

# THE OMNIA COOKERY BOOK

– an oven on the hob





## THE OMNIA COOKERY BOOK

Tasty recipes for the Omnia recreation oven. This ingenious little oven lets you to bake and make oven cooked dishes on the hob.

For more information visit [www.omniasweden.com](http://www.omniasweden.com)



It is almost twenty years since I bought my first 'drum oven'. Now dented and worn it is still an integral part of my kit on board my boat. My first attempts were with ready made sponge mixes – but, good as they were, it was not until I started using the Omnia as a normal oven that I began to realize its full potential. Today I make bread, pies, and an endless list of dishes au gratin and other tasty meals. But don't take my word for it, try it yourself.

A handwritten signature in black ink that reads "Anders Billing". The signature is written in a cursive, flowing style.

Anders Billing



# GENTLE HEAT AND GREASED FOOD HOLDER

The Omnia will work on any hob and cooking times are about the same as a traditional oven. Place the ingredients in the round, aluminium food holder – Always grease the Omnia food holder and, when baking bread, dust with breadcrumbs.

Be careful to adjust the heat source – always medium to low heat. If you are using gas, mentholated spirits or another flame heat it should be adjusted to just above low. All times in this cookery book are for an open flame heat. If you are using an electric hotplate, we suggest you turn the hot plate on and allow it to get hot before using as this makes timing easier.

Making food in an oven without a thermometer may seem strange at first, but once you have tried and with the help of this cookery book you will quickly learn how easy it is. Always wash the Omnia in soapy water after use and you will get years of service from it.



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# POTATOES AU GRATIN

5- 8 boiled potatoes  
30 cl crème fraîche  
10 cl water  
1 onion  
3 cloves of garlic  
black pepper  
salt  
grated cheese (optional)

Grease the Omnia food holder. Mix the crème fraîche and water. Slice the potatoes (½ cm). Halve and slice the onion. Thinly slice the garlic cloves. Gently turn the potatoes, onion and garlic in the crème fraîche mix. Season with salt and pepper to taste. Pour the mix into the Omnia food holder. Sprinkle with the grated cheese. Cover with the oven lid and bake on a low heat for 25 minutes.



# SWEDISH HERRING DELIGHT AU GRATIN

600-700 g small herrings

Salt (to taste)

1½ tbs breadcrumbs

2-3 tbs margarine

## **Filling**

Parsley butter, smoked lumpfish roe or sliced anchovies fillet, tomato ketchup

## **Garnish**

Fresh dill

## **Serve with**

Boiled potatoes and mixed salad

Grease the Omnia food holder. Filet and wash the herrings. Sprinkle with a little salt to taste (the roe and anchovies are salty so you may not need salt). Place a small dollop of parsley butter, ketchup and either a slice of anchovy fillet or lumpfish roe on the herring fillet and roll head to tail. Tightly pack the rolled herring fillets in the food holder, one layer only. Sprinkle with the breadcrumbs and a few small knobs of margarine.

Cover with the oven lid, place on the heat and bake for 20 minutes. If you use an oven thermometer with probe it should show 60-65°C. Garnish with small sprigs of fresh dill and serve.



# JANSSON'S TEMPTATION

One small tin of anchovies fillets with juice

2 onions

6 medium firm potatoes approx ½ kg

20 cl single cream

1 tbs breadcrumbs

2 tbs butter

Peel and parboil the potatoes; can be done the day before. Peel and slice the onion and sweat in a frying pan. Slice the potatoes (½cm) or cut into strips. Grease the Omnia food holder well.

Lay the potatoes, onions with anchovies in layers. Begin and end with the potatoes. Pour on the cream and anchovies juice.

Sprinkle with breadcrumbs and finish with a few small knobs of butter. Cover with the oven lid and bake until the top is a golden brown and the potatoes are tender, 25-30 minutes. Remove from the heat and allow to stand for 10 minutes. Enjoy!



