



toughened non-stick

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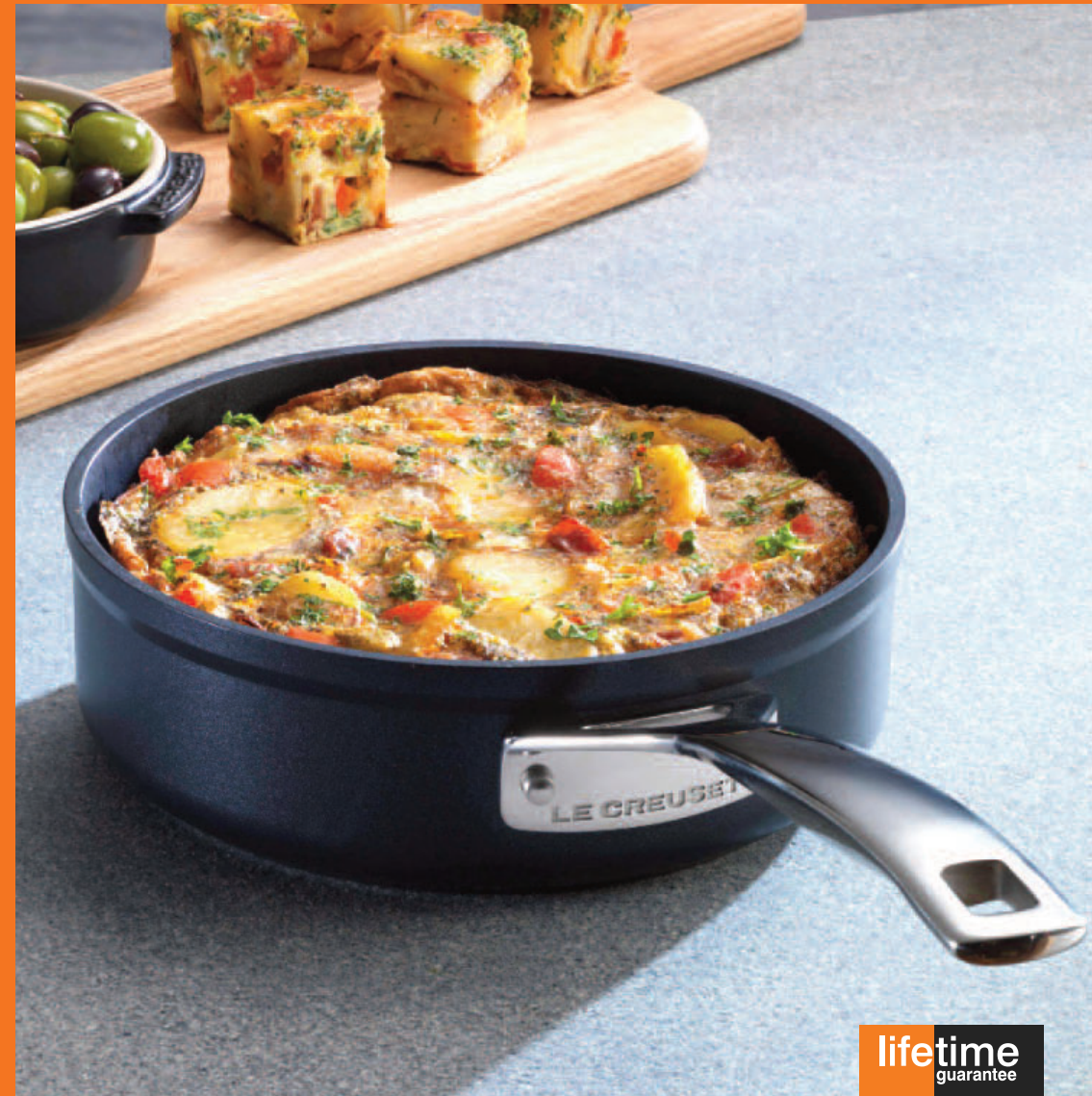
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To find out more about the full Le Creuset Toughened Non-Stick range or for more recipe ideas, visit www.lecreuset.co.uk

New 20cm Sauté Pan Recipes



lifetime
guarantee



New from Le Creuset is the Toughened Non-Stick 20cm Sauté Pan, a truly versatile pan ideal for everyday cooking. Perfect for couples or smaller households this pan is a “must-have” kitchen essential that can be used in so many different ways.



