



**JUDGE**

*Essentials*

Getting the best  
from your  
Steamer or  
Bain Marie

*Care, use and  
safety advice*



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# Judge Essentials steamer sets

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## Better heat conduction

Judge Essentials Steamers feature an energy-efficient stainless steel/aluminium encapsulated base. Tests have shown that the thick base resists warping and heats uniformly, enabling even the most delicate recipes to cook without burning or scorching.

## Stays flat for total stove contact

Adding a layer of stainless steel to the bottom not only protects the aluminium from discolouration but further ensures flatness and stability during cooking. The Steamer is designed for use on all types of cookers.

## Durable stainless steel throughout

Judge Essentials Steamers are made from quality stainless steel, mirror polished to retain beauty, year after year.

## Self-basting lid

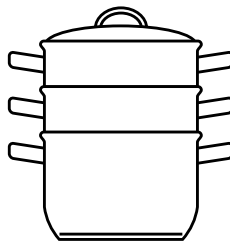
Every Judge Essentials glass lid is engineered to ensure a tight fit, sealing in valuable flavour and nutrients during cooking and at the same time reducing condensation in the kitchen. The self-basting lid also helps to hold in heat, so food cooks faster, using less gas or electricity. The cooker stays cleaner too, with the lid preventing spattering.



## Versatile

- Use as a mini-stockpot
- Boil soups, eggs, pasta, rice
- “Steam-Fry” or minimum moisture cooking
- Braise or Stew
- Steamers with steel handles are suitable for Oven use up to 210°C
- Steamers with phenolic handles are suitable for Oven use up to 150°C

- 1 or 2 level steaming
- Steam blanching
- Steam vegetables, eggs, rice, seafood, poultry, meat
- Keep warm
- Defrosting
- Re-heating
- Ideal for combination cooking - saves energy costs



## Use

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Thank you for choosing a Judge Essentials Steamer. It has been designed and manufactured to extremely high standards using the best materials available, and is perfect for people who enjoy making the most of their cooking and who require the very best from their cooking utensils.

### First time use

Before using the Steamer for the first time, remove all labels, then wash in hot soapy water, rinse and dry thoroughly.

### While cooking

The Steamer features a special heat-conductive encapsulated base which heats evenly and efficiently, saving energy. You never need to use more than medium heat for most cooking. For best results, use the Steamer on a burner of corresponding diameter (or slightly smaller). If using gas, adjust the flame so it does not extend up the sides of the pan.

- To avoid spillages and the risk of boiling over, the Steamer should not be filled to more than two thirds capacity. As soon as boiling point is reached, the temperature should be lowered.
- To avoid staining, do not use high heat. Wash the Steamer thoroughly after each use.
- Avoid over-heating the Steamer or letting it boil dry. This will cause bronze or blue tints to appear on the surface and, although harmless, these will spoil the appearance of the pan. This discolouration can be removed with a stainless steel cleaner such as Stellar Stainless Steel Cleaner, available from your Judge Stockist.
- Avoid leaving food in the pan, to which salt has been added, as this can also cause marking of the stainless steel surface.

Do use the lid when cooking - especially when steaming! Being glass, it is easy to inspect cooking progress without letting the heat or steam escape. The lid helps to seal in valuable nutrients and flavour during cooking and at the same time reduce condensation in the kitchen. Cooking with the lid on not only self-bastes the food but also helps to hold in heat, so foods cook faster, using less gas or electricity. The cooker stays cleaner too, with the lid preventing spattering.

### UTENSILS

Although minor scratches will not impair the performance of the pans, the use of sharp-edged metal kitchen utensils such as forks, turners, or whisks is not recommended. Use wooden or heat-resistant plastic cooking utensils instead.

## Cooking in the steamer base pan

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### Minimum moisture cooking

Don't boil away precious nutrients! With the help of a snug-fitting lid, you can prepare delicious meals using the minimum of water. However, good heat control is important, so learn the temperature settings on your cooker and lower the heat after the first few minutes of cooking so no steam escapes. Food also sticks less at lower heat settings.

