalted butter, melted
500 g cream cheese, cubed, room temperature
230 g caster sugar
300 g reduced fat sour cream
3 eggs
1 tsp lemon zest, approx. 1 lemon
200 g passionfruit pulp

1. Spray the base and sides of a 24 cm springform cake tin with non-stick spray and line with baking paper.
2. Using a food processor, pulse the biscuits for 10 secs or until completely crushed.
3. Pour the crushed biscuits into a bowl and stir through the melted butter. Firmly press the biscuit mixture into the base of the cake tin and place it into the refrigerator to set for 20 mins.
4. Insert the wire rack on to the bottom shelf. Pre-heat the oven. Select **BAKE/CONVECTION/140 °C/50 mins** and press start.
5. Place the cream cheese and caster sugar into the bowl of a bench mixer. Mix on medium speed for 3 mins, scraping the sides of the bowl every minute.
6. Add the sour cream and beat for a further 30 secs on medium speed.
7. Add the eggs one at a time, beating well after each addition.
8. Scrape down the sides of the bowl and add the lemon zest and passionfruit pulp. Beat for a further 30 secs on low speed.
9. Pour the mixture into the cake tin and place onto the pizza tray and then into the oven for 50 mins. Allow the cheesecake to cool to room temperature before placing it into the refrigerator to set for 8 hrs or overnight.



Peach & Cinnamon Crumble



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Peach & Cinnamon Crumble

 Prep 30 mins / Cook 30 mins / Standing 5 mins

 Serves 4



the Smart Oven™ Air Fryer

For poaching the peaches

700 g caster sugar
2 lt water
1 tsp vanilla paste
5 fresh peaches

For the spice mixture

1 tsp vanilla bean paste
1 tbsp brown sugar
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{4}$ tsp nutmeg

For the topping

50 g plain flour
60 g brown sugar
40 g unsalted butter
30 g rolled oats
60 g macadamia nuts, crushed
20 g desiccated coconut

1. Trace the shape of a medium pot onto a piece of baking paper and cut the circle out. Cut a very small circle out of the centre of this "cartouche" or paper lid to act as a steam vent.
2. Place the sugar, water and vanilla paste into a medium pot and bring to the boil. Reduce to a simmer.
3. Add the peaches to the pot, and cover with the cartouche, cook for 10 mins or until just soft.
4. Take the peaches out of the poaching liquid and set aside the liquid, and allow the peaches to cool.
5. Mix the flour, brown sugar and butter together in a bowl. Rub the butter in with your fingers until the mixture resembles coarse breadcrumbs.
6. Mix in the oats, macadamia nuts and coconut, and set aside.
7. Place the wire rack into the middle self. Pre-heat the oven. Select BAKE/170°C/ CONVECTION/20 mins and press start.
8. Remove the skins of the peaches. Cut them in half, and then cut each half into 4 wedges. Place the peaches in a bowl and mix with the vanilla paste, brown sugar, cinnamon and nutmeg. Add 2 tbsp of the poaching liquid and mix together. Place the peaches in the bottom of a 22 cm x 4 cm ceramic dish (approx).
9. Sprinkle the crumble over the top of the peaches and place the crumble into the oven. Bake for 20 mins or until the top is golden brown. Allow the crumble to rest for 5 mins before serving. Serve with vanilla ice cream or double cream.



Tomato, Basil & Fig Pizza



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Tomato, Basil & Fig Pizza

 Prep 30 mins / Cook 18 mins / Standing 60 mins

 Makes 2 pizzas



the Smart Oven™ Air Fryer

For the dough

1 tsp honey
375 ml warm water
1 ¼ tsp instant yeast
210 g bread flour
45 g yellow cornmeal
1 tsp fine salt
1 tsp olive oil, plus extra for greasing
Semolina, for dusting
Non-stick oil spray

For the pesto

2 bunch basil leaves, leaves picked
45 g pine nuts, toasted
1 clove garlic
65 ml extra virgin olive oil
Sea salt, to season
Freshly ground black pepper, to season

For the topping

2 truss tomatoes, sliced thick
4 heirloom tomatoes, halved
12 slices prosciutto
2 fresh figs, cut into quarters
125 g buffalo mozzarella,
thinly sliced or torn

1. In a small bowl, dissolve the honey and water. Sprinkle over the yeast and let stand for 3 mins.
2. Place the flour, cornmeal and salt in the bowl of a bench mixer with a dough hook attachment. Mix on low speed to combine. Add the honey, yeast and water mixture and knead for 5–7 mins or until dough is smooth and elastic.
3. Grease a bowl with the olive oil and transfer the dough to the bowl. Cover with plastic wrap and set aside for 30 mins.
4. After resting, grease a baking tray with the remaining olive oil. Divide the dough into 2 x 210 g, even sized round balls and place them on the tray. Lightly spray the dough with oil and cover with a clean tea towel. Set aside for 30 mins.
5. Place the basil, garlic and pine nuts in a food processor. Process until just combined. Add the oil slowly and process until the pesto is combined. Season to taste with salt and pepper.
6. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/5 mins and press start. When the oven is preheated, place the pizza pan into the middle-rack position for 5 mins to pre-heat the pan only.
7. Stretch the dough to fit the pizza pan, remove the pizza pan from the oven and carefully place the dough onto the preheated pan.
8. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/13 mins and press start. Spread half of the sauce evenly on the dough, leaving a 1 cm border of crust. Top with half of the tomatoes, prosciutto, figs and mozzarella on the pizza and, once preheated, place it into the oven. Bake for 13 mins or until the pizza is crisp. Remove the pizza from the oven.
9. Repeat the same process again with the remaining dough and toppings.



Bresola and Bocconcini Pizza



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Bresaola and Bocconcini Pizza



the Smart Oven™ Air Fryer

 Prep 20 mins / Cook 31 mins / Standing 60 mins

 Makes 2 pizzas

For the dough

1 tsp honey
375 ml warm water
1 ¼ tsp instant yeast
210 g flour
45 g yellow cornmeal
1 tsp salt
1 tsp olive oil, for greasing
Non-stick oil spray

