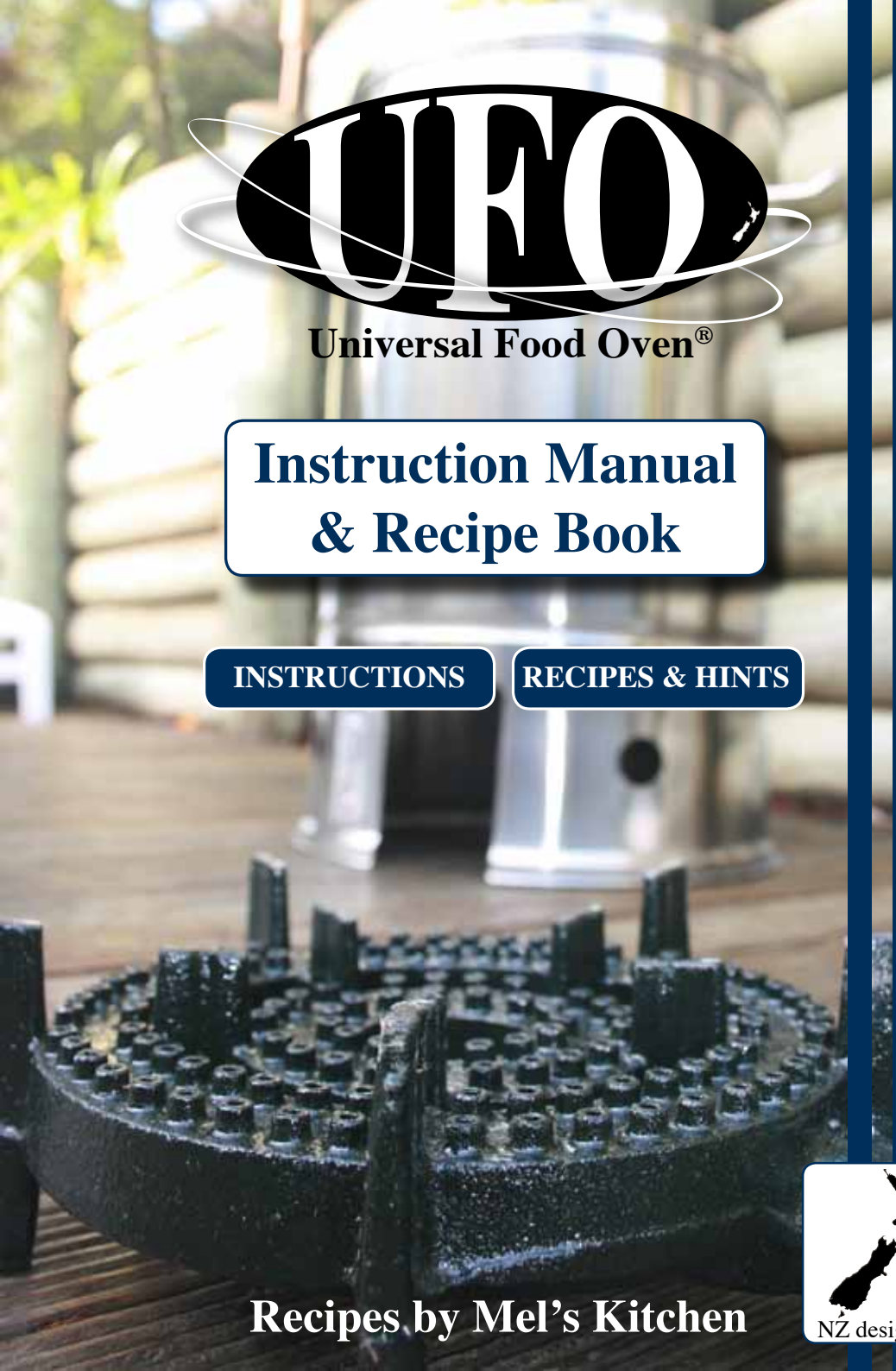
UFO

Universal Food Oven®

Instruction Manual & Recipe Book

INSTRUCTIONS

RECIPES & HINTS



Recipes by Mel's Kitchen

Traditional UFO Hangi

Potatoes
Kumara
Pumpkin
Parsnip
Carrots
Corn (in harsh or removed)
Mushrooms

Your choice of meat:
Beef
Lamb
Pork
Chicken
Fish

Line both of your baskets with tinfoil and then line with cabbage or banana leaves. Season meat and cover cabbage leaves before placing in basket. Cover with more cabbage leaves.
Peel and cut vegetables. Line second basket with cabbage leaves. Place vegetables in basket and cover with more cabbage leaves.
Pour 2 1/2 litres of water into the base of your UFO and turn the gas onto full. When water starts to steam, place your meat basket in first and then your vegetable basket, using the handles provided. Replace the lid and allow 3 hours for cooking. Check the food after 2 hours and adjust the heat accordingly.

- If full, UFO can serve up to 25 people.
- One basket can be used alone if required.
- Kumara and carrots can be prepared the day before.
- The cabbage will help to maintain water levels through the loss of steam.
- The cabbage provides the traditional hangi taste.
- Sawdust can be added into the base of the UFO using a small foil cup for the smoky flavour.

Pork Roast

1 Pork roast or roll of pork
Seasoning
Applesauce
Pineapple slices

Take two layers of tinfoil. Place pork in the middle and pour over the applesauce. Sprinkle over seasoning and place pineapple on top. Take another piece of foil, place the meat in the centre of a basket and wrap foil over the top, right around and crimp to close tight.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your meat basket into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level every hour and add water and adjust heat accordingly.

Beef Roast

1 beef roast or roll of beef
Spiced apricot sauce
Tin of apricots
Seasoning

Take two layers of tinfoil. Place the beef in the middle and pour over apricot sauce, seasoning as you go. Empty the tin of apricots around the meat without the extra juice. Wrap foil over and around meat, crimping the top to keep it tight.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your meat basket into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level every hour and add water and adjust heat accordingly.

- These recipes can be used for the Traditional UFO hangi recipe also, but remember you will have both flavours

