

Falcon

*Spring recipes*

# WHO IS FALCON?

*Manufactured in the UK at the original plant in Royal Leamington Spa since 1830, Falcon specialises in the manufacture of range cookers and has a heritage spanning over 185 years.*

*Falcon range cookers continue to be built to the highest standards, and are designed to stand the test of time in aesthetics, durability and quality. Every Falcon range cooker is continually assessed to strict quality controls throughout the production process and comes with a 5-year warranty.*

*Falcon offers a wide range of traditional and contemporary designs across 10 colour options, chrome or brass fittings and 3 fuel types. With over 80 different product combinations to select from, there is a Falcon range cooker suited to any kitchen design.*



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**FALCON SPRING RECIPE SERIES**

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# NEXUS

## 90cm & 110cm

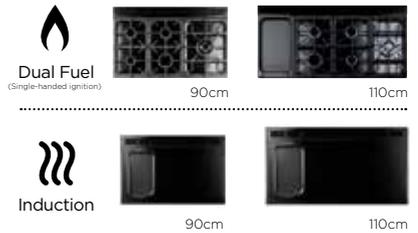


**Available in dual fuel & induction**

### KEY FEATURES

- 2 Ovens:
  - Main programmable multifunction oven (LH) and fan oven (tall oven on 90 models) (RH)
- Handyrack (LH)
- Separate Deluxe Glide-Out Grill™ with 4-way trivet (dual circuit)
- 90 Models:
  - Gas hob with 5 burners including a multi-ring burner, wok cradle and non-stick griddle
  - Induction hob with 5 cooking zones including bridging zone and griddle plate
- 110 Models:
  - Gas hob with 5 burners including a multi-ring burner, wok cradle, a multi-zone with 2 ceramic zones and a non-stick griddle
  - Induction hob with 5 cooking zones including bridging zone and griddle plate
- 110 Models: Bread proving drawer / Storage drawer
- Door width towel rails
- Premium Hi-Fi style precision rotary controls
- Falcon branding on plinth instead of cooker

### HOB OPTIONS



Black    Stainless Steel

White    Slate

Trim: Brushed Chrome



# Artichoke, Pea & Bacon Tart



Prep time  
20 mins



Cooking time  
45 mins



Serves  
8

## ingredients

1 tbs olive oil  
1 cup (130g) peas  
300g bacon, diced  
4 eggs  
1 cup (250ml) cream  
300g marinated artichoke hearts, drained & halved  
100g ricotta

Pea shoots, to serve  
Sea salt & black pepper  
*Spelt Crust*  
250g wholemeal spelt flour  
¼ tsp salt  
150g cold unsalted butter, diced  
¼ cup (60ml) cold water

## method

Place flour, salt and butter in a food processor and blend until butter is the size of peas. Add water and pulse again until dough just comes together. Turn out onto a floured bench and roll out to 3mm thick. Line a 24cm tart tin with the pastry, leaving 1.5cm of pastry overhanging. Refrigerate for 30 minutes.

Meanwhile, blanch peas in boiling water for 2 minutes until tender. Drain and refresh under cold water. Drain again. Reserve 1 tablespoon of peas for serving, then set aside.

Heat oil in a large frypan over medium heat. Add bacon and sauté for 5-8 minutes until crispy. Transfer to a plate lined with paper towel. Set aside ¼ cup bacon for serving.

Preheat oven to 180°C Fan. 

Line the pastry with baking paper and baking weights. Blind bake for 10 minutes. Remove baking paper and weights. Bake again for a further 10 minutes until lightly golden and crisp. Remove from oven.

Reduce oven to 160°C Fan. 

Whisk eggs with cream and season with salt and pepper. Set aside 3 pieces of artichoke to serve, then arrange remaining evenly in tart case. Scatter over half the peas and bacon then pour over egg mixture. Scatter with remaining peas and bacon and dollop in ricotta. Bake for 20-25 minutes until just set. Cool to room temperature and trim excess pastry with a thin sharp knife. Serve topped with pea shoots, remaining artichokes and crispy bacon.