## Cooking fresh vegetables

"Steam-fry" vegetables for better health! Heat about 1 to 2 tablespoons of oil in the pan; add the vegetables (cut to bite-size pieces) and fry until the colour just changes. Add about 3 tablespoons (45 ml) of water. Cover and reduce heat immediately. Cook for a further few minutes or until the vegetables are crisp-tender. As the time and amount of water in contact with the vegetables are considerably reduced, cooking by this method helps to retain colour, flavour and nutrients.



## Cooking meats

High temperatures make meat tough. It should only be necessary for brief pre-heating or for browning certain cuts of meat prior to braising, casseroles or stewing. Even tougher cuts of meat remain juicy and tender when cooked at medium-to-low temperatures.

The self-basting lid minimises the amount of water needed - ideal for health-conscious, low water/low fat cuisine.

## Oven cooking

The base pan and lid can be used in the oven.. This means you can start a dish on top of the stove and finish cooking it in the oven without having to change pans. Ideal for casseroles, pot roasting or slow cooking! Just remember to use oven gloves when removing the pan from the oven. Steel handles are suitable for oven use up to 210°C. Phenolic handles are suitable for Oven use up to 150°C.

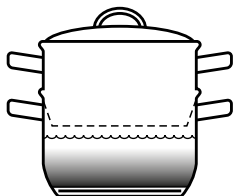
## Steaming recipes

### Cooking with steam

Steaming is the most subtle form of cooking and by far, the healthiest.

It is a superior way of cooking vegetables and produces consistently good results for all kinds of food, particularly seafood. As there is very little water in contact with the food, food which is steamed retains more nutrients, colour and flavour. Furthermore, little or no fat is used when steaming, so food remains light and easily digestible.

Although water is normally used for steaming food, stocks, wines or soups can be used instead. However, the steaming liquid should be of a stronger concentration, i.e. saltier, sharper, etc. so that it can gently permeate and flavour the food.



Vegetables can be rinsed inside the steamer insert which doubles as a colander and then steamed in the usual manner.

Fill MultiSteamer base  $\frac{1}{2}$  full with water and bring to the boil. Add steamer insert(s), reduce heat to maintain boiling, then cover and steam.

The inserts can be used singly or together. Food which requires gentle steaming or shorter cooking times, e.g. egg custard, fish, etc. should be placed in the top tier and reserve the more robust vegetables (or food which requires longer cooking times) e.g. potatoes or rice, for the bottom. Alternatively, you could start off with one tier and 'phase in' foods that require shorter cooking times. It's a very energy-efficient way to cook!

## Points to remember when steaming

1. The water, or any cooking liquid, must be boiling before food is added (for maximum nutrient retention).
2. For even cooking, steam must circulate freely. Avoid blocking the 'steam holes' in the steamer insert completely.
3. Always replenish with boiling water.
4. Under, rather than over cook. Food can always be re-steamed if necessary.
5. Remove food as soon as steaming is finished.

## Steaming vegetables

Prepare vegetables and steam according to the time indicated in the chart below. This chart will help you to organise your steaming schedule. For example, you could start with potatoes which require 30 to 40 minutes (depending on variety and size) and 'phase in' green beans about 10 minutes before the end of cooking time. Frozen vegetables need not be thawed before steaming.