Ideal for creating quick and tasty one-pan meals, the Sauté Pan is also oven-safe so is suitable for roasting portions of vegetables or meat. Or use under the grill to brown a tasty homemade cauliflower cheese or on the hob to make a scrumptious Tarte Tatin.

Our Sauté Pan is tough, durable and is coated with Le Creuset's ultimate non-stick inside and out which is PFOA-free and metal utensil safe. This special coating is easy to clean as food releases with ease and it is perfect for healthier cooking with little or no added fat or oil.

To get you started here are 3 delicious recipe suggestions.

Butternut Squash, Butter Bean and Spinach Curry

Serves 2-3

A mild, light and creamy vegetarian curry inspired by the flavours of Southern Thailand. It combines onions, garlic, fresh ginger, lemongrass, butternut squash and Massaman curry paste in coconut milk with butter beans and wilted spinach. The curry is finished with aromatic chopped coriander and a squeeze of lime juice. Serve with roti flat breads or jasmine rice.

Preparation time: 10 minutes

Cooking time: 25-30 minutes

Ingredients

1 tablespoon vegetable oil
1 white onion, finely sliced
2 cloves garlic, finely chopped
40g fresh ginger, peeled and chopped
1 stick lemongrass, finely chopped
1 tablespoon Massaman curry paste
2 kaffir lime leaves
1 x 400ml can coconut milk
100ml vegetable stock
500g butternut squash, peeled, remove seeds and cut into 2.5cm dice
150g canned, cooked butter beans (drained weight)
200g baby spinach leaves, washed
Juice of half a lime
2-3 teaspoons light soy sauce, to season
1 mild red chilli, seeds removed and chopped
Handful fresh coriander, roughly chopped

Method

1. Heat the oil over a medium heat, add the onion, ginger and lemongrass and stir-fry for 3-4 minutes until softened.
2. Stir in the curry paste, lime leaves, coconut milk, vegetable stock and the squash. Bring to a simmer and cook for 15-18 minutes until the squash is tender.
3. Stir in the butter beans and add the spinach one handful at a time allowing it to wilt before adding the next.
4. Stir in the lime juice and season to taste with light soy sauce. Finish with fresh chilli and coriander.

Cook's notes

- Massaman curry paste is an aromatic combination of Indian and Thai flavours.
- Adjust the quantity to taste as ready-made pastes do vary in heat.



Cobbled Chicken Hotpot

Serves 3-4

A complete meal cooked in one pan. Perfect for making the most of leftover roast chicken.

Preparation time: 15-20 minutes

Cooking time: 40-45 minutes

Ingredients

Chicken and Vegetable Sauce

30g butter
100g shallots, peeled
100g small button mushrooms
250ml chicken stock*
100g Chantenay carrots (baby carrots), washed and tops removed
½ teaspoon dried thyme
½ teaspoon dried sage
200ml double cream
200g cooked, shredded chicken meat
100g petits pois
2 tablespoons cornflour mixed with a little water
Salt and pepper to taste

Cobbled Topping

200g plain flour
2 teaspoons of baking powder
½ teaspoon salt
2 teaspoons dried sage
50g butter
100ml buttermilk
1 medium egg

1 small egg, beaten with 3 tablespoons milk, to glaze
½ teaspoon sea salt

Method

Pre-heat the oven 200°C/180°C fan/Gas Mark 6.