# Miso Eggplant with Chilli Pork



Prep time  
15 mins



Cooking time  
30 mins



Serves  
4

## ingredients

2 eggplants, cut into 1.5cm slices  
2 tbs sesame oil, divided  
¼ cup (75g) miso paste  
1 tbs Shaoxing wine  
2 tbs maple syrup  
1 tsp finely grated ginger  
1 clove garlic, minced

2 spring onions, thinly sliced, plus extra to serve  
1 bird's eye red chilli, thinly sliced, plus extra to serve  
500g pork mince  
2 tbs mirin  
2 tbs light soy sauce  
2 tsp toasted sesame seeds, to serve  
coriander leaves, to serve

## method

Preheat oven to 200°C Fan. 

Brush eggplant with 1 tablespoon oil and arrange in a single layer on a large baking tray lined with baking paper. Roast on the middle shelf for 15 minutes.

Whisk together miso, Shaoxing wine and maple syrup in a bowl. Remove eggplant from oven and brush marinade generously on both sides of the eggplant. Return to oven for a further 10 minutes until tender and caramelised.

Meanwhile, heat remaining oil in a wok over medium-high heat. Add ginger, garlic, spring onion and chilli. Sauté for 1 minute until fragrant but not browned. Add pork mince and stir-fry for 5-6 minutes until the pork is cooked. Add mirin and soy and stir to coat.

To serve, arrange eggplant onto serving platter. Spoon over pork and sprinkle with sesame seeds. Top with coriander and extra spring onion and chilli.





# Calamari Strozzapreti



Prep time  
15 mins



Cooking time  
10 mins



Serves  
4

## ingredients

400g dried strozzapreti pasta (or similar)  
¼ cup olive oil  
500g cleaned calamari, cut into 1cm thick strips  
2 cloves garlic, finely chopped  
1 long red chilli, finely chopped

¼ cup chopped continental parsley  
2 tbs capers in brine, drained  
1 tbs lemon juice, plus extra lemon wedges, to serve  
sea salt & black pepper

## method

Cook pasta in a saucepan of salted boiling water according to packet instructions. Reserve ¼ cup of pasta water before draining.

Heat oil in a large frypan over high heat. Season calamari and add to pan along with garlic and chilli.

Cook, tossing, for 1-2 minutes until calamari is opaque and just cooked. Add cooked pasta, parsley, capers, lemon juice and pasta water and toss to coat. Serve with extra parsley and lemon wedges.



# PROFESSIONAL<sup>+</sup>

90cm & 110cm



Available in dual fuel & induction

## KEY FEATURES

- 2 Ovens:
  - Both fan ovens with main oven programmable (LH)
- Separate Glide-Out Grill™ with 2 way trivet (dual-circuit)
- Handyrack (LH)
- 90 Models:
  - Gas hob with 5 burners including a multi-ring burner, wok cradle and non-stick griddle
  - Induction hob with 5 cooking zones
- 110 Models:
  - Gas hob with 6 burners including a multi-ring burner, wok cradle and non-stick griddle
  - Induction hob with 5 cooking zones
- 110 Models: Storage drawer
- Door width towel rails

## HOB OPTIONS



Dual Fuel  
(Two-handed ignition)



90cm



110cm



Induction



90cm



110cm

Black

Stainless Steel

Trim: Chrome

# PROFESSIONAL<sup>+</sup>FX

100cm



Available in dual fuel

## KEY FEATURES

- 2 Ovens:
  - Both multifunction ovens (1 x conventional multifunction)
  - Main oven programmable (LH)
- Integrated grill with 2 way trivet and deep grill pan
- Gas hob with 5 burners including a multi-ring burner, wok cradle and non-stick griddle
- Full cooker width storage drawer
- Door width towel rails

## HOB OPTIONS



Dual Fuel  
(Single-handed ignition)



100cm

■ Black

■ Stainless Steel

Trim: Chrome





# Sweet Potato Falafel Salad



Prep time  
20 mins



Cooking time  
40 mins



Serves  
4

## ingredients

2 sweet potatoes (700g), peeled & diced  
1 tbs olive oil  
400g can chickpeas, drained, rinsed & mashed  
2 tsp ground cumin  
1 tsp smoked paprika, plus extra for dusting  
1 tsp salt  
1 clove garlic, minced  
¼ cup chopped fresh coriander  
¼ cup gluten free plain flour

¼ cup sesame seeds  
½ cup Greek yoghurt, to serve  
1 lemon, cut into cheeks, to serve  
*Salad*  
60g mixed lettuce  
100g cherry tomatoes, halved  
1 Lebanese cucumber, diced  
¼ red onion, thinly sliced  
2 tsp extra virgin olive oil

## method

Preheat oven to 180°C Fan. 