Lamb Shanks

2 Lamb Shanks
1-2 cups red wine
Smokey BBQ Marinade
Seasoning
Onion
Garlic

Place your two lamb shanks into a dish. Add red wine, chopped onions, and garlic and sit in fridge for two hours (or overnight turning every now and again.) Take two layers of tinfoil, turn the sides up and crimp corners to make a square dish. Place in lamb shanks and pour over wine mix. Pour BBQ sauce over the shanks, and season. Take another piece of foil, place the dish in the centre of a basket and wrap foil over the top, crimping to ensure a tight fit. Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your meat basket into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level every hour and add water and adjust heat accordingly.

Lamb Leg/Roll

Lamb
Garlic cloves
Rosemary fresh or dry
Honey
Seasoning

Take a sharp knife and cut holes into the lamb, push a garlic clove into each cut. If you have fresh rosemary you can combine it with your garlic cloves. Pour honey over the lamb, rubbing it in a little, and then season and add chopped or dry rosemary.Take two layers of tinfoil, place the lamb in the centre, and wrap with foil and crimp to close tight.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your meat basket into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level every hour and add water and adjust heat accordingly.

Honey and Soy Chicken

Chicken hole/half or roll
Honey
Soy sauce
Seasoning

Take two layers of tinfoil and place the chicken in the middle. Pour oven soy sauce and rub into the skin. Pour over the honey and season. Take another piece of foil and wrap over the meat and crimp to keep it closed and tight. Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your meat basket into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level every hour and add water and adjust heat accordingly.

Crayfish pie

450g cooked crayfish	1Tbspn vinegar
300ml milk	breadcrumbs
1tspn sugar	1/2 tspn mustard
60g butter	2 Tbspn flour

Melt the butter in a pot. Stir in flour, salt, and milk and cook for three minutes. Flake the fish and put in a tinfoil pie dish. Add vinegar, sugar and mustard to the sauce. Pour this over the fish and cover with breadcrumbs. Cover with tinfoil lid and crimp the sides. Add 2 litres of water to the UFO and place your pie in a basket and lower it, using the handles provided, into the cooker. Bake with both burners on full for approximately 25 minutes.