### Vegetable steaming chart

Ingredients	Preparation	Time
Artichoke	Trim stalks and leaves; keep whole.	30 to 40 mins
Asparagus	Trim stalks; cut or leave whole.	5 to 7 mins
Beans	Remove stem and string; cut or leave whole.	15 to 20 mins
Broad beans	Remove pods.	15 to 20 mins
Broccoli	Remove leaves and ends of tough stalk. Keep whole or separate into spears.	15 to 20 mins
Brussel Sprouts	Discard wilted leaves and trim ends.	15 to 20 mins
Cabbage	Discard wilted leaves; keep whole or cut into wedges.	10 to 15 mins
Carrots	Scrape or peel; remove tops. Keep baby carrots whole and slice large ones.	20 to 25 mins
Cauliflower	Remove leaves and cut off end. Keep whole or separate into florets.	15 to 20 mins
Corn-on-the-cob	Remove leaves and silk.	30 mins
Celery	Remove strings and leaves. Cut into 2 inch (5 cm) pieces.	5 to 7 mins
Eggplant/Aubergine	Remove stem. Slice ½ inch (1.3 cm) thick. Sprinkle with lemon juice if not using immediately.	5 to 7 mins
Marrow	Remove blossom and stem ends. Cut into chunks or thick slices.	20 to 40 mins
Mushrooms	Scrub and trim ends. Keep whole or quartered.	3 to 5 mins
Okra	Cut off stem, keep whole.	15 mins
Peppers	Remove stem and seeds. Keep whole or cut as desired.	5 to 10 mins
Parsnips	Peel and remove tops. Cut into quarters or ½ inch (1.3 cm) slices	20 mins
Peas, fresh	Remove pods	10 to 12 mins
Peas, Frozen		5 to 7 mins
Potatoes	Peel and keep whole or quartered	30 to 45 mins
Swedes/Rutabagas	Peel thickly to remove tough skin. Cut into quarters	15 to 20 mins
Turnips	Peel and cut into large dice	15 mins
Zucchini/Courgettes	Remove blossom and stem ends. Cut into ½ inch (1.3 cm) slices	5 to 8 mins

## Steam blanching

An alternative to blanching vegetables (often featured in French cooking) steam blanching eliminates the loss of flavour or nutrients in water which would otherwise be drained away in the course of 'refreshing'.

To steam blanch, steam the vegetables a few minutes less than the time indicated in the Vegetable Steaming Chart (or 1 to 2 minutes only when used in salads). Immediately "refresh" under cold water to stop further cooking.

Good choices for steam blanching include: Pepper, Courgettes, Mushrooms, Carrots, Asparagus, Mangetout, Broccoli, Celery, Green beans

Steam blanched vegetables are neither raw nor cooked. They are wonderfully crunchy and look appealing when used in salads. The steam blanch-refresh process actually brightens the vegetables' colour, making it extra vivid, extra appetising.

For a simple first course, arrange vegetables on a platter, serve with garlicky sausages or salami, fresh crusty bread, sweet butter, a good stiff wine and a selection of dips and sauces, such as the one here:

### Soured cream mustard sauce

In a medium bowl, combine 8 oz. (225 g) soured cream, 2 tablespoons (30 ml) whipping cream, 3 to 4 tablespoons (45 to 60 ml) Dijon mustard, 1 tablespoon (15 ml) finely chopped chives and a few shakes of salt and pepper.

The vegetables can also be steam-blanch - remember to refresh under cold water - ahead of time, say for a party, and served hot. Just before serving, toss them briefly in the Steamer pan (preheated first) or frying pan over medium heat, with butter, lemon juice, a pinch of fresh herbs and freshly ground pepper. Pass the salt at the table.

## Steaming eggs

Steamed eggs in the shell are surprisingly tender and the shells remain intact during cooking.

### For 1 to 8 eggs

Soft boiled	3 to 5 minutes
Hard boiled	12 to 15 minutes

To steam-poach eggs, break 1 to 2 eggs into a greased ramekin, dot with butter and steam for 3 to 5 minutes according to preference. You could of course, vary this by using 2 tablespoons (30 ml) of cream, a pinch of chopped parsley, paprika or other seasonings.

### Breakfast sausages and eggs

Lightly pierce 2 to 4 English sausages and wrap loosely in foil. Put in steamer insert and steam for 5 to 7 minutes. Add tomatoes and mushrooms 3 minutes later, if desired.

Steam poach 1 to 2 eggs on the upper tier using a second insert. Serve with buttered toast.

## Egg custard

Scald 16 fl. oz, (500 ml) milk in the Steamer base pan. Gradually pour into 4 large beaten eggs, whisking continuously. Stir in 6 tablespoons (90 ml) sugar and half teaspoon (2.5 ml) vanilla essence. Strain mixture into a greased heat-resistant mould and sprinkle with a little ground nutmeg. Cover top with foil and place inside the steamer insert. For a smooth custard, gently steam over simmering water for about 40-60 minutes. Serve with 'langues de chat' biscuits.

Do not allow the water to boil as this will toughen the custard and cause it to separate.

Variation: Add a 1 inch (2.5 cm) piece of root ginger (sliced) to the milk and infuse for 15 minutes. Omit the vanilla essence.