Toss sweet potato with oil and place on a baking tray. Cover tightly with baking paper and foil. Bake for 30 minutes until potato is tender. Transfer to a large bowl and mash and cool slightly. Add chickpeas, cumin, paprika, garlic, coriander, flour and salt. Mix well to combine and roll into 15 balls. Transfer to baking tray lined with baking paper, flattening slightly, and sprinkle with sesame seeds. Bake for 25 minutes.

To serve, arrange lettuce, tomatoes, cucumber and onion onto platter. Season with salt and pepper and drizzle with olive oil. Dust falafels with paprika and arrange next to salad. Serve with yoghurt and lemon cheeks.





# Chicken Souvlakis



Prep time  
20 mins



Cooking time  
30 mins



Serves  
4

## ingredients

2 cloves garlic, minced  
1 tsp dried oregano  
1 lemon, zested & juiced  
1 tsp honey  
1 tbs olive oil  
1.2kg skinless chicken thigh fillets,  
cut into chunks  
200g cherry tomatoes, halved  
¼ cup continental parsley leaves,  
roughly chopped  
¼ small red onion, thinly sliced  
2 tsp lemon juice

Flatbreads, lemon wedges & extra virgin olive  
oil, to serve  
sea salt & black pepper  
8 metal skewers  
*Tzatziki*  
½ Lebanese cucumber, grated  
1 cup Greek yoghurt  
½ clove garlic, minced  
2 tsp lemon juice  
1 tsp honey  
2 sprigs fresh dill, chopped

## method

Preheat oven to 200°C Fanned Grill. 

Combine garlic, oregano, lemon zest and juice, honey and oil in a large bowl. Season well with salt and pepper. Add chicken and toss to coat. Cover and refrigerate for 1 hour. Thread chicken onto metal skewers and place onto a baking tray lined with baking paper. Place on the second shelf under grill and cook for 30 minutes, turning over halfway through cooking, until caramelised and cooked.

Meanwhile, combine tomatoes, parsley, red onion and lemon juice in a small bowl and season with salt and pepper. Transfer to serving bowl and drizzle with extra virgin olive oil. Set aside.

For tzatziki, squeeze as much water out of the cucumber as possible then combine with all ingredients. Season with salt and pepper.

To serve, pile up skewers onto serving platter. Arrange with tomato salad, tzatziki, flatbreads and lemon.



# Grilled Lamb Cutlets with Herbed Couscous



Prep time  
15 mins



Cooking time  
10 mins



Serves  
4

## ingredients

1 cup (250ml) chicken stock  
1 cup (180g) couscous  
2 tbs olive oil, divided  
4 spring onions, thinly sliced  
1 cup fresh mint, roughly chopped,  
plus extra to serve  
1 cup continental parsley, roughly chopped,  
plus extra to serve

½ cup (40g) pistachios, chopped, plus extra to serve  
100g Sicilian olives, pitted & chopped  
2 tsp chermoula spice  
8 lamb cutlets  
lemon wedges, to serve  
sea salt & black pepper

## method

Heat stock in a small saucepan to a boil. Place couscous and 1 tablespoon oil in a heatproof bowl and stir to combine. Add hot stock, cover with plastic wrap and set aside for 10 minutes until liquid is absorbed.

Fluff couscous with a fork. Add spring onion, herbs, pistachios and olives. Season with salt and pepper and toss to combine.

Combine chermoula with remaining oil in a large bowl. Add cutlets, season with salt and pepper and toss to coat. Heat grill or frypan over medium-high heat. Cook cutlets for 2-3 minutes a side for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil to rest for 5 minutes.