Steak and mushroom pie

3 cups self-raising flour
2 cups finely grated suet
1 cup of water, approx
1/4 cup of oil
1 medium onion chopped
2 cloves garlic
1kg diced beef
400g baby mushrooms
3/4 cup beef stock
1/4 cup tomato paste
2 tablespoons Worcestershire sauce
1/2 teaspoon sugar

Heat oil in pan; add onion and garlic and cook until soft. Remove from pan. Add stock to pan, and gently pour in tomato paste, Worcestershire sauce, and sugar. Stir in onion mixture and mushrooms.
Lightly grease an 8-cup capacity pudding steamer or a metal bowl.
Pour sifted flour and suet into food processor and blend until mixed well. Add water slowly until dough forms. (Knead by hand if there is no processor available.)
Roll out 2/3 of the pastry and line steamer or bowl. Spoon filling into pastry case and brush edges with water. Roll the remainder pastry and crimp over the top of the filling cutting off any excess. Press the edges firmly to seal. Cover steamer or bowl with foil or lid.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your pie into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level and add water and adjust heat accordingly.
When cooked, leave to stand on bench for five minutes before turning out and serving.

- Recipe can be made a day ahead
- Freezer safe when cooked -Cover in fridge.

Creamy Chicken Pie

Suet pastry – see Steak and mushroom pie

1 Tablespoon of oil
2 medium onions chopped
4 rashers of bacon chopped
2 cloves of garlic
60g butter
1/4 cup of plain flour
2 cups of milk
1 cup of grated tasty cheese
1/2 cup grated Parmesan cheese
1 Tablespoon seeded mustard

Make pastry according to Steak and Mushroom Pie recipe.
Heat oil in pan; add onions, bacon and garlic. Stir until onions are soft. Remove onion mixture from pan and add chicken. Cook until brown.
Melt butter in pot, stir in flour and stir over heat until bubbling. Remove from heat and gradually add milk, stirring until mixture boils and thickens. Stir in cheeses and mustard.
Combine onion mixture, chicken and cheese sauce, mix well and leave to cool.
Lightly grease an 8-cup capacity pudding steamer or bowl. Roll out two thirds of pasty and line steamer. Spoon filling into case and brush the edges with water. Roll out remainder pastry and cover filling, crimp the seal the edges. Cover steamer with greased foil.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your pie into the UFO using the handles provided. Allow 3 hours for cooking. Check the water level and add water and adjust heat accordingly.
After removing pie, leave it to stand for 5 minutes before turning it out.

- Recipe can be made a day ahead
- Cover well and store in fridge or freezer.

Coconut creamed seafood

Squid
Shrimp
Prawn
Lemon and garlic
Seasoning
350g can coconut cream
2 Chillies (optional)

Take two layers of tinfoil and turn the sides up and crimp to form a square dish. Place seafood in foil, roll in lemon juice, cream and garlic. Take another piece of foil and wrap over the top again crimping to close tight.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your seafood basket into the UFO using the handles provided. Allow 1 hour for cooking. Check the water level and add water and adjust heat accordingly.

Creamy scallops

1kg scallops
230ml can coconut cream
2 teaspoons garlic

Take two layers of tinfoil and turn up sides and crimp to form a square dish. Place scallops into 'dish' and roll in cream and garlic. Take another piece of foil and crimp over the top to close tightly.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your seafood basket into the UFO using the handles provided. Allow 1 hour for cooking. Check the water level and add water and adjust heat accordingly.

Puha & Mussels

Add 10 litres of salted water to your UFO and bring it to the boil. Add your Puha and boil for one hour. Pour the puha and the water out into a bowl and leave to stand while you steam your mussels open by adding cup of water to your UFO and using the handles provided lower a basket filled with mussels into the unit. Steam until open, which should be approximately 15-20 minutes.
Add the mussels to the puha with the water they were cooked in and serve the next day with mashed potato or sweet potato/kumara.