For the pizza sauce

240 g tinned peeled tomatoes
½ tbsp extra-virgin olive oil

1 clove garlic, minced

¼ tsp fine salt

½ tsp oregano

2 sprigs of basil

For the toppings

150 g large cherry tomatoes, sliced in thirds

100 g bresaola, thinly sliced

120 g baby bocconcini, cut in half

20 ml balsamic vinegar

50 g baby rocket leaves, washed

1. In a small bowl, dissolve the honey and water. Sprinkle over the yeast and stand for 3 mins.
2. Place the flour, cornmeal and salt in the bowl of a bench mixer with a dough hook attachment. Mix on low speed to combine. Add the honey, yeast and water mixture and knead on medium speed for 5-7 mins or until dough is smooth and elastic.
3. Grease a bowl with half of the olive oil and transfer the dough to the bowl. Cover with plastic wrap and let it rest for 30 mins.
4. Grease a tray with the remaining olive oil. Divide the dough into 2 x 210 g, even sized round balls and place on a tray. Lightly spray the dough with oil and cover with a clean tea towel. Set aside for 30 mins.
5. Place all of the sauce ingredients into a food processor, except the basil. Pulse the ingredients to combine. Using a spatula, scrape the sauce in a bowl and add the basil, allowing it to infuse for 20 mins. Cover it with plastic wrap and set aside.
6. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/5 mins and press start. When the oven is pre-heated, place the pizza tray into the middle-rack position for 5 mins to pre-heat the pizza pan.
7. Stretch the dough to fit the pizza pan, remove the pizza pan from the oven and carefully place the dough onto the preheated pan.
8. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/13 mins and press start. Spread half of the pizza sauce evenly on the dough, leaving a 1 cm border of crust. Add half of the bresaola slices, tomatoes and bocconcini onto the pizza and, once preheated, place it into the oven. Bake for 13 mins or until the pizza is crisp.
9. Repeat the same process again with the remaining dough and toppings.
10. Dress the pizza with the balsamic vinegar and place the rocket leaves on the pizza.



Cheese & Bacon Rolls



the Smart Oven™ Air Fryer
with Element iQ™ System

Sage

Cheese & Bacon Rolls

 Prep 30 mins / Cook 20 mins / Standing 20 mins

 Makes 6 large or 12 small



the Smart Oven™ Air Fryer

375 ml warm water

60 ml olive oil

1 tsp caster sugar

1 tsp fine salt

600 g bread flour

2 tsp dried yeast

3 tbsp barbeque sauce

140 g bacon, diced

125 g cheddar cheese, grated

Non-stick oil spray

1. Place the water, olive oil, sugar, salt, flour and yeast into the bowl of a bench mixer with a dough hook and knead for 3 mins on low speed.
2. Shape the dough into a ball and place it in a large glass bowl. Cover it with plastic wrap and place in a warm place to rise for 1 hr or until doubled in size.
3. Spray a baking tray with canola oil spray and line with baking paper.
4. Place the dough ball back into the mixing bowl and knead for a further 2 mins on low speed.
5. Remove the dough ball out onto a floured surface and cut the dough into 6 or 12 pieces. Roll each piece into a ball and place them onto the lined roasting pan, lightly press the balls to flatten slightly. Cover the balls with a damp tea towel. Allow the balls to proof for 20 mins.
6. Insert the wire rack onto the middle shelf. Pre-heat the oven. Select BAKE/ CONVECTION/180°C/20 mins and press start.
7. Top each dough ball evenly with barbeque sauce, and sprinkle over the diced bacon and cheese. After preheating, place the rolls into the oven and bake for 20 mins.



Air Fried Chicken Satay with Peanut Sauce



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Chicken Satay with Peanut Sauce



the Smart Oven™ Air Fryer



Prep 30 mins / Cook 30 mins / Standing 8 hrs



Makes 8 skewers

For the skewers

3 *tbsp* peanut oil
2 stalks lemongrass, white parts only,
thinly sliced
2 coriander roots
2 cloves garlic
2 medium eschallots, thinly sliced
2 *tsp* ground turmeric
2 *tsp* ground coriander
½ *tsp* chilli powder
2 *tbsp* sugar
2 *tsp* sea salt
600 g–700 g boneless, skinless
chicken thighs

For the peanut sauce

1 *tbsp* peanut oil
2 eshallots, finely diced

2 coriander roots, finely chopped
1 long red chilli, seeds removed,
finely diced
90 g crunchy peanut butter
300 ml light coconut milk
1 *tbsp* *kecap manis*
1 *tsp* soy sauce

For the cucumber salad

1 *tbsp* sugar
1 *tbsp* white wine vinegar
1 *tbsp* boiling water
½ *tsp* sea salt
1 small telegraph cucumber
2 small eschallots, thinly sliced
¼ bunch coriander

1. Place the oil, lemongrass, coriander roots, garlic, eschallots, turmeric, ground coriander, chilli powder, sugar and salt into a food processor and blend all ingredients until smooth.
2. Slice the chicken thighs in half, lengthwise and place them into a bowl. Pour the marinade over the chicken and mix well to fully coat. Cover the bowl with plastic wrap and place in the refrigerator for at least 8 hrs.
3. Place a small pot on the stovetop set to medium-high heat. Add the peanut oil. When the oil is hot, add the eschallots, ginger, garlic coriander roots, and chilli. Sweat until translucent, approx. 3–4 mins.
4. Add the peanut butter and the coconut milk and cook for 8 mins, or until nicely emulsified and slightly reduced.
5. Add the *kecap manis* and soy sauce, cover and set aside until serving.
6. Inset the wire rack into the air fry position.
7. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/220°C/13 mins and press start.
8. Line the roasting pan with foil. Place the grilling rack on top.
9. Skewer 2 pieces of the chicken onto each skewer.
10. Lay the skewers on the rack, placing one tip to one end and then changing directions with the other one, so the chicken doesn't touch each other.
11. When the oven is pre-heated, add the skewers.
12. At 13 mins, remove the tray from the oven, and, using tongs, turn the skewers over and place them straight back in the oven. Select AIRFRY/SUPER CONVECTION/220°C/7 mins and press start.
13. While the skewers are cooking, place the sugar in a small heat proof bowl, add the boiling water and stir to dissolve the sugar. Then add the vinegar and the salt.
14. Slice the cucumber in half lengthwise, and thinly, approx. 2 mm thick. Place the cucumbers into a large bowl.
15. Add the eschallots to the bowl and toss.
16. Dress the cucumber and eshallots with the vinegar mix and coat well. Mix through the coriander leaves.
17. Gently warm the peanut sauce and place it into a large ramekin. Place the cucumber salad into a separate large ramekin. Place the skewers on a serving plate and serve immediately.



Air fried Chicken Schnitzel



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air fried Chicken Schnitzel



Prep 25 mins / Cook 13 mins



Serves 4



the Smart Oven™ Air Fryer

2 large chicken breasts, skinless
and boneless

100 g plain flour

1 tsp fine salt

½ tsp freshly ground pepper

2 eggs

40 ml milk

150 g panko crumbs

40 g finely grated Parmesan cheese
(optional)

Non-stick cooking spray

1. Starting with the thickest side, place the palm of your hand on the top of the chicken breast and slice through horizontally through the centre to form 2 even pieces. Place it on a plate and set aside. Repeat with the other breast and set aside. Each piece of chicken should be approx. 1 cm thick. If the pieces are thicker than 1 cm gently pound the breast to achieve desired thickness.
2. Place the flour into a medium bowl. Add the salt and pepper and mix to combine.
3. Place the eggs and milk into a separate medium bowl and whisk to combine to make an egg wash.
4. Place the panko crumbs and Parmesan in another bowl. Mix them together and transfer the crumbs onto the roasting pan.
5. Place each piece of chicken into the flour and coat, lifting and dusting off any excess flour. Transfer each piece to the egg wash to fully coat. Then coat the chicken in the panko and Parmesan crumbs by pressing it into the crumbs to create an even, light coating. Transfer the chicken to a plate and refrigerate until ready to air fry.
6. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/220°C/9 mins and press start.
7. Place the chicken into the airfry basket and spray both sides well with oil spray.
8. When the oven is pre-heated, place the chicken into the oven and cook for 9 mins.
9. Remove the chicken from the oven and turn it over. Place it back into the oven and Select AIRFRY/SUPER CONVECTION/220°C/5 mins and press start. Airfry until the chicken is crisp and cooked all the way through.
10. Serve the schnitzel with chips and salad.