## Steaming seafood

Steam fish in a foil 'parcel' to retain the tasty juices. Enhance flavour by including inside the package aromatic vegetables such as onions (sliced), sweet peppers (julienned), a few slices of ginger or lemon, some herbs and 2 to 3 tablespoons (30 to 45 ml) light white wine, if desired. Serve the steamed fish on its own or with an appropriate sauce.

- Overcooking toughens the fish, increases shrinkage and the loss of juices. Steam the fish until it looks slightly translucent and is easily penetrated with a fork.
- Allow 8 to 10 minutes for each 1 inch (2.5 cm) of thickness for fresh or thawed frozen fish. Let the fish remain in the foil "parcel" for a few minutes before serving.
- Steam "boil-in-a-bag" frozen fish dinners (do not thaw) for 5 to 7 minutes.

## Salmon steaks with horseradish mayonnaise

Individually line 4 middle-cut salmon steaks with foil and divide them between 2 steamer inserts. Put about  $\frac{3}{4}$ pt. (600 ml) of white wine, 1 onion (sliced), 2 sticks celery (sliced), 1 bay leaf, 2 sprigs parsley, 10 whole peppercorns and  $1\frac{3}{4}$ pt. (1 L) water into the Steamer. Cover and bring to a full steam. Steam the salmon for about 10 minutes.

Meanwhile, in a medium bowl combine 8 tablespoons (120 ml) mayonnaise, 2 tablespoons (30 ml) horseradish sauce, 2 tablespoons (30 ml) whipping cream, 1 finely chopped gherkin, 1 tablespoon chopped chives or parsley and a little salt. Set aside in the refrigerator until ready to serve.

Most shellfish and molluscs (clams, mussels, etc.) can be successfully steamed in the Steamer (providing of course, they fit into the steamer insert). Pick over molluscs and make sure they are alive before steaming. Steam crabs and shrimps for about 12 to 35 minutes or until pink. Clams take about 8 to 10 minutes and mussels about 15 to 18 minutes - remove those which have not opened.

Another way of steaming molluscs is to place them in the Steamer pan, together with  $\frac{1}{2}$  pt. (300 ml) stock or wine, a handful of fresh herbs, onions, shallots or garlic, a few slices of lemon and a few peppercorns. Then cover and steam for 10 to 15 minutes until the shells open.



## Steaming poultry

Steamed chicken and turkey are moist and very tender. Prepare as for fish and either serve with a sauce or use them in salads or sandwiches. The following recipe makes a quick and tasty, appetiser:

### Chicken with ginger sauce

Clean and dry 1 lb. (425g) chicken wings (remove the wing tip). Marinate with 2 tablespoons (30 ml) dark soya sauce, 1 tablespoon (15 ml) sherry or brandy, 2 teaspoons (10 ml) sugar, 1½ teaspoons (7.5 ml) cornflour, 1 teaspoon (5 ml) finely chopped root ginger and a little pepper.

Arrange the chicken around a shallow dish or cereal bowl and pour in the marinade. Steam for 8 minutes and rest for 3 minutes inside the Steamer before serving. Delicious hot or cold.

## Steaming meat

Beef and pork can be steamed in the same way as other food, although the use of a strong stock and plenty of aromatic vegetables enhances the flavour of the cooked meat somewhat. You may prefer to brown the meat in a frying pan prior to steaming, just to give it a good colour.

Select the more flavourful cuts of meat for steaming, those which are normally destined for stews or braises. These tougher cuts can be tenderised by steaming, but keep the water perking just enough to generate a good amount of steam rather than allowing it to boil furiously (the meat will become dry and stringy). After removing from the steamer insert, let the meat stand or 'set' for about 10 minutes before carving.

### Super moist meat balls

Finely mince 1 lb. (425 g) lean beef and put into a mixing bowl. Mix in 1 tablespoon (15 ml) sherry or brandy, 2 teaspoons (10 ml) soya sauce, 1½ teaspoons (7.5 ml) salt, 2 teaspoons (10 ml) sugar, a pinch of pepper and 4 tablespoons (60 ml) chopped coriander or spring onions.

Meanwhile, steam 2 oz. (50 g) pork fat for 1 minute. Cool and roughly chop; set aside.

