



Uuni Pro
Essentials

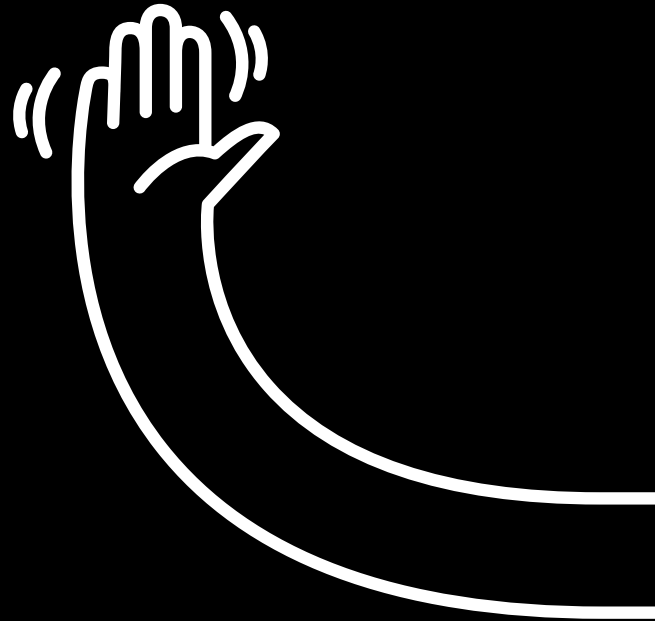


Say hello to Uuni Pro!

Uuni Pro is the world's most versatile outdoor oven and is capable of running on wood, charcoal, wood pellets or gas*. With Pro you can create delicious food with your family and friends and adapt to the style of cooking that best suits the particular dish you're making. Uuni Pro is a game-changer and we are very excited to see what you make with yours. The options are limited only by your imagination: 16" pizzas, slow-roasted joints of meat, loaves of bread, roasted vegetables and more can all be cooked in your Uuni Pro.

We put this guide together to help you get the most out of using your new Uuni Pro. We will take you from unboxing and setting up to Uuni care and beyond. We know that you will love it.

Thank you and welcome to the Uuni Community,
Kristian and the Uuni Team



**depending on region. See uuni.net for more details.*



Uuni and the World

1% of Uuni's global turnover is actively managed for charitable causes and positive social and environmental change through the Uuni Impact Fund. So far we have planted tens of thousands of trees through our partnership with National Forest Foundation.

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Important notes before you cook

Before you light up and start cooking with your new Uuni Pro, here are some important things to note.

Read Uuni Pro's safety instructions

Uuni Pro is super-fun but your safety is paramount. Please take the time to review the safety guide in your manual before you begin.

Uuni Pro is designed for outdoor use only. Like all fire-based products, children and animals should not be left unattended while Uuni Pro is lit.

Uuni Pro remains hot even after visible flames have died down. Allow at least two hours after using Uuni Pro for it to cool down before attempting to move, clean or remove parts.

Season your Uuni Pro

We know that you are excited to get cooking, but it's best for the long term if you run your Uuni Pro once before your first cook. We advise that you run your Pro at top temperatures for 30 minutes, allow it to cool and wipe down the inside with dry paper towels.

Choose your fuel

Using the right fuel is your first step towards delicious food. See page 12 for further information.

If you want to switch fuel burners, please allow your Uuni Pro to cool first.

Use your Uuni Gloves

Always wear your Uuni Gloves when using your Uuni Pro.

Prep your food

We have a lot of recipes on our website which are tried, tested and delicious. Your Uuni Pro will cook almost anything and everything and experimentation is all part of the fun.

See page 32 for some classic Uuni recipes to get you started.



Caution:

Uuni Pro is designed for outdoor use only.

How and where to set up your Uuni Pro

It's time to find a space for your Uuni Pro. Some important things to consider are:

Assembly

Follow our online video guides on our YouTube channel or use the step-by-step guide in your manual.

The table that you choose needs to be able to hold the weight of your Uuni Pro and, of course, anything you wish to cook. We recommend a sturdy table that is capable of holding weights upwards of 30kg (66lbs).

The table material should be something that can handle the radiant heat from Uuni Pro. Wood, metal and stone are recommended. Glass and plastic are not suitable.

Place your Uuni Pro away from structures and buildings. Pro performs best when set up in a space sheltered from wind. If you are cooking on a breezy day, position your Uuni Pro so that the air enters through the back to encourage airflow.

Do not use Uuni Pro on the ground.

To extinguish your Uuni Pro when you're done cooking, allow it to cool down naturally.

Never expose Uuni Pro to water while it's hot.

Protect your Uuni Pro from adverse weather conditions, especially rain, when not in use. Once your Uuni Pro has cooled, use your Uuni Pro cover to keep it free from garden debris. Store your Pro indoors during extended periods without use and during rainy spells.

Always store your stone baking boards in a warm, dry environment when your Uuni Pro is not in use.

See page 26 for further care instructions.