Chocolate Ganache & Wild Berry Pavlova




the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Chocolate Ganache & Wild Berry Pavlova



the Smart Oven™ Air Fryer

 Prep 30 mins / Cook 1 hr 40 mins / Standing 30 mins

 Serves 8-10

For the pavlova

200 g egg whites (approx. 8 eggs), room temperature

400 g caster sugar

3 tsp cornflour

1 tsp white vinegar

1 tsp vanilla bean paste

For the chocolate ganache

350 ml pure cream

300 g 70% dark chocolate, chopped

1 punnet strawberries, to garnish

1 punnet blueberries, to garnish

1. Line the pizza pan with non-stick baking paper, place a 24 cm cake tin in the centre of the pan, using a marker trace a circle around the bottom of the tin to mark the paper. Flip the baking paper over and place back on the pan. Pre-heat the oven. Select **BAKE/NO CONVECTION/90°C/1 hr 40 mins** and press start.
2. Place the egg whites in a bench mixer with the whisk attachment and whisk on medium-high speed until soft peaks form. Gradually add the sugar 1 tbsp at a time, beating constantly until the sugar dissolves and the mixture is thick and glossy. Gently fold through the cornflour, vinegar and vanilla bean paste.
3. Using a stepped palate knife, spoon the meringue mixture onto the lined pizza pan, shape the meringue into the circle on the pizza pan and make grooves and flicks on the top of the meringue.
4. Once the oven has preheated, bake the meringue for 1 hr and 40 mins or until it is crisp and dry. Clean the mixer.
5. After baking, turn the oven off and leave the meringue in the oven with the door closed for 30 mins.
6. Add the cream into a small saucepan and place on low heat. Scald the cream, when you start to see small bubbles and steam rising remove the cream from the heat.
7. Place the chocolate into a heatproof bowl and pour the cream over the top. Let mixture sit for 1 min and then stir well to combine. Strain and let cool.
8. Place the ganache into the bench mixer bowl. Using the whisk attachment, whip the ganache to thick and fluffy. Spread the ganache over the top of the meringue and top with fresh berries.



Air Fried Churros with Cinnamon Sugar



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Churros with Cinnamon Sugar



the Smart Oven™ Air Fryer

 Prep 30 mins / Cook 20 mins

 Makes 15

240 ml water
15 g unsalted butter
1 tbsp sugar
½ tsp vanilla extract
¼ tsp salt
130 g plain flour
1 egg
Non-stick spray oil

For the coating

55 g unsalted butter, melted
100 g caster sugar
½ tsp ground cinnamon

1. Combine the water, butter, sugar, vanilla and salt in a large saucepan and bring to the boil over medium-high heat. Add the flour all at once and stir with a wooden spoon until well combined, with no streaks of flour remaining.
2. Transfer the dough to the bowl of a bench mixer fitted with a paddle attachment. Mix on medium-high speed until cooled slightly, about 1 min. Reduce the speed to low and add the egg. Once the egg is incorporated, increase the speed to high and beat, 10–12 mins or until the outside of the bowl is cool to the touch.
3. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION / 175°C/25 mins and press start.
4. Spray the airfry basket with non-stick spray oil. Transfer the dough to a piping bag fitted with a 5 mm closed star pastry tip. Pipe 5 cm lengths of dough onto the airfry basket, using scissors to snip dough at the tip.
5. Bake until the churros are brown and crisp on the outside, about 25 mins.
6. Place the melted butter in a medium bowl. Combine the sugar and cinnamon in a second medium bowl.
7. Toss the warm churros in the melted butter and then in the cinnamon sugar.
8. Serve immediately with chocolate sauce or dulce de leche for dipping.



Air Fried Eggplant Parmesan



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Eggplant Parmesan

 Prep 1 hr / Cook 50 mins

 Serves 6



the Smart Oven™ Air Fryer

For the eggplant

2 medium eggplants (approx. 450 g)
1 tsp sea salt
55 g panko breadcrumbs
60 g finely grated Parmesan cheese
1 tsp dried oregano
½ tsp sea salt
¼ tsp freshly ground black pepper
45 g plain flour
2 eggs
2 tbsp water
Non-stick oil spray

For the sauce

790 g finely chopped tomatoes
2 tbsp olive oil
2 cloves garlic, minced
½ tsp sea salt
½ tsp dried oregano
Pinch red pepper flakes

To assemble

175 g shredded mozzarella cheese
20 g finely grated Parmesan cheese

1. Slice the eggplant crosswise in approx. 1 cm slices. Lay the slices in a single layer on a baking tray and sprinkle with ½ tsp salt. Flip the slices over and sprinkle with another ½ tsp salt. Let the eggplant rest for 20 mins for the salt to remove the excess moisture.
2. Combine the panko breadcrumbs, Parmesan cheese, oregano, salt and pepper in the bowl of food processor. Process until finely ground, about 15–20 secs. Transfer to a shallow dish.
3. Place the flour in a second shallow dish.
4. Whisk the eggs and the water in a third shallow dish.
5. Use paper towels or a clean dish towel to dry the eggplant slices, pressing firmly on both sides to remove as much moisture as possible.
6. Working in batches, toss the eggplant in flour and shake off any excess. Dredge the eggplant in the egg mixture and allow the excess to drain off. Coat the eggplant in the panko mixture, ensuring all sides are well crusted. If there is extra breadcrumb mixture, reserve it to sprinkle on top of the casserole.
7. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/190°C/20 mins and press start.
8. Spray the airfry basket well with non-stick spray. Place half of the eggplant on the basket in a single layer. Spray the eggplant with non-stick spray. Once the oven is pre-heated, add the eggplant and cook for 20 mins. Repeat with the remaining eggplant slices.
9. While the eggplant is cooking, make the tomato sauce. Crush the tomatoes using a stick blender or pulse in a food processor.
10. Heat the olive oil in a medium saucepan over medium heat. Add the garlic and cook, stirring constantly until just golden, about 30 secs. Add the tomatoes, salt, oregano and red pepper flakes. Stir to combine.
11. Simmer the sauce for 10 mins, stirring occasionally. Remove from the heat and reserve.
12. Insert the wire rack into the bottom position. Pre-heat the oven. Select BAKE/CONVECTION/200°C/15 mins and press start.
13. Spread 60 ml of the tomato sauce on the bottom of the baking dish. Arrange half of the eggplant on top of the sauce.
14. Sprinkle half of the mozzarella and half of the Parmesan on top of the eggplant. Spoon 240 ml of tomato sauce over the cheese.
15. Repeat layering with the remaining eggplant and mozzarella and half of the remaining Parmesan.
16. Spoon 240 ml of tomato sauce over the top. Sprinkle with the remaining Parmesan and 2 tbsp of the reserved breadcrumb mixture.
17. Place the dish in the oven and bake until golden brown and bubbly on top, 10–15 mins. Let the eggplant rest 5 mins before cutting and serving. Serve with the extra tomato sauce.