# MEATLOAF WITH CHANTERELLE OR MUSHROOM SAUCE

500 g minced meat  
4 tbs breadcrumbs  
18 cl water  
1 medium onion  
1 egg  
salt and pepper

Chanterelle sauce alternatively mushroom sauce mix  
(follow instructions on packet)  
fresh chanterelles or mushrooms if required

## **Serve with**

New potatoes and fresh, frozen or tinned vegetables such as carrots

Allow the breadcrumbs to stand in water for a few minutes. Slice and dice the onion. Mix the onion, minced meat, egg and breadcrumbs and season to taste. Grease the Omnia food holder and press the mix evenly into place. Cover with the oven lid and bake for 15 minutes.

Pour over sauce and add fresh chanterelles or mushrooms.

Allow to stand for a few minutes on the hob.

The sauce can also be served separately.



# FISH PIE AU GRATIN

300 g cod fillet

## **Mashed potatoes**

10 large potatoes

50 g butter

5-10 cl double cream

1 egg yoke

Salt and pepper to taste

## **Garnish**

100 g peeled shrimps

Grated cheese (optional)

Finely chopped dill

## **Sauce**

1 small shallot

30 cl dry white wine

25 cl double cream

½ fish stock cube in 5 cl water

Cornflour

Finely chopped dill

Alternative sauce: 1 pkt hollandaise

Peel and boil the potatoes. Mash and add the egg yoke, butter and cream – mash and mix while hot! Season to taste.

Peel and finely chop the shallot and place in a saucepan with the wine; boil and reduce by half. Add the cream and stock. Bring to boil and simmer for 5 minutes, thicken with a little potato flour mixed in water. Add the dill.

Grease the Omnia food holder. Place the fillets of cod in the holder and season. Cover evenly with the mashed potatoes pushing the mashed potatoes slightly up the sides and cover with the sauce. Cover with the oven lid and allow to bake on a low heat for 15-20 minutes. Place the shrimps on the top and sprinkle with the cheese when the fish is ready. Bake for 4-5 more minutes.

Remove from the heat and sprinkle with the finely chopped dill. Serve hot.



# MINCED MEAT PIE

## Pastry

150 g butter  
40 cl plain flour  
salt to taste  
1 egg

## Filling

250 g minced meat  
1 onion  
1 tin crushed tomatoes (400 g)  
1 tbs tomato pure  
10 cl water  
10 large black olives  
100 g feta

Put the flour and salt in a bowl and rub in the butter until it has the consistency of breadcrumbs – keep cool. Add the egg and mix in quickly. Put the dough in a plastic bag and place somewhere cool for 30 minutes.

Form the dough evenly around the bottom and edges of the greased the Omnia food holder. Cover with the oven lid and blind bake for 5 – 10 minutes, depending upon the thickness of the dough.

Peel and chop the onion. Gently fry the onion and meat in butter or oil until brown. Add the crushed tomatoes, tomato pure and water. Allow to simmer until almost all the liquid has gone – when ready it should have a creamy consistency.

Chop the olives and gently mix with the prepared minced meat, stir in crumbs of feta. Place the mixture in the dough casing, cover with the oven lid and bake for a further 30 minutes.







# SWEDISH BAY HADDOCK

2 haddock fillets  
Salt and pepper  
½ garlic clove  
4 black olives  
sheep cheese  
15-20 cl double cream

## **Garnish**

Cocktail tomatoes

## **Serve with**

Boiled rice

Grease the Omnia food holder and place the haddock fillets in the bottom. Season to taste. Use a garlic press to squeeze garlic over the fish. Pit and chop the olives and spread them over the seasoned fillets.

Grate the sheep cheese and spread evenly over the fish, use sparingly so as not to dominate. Pour on the cream and decorate with halved cocktail tomatoes. Cover with the oven lid and bake on a low heat for 20 minutes until the fish is cooked through.