To serve, pile couscous onto serving platter and arrange cutlets over the top. Sprinkle with extra mint, parsley and pistachios. Serve with lemon wedges on the side.



# PROFESSIONAL<sup>+</sup>FX/FXP

90cm



Available in dual fuel

## KEY FEATURES

- 1 Oven:
  - Large single cavity multifunction oven with twin fans
- Energy Saving Panel (E.S.P) to create a smaller multifunction oven (RH)
- Programmable oven in large or divided mode (with E.S.P inserted)
- Integrated grill with 2 way trivet
- Gas hob with 5 burners including a multi-ring burner, wok cradle and non-stick Teppanyaki griddle
- Full cooker width storage drawer
- Full door width towel rail
- Selection of shelves and trays for large or divided mode (with E.S.P inserted)
- Pyrolytic cleaning (FXP model only)

## HOB OPTIONS



Dual Fuel

(FX- Two-handed ignition)  
(FXP- Single-handed ignition)



90cm



Black



Stainless Steel

Trim: Chrome

## ENERGY SAVING PANEL

Our revolutionary Professional+ FX/FXP range cookers feature a unique energy saving panel (E.S.P) that allows you to split the oven in half – creating a truly flexible appliance, offering the best of both worlds. The 114 cubic litre (full capacity) oven is ideal for large family dinners, but it can be transformed quickly and easily into a compact, economical single oven for smaller meals.

# CLASSIC DELUXE

## 90cm & 110cm

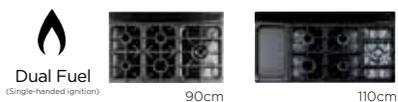


**Available in dual fuel**

### KEY FEATURES

- 2 Ovens:
  - Main programmable multifunction oven (LH) and fan oven (tall oven on 90 models) (RH)
- Handyrack (LH)
- Separate Deluxe Glide-Out Grill™ with 4-way trivet (dual circuit)
- 90 Model:
  - Gas hob with 5 burners including a multi-ring burner, wok cradle and non-stick griddle
- 110 Model:
  - Gas hob with 5 burners including a multi-ring burner, wok cradle, a multi-zone with 2 ceramic zones and a non-stick griddle
- Rapid Response™
- 90 Model: Heat indicator on fan oven reminiscent of traditional wood burning range cookers
- 110 Model: Bread proving drawer / Storage drawer
- Detachable mini splashback

### HOB OPTIONS



- |             |                |
|-------------|----------------|
| ■ Black     | ■ Royal Pearl  |
| ■ Cream     | ■ Olive Green  |
| ■ White     | ■ Racing Green |
| ■ Cranberry | ■ Royal Blue   |

👉 Trim: Chrome or Brass



# Greek Lamb Bake with Feta



Prep time  
15 mins



Cooking time  
2 hrs 10 mins



Serves  
6

## ingredients

2 tbs olive oil  
1 boneless lamb shoulder (1.7kg),  
cut into 3cm cubes  
1 tsp dried oregano  
4 sprigs fresh oregano, chopped,  
plus extra to serve  
3 cloves garlic, thinly sliced

1 lemon, zested  
¼ cup lemon juice  
1 ½ cups (375ml) chicken stock  
800g chat potatoes, washed & thinly sliced  
100g feta cheese, roughly crumbled, to serve  
sea salt & black pepper

## method

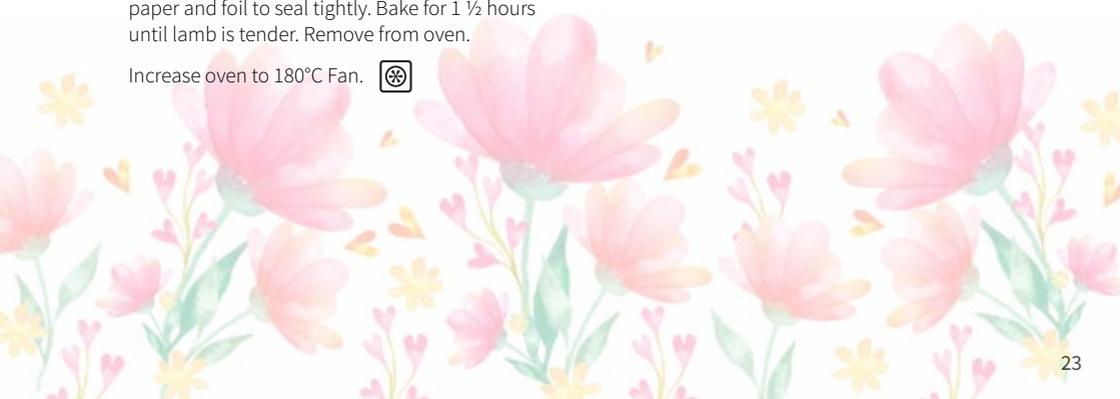
Preheat oven to 140°C Fan. 