Air Fried Falafel with Spicy Feta Sauce



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Falafel with Spicy Feta Sauce



the Smart Oven™ Air Fryer

 Prep 40 mins / Cook 15 mins / Standing 8 hrs

 Makes 12

For the falafel

225 g dried chickpeas
1 lt of cold water
15 g Italian parsley leaves
15 g coriander leaves
6 green onions, sliced
3 cloves garlic, sliced
1 tbsp sea salt
1 ½ tsp ground cumin
¾ tsp ground coriander
¼ tsp cayenne pepper

For the spicy feta sauce

250 g good-quality feta cheese
1 clove garlic, chopped
½ tsp dried oregano
1 tsp red pepper flakes
60 ml olive oil
2 tbsp water
1 tsp lemon juice
Non-stick oil spray

1. Rinse the chickpeas and place them in a large bowl. Cover them with the cold water and allow them to stand at room temperature overnight. Cover with cling film.
2. Rinse the chickpeas and drain in a fine mesh sieve while preparing the remaining ingredients.
3. Combine the chickpeas, parsley, coriander, green onions, garlic and spices in the bowl of a food processor. Process until finely ground, about 30 secs, stopping to scrape down the sides of the bowl as necessary.
4. Transfer the mixture to a medium bowl, cover and refrigerate for 20 mins.
5. Combine the feta, garlic, oregano and red pepper flakes in the bowl of a food processor. Process the ingredients until the feta is smooth, about 30 secs. Scrape down the sides of the bowl.
6. With the machine running, slowly add in the olive oil and process until incorporated.
7. Combine the water and lemon juice in a small bowl. With the machine running, add the lemon juice mixture and process until a sauce forms. Set aside the sauce. Cook the falafel.
8. Scoop two heaped tbsp of falafel and gently form into a slightly flattened ball. Spray the airfry basket well with non-stick oil spray. Arrange all of the falafel evenly on the airfry basket.
9. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/230°C/15 mins and press start.
10. When the oven has preheated, insert the falafels into the airfry position and cook until lightly browned and crispy.
11. Serve immediately with the spicy feta sauce.



Grilled Chicken Breast with Green Salad and Herbs



the Smart Oven™ Air Fryer
with Element iQ™ System

Sage

Grilled Chicken Breast with Green Salad and Herbs



Prep 30 mins / Cook 6 mins / Standing 2 hrs



Serves 4



the Smart Oven™ Air Fryer

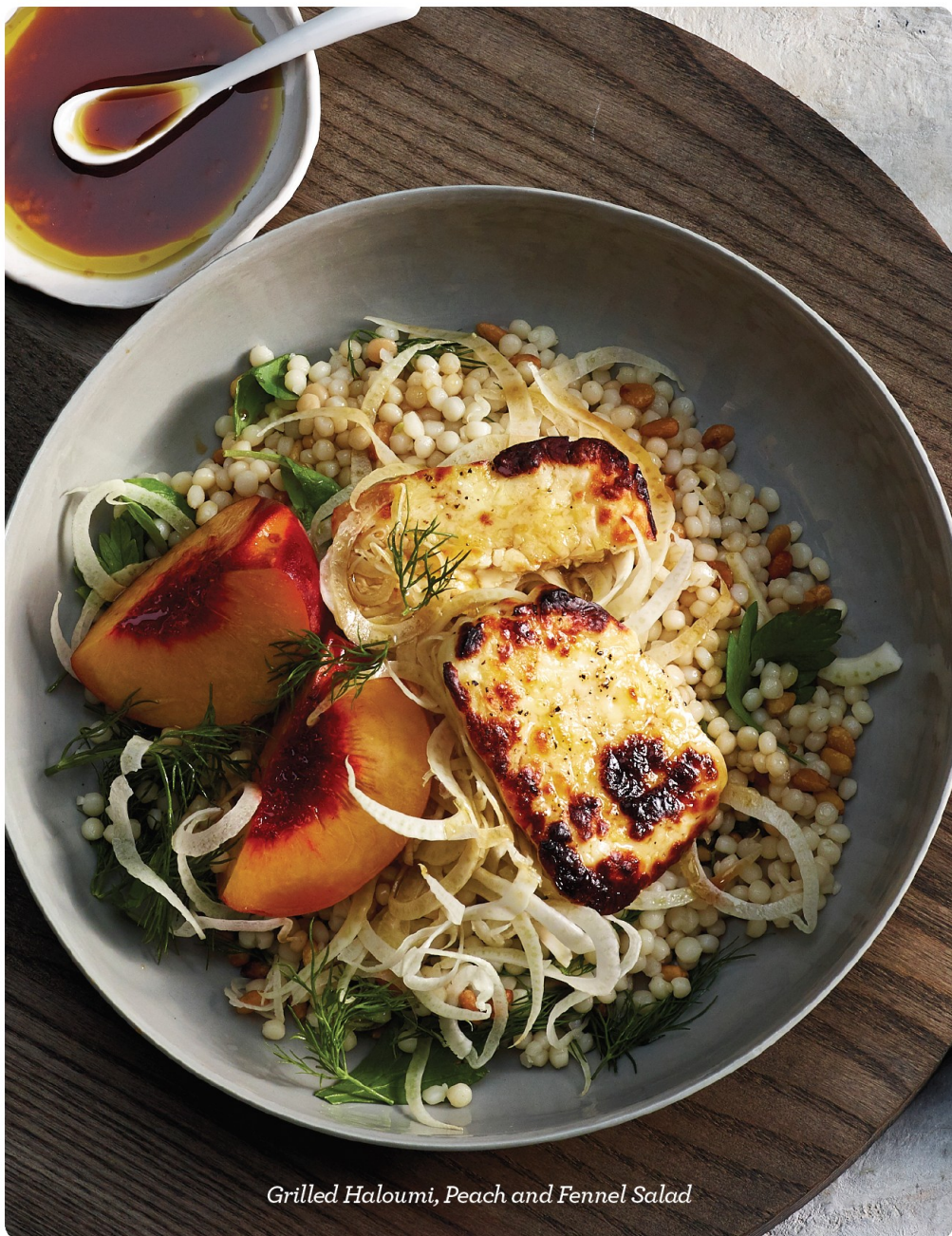
For the chicken

100 ml extra virgin olive oil
1 clove garlic, finely chopped
1 sprig rosemary, leaves finely chopped
1 lemon, zested
½ lemon, juiced
1 bunch basil, leaves only, roughly chopped
1 bunch flat leaf parsley, leaves picked, roughly chopped
2 chicken breasts, boneless, skinless and butterflied