# OMNIA CALZONE

## Pastry

25 g fresh yeast or 8 g dry yeast  
25 cl tepid water  
70 cl (400 g) plain flour  
1 tsp salt

## Filling

1 can (400 g) strained and crushed  
tomatoes  
300 g boiled ham cut into strips  
200 g sliced mushrooms  
350 g grated cheese  
oregano  
olive oil

## Serve with (suggested options)

Olives, sun-dried tomatoes, sliced red onion, artichoke hearts and vinaigrette

Dissolve the yeast in a little water and add 2 tbs flour. Mix to a paste, cover with a cloth in a warm place and allow to prove for 30 minutes. Make a well in 60 cl flour and pour in the yeast mix, salt and the rest of the water. Fold in gently and kneed for 10 minutes. Form the dough into a sausage, about 60 cm long, cover with a cloth in a warm place and allow to prove for 2 hours.

Grease the Omnia food holder. Roll out the dough into a rectangle, 60 x 40 cm; use the rest of the flour if you need to. Smooth out the strained tomato sauce over the dough leaving a 5 cm border along one long side. Spread the ham, mushrooms, cheese and oregano over the tomato. Brush the border with olive oil and roll long side to long side starting with the side covered with the tomato and filling. Squeeze the ends of the sausage shape and press with a fork to seal. Lay the pizza in the greased food holder, cover with the oven lid and bake for 35-40 minutes. Turn the pizza onto a cutting board and cut into suitable lengths.



# LEAKS AU GRATIN

700 g leaks (5–6 leaks)  
100 g smoked ham cut into strips  
2 tbs margarine or butter  
2 tbs plain flour  
20 cl double cream  
salt and pepper to taste  
juice of ½ a lemon  
15 cl grated cheese.

## **Serve with**

Tomato wedges

Grease the Omnia food holder. Rinse and clean the leaks and cut into pieces; use all the white and 5 cm of the green. Boil in lightly salted water for 15 minutes and drain, NB Save the leak stock. Put the pieces of leak in the food holder and cover with the ham strips. Melt the margarine/butter and mix in the flour. Add the stock and cream at little at a time. Season to taste. Fold in the lemon juice and most of the cheese – keep some cheese to sprinkle on top. Pour the sauce over the leaks and ham and sprinkle with the remaining cheese. Cover with the oven lid and bake for about 20 minutes on a low heat, remove when it is a nice golden-brown.



# POTATO AND CHÈVRE AU GRATIN WITH FENNEL

1 kg potatoes

1 fennel

2 garlic cloves

30 cl creamy milk or milk and cream mixed

salt and pepper

20 cl Chèvre cheese broken into small pieces

Herbs to taste, eg thyme

Peel the potatoes and cut them into thin slices. Wash and clean the fennel and cut it into thin slices; finely chop the garlic.

Put the potatoes and fennel into a saucepan and cover with the creamy milk. Boil gently for 5 minutes. Add the garlic and season to taste. Grease the Omnia food holder. Take the saucepan off the heat and add the cheese and herbs. Pour the mix into the food holder; the sauce must be moderately thick but more milk/cream can be added if required.

Cover with the oven lid and bake in the oven for 40 minutes.



# SALMON WITH GORGONZOLA

*As tasty salmon dish. Frozen salmon cutlets are ideal.*

2 cutlets of boneless, skinned salmon

1 piece gorgonzola cheese

A drop of dry white wine

## **Serve with**

Bread and salad

Make a deep cut in each salmon cutlet and fill with gorgonzola cheese. Grease the Omnia food holder and place the cutlets in the bottom. Pour over a small amount of dry white wine.

Cover with the oven lid and bake for 10 minutes on a low heat.

The salmon is ready when the cheese has melted.