To make the chicken and vegetable sauce

1. Melt the butter in the sauté pan over a low to medium heat, add the shallots and cook until golden brown and caramelized. Add the mushrooms and continue to cook for 3-4 minutes.
2. Add the chicken stock, carrots and herbs and simmer for 3-4 minutes.
3. Stir in the cream, cooked chicken meat, peas and cornflour mixture. Continue to heat stirring all the time until the sauce has thickened.
4. Season to taste with a little salt and pepper, set to one side whilst you make the cobbled topping.

To make the cobbled topping

1. Sift the flour and baking powder into a medium sized bowl. Add the salt and dried herbs.
2. Rub the butter into the flour with your fingertips until the mixture resembles breadcrumbs.
3. Mix the buttermilk with the egg and pour into the dry ingredients. Gently bring together to make a ball.
4. Roll out the dough with a floured rolling pin to 1-1.5cm thick. Cut out seven rounds with a 78mm size cookie cutter. Gather up and re-roll the dough to make the last 1-2 rounds.
5. Place six of the dough rounds in a circle on top of the chicken and vegetable sauce and one in the centre.
6. Using a silicone brush, glaze the tops with the beaten egg and milk mixture, sprinkle over a little sea salt and bake in the oven for 25 minutes until the topping is risen and golden brown.

Cook's notes

- If you are using the remainder of a previously roasted chicken why not make your own chicken stock with the bones.

*Simple chicken stock

In a casserole or large saucepan place the chicken carcass, 1 x quartered onion, 1 x roughly chopped carrot, 1 x bay leaf, some fresh parsley and enough water to cover. Simmer, with the lid on, over a medium heat for 45-50 minutes. Strain the stock from the bones and return it to the pan. Over a medium heat, reduce the stock for maximum flavour.

Recipes using cooked chicken are not suitable for re-heating unless the chicken has been cooked from fresh to make the dish.





Spanish Tortilla with Chorizo

Serves 4 as a light meal or several as part of a tapas selection

A deep, Spanish-style tortilla with onions, sliced potatoes, chorizo, red pepper and Mediterranean herbs cooked on the hob and finished under the grill. The toughened non-stick coating allows the tortilla to be turned out with ease. Cut like a pie, into slices for a light meal, cube for a tapas-style snack or, for the very hungry, eat in the traditional Spanish street-style way between slices of bread.

Preparation time: 15-20 minutes

Cooking time: 40-45 minutes

Ingredients

400g white potatoes, cut into 0.5cm thick slices, rinsed of starch and dried
1 white Spanish onion, chopped
115g Spanish chorizo, diced into small pieces
1 red pepper, deseeded and diced into small pieces
6 large eggs
Small handful fresh parsley, chopped
1 teaspoon mixed dried Mediterranean herbs
½ teaspoon salt
½ teaspoon coarse ground pepper

Method

1. Heat 2 tablespoons of the olive oil in the pan; add the sliced potatoes and onions. Cook over a low heat for around 20 minutes until the potatoes are just tender, turning occasionally to prevent over-browning. Cover the pan with a lid, plate or foil during cooking.
2. Remove the potatoes and onions from the pan onto a plate.
3. Heat the remaining 1 tablespoon of olive oil in the pan, add the chorizo and fry for 2-3 minutes, stir in the chopped peppers cook for a further 2 minutes.
4. Return the cooked potatoes and onions to the pan and combine with the chorizo and peppers.
5. Beat the eggs with the herbs, salt and pepper. Pour into the pan, gently moving the contents to allow the eggs to combine. Cook over a low heat for 3-4 minutes to brown the base.
6. Place the pan under a pre-heated grill a minimum of 5cm from the heat source and cook for 3-5 minutes until the top is golden and the centre of the tortilla is set.
7. Grip the handle with a heat-proof cloth, place a plate or board over the top of the pan and invert to release the tortilla. Serve warm or cold. For tapas, cool the tortilla before cutting into cubes.

Cook's notes

- Choose an all-round variety of potato such as King Edward, Maris Piper or Rooster that are neither too floury nor too waxy. The skin can be left on the potatoes if liked.
- For a spicy flavour choose a variety of chorizo called "picante" which is made with a fiery pimentón.