For the salad

1 telegraph cucumber, peeled and cut (1 cm dice)
2 green capsicum, cut (1 cm dice)
1 avocado, peeled and cut (1 cm dice)
2 sticks celery, peeled and sliced (2 mm moons)
½ red onion, finely diced
100 g Greek feta cheese
2 tbsp dukkha
1 tsp sea salt

1. Place 50 ml of the olive oil into a mixing bowl with the garlic, rosemary and lemon zest. Add half of the basil, half of the parsley leaves and half of the lemon juice to the bowl. Place the chicken in the bowl and coat well.
2. Cover the bowl with plastic wrap. Place it in the refrigerator and allow it to marinate for 30 mins to 2 hrs.
3. Place the cucumber, capsicum, avocado, celery, onion and the remaining basil and parsley leaves in a mixing bowl.
4. Crumble the feta through the salad and set aside.
5. Take the chicken out of the refrigerator and drain the excess marinade. Place the grilling rack onto the baking pan and place the chicken in, spreading it out so it doesn't overlap.
6. Insert the wire rack into the top position. Select GRILL/HIGH/6 mins and press start.
7. Remove the pan and turn the chicken over. Place the chicken back into the oven. Select GRILL/HIGH/2 mins and press start. mins. Remove from the oven when it is cooked all the way through. Check doneness by inserting a paring knife into the thickest part of the chicken. If the tip is hot and the juice from the chicken is clear, the chicken is cooked.
8. While the chicken is grilling, place the remaining lemon juice into a bowl and whisk in the remaining olive oil. Dress the salad with approx. 2/3 of the lemon dressing, 1 tbsp of dukkha and the sea salt.
9. Place the salad into a large serving plate. Slice the chicken breast into 3 cm wide strips and place on the salad. Pour over the remaining dressing and sprinkle over the remaining dukkha. Serve immediately.



Grilled Haloumi, Peach and Fennel Salad



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Grilled Haloumi, Peach and Fennel Salad



the Smart Oven™ Air Fryer

 Prep 30 mins / Cook 20 mins

 Serves 4

For the salad

375 ml water
1 tbsp olive oil
150 g pearl (Israeli) cous cous
¼ tsp sea salt
40 g pine nuts
2 heads baby fennel
2 peaches
½ bunch basil, leaves on

½ bunch parsley, leaves picked
¼ bunch dill, small sprigs
225 g haloumi

For the vinaigrette

1 tbsp pomegranate molasses
1 tbsp chardonnay vinegar
1 tbsp extra virgin olive oil
Freshly cracked black pepper, to taste
½ tsp sea salt

1. Place the water and 1 tsp of the olive oil in a small saucepan and bring it to the boil. Add the cous cous to the pot and simmer for 8 mins or until the cous cous is tender and the water has evaporated.
2. Remove the cous cous from the pot and place it in a bowl. Add the sea salt and another 1 tsp of olive oil, stirring it through the cous cous. Cover the bowl with plastic wrap and pierce a few small holes for steam to escape. Place the bowl in the refrigerator to chill.
3. Insert the wire rack onto the middle shelf. Pre-heat the oven. Select ROAST/CONVECTION/180°C/4 mins and press start.
4. Place the pine nuts onto the roasting pan. When the oven has pre-heated, add the nuts and roast for 4 mins or until golden in colour. Remove from the oven and set aside to cool.
5. Thinly shave the fennel using a mandolin and place it in a bowl. Cover it with cold water.
6. Place the cous cous into a large mixing bowl, breaking up the cous cous with your fingertips to ensure it does not clump together.
7. Cut each peach in half and then into 8 wedges, discarding the pits. Place the wedges in the bowl with the cous cous. Cut the basil and parsley leaves roughly in half to keep the leaves quite large and add to the bowl.
8. Drain and dry the fennel well. Add the fennel and the dill to the cous cous and toss well.
9. Place the pomegranate molasses, vinegar and extra virgin olive oil in a bowl and whisk together to make the vinaigrette.
10. Slice the haloumi into approx. 5 mm thick slices.
11. Set the grilling rack over the roasting pan. Spread the haloumi over the tray and brush both sides of each slice with the remaining olive oil and cracked black pepper.
12. Set the oven to GRILL/HIGH/4 mins.
13. Place the haloumi in the oven. When the timer finishes, remove the tray, turn the haloumi over using a spatula, and place it back in oven.
14. Set the oven to GRILL/HIGH/3 mins.
15. Add the vinaigrette and sea salt to the bowl of cous cous and toss well.
16. When the haloumi is finished grilling, carefully remove it from the grill, break each piece in half and add it to the salad. Toss the salad lightly and serve immediately.



Lamb Rack with Garlic & Rosemary



the Smart Oven™ Air Fryer
with Element iQ™ System

Sage

Lamb Rack with Garlic & Rosemary

 Prep 15 mins / Cook 30 mins / Standing 40 mins

 Serves 4



the Smart Oven™ Air Fryer

*2 x 750 g – 800 g lamb racks (8 cutlets each)
trimmed, frenched and cleaned
2 garlic cloves, sliced
2 long sprigs of fresh rosemary*

*80 g honey
80 g whole grain mustard*

1. *Cut small slits in the top of the lamb rack between the bones using a small sharp knife. Insert slices of garlic and small pieces of rosemary into the cuts.*
2. *To make the marinade, whisk the honey and wholegrain mustard together and brush over the lamb racks. Cover the lamb with cling wrap and allow to marinate for 20 mins–2 hrs in the refrigerator.*
3. *Place the wire rack on the roasting slot. Pre-heat the oven. Select ROAST/ SUPER CONVECTION/180°C/30 mins and press start.*
4. *Place the grilling rack on the roasting pan, place the lamb on the rack. Brush the marinade over the lamb just before going into the oven.*
5. *Once the oven is preheated, add the lamb, cook for 20 mins, remove lamb and baste with the marinade. Place the lamb back in the oven and cook for the remaining 10 mins.*
6. *Remove the tray from the oven and allow to rest in a warm place for 15 mins.*
7. *Cut each rack into half, or alternatively into individual cutlets.*



Lamb Shanks with Ragu



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Lamb Shanks with Ragu



Prep 20 mins / Cook 4 hrs



Serves 4



the Smart Oven™ Air Fryer

2 tbsp olive oil

4 lamb shanks

4 small brown onions, peeled and
diced into approx. 2 cm pieces

700 g tomato passata

1 small jar anchovies

200 g chopped pancetta

1 bunch parsley, finely chopped,
plus extra to garnish

1 bunch oregano, roughly chopped

2 tsp rosemary

2 tsp chilli flakes

1 large sweet potato, peeled and
cut into large chunks

240 ml water

1. Place a cast iron or ceramic pot on medium high heat and add the olive oil. Add the lamb shanks and cook for 8-10 mins on each side or until browned evenly on all sides. Remove the shanks from the pot and set aside.
2. Pre-heat the oven. Select SLOW COOK/ HIGH/4 hrs and press start.
3. Add the onions and cook for 3 mins or until they start to brown. Add the lamb shanks back into the pot.
4. Pour in the passata and bring it to the boil.
5. Add the anchovies, pancetta, parsley, oregano, rosemary, chilli flakes, sweet potato and water. Cover with the lid or double wrap with foil to ensure a tight seal.
6. When pre-heating has completed, place the pot in the oven and braise for 4 hrs or until the meat is very tender and coming away from the bone.
7. Sprinkle with chopped parsley and serve.