# STUFFED BAKED POTATOES

6 medium potatoes

## LUMPFISH ROE FILLING

20 cl Greek yogurt

½ red onion

3 tbs lumpfish roe

## SHRIMP FILLING

30 cl natural, low fat yogurt

6 tsp low fat mayonnaise

60 cl peeled shrimps

6 tbs chopped dill

Salt and pepper to taste

## SALMON AND LUMPFISH ROE FILLING

180 g cottage cheese

5 cl low fat mayonnaise

180 g smoked salmon cut into thin strips

90 g lumpfish roe

5 cl finely chopped onion

6 tsp finely chopped dill

Wash and scrub the potatoes and allow to dry. Gently mix the fillings. Line the Omnia food holder with aluminium foil. Place the potatoes in the holder, cover with the oven lid and bake for 45-55 minutes on a low heat until tender. Cut a deep cross in each potato while hot and fill with the filling of your choice.



# SAVOURY EGG PIE

*A great dish with numerous variations – try your own ideas*

5 eggs

40 cl double cream

Salt and pepper

Finely chopped herbs to taste.

## **Suggested additional ingredients**

Boiled potatoes, thinly sliced anchovies fillets, chopped dill or chives

100 g thinly sliced ham, bacon, or sausages

10 cl grated cheese

Left over vegetables, meats or fish and tomatoes

Grease the Omnia food holder. Place the additional ingredients you have chosen in the bottom of the holder. Whip the eggs.

Heat the cream and gently add to the eggs whipping all the time.

Add chosen herbs and season to taste. Pour the egg mix over the other ingredients, cover with the lid and bake until the egg mix is firm and golden brown, 30-35 minutes. Serve.



# SHEEP CHEESE PIE

## Pastry

150 g butter  
30 cl plain flour  
pinch of salt  
1 tbs water

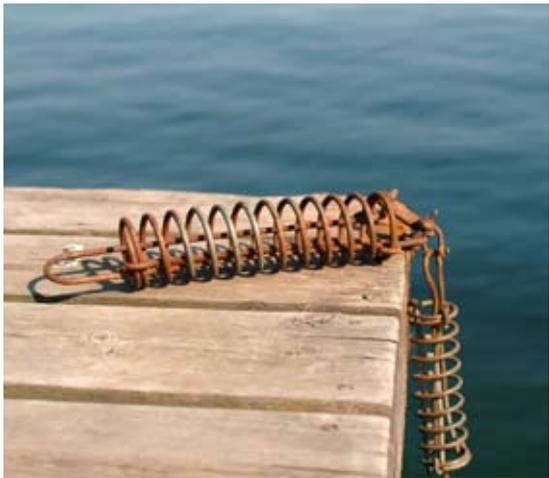
## Serve with

Tomato salad

## Filling

1 pkt sheep's cheese  
1 red onion  
4 olives  
2 garlic cloves  
2 eggs  
oregano (quite a lot)  
25 cl double cream  
5 cl milk  
paprika

Put the flour and salt in a bowl and rub in the butter until it has the consistency of breadcrumbs. Add the water and quickly kneed to a dough. Place the dough in a plastic bag in a cool place and allow to rest for 1 hour (if you haven't got time don't bother it will be tasty anyway). Roll the dough into a sausage shape, lay it in the bottom of the Omnia food holder and press it up the edges to form a thin pastry casing. Dice the cheese and chop the onion, olives and garlic into pieces. Place them in the pastry casing. Whip the egg with a generous portion of oregano. Add the cream and milk. Pour the mix over the ingredients in the pie casing and sprinkle with enough paprika to give it a little colour. Cover with the lid and bake gently on the lowest heat, 60 minutes.







# THICK PANCAKE

400 g pancake mix  
1 egg  
margarine (melted)

## **Serve with**

lingonberry preserve

Grease the Omnia food holder. Mix the pancake mix as per instructions on the packet – reduce the quantity of water to get a thicker mix. Whip in the egg with a little liquid margarine. Pour into the holder, cover with the lid and bake, 60 minutes. Serve with lingonberry preserve.