Watercress Soup

250g peeled potatoes
30g butter
500ml milk
1 bunch watercress
Salt & pepper

Cut the potatoes into small pieces and boil in salted water in the base of your UFO, until cooked. Extract potatoes and mash them adding milk and chopped watercress. Pour out excess water from the UFO and replace it with the mashed soup. Bring it back to simmering point then remove from heat, season and stir in the butter before serving.

Chocolate self-sauce pudding

100g of butter
1 cup of milk
2 teaspoons of vanilla essence
2 cups of flour
2 teaspoons baking powder
2 Tablespoons cocoa
1 cup of sugar

Topping:
1-cup brown sugar
2 Tablespoons cocoa
3 Cups of hot water

Lightly grease an 8-cup capacity tray or bowl.
Place butter and milk in a pot and put onto a medium heat on the stove. When melted, add vanilla and set aside to cool.
Sift flour, cocoa, and baking powder together and add sugar. Pour in warm milk; stir until smooth. Pour into dish and spread evenly.
Mix brown sugar and cocoa together and sprinkle over chocolate dough. Gently pour over hot water.
Use two layers of greased foil to cover dish, and crimp very tightly around the edges.
NOTE: this pudding can go in the top basket with your main meal in the bottom one. Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your pudding into the UFO using the handles provided. Allow 2 hours for cooking. Check the water level and add water and adjust heat accordingly.

Carrot cake

3 cups grated carrot
1-cup sugar
1-cup oil
2 eggs
1-teaspoon vanilla essence
2 teaspoons cinnamon
2 teaspoons mixed spice
1-teaspoon baking soda
1-1/2 cups flour
1/2 teaspoon salt

Grate carrot and put into a bowl. Add sugar, oil, eggs, and vanilla. Beat well until mixed. Stir in the dry ingredients and mix well.
Lightly grease 8-cup capacity tray or bowl and pour cake into tin.
Cover with two layers of greased foil and crimp tight around the edges.
Pour 2 1/2 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your cake the UFO using the handles provided. Allow 3 hours for cooking. During this time you will need to check water levels and heat. Add more water accordingly.
After removing cake, leave it to stand for five minutes before turning out.

- Ice using cream cheese icing, or an alternative to suit you.

Cream cheese icing; 250g cream cheese, 1 cup of icing sugar and juice from one lemon.

Banana cake

125g butter
3/4 cup sugar
2 eggs
3 mashed bananas
1-teaspoon baking soda
2 Tablespoons boiling milk
1-teaspoon baking powder
2 cups flour

Cream butter and sugar together and add eggs, mashed banana and baking soda dissolved in boiling milk. Lastly add flour and baking powder, previously mixed. Combine.
Lightly grease 6-cup capacity tray or bowl and pour in cake mixture. Cover with two layers of greased foil and crimp tight around the edges.
Pour 2 /12 litres of water into the base of your UFO and turn gas level onto full. When steam starts to rise, add your cake the UFO using the handles provided. Allow 3 hours for cooking. During this time you will need to check water levels and heat. Add more water accordingly.
After removing cake, leave it to stand for five minutes before turning out.

- Ice using chocolate icing or icing of your choice.

Apple Sponge Recipe

3-4 cups stewed or pureed apple
3 large eggs
7 Tbsp sugar
1/2 cup flour
3/4 cup milk
Pinch of salt

Pour the fruit into an oil sprayed baking/dessert dish. Separate the eggs, and place the whites in a large clean bowl and the yolks in another large bowl. Add the sugar, flour and milk to the yolks and whisk together.
Add a pinch of salt to the whites, and then beat them until they form stiff peaks. Carefully fold the beaten whites into the yolk mixture, and then pour this over the fruit in the baking dish.
Place the baking dish into your already steaming UFO universal food oven and bake for 45-55 minutes until puffy and sponge bounces back.
Serve with cream, custard or ice cream.