Lemon & Poppy Seed Cupcakes



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Lemon & Poppy Seed Cupcakes

 Prep 20 mins / Cook 34 mins

 Makes 12



the Smart Oven™ Air Fryer

40 ml milk

1 ½ tbsp poppy seeds

85 g butter, softened

155 g caster sugar, sifted

1 egg

2 tbsp lemon juice

1 ½ tsp lemon rind

185 g self-rising flour

25 g icing sugar, to serve

Double or whipped cream, to serve

1. Combine the milk and poppy seeds in a jug and allow to stand for 20 mins.
2. Place the wire rack into the middle shelf. Pre-heat the oven. Select BAKE/ CONVECTION/170°C/17 mins and press start.
3. Line 2 x 6 holed cupcake pans with cupcake papers.
4. Place the butter and sugar into the bowl of a bench mixer and beat until light and creamy, approximately 3 mins on medium high speed, scraping down the sides every minute.
5. Add the egg and beat well to incorporate, approximately 1 min.
6. Fold through the lemon juice and rind, flour, and the milk and poppy seed mixture on low speed until just combined.
7. Spoon evenly into the prepared cupcake pans.
8. When the preheating has finished, place the first tray in the oven and bake for 17 mins or until a skewer can be removed cleanly. Repeat with the second tray of cupcakes. Allow to cool.
9. Dust evenly with icing sugar and serve with a dollop of double or whipped cream.



Low Carb Pepperoni Pizza



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Low Carb Pepperoni Pizza



the Smart Oven™ Air Fryer

 Prep 20 mins / Cook 44 mins

 Makes 2 pizzas

For the dough

2 eggs
4 tbsp coconut oil
120 ml almond milk
260 g almond meal
130 g arrowroot flour
1 ½ tsp baking powder
1 tsp sea salt

For the pizza sauce

240 g tinned peeled tomatoes
½ tbsp extra-virgin olive oil
1 clove garlic, minced

¼ tsp fine salt
½ tsp oregano
2 sprigs of basil

For the toppings

1 tsp olive oil
100 g pepperoni, sliced
10 cherry tomatoes, cut in half
¼ bunch flat leaf parsley leaves,
roughly chopped
100 g bocconcini
30 g Parmesan cheese
¼ bunch fresh parsley leaves, to serve

1. Place the wire rack on the middle shelf. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/6 mins and press start.
2. Line the pizza pan with baking paper.
3. In a medium bowl combine the eggs, oil and almond milk and whisk together. Place the almond meal, arrowroot flour, baking powder and salt in the bowl of a bench mixer with a paddle attachment. Mix on low speed to combine. Add the egg mixture and beat on medium speed for 5-7 mins or until the dough is smooth and the consistency of a thick batter.
4. Spoon half of the mixture on the lined pan and spread the mixture evenly with a stepped palate knife, approx. 5 mm thick.
5. When the oven is preheated, add the pizza base and bake for 6 mins or until lightly brown.
6. Flip the pizza base over, place it back on the paper and back into the oven. Select PIZZA/SUPER CONVECTION/210°C/2 mins and press start. Bake until just cooked through.
7. Remove the pizza base from the oven and set aside. Repeat the process with the remaining batter.
8. Place the sauce ingredients into a food processor, except for the basil. Pulse the ingredients to combine. Using a spatula, scrape the sauce into a bowl and add the basil, allowing it to infuse for 20 mins. Cover it with plastic wrap and set aside.
9. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/14 mins and press start. Lightly grease the pizza pan with olive oil and place the cooked base on top. Spread half of the pizza sauce evenly on the dough, leaving a 1 cm border of crust. Add half of the pepperoni slices, tomatoes and the bocconcini onto the pizza and, once preheated, place it into the oven. Bake for 14 mins or until the pizza is crisp.
10. Repeat the same process again with the remaining dough and toppings.
11. Finely grate the Parmesan over the pizza, sprinkle with the parsley leaves and drizzle the olive oil.



Proscuitto, Artichoke & Pesto Pizza



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Prosciutto, Artichoke & Pesto Pizza



the Smart Oven™ Air Fryer

 Prep 30 mins / Cook 31 mins

 Makes 2 pizzas

For the dough

1 tsp honey
375 ml warm water
1 ¼ tsp quick rise instant yeast
210 g flour
45 g yellow cornmeal
1 tsp salt
1 tsp olive oil, for greasing
Non-stick oil spray

For the pesto

2 bunches basil leaves
50 g pine nuts, toasted
3 cloves garlic

125 ml extra virgin olive oil,
plus extra to layer
Sea salt, to season
50 g grated Parmesan cheese

For the toppings

12 slices prosciutto, torn
200 g buffalo mozzarella, torn
4 artichoke hearts, sliced
70 g semi-dried tomatoes
60 g Kalamata olives, pitted

1. In a small bowl, dissolve the honey and water. Sprinkle over the yeast and let stand for 3 mins.
2. Place the flour, cornmeal and salt in the bowl of a bench mixer with a dough hook attachment. Mix on low speed to combine. Add the honey, yeast and water mixture and knead for 5–7 mins or until dough is smooth and elastic.
3. Grease a bowl with ½ the olive oil and transfer the dough to the bowl. Cover with plastic wrap and set aside for 30 mins.
4. After resting, grease a baking tray with the remaining olive oil. Divide the dough into 2 x 210 g, even sized round balls and place them on the tray. Lightly spray the dough with oil and cover with a clean tea towel. Set aside for 30 mins.
5. Place the basil, pine nuts, garlic, oil and salt in a food processor. Process until combined. Add Parmesan and process again until well combined. Store in an air-tight container with a layer of olive oil on the top.
6. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/5 mins and press start. When the oven is preheated, place the pizza pan into the middle-rack position for 5 mins to pre-heat the pan only.
7. Stretch the dough to fit the pizza pan, remove the pizza pan from the oven and carefully place the dough onto the preheated pan.
8. Pre-heat the oven. Select PIZZA/SUPER CONVECTION/210°C/13 mins and press start. Spoon half the pesto over the pizza base and spread evenly. Top with half of the prosciutto, mozzarella, artichokes, tomatoes and olives on the pizza and, once preheated, place it into the oven. Bake for 13 mins or until the pizza is crisp. Remove the pizza from the oven.
9. Repeat the same process again with the remaining dough and ingredients.