Pound minced beef (a potato masher will do) and gradually incorporate 4 tablespoons (60 ml) vegetable oil and ¼ pt. (150 ml) water mixed with 2 teaspoons (10 ml) cornflour. When well-mixed, stir in the pork fat. Wet your hands and form the mixture into walnut-sized balls. fine the bottom of both steamer inserts with a cabbage leaf. Arrange the meat balls on top, cover and steam for about 5 minutes. Serve with home-made tomato sauce on spaghetti.

### Steamed beef

Clean and dry 2 lbs. (1 kg) chuck beef or similar. Mix with 2 tablespoons (30 ml) sherry or brandy, 1 tablespoon (15 ml) strong mustard, ½ teaspoon (2.5 ml) dried thyme and a little salt and pepper. Marinate it for at least 4 hours or preferably overnight in the refrigerator.

Brown the beef in a frying pan, if liked. Line the steamer insert with some celery leaves and put the beef on top.

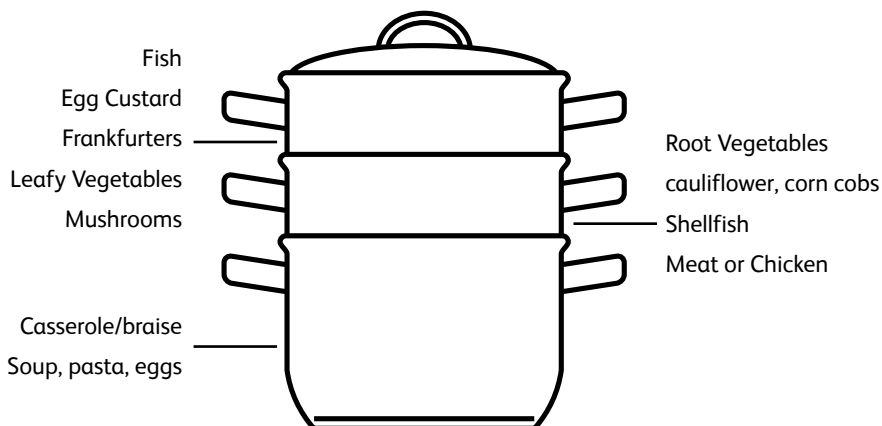
In the Steamer pan, add 1¾ pt. (1 L) stock or water and wine (or a combination of the three), 1 large carrot (sliced), 2 sticks celery (sliced) and 2 small onions. Bring to boil,

then reduce heat to a bare simmer. Gently steam the beef (boiling will toughen and dry it out) for about 2½ hours. Let the beef rest for 10 minutes before carving. Season the steaming liquid with a little salt and pepper and serve as a soup, if desired.

## **Combination cooking**

With a little forethought, you can cook an entire meal economically, on one burner, using your Judge Essentials Steamer. Timing is important as well as understanding that foods on the first rack over the water gets more heat than those above.

For example: Simmer vegetable broth in the Steamer base pan; steam chicken on the lower level for about 6 minutes then 'phase in' mangetout on the upper level and steam both for 2 minutes longer.



### **Keep warm / defrosting / re-heating**

Simply place the food in the steamer insert and heat over simmering water. Ideal for keeping warm sauces (put in a separate bowl), defrosting frozen foods or reheating left-overs.

## **Care**

### **Easy cleaning**

Immediately after cooking, remove the Steamer from the heat and let it cool on a trivet or heat-resistant surface. Do not pour cold water into a hot pan. This can cause warping of the pan bottom and cause hot grease to spatter. Always wash the Steamer thoroughly after each use to remove all traces of food or grease particles that will burn when the pan is next heated, causing stains.

The steamer inserts are very easy to clean - because there are never burned-on foods to scrape and scrub. Just wash with detergent and sponge, rinse and dry.

### **Using the dishwasher**

The Judge Essentials Steamer is dishwasher-safe. However, as with other fine cookware, hand-washing is preferable. In time, the cumulative effects of strong agitation and harsh detergent will dull the lustre of the stainless steel, although the performance will not be affected.

