

Oven baked dishes cooking instructions

These instructions are a loose guideline for all my oven baked dishes – such as lasagna, puff pastry topped pies, filo pies, cheesy topped dishes, potato topped dishes – basically anything that comes in a ceramic dish or aluminium foil baking tin.

Make sure to remove all plastic and foil packaging from the dish.

- Defrost the dish before cooking (or extend cooking time and cover dish with foil)
- Heat oven to 190°C
- Place the defrosted dish on the middle tray of your oven and bake for approximately 35-45min until
 - the pastry is golden
 - the dish is bubbling
 - the cheese is starting to brown
- To check that the dish is hot throughout, poke a sharp knife into the middle of the dish, withdraw the knife and touch the tip of the knife to see if it's hot
- If you think the dish is getting too brown but is not yet hot enough, cover the top with tin foil and return to the oven
- Enjoy!

Serving suggestion:

- Cheesy dishes (lasagna, Melanzane Parmigiana etc) go well with green salads.
- Pies can be accompanied by boiled or steamed vegetables.
- For Mediterranean filo or kataifi dishes a balsamic vinegar dressed tomato or Greek salad is a good match.