Smoking Secrets for the UFO

Smoked Chicken breast

Encase a basket in tin foil. Add chicken to the centre of the basket. Alternatively you can hook your chicken breast or legs through the hooks provided and hang them on the loops on the under side of the lid.
Pour in one cup of water and one cup of Manuka sawdust into the base of the UFO. Turn one burner on to full and when water starts to steam, place the basket in using the handles provided.
Allow 25-30 minutes for cooking but check regularly to ensure cooker still has water. Leave to cool before consuming or refrigerating.

Steamed Green lip Mussels

Place Green lip mussels into a basket. Add 1/4 cup of water into the base of the UFO. Turn both burners onto full and steam open your shellfish. This should take approximately 15 minutes for one basket or 25 minutes for two baskets. Using the handles provided, lift both baskets out, tip the excess water out, and add of sawdust. Replace the baskets into the UFO and smoke for 5 minutes. Leave to cool.

Smoked Fish

Pick the fish of your choice. Spread salt and brown sugar over the raw flesh and refrigerate for 12 hours or overnight to marinade. Line one basket with tinfoil, and add fish to the basket, or alternatively hang your fish on the hooks provided and hang off the under side of the lid using the loops provided.
Pour cup of water and 1/2 of sawdust into base of your UFO and turn on both burners onto full. Your fish should take approximately 20-25 minutes to smoke.

BBQ UFO

Flip your UFO over, remove the baskets and put the gas burner in the usual spot which is now on top and rest your hotplate over the cooker – add a little oil and your cooking with gas.

BBQ meat

Take the meat of your choice i.e. steak, lamb chops, chicken drumsticks, pork chops, sausages ect, and place them on the hot plate with a little virgin oil. Cook to your taste.

Paua/Abalone Fritters

3 Paua/Abalone
2 med onions
Flour to mix
2-3 cloves garlic
1 egg
Salt & pepper

Pound the paua and cut into slices. Place them into a bowl with chopped onion, 1 beaten egg, crushed garlic and salt & pepper. Mix in a little flour to thicken. Heat a little oil on your UFO hotplate and drop the mixture in tablespoon lots onto the heat. Gently cook for approximately 3 minutes on each side. Serve.

Fried Scallops

8 Scallops	Fresh breadcrumbs
2 beaten eggs	120g butter
4tspns cream	150ml oil
Salt & pepper	Lemon wedges

Wash and trim scallops and slice them in half. Combine the beaten eggs and cream in a bowl and add salt and freshly ground pepper, to taste. Dip the scallops into the egg mixture and then in breadcrumbs. Leave them to stand for five minutes before cooking. Add a little oil onto your UFO hotplate and cook your scallops until golden.

A nostalgic look at traditional Maori cooking

Pukeko Stew

Skin the bird. When cutting off the legs, make sure the sinews are removed. If they are left, watch carefully when eating as they are like sharp fish bones. Cut in joints, roll in flour and brown in hot fat. Add sliced onions and cook until also brown. Drain and barely cover with water, season well and simmer until tender. Thicken the gravy with flour mixed to a paste with water.

Stewed eel

700g eel Water
Salt 1/4 cup butter
Lemon Breadcrumbs

Cut the skinned eel in slices, clean and wash. Salt the slices and put in a casserole dish. Add a little water, lemon juice and butter. Sprinkle breadcrumbs over the fish, bake in a hot oven with the lid on for 15 or 20 minutes. Lower the temperature, remove the lid and cook for a further 10 minutes.Serve with boiled potatoes and a green salad.

Mutton Bird

1 mutton bird
2 tbsp white wine
White sauce

Boil the mutton bird for 80 minutes. Pour water off and add clean water. Repeat this procedure until the bird is soft. Place under the grill and brown. Serve with a green salad and potato chips.

Roroi (Maori pudding)

A recipe for a pudding which is perhaps the only Maori pudding known. Take some very fresh kumara straight from the garden if possible. Wash thoroughly and grate. Place in a shallow baking dish and sprinkle with sugar. Spread over the top of the grated kumara some broad slices of kumara. This will keep the mixture from hardening in the oven. Bake for an hour at 180 degrees. When cooked, this is similar to a steam pudding, and may be served with cream or milk custard. When cold it may be sliced like bread and spread with butter.