## Removing stains

Remove stubborn stains and burned-on grease with a non-abrasive plastic mesh puff or pad. Burned-on food can be removed by soaking and partially filling the pan with water and boiling it to dislodge the food particles. When scrubbing is necessary, always scrub in the direction of the grain. Do not use harsh abrasives on the mirror-polished surfaces.

A spotted white film (minerals from water, starch from food) may form on the cooking surface. The white film can be removed by rubbing the interior with a sponge that has been dipped in lemon juice or vinegar. Then wash, rinse and dry the Steamer before storing away. Slight discolouration or 'rainbow' marks (caused by heat) can be removed by using a specialist cleaner such as Stellar Stainless Steel Cleaner, available from your Judge stockist.

## Warnings

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- Do not misuse your cookware. By following the use and care instructions carefully, you will significantly prolong the life and performance of your cookware.
- Do not leave cooking unattended, or allow pans to boil dry. Besides wasting energy, this may discolour the stainless steel and affect the pan's performance.
- The handles may become hot during cooking and the use of oven gloves is recommended.
- Be extremely careful when moving the pan if it contains hot liquids.
- Do not touch hot surfaces. Use the handles for lifting or carrying, and always use good oven gloves when removing the pan from the oven.
- Do not store the Steamer when damp or wet.
- Do not use the Steamer under a grill, over a campfire or in a microwave oven.
- Steam can burn. Always lift the lid away from you and allow all the steam to disperse before reaching inside the Steamer. Protect your hands with oven gloves or use tongs.
- Should your Steamer boil dry, DO NOT REMOVE IT FROM THE COOKER. Turn off the heat and allow it to cool before attempting to move it.

## Judge Essentials bain marie sets

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Judge Essentials Bain Marie sets extend the scope of your kitchen. The sets comprise a base pan with lid (which can double as a casserole), and a Bain Marie insert. There is also a Judge Essentials 5pce Steamer and Bain Marie combination set.

When fitted into the base pan the bowl shaped Bain Marie insert works as a double boiler - food in the insert is warmed by being surrounded by gentle heat as the steam in the base pan rises.

This gentle method of cooking is used to cook delicate foods without curdling, such as Hollandaise and other sauces, custards, mousses, lemon curds - and for melting chocolate. The Bain Marie insert may also be used to cook fish and lighter meats that are sprinkled with herbs and coated with oil and dressings.

## **Béarnaise sauce**

*Flavouring ingredients:*

30ml white wine vinegar

150ml dry white wine 15g roughly chopped fresh\* tarragon

15g roughly chopped fresh broad leaf parsley

15g chopped spring onion

Freshly ground pepper to taste

*Sauce*

175g melted butter

25g butter, soft

15ml very warm water

5g powdered mustard

Yolks only of 3 medium eggs

- If using dried tarragon, halve the quantity

Boil the flavouring ingredients together until the mixture thickens. Whisk together the egg yolks and mustard powder into the Bain Marie insert. Heat water in the Steamer base pan until it is just hot enough to heat the Bain Marie insert when positioned as in the diagram above. Using a fine nylon sieve, strain the flavouring ingredient liquid into the eggs, whisk, and add the warm water. Gradually cream in the soft butter, and pour in the melted butter a little at a time, whisking until the sauce has thickened. Leave the Bain Marie on top of the base pan until you need the sauce.

## **Swordfish rethymnon**

Now that frozen Swordfish is quite commonly available in supermarkets, you can recreate some Mediterranean flavours and cook the steaks to tender perfection in your Bain Marie.

You can cook from frozen. Take four steaks, dry them and lay them into the Bain Marie which has been lightly oiled. Sprinkle each with oregano, chopped parsley, salt and pepper and capers. Pour a little Extra Virgin olive oil over the fish, then sprinkle with lemon juice. Place the Bain Marie over the base pan in which the water is boiling. Cook until the fish is done to your preference. Serve with a Greek country salad of tomatoes, cucumber and onion, pieces of Feta cheese, drizzled with olive oil, then stirred with a little oregano - and some fresh bread.

## **Zabaglione**

Traditionally, this sweet sauce relies on Marsala for its flavour, but another liqueur can be substituted to great effect.

The yolks only of 6 eggs

90g caster sugar

90ml liqueur

Fresh berries or other fruit in season to garnish

Amaretti biscuits or similar to serve

Pour the yolks into the Bain Marie insert and whisk until combined. Continue whisking, adding the sugar a little at a time, followed by the liqueur.