Heat 1 tablespoon oil in a 30cm x 20cm flameproof roasting tin or casserole over medium heat. Season lamb with salt and pepper and, working in batches, fry lamb for 5 minutes, turning, until caramelised. Transfer to a plate.

Return all the lamb to casserole. Stir in dried and fresh oregano, garlic, lemon zest, lemon juice and stock. Cover with a layer of baking paper and foil to seal tightly. Bake for 1 ½ hours until lamb is tender. Remove from oven.

Increase oven to 180°C Fan. 

Toss potatoes with oil and season with salt and pepper. Arrange potatoes over lamb in an overlapping pattern. Return to oven uncovered for a further 35-40 minutes until potatoes are tender and golden. To serve, sprinkle potatoes with feta, fresh oregano and extra black pepper.





# Baked Snapper Fillets with Caponata



Prep time  
15 mins



Cooking time  
40 mins



Serves  
4

## ingredients

¼ cup olive oil  
2 red onions, halved & thinly sliced  
2 cloves garlic, thinly sliced  
2 large red capsicums, sliced lengthways  
1kg tomatoes, diced  
1 tbs tomato paste  
1 tsp caster sugar

100g pitted Kalamata olives  
2 tbs capers in brine, drained  
4 x skinless snapper fillets  
2 sprigs fresh basil, leaves picked, to serve  
extra virgin olive oil, to serve  
sea salt & black pepper

## method

Preheat oven to 180°C Fan. 

Heat oil in a flameproof casserole over medium heat. Add onions and cook for 10 minutes, stirring occasionally, until soft. Add garlic and cook for a further 1 minute until fragrant. Add capsicum and cook for 5 minutes until starting to soften. Add tomatoes, tomato paste, sugar and season well with salt and pepper. Bring to a low simmer. Cover and cook gently for 20 minutes, stirring occasionally, until tomatoes have collapsed and the sauce has thickened.

Transfer caponata to a 30cm x 20cm roasting tin. Place snapper fillets over the top and season with salt and pepper. Bake for 10 minutes, or until fish is just cooked. Scatter with olives, capers and top with fresh basil leaves. Drizzle with extra virgin olive oil and serve.



# CLASSIC

## 90cm & 110cm

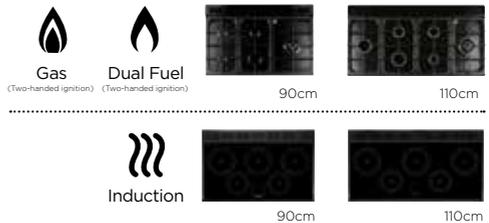


Available in dual fuel, gas & induction

### KEY FEATURES

- 2 Ovens:
  - 90 Models: Dual Fuel & Induction Both fan ovens. Gas Main gas conventional oven (LH) and electric fan oven (RH)
  - 110 Models: Dual Fuel & Induction Both fan ovens with main oven programmable (LH). Gas Both conventional ovens
- Handyrack (LH)
- Separate Glide-Out Grill with 2-way trivet (dual-circuit)
- 90 Models:
  - Gas hob with 5 burners including a multi-ring burner and non-stick griddle
  - Induction hob with 5 cooking zones
- 110 Models:
  - Gas hob with 6 burners including a multi-ring burner and non-stick griddle
  - Induction hob with 5 cooking zones
- 90 Models: Heat indicator on fan oven reminiscent of traditional wood burning range cookers
- 110 Models: Storage drawer
- Detachable mini splashback