# CARIANA'S CHEESE PIE

*This cheese pie is a favourite dish on board the Cariana, a Shipman 28 from 1976. The recipe has been borrowed from Carina Lerhagen Matz' cookery book for boating people 'Gott ombord'; she is also on the staff of 'På Kryss' one of Sweden's best known boating magazines.*

## **Pastry**

150 g butter or margarine

30 cl plain flour

½ tsp salt

1 tbs water

If in a hurry you can

use a pastry mix

## **Filling**

200 g mild Emmenthal cheese or similar

3 eggs

Paprika

Black pepper

10 cl milk

20 cl double cream

Put the flour and salt in a bowl and rub in the butter until it has the consistency of breadcrumbs. Add the water and quickly knead to a dough. Put the dough in a plastic bag in a cool place and allow to rest for 1 hour.

Roll the dough into a sausage shape, lay it in the bottom of the greased Omnia food holder and press it up the edges to form a thin pastry casing. Dice the cheese and place in the casing.

Whip the egg and season with paprika and black pepper.

Heat the milk and cream, do not boil, and whip together with the beaten eggs. Pour the mix over the cheese in the pastry casing.

Cover with the lid and bake gently on the lowest heat until it sets, 40-50 minutes.



# AFRICAN CURRY

3-4 medium size potatoes  
oil  
200 g thin slice, smoked bacon  
cashew nuts or peanuts  
curry powder (strength to suit)  
double cream  
1 apple  
1 banana  
sultanas

Wash and slice the potatoes (½-1cm) lay the sliced potatoes in the bottom of the well greased Omnia food holder – single layer only. Sprinkle with a little oil, cover with the lid and bake gently on the lowest heat until they sweat, about 10 minutes.

Cut the bacon into thin strips and place on top of potatoes with the nuts and curry powder, add a little cream. Cover with lid and return to heat for 10 minutes. Cut the apple and banana into small pieces and put in the holder with the sultanas. Add a little more curry and cream. Cover and allow to cook for a few more minutes.



# MACARONI HASH

cooked pasta  
small sausages  
diced ham  
3 eggs  
30 cl milk

## **Serve with**

Cabbage and lingonberry preserve

Grease the Omnia food holder. Cut the sausages and pasta into bite size pieces. Mix with ham and place in food holder. Beat the egg and milk together and pour over the pasta and meat to cover. Cover with the lid and bake gently on the lowest heat, 30 minutes.







# BREAD – BASIC RECIPE

*This is a good basic bread recipe that can be easily varied to suit your taste. Add bran or linseed to make a course bread or mix in grated left over cheese pieces and eat with soup. You can save time by portioning the dry ingredients at home and putting them into plastic bags to take with you.*

25 cl water

1 tbs oil

Pinch of salt

1 tbs honey or sugar

30 g dry yeast

1 litre plain flour (or mix of flours of your choice)

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## **For the Omnia food holder**

Oil and breadcrumbs, wheat-bran or crushed digestive biscuits

Warm the water (45°C). Add oil. Salt and honey or sugar and stir. Add the yeast and half the flour and mix thoroughly. Add the remaining flour bit by bit working in thoroughly and kneed until you have a good dough. Cover with a cloth and allow to prove for 30 minutes. Grease the Omnia food holder and dust with breadcrumbs. Re-kneed the dough and make a sausage shape that will fit round the holder. Put the dough into the holder and allow to prove under the lid for a further 30 minutes. Cover with the lid and bake gently on the lowest heat until the crust is hard, test by removing the loaf from the holder and tapping the bottom, if it sounds hollow it is ready, about 30 minutes.

## OTHER BREAD TYPES

30 g dry yeast  
90 cl plain flour  
1 tsp salt  
30 cl water  
2 tbs oil or melted butter

Grease the Omnia food holder. Mix the yeast, flour and salt. Warm the water (45°C) and add to the flour mix with the oil/butter. Knead until you have a good dough. Make a sausage shape that will fit round the holder; put the dough in the holder and allow to prove for 20 minutes. Cover with the lid and bake gently on the lowest heat until the crust is hard. Be sure the temperature is not too high, test by removing the loaf from the holder and tapping the bottom, if it sounds hollow it is ready, about 35 minutes.