Place the Bain Marie over the base pan, in which the water is gently simmering and continue to whisk until you are able to form 'peaks' in the mixture. Remove from heat and continue to whisk a little longer.

Pour into serving glasses - you can decorate with fruit and serve the Zabaglione either warm or chilled, with the biscuits or some sponge fingers.

## **Berry fruits cheesecake mousse**

Serves 6 - 8

1 ½ tsp powdered gelatine

4 tbsp water

2 tbsp caster sugar

150ml red wine

250g frozen frozen fruits (blackberries, redcurrants, blackcurrants), just thawed

### **CHEESECAKE LAYER**

500g natural fromage frais

200g light cream cheese

finely grated rind 1 lemon

finely grated rind ½ orange

1 egg

60g caster sugar

1 tbsp lemon juice

1 tbsp powdered gelatine

3 tbsp water

### **TO DECORATE (OPTIONAL):**

whipped cream

fresh raspberries and/or blackberries

1. Line a 23 x 12cm loaf tin with a double layer of cling film.
2. With the Bain Marie insert placed over gently simmering water, dissolve the gelatine in the 4 tablespoons of water.
3. Leave to cool slightly, stir in the sugar and then mix in the red wine.
4. Pour a thin (about 5mm) layer of the wine jelly into the prepared tin and leave until just set. Add the fruits and any juice to the remaining jelly and spoon over the set layer, arranging the fruits attractively. Chill until set.
5. To make the cheesecake layer, beat the fromage frais, cream cheese and fruit rinds together until smooth. Put the egg, sugar and lemon juice into the Bain Marie. Cook gently, stirring continuously until thickened sufficiently to coat the back of a spoon. Remove from heat.
6. Dissolve the gelatine in the water and stir into the lemon mixture, then fold this through the cheese mixture. Pour over the set jelly and chill, preferably overnight, until very firm.
7. To serve, turn out carefully and remove the cling film. Decorate with whipped cream and raspberries if liked.

### **American brownies**

Makes 20

125g dark chocolate, broken into pieces

150g butter or margarine

350g caster sugar

½ tsp vanilla flavouring

4 eggs, beaten

150g self-raising flour

90g pecans, walnuts, hazelnuts or almonds, chopped

60g raisins

icing sugar for dredging

1. Line a rectangular tin (pan) about 28 x 18 x 4cm with non-stick baking parchment.
2. Put the chocolate and butter into the Bain Marie, and place over the base pan in which the water is gently simmering. Heat until melted, and stir until the mixture is quite smooth.
3. Remove from heat and beat in the sugar and flavouring (extract) until smooth, followed by the eggs.
4. Sift the flour and fold through the mixture, followed by the chopped nuts and raisins.
5. Pour into the prepared tin (pan) and bake in a pre-heated oven at 180° C/350°F/Gas Mark 4 for about 45-50 minutes, or until well risen, firm to the touch, and just beginning to shrink away from the sides of the tin (pan). Leave to cool in the tin (pan).
6. Dredge heavily with sifted icing sugar and cut into 20 squares or fingers. Store in an airtight container. The brownies will keep well for a week.

## 10-Year Guarantee

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Please read the Use, Care and Safety Advice thoroughly. Judge Essentials cookware has a 10 Year Guarantee to be free from defects in material and workmanship under normal household use. We promise to the original purchaser that any defective part or item will be replaced, (or we will supply a product of equal value if the product is out of production).

The 10 Year Guarantee does not cover damage by accident, misuse or commercial use. In addition, discoloration, scratching, staining and damage from overheating is not covered by the guarantee.

This Guarantee is in addition to your statutory rights. Please retain your purchase receipt.

### **JUDGE**

HORWOOD

AVONMOUTH WAY

BRISTOL BS11 9HX

[customerservice@horwood.co.uk](mailto:customerservice@horwood.co.uk)

[www.judgecookware.co.uk](http://www.judgecookware.co.uk)



**JUDGE**

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BRISTOL BS11 9HX

[customerservice@horwood.co.uk](mailto:customerservice@horwood.co.uk)

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