### HOB OPTIONS



Black Cream

Cranberry

Trim: Chrome

# KITCHENER

90cm



Available in dual fuel

## KEY FEATURES

- Ovens:
  - Both fan ovens
  - Main oven programmable (LH)
- Handyrack (LH)
- Separate Glide-Out Grill with 2-way trivet (dual-circuit)
- 90 Model:
  - Gas hob with 5 burners including a multi-ring burner
- Door width towel rails

## HOB OPTIONS



Dual Fuel  
(Two-handed ignition)



90cm

Black Cream

Stainless Steel

Trim: Chrome





# Chouquettes



Prep time  
20 mins



Cooking time  
25 mins



Makes  
40

## ingredients

### *Choux buns*

125g unsalted butter, cubed  
1 cup water  
½ tsp salt  
1 tbs caster sugar  
1 cup (150g) plain flour  
4 eggs

¼ cup (30g) pearl sugar (optional)  
400ml cream  
2 tbs caster sugar  
1 tsp vanilla paste  
icing sugar, for dusting  
fresh raspberries, to serve

## method

Preheat oven to 180°C Fan. 

Place butter, water, salt and sugar in a saucepan over medium heat until it comes to a boil. Add flour and stir vigorously with a wooden spoon over low heat for about 3 minutes until mixture is smooth and comes away from the sides of the pan. Set aside to cool.

Transfer mixture to the bowl of an electric mixer fitted with a paddle attachment. Begin mixing then gradually add eggs, one at a time, until smooth and combined. Spoon into a piping bag fitted with a 1.5cm plain nozzle.

Line 2 large baking trays with baking paper. Pipe dough into small 4cm rounds, allowing room to expand. Sprinkle buns with pearl sugar. Bake for 15 minutes until puffed and golden. Reduce oven to 150°C and bake for a further 10 minutes to ensure buns are cooked through without browning further. Turn off the oven and cool with the door ajar for 30 minutes to allow buns to crisp up, then transfer to cooling rack to cool completely.

Whisk cream, sugar and vanilla paste together until soft peaks. Spoon into a piping bag fitted with a narrow nozzle. Use the nozzle to pierce the bottom of each choux bun and fill with cream. Dust lightly with icing sugar and pile up on a platter. Serve with fresh raspberries.



# Chocolate Creme Brulee



Prep time  
10 mins



Cooking time  
40 mins



Serves  
4

## ingredients

600ml cream  
½ tsp sea salt  
½ cup (115g), caster sugar, plus 2 tbs to brulee the tops

200g dark chocolate, chopped  
6 egg yolks

## method

Preheat oven to 140°C Fan. 

Place cream, salt and sugar in a saucepan over medium heat until cream just begins to boil. Remove from heat and add chocolate. Whisk until smooth and melted.

Whisk egg yolks in a large bowl, then slowly pour in chocolate custard, continuing whisking until fully combined.

Divide custard into 4 x 250ml ramekin moulds then transfer to a roasting tin. Place the roasting

tin inside the oven, then fill the tin with enough boiling water to come half-way up the sides of the ramekins. Close the door and bake for 35-40 minutes, until custards are set on the outside but still quite wobbly in the centre. Remove ramekins from water bath and cool at room temperature, then refrigerate for 2 hours.

To serve, sprinkle the top of each custard evenly with 2 teaspoons of sugar. Use a kitchen blowtorch to caramelize the sugar until glassy and firm. Serve.





[andico.com.au/falcon/home](http://andico.com.au/falcon/home)

Falcon continuously seeks improvements in specification, design and production of products and thus, alterations and design changes such as plinth design take place periodically. Images are for illustrative purposes only. Whilst every effort is made to produce up-to-date literature, the product specifications should not be regarded as an infallible guide to current specification, nor does it constitute an offer for the sale of any particular appliance.

All recipes, food styling and photography by Karen McFarlane, [foodlove.com.au](http://foodlove.com.au),  [@karen.foodlove](https://www.instagram.com/karen.foodlove)

*watercolor-spring-background* image Designed by coolvector / Freepik