## LAGER BREAD I

*You can save time by portioning the dry ingredients at home and putting them into plastic bags to take with you. Vary the spices or leave out to suit your taste.*

50 cl sifted rye flour  
25 cl plain flour  
1 tsp salt  
2 tsp bicarbonate of soda  
3 tsp bread spices or caraway

33 cl bottled lager or Swedish sour milk

1 tbs oil

1 tbs honey

Grease the Omnia food holder. Mix the dry ingredients in a large bowl. Add the lager/sour milk, oil and honey. Mix to a dough. Put the dough into the holder in pieces and press into shape. Cover with the lid and bake gently on the lowest heat until the crust is hard. Be sure the temperature is not too high, test by using a skewer, about 40 minutes. You can turn the loaf after half the time by tipping it onto a plate and sliding it back. NB! It is very hot! Allow to cool under a cloth.

## LAGER BREAD II

65 cl sifted rye and wheat flour

50 cl plain flour

1 tsp salt

2 ½ tsp bicarbonate of soda

4 tsp bread spices or caraway

50 cl Swedish sour milk

2 tbs honey

*Follow instructions for Lager bread I.*



## MINI BAGUETTES

The holiday maker's delight!  
Great shelf-life at room temperature and quick and easy to prepare. Place in the Omnia food holder, cover with the lid and bake gently on the lowest heat until the crust is hard, 20 minutes.



# RYE BREAD

*By using Swedish sour milk instead of lager you will have a moister dough that is easier to work with. The syrup can be reduced to 1 ½ tbs but not less. You can save time by portioning the dry ingredients at home and putting them into plastic bags.*

65 cl rye flour or sifted rye and wheat flour  
35 cl plain flour  
1 tsp salt  
2 ½ level tsp bicarbonate of soda  
2 ½ tbs caraway powder or 1 tbs whole or  
crushed caraway or 10 cl seeded raisins  
2-4 tbs treacle or dark syrup  
50 cl Swedish sour milk or lager + 1 tbs oil

Grease the Omnia food holder and liberally sprinkle with breadcrumbs. Mix the dry ingredients in a large bowl. Add the treacle/syrup and sour milk/lager and oil. Work hard with a wooden spoon to make a dough. Put the dough in the food holder and spread evenly with a wet spatula. Cover with the lid and bake immediately on a low heat, 40 minutes. You can start on very low and raise the temperature a little after 10 minutes or so. Test with a skewer to see if the bread is ready.

## BREAD MIXES

Follow the maker's instructions taking note of our comparable baking times on a low heat. Do not forget to grease Omnia food holder and dust with breadcrumbs.



# APPLE PIE

## Pastry

200 g margarine or butter  
34 cl flour  
3 tbs water

## Serve with

Vanilla custard

## Filling

5 apples  
4-5 tbs sugar  
½ tsp cinnamon  
1½ tbs margarine or butter  
2½ tbs sherry  
2½ tbs lemon juice or water  
1 egg

Rub the butter into the flour, add the water and make a pastry. Put the pastry in a cool place in a plastic bag and allow to rest for 1+ hours. Grease the Omnia food holder. Peel, pip and slice the apples. Place them in the holder and sprinkle with sugar and cinnamon. Add small knobs of butter/margarine and pour over the sherry, lemon juice or water. Roll out the pastry on a cutting board or grease paper dusted in flour. Using the food holder lid as a template cut a lid for the pie. Place the pastry lid over the apple filling and brush with beaten egg. Pierce the lid with a fork in a few places to allow the steam to escape. Cover with the lid and bake immediately on a low heat until the pastry is a golden brown, 40-45 minutes. Allow to cool before serving.