Pulled Lamb Lettuce Boats



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Pulled Lamb Lettuce Boats



Prep 30 mins / Cook 4 hrs / Standing 2 hrs



Serves 4-6



the Smart Oven™ Air Fryer

For the marinade

- 80 ml honey
- 1 tbsp coconut oil
- Pinch salt
- 1 brown onion, roughly chopped
- 4 cloves garlic, minced

For the lamb

- 2 tbsp olive oil
- 1 x 1.7 kg lamb shoulder, bone out
- 1 brown onion, roughly chopped
- 2 large carrots, diced
- 1 head garlic, cut in half
- 500 ml beef stock
- 5 dates, pitted

Salt

- Lettuce leaves, washed
- 1 Lebanese cucumber, peeled, deseeded and ½ cm dice
- 1 avocado, ½ cm dice
- 8 large cherry tomatoes, sliced
- Pepper

1. In a food processor, combine the honey, coconut oil, salt, onion, and garlic. Process until ingredients are finely chopped.
2. Place the lamb into glass or plastic container. Rub the marinade over the lamb shoulder, cover and place in the refrigerator for at least 2 hrs.
3. Pre-heat the oven. Select SLOW COOK/HIGH/4 hrs and press start.
4. Heat the oil in cast iron pan over medium-high heat on the stove top for 1 min. Add the lamb shoulder and cook for 3-5 mins each side or until browned on both sides. Remove the shoulder from the pot and set aside.
5. Add the onion, carrot, and garlic and cook for 5 mins or until vegetables start to soften, add the lamb back in to the pot.
6. Pour in the beef stock. Gently scrape the bottom of pan with a wooden spoon to remove any sediment that has cooked onto the bottom of dish. Add the dates. Cover with a lid or double wrapped foil.
7. When pre-heating has completed, place the cast iron pan in the oven for 4 hrs. The meat should be tender and coming away from the bone.
8. Pull the lamb off the bone and place it into a bowl. Drain all of the cooking liquid into a small jug and add some back to the lamb if needed.
9. Fill the lettuce leaves with pulled lamb, cucumber, avocado, tomatoes and freshly cracked pepper and serve.



Slow Roasted Lamb Shoulder with Tomato and Olive Salad



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Slow Roasted Lamb Shoulder with Tomato and Olive Salad



Prep 15 mins / Cook 4 mins / Standing 4 hrs to overnight



Serves 4-6



the Smart Oven™ Air Fryer

500 g Greek yoghurt
2 cloves garlic, finely grated
1 lemon, zested
¼ bunch thyme
2 coriander roots, finely chopped
1 tsp sea salt
1 tsp freshly cracked black pepper,
plus extra to season
1 x 2.7 kg lamb shoulder, bone in

½ red onion, finely sliced
50 g pickled chillies, roughly chopped
100 g roasted capsicum, peeled and
cleaned, cut into approx. 2 cm dice
70 g Kalamata olives, pitted
½ bunch flat leaf parsley, roughly chopped
40 ml extra virgin olive oil
15 ml lemon juice
½ tsp sea salt

For the tomato salad

3 vine ripened tomatoes
1 telegraph cucumber, seeds removed,
cut into approx. 2 cm dice

For the pita

4 pita bread
1 clove garlic, finely grated
20 ml extra virgin olive oil

1. In a large mixing bowl, whisk together 350 g of yoghurt, garlic, lemon zest, thyme, coriander roots, sea salt, and the cracked black pepper.
2. Place the lamb shoulder into the bowl and coat the entire shoulder in the yogurt marinade. Cover with plastic wrap and place in the refrigerator to marinate, 4 hrs to overnight.
3. Place the lamb shoulder on to the roasting pan, fat side up. Re-spoon the marinade over the top of the shoulder to coat, about 1 cm thick.
4. Insert the wire rack into the bottom position. Pre-heat the oven. Select ROAST/ CONVECTION/140°C/3 hrs. Cover the tray and the lamb with foil, seal tightly.
5. Once the oven has pre-heated, place the lamb in the oven and cook for 3 hrs.
6. Remove the lamb from the oven. Set the oven setting to ROAST/ CONVECTION/140°C/ 1 hr.
7. Uncover the lamb and place back in oven. Cook for 1 hr, uncovered, to create a crust.
8. When the crust is nicely formed, remove the lamb from the oven and allow to rest for at least 20 mins.
9. Cut the tomatoes in half and then into 3 wedges and place them in a large mixing bowl. Add the cucumber, onion, chilli, capsicum, olives and parsley.
10. In a separate bowl, mix the olive oil and lemon juice. Add this to the salad and coat the salad in the dressing, season with salt and pepper.
11. Mix together the garlic and olive oil. Brush each piece of pita with the oil mixture and place 2 pieces the pizza pan.
12. Set the oven to GRILL/ HIGH/ 1 min, grill the pita and repeat with the 2 remaining pieces.
13. Cut the pita into quarters.
14. To serve, break the lamb off the bone into smaller pieces, serve with the salad, grilled pita bread and remaining yoghurt on the side.



Air Fried Sweet Potato Wedges




the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Air Fried Sweet Potato Wedges



the Smart Oven™ Air Fryer

 Prep 20 mins / Cook 1 hr 10 mins / Standing 30 mins

 Serves 4-6

1.2 kg sweet potatoes, not peeled

1 tsp smoked paprika

½ tsp cayenne pepper

1 tbsp Cajun spice mix

1 tsp sea salt, plus extra for seasoning

1 tsp cracked black pepper

1 tsp ground cumin

1 tsp ground coriander

3 tbsp olive oil

Spray oil

1. Wash the sweet potatoes and cut into wedges (approx. 2-3 cm).
2. Place the sweet potatoes into a large pot and cover with cold water. Bring to the boil and cook until just soft but still firm, about 5 mins.
3. Drain the potatoes in a colander. Spread out on a dry cloth to cool and dry out approx. 30 mins.
4. Preheat the oven. Select **AIRFRY/CONVECTION/200°C/20 mins** and press start.
5. Mix all the spices and salt in a bowl with the olive oil.
6. Spray the airfryer basket with spray oil. Toss the wedges in the spice mix until evenly coated. Place half the wedges in a single layer and place into the oven. Cook for 30 mins or until crisp.
7. Lay the cooked sweet potatoes out on paper towels to soak up any oil.
8. Place the second batch of sweet potato wedges into the oven and repeat the cooking process.
9. During the last 3 mins of cooking the second batch of sweet potatoes, line the roasting pan with the grilling rack and place the first batch of sweet potatoes onto the rack, place them back into the oven to reheat.
10. Drain the second batch of sweet potatoes wedges on paper towels. Season with sea salt and serve immediately.