# ANNICA'S SUPER SPONGE

*A delicious, moist sponge cake*

50 g butter  
15 cl milk  
2 eggs  
30 cl sugar  
25 cl plain flour  
2 tsp baking-powder  
15 cl finely chopped walnuts

## **Serve with**

Vanilla custard

Grease the Omnia food holder and dust with breadcrumbs. Melt the butter and add the milk, keep it hot. Beat the eggs and sugar together until they are fluffy, add the milk mix. Mix the flour, baking powder and walnuts and fold into the milk and egg mix. Pour the mix into the food holder, cover with the lid and bake until golden brown on a very low heat, 30 minutes.

# CHOCOLATE CAKE MIXES

Follow the maker's mixing instructions. Do not forget to grease Omnia food holder and dust with breadcrumbs. Cover with the lid and bake on a low heat 35-45 minutes. From time to time check to see how it is cooking. Allow the cake to cool slightly in the holder before serving.



# APPLE CAKE

1 pkt sponge mix  
3-4 cooking apples  
cinnamon  
sugar

## **Serve with**

Vanilla custard

Grease the Omnia food holder and dust with breadcrumbs.  
Follow the maker's mixing instructions and pour into the food holder.  
Peel, pip and slice the apples and push the pieces into the sponge mix.  
Sprinkle with the cinnamon and sugar to taste. Cover with the lid and  
bake on a very low heat. Allow to cool before serving.

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# HOLIDAY HALO

1 nut cake or sponge cake mix  
Strawberries, raspberries, pineapple and/or ice cream

## **Serve with**

Whipped cream

Follow the maker's mixing instructions and pour into the food holder.  
Cover with the lid and bake on a very low heat. Allow to cool. Turn  
upside down and fill the hole with the fruit and ice cream of your choice.



# DEBORAH'S ANTARCTIC CHEESE CAKE

*A great cheese cake – be careful when removing from the food holder.*

## **Pastry**

115 g butter  
7 cl sugar  
1 tbs water  
40 cl rolled oats  
20 cl plain flour

## **Filling**

300 g green cheese, natural yogurt,  
kefir or cottage cheese  
4 tbs sugar  
3 eggs  
Grated lemon rind from 2 lemons

## **Garnish**

Fresh sweet berries or conserved fruits

If you are using yogurt or Kefir allow to drain in a fine sieve for 3+ hours. Grease the Omnia food holder and dust with breadcrumbs. Melt the butter with the sugar and water in a saucepan. Remove from the heat and thoroughly mix in the rolled oats and flour. Fill the food holder with the mix. Cover with the lid and bake for 10 minutes on a low heat. Mix the filling and pour onto the pastry. Cover with the lid and return to the heat for 25-30 minutes until the filling has set. Allow to cool. Add the garnish.



# EASY-PEASY APPLE PIE

100 g butter  
25 cl plain flour  
5 cl sugar  
1 tsp baking-powder

## **Filling**

apple-sauce or similar

## **Serve with**

Fruit salad and vanilla custard, cream or strained (vanilla) yogurt

Grease the Omnia food holder and dust with breadcrumbs.

Melt the butter on a low heat. Mix in the remaining ingredients.

Tip the pie into the food holder and spread evenly. Cover with the lid and bake on a low heat for 15 minutes. Remove from heat and pour on the apple sauce. Cover with the lid and return to the heat for 10 minutes. Allow to cool and serve.



# BANANA CAKE

50 g butter

3 eggs

23 cl sugar

2 tsp cocoa powder

1½ tsp baking powder

7 cl milk

juice of 1 lemon or lime

30 cl plain flour

3 bananas

## **Serve with**

Whipped cream

Grease the Omnia food holder. Melt the butter and allow it to cool. Beat the eggs and sugar until it is fluffy. Add the cocoa, baking-powder, milk, butter and lime/lemon juice. Fold in the flour. Mash the bananas and mix in. Pour the mix into the food holder. Cover with the lid and bake on a low heat for 30 minutes.



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## A COLLECTION OF RECIPES FOR THE OMNIA

Caravan, camper, motorhome and boat lovers can enjoy freshly baked bread, dishes au gratin and other delicious meals using the Omnia recreation oven - the oven on the hob!

The Omnia cookery book contains 30 recipes

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