Triple Chocolate Cookies



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Triple Chocolate Cookies



Prep 20 mins / Cook 26 mins



Makes 20



the Smart Oven™ Air Fryer

90 g unsalted butter, chopped
175 g dark chocolate, roughly chopped
115 g plain flour, sifted
45 g cocoa powder

150 g brown sugar
 $\frac{1}{2}$ tsp fine salt
1 egg, lightly beaten

1. Line the pizza pan with baking paper.
2. Melt the butter and 75 g of the chocolate in a small saucepan over low heat, stirring continuously until smooth. Allow the mixture to cool slightly.
3. Place the flour, cocoa powder and brown sugar in a mixing bowl. Using the bench mixer with the paddle attachment, mix slowly until combined. Add the warm chocolate mixture and the egg. Mix until combined.
4. Stir through the remaining chopped chocolate.
5. Insert the wire rack into the middle position. Pre-heat the oven. Select BAKE/170°C/ CONVECTION/13 mins and press start. Spoon 1 tbsp of cookie dough onto the lined tray and press down slightly. Repeat, leaving a small amount of space between each cookie, allowing them to spread slightly. Spoon the remaining dough into balls and set aside.
6. When the oven is pre-heated, place the cookies into the oven and bake.
7. Allow the cookies to cool on the tray for 1 min before transferring to a wire rack.
8. Place the remaining balls onto the pizza pan and bake.



Vanilla Butter Cake



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Vanilla Butter Cake with Icing



Prep 20 mins / Cook 40 mins / Standing 1 hr



Makes 20 cm round cake



the Smart Oven™ Air Fryer

For the cake

125 g unsalted butter, chopped, room temperature
160 g caster sugar
1 tsp vanilla extract
2 eggs
280 g self-raising flour, sifted
145 ml milk

For the icing

260 g icing sugar
15 g butter
2 tbsp hot water
1 tsp vanilla extract

1. Lightly grease a 20 cm cake tin and line the base with baking paper.
2. Insert the wire rack into the middle shelf. Pre-heat the oven. Set the oven **BAKE/180°C/CONVECTION/40 mins**.
3. Place the butter, sugar and vanilla in a mixing bowl, set the mixer with a paddle attachment and beat on medium speed until the mixture is pale and creamy.
4. Add the eggs one at a time, beating well after each addition, and occasionally scraping down the sides of the bowl.
5. Turn the mixer to low speed, add $\frac{1}{3}$ of the flour, and then $\frac{1}{2}$ of the milk. Continue alternating flour and milk until all is incorporated.
6. Pour the mixture into the prepared cake tin and spread evenly.
7. Place the cake in the oven once it has finished pre-heating.
8. When the timer alarms, remove the cake. Skewer the middle of the cake. If the skewer is clean the cake is cooked. Cool in the pan for 5 mins, then turn the cake over onto a wire rack to cool completely.
9. Sift the icing sugar into the bowl of a bench mixer. Add the butter, water and vanilla, and, using the whisk attachment, mix on medium speed. Once the ingredients are well combined, increase to high speed and mix until a smooth, spreadable consistency is achieved.
10. Spread the icing over the cooled cake.



Vanilla Custard Apple Cake



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Vanilla Custard Apple Cake



Prep 35 mins / Cook 1 hr 30 mins / Standing 45 mins to overnight



Serves 8



the Smart Oven™ Air Fryer

For the pastry

- 200 g plain flour
- 75 g caster sugar
- 1 pinch of salt
- 100 g cold butter, cubed
- 1 egg

For the filling

- 1 lemon, juiced
- 800 ml water
- 5–6 small pink lady apples (approx. 600 g)
- 35 g vanilla custard powder
- 80 g caster sugar
- 600 ml pouring cream
- 30 g flaked almonds
- 1 tbsp icing sugar, to serve

1. Line the base of a 24 cm springform cake tin with baking paper.
2. Place the flour, sugar, salt and butter in the bowl of a food processor. Process until the mixture resembles fine bread crumbs. Add the egg and continue to process until the pastry just comes together (approx. 20 secs).
3. Turn the pastry out onto a bench and work it into a ball. Flatten the ball to form a disc and wrap it in plastic wrap. Refrigerate the dough for at least for 45 mins–overnight.
4. Place the pastry disc between two sheets of baking paper, roll the dough to 2 mm thick, large enough to line the base and sides of the prepared tin. Lift the pastry gently into the tin making sure the pastry comes up to the sides. Trim the sides to get straight edges and refrigerate for 1 hr.
5. Insert the wire rack into the bottom shelf. Pre-heat. Select **BAKE/CONVECTION/160°C/20 mins** and press start.
6. While the oven is pre-heating, line the pastry with baking paper, making sure it overhangs on the sides. Add the baking beads to weigh it down and to keep the pastry in place.
7. Blind bake the cake for 10 mins, remove the baking beads and baking paper and continue baking for the last 10 mins.
8. Remove from the oven and let cool.
9. In a large bowl, dilute the lemon juice with 800 ml water.
10. Partially core the apples with an apple corer or melon baller starting from the base. Don't go all the way through to ensure the top is left intact. Place the apples in the lemon water to prevent discolouring.
11. To make the vanilla custard, combine custard powder, sugar and 250 ml of the cream in a bowl and whisk until smooth.
12. Heat the remaining cream in a small pot on medium high heat until just steaming. Add the custard mix in a thin stream, whisking continuously until smooth.
13. Continue cooking the custard, whisking constantly for 1–2 mins or until it starts to thicken. Pour the hot custard in the tin.
14. Place the apples in the custard, cored-side down and press them down gently. Sprinkle the cake with almonds.
15. Preheat the oven. Select **BAKE/CONVECTION/160°C/60 mins** and press start.
16. After preheating, place the cake back into the oven. Bake until the apples are soft and the almonds are golden.
17. Cool completely before cutting into eight slices. Dust with icing sugar just before serving.



Veal Osso Bucco with Lentils



the Smart Oven-Air Fryer
with Element iQ™ System

Sage

Veal Osso Bucco with Lentils



Prep 25 mins / Cook 3 hrs 15 mins



Serves 4



the Smart Oven™ Air Fryer

2 tbs olive oil

1.2 kg veal osso bucco

1 onion, finely chopped

1 carrot, finely chopped

2 celery sticks, finely chopped

3 cloves garlic, crushed

2 sprigs rosemary

½ bunch thyme

2 bay leaves

3 whole cloves

240 ml white wine

400 g tin peeled and diced tomatoes

250 g French-style green lentils

1.2 lt beef stock

Handful chopped parsley

1. Pre-heat the oven. Select SLOW COOK/HIGH/ 4 hrs and press start.
2. Place a cast iron or ceramic casserole pot over medium-high heat, add olive oil and heat for 1 min. Add the osso bucco and sear in batches on both sides until well browned. Remove from the pot.
3. Add the onion, carrot, celery and garlic. Sweat until soft, adding more oil if necessary. Add the rosemary, thyme, bay leaves and cloves.
4. Add the wine to the pot, and boil for 3 mins or until slightly reduced. Add the tomatoes, lentils and stock, stir, then return the osso bucco pieces to the pot. Cover with the lid or double wrap in foil to ensure it is well sealed.
5. Place the pot in the preheated oven, and cook for 4 hrs until meat is very tender and coming away from the bone.
6. Sprinkle with chopped parsley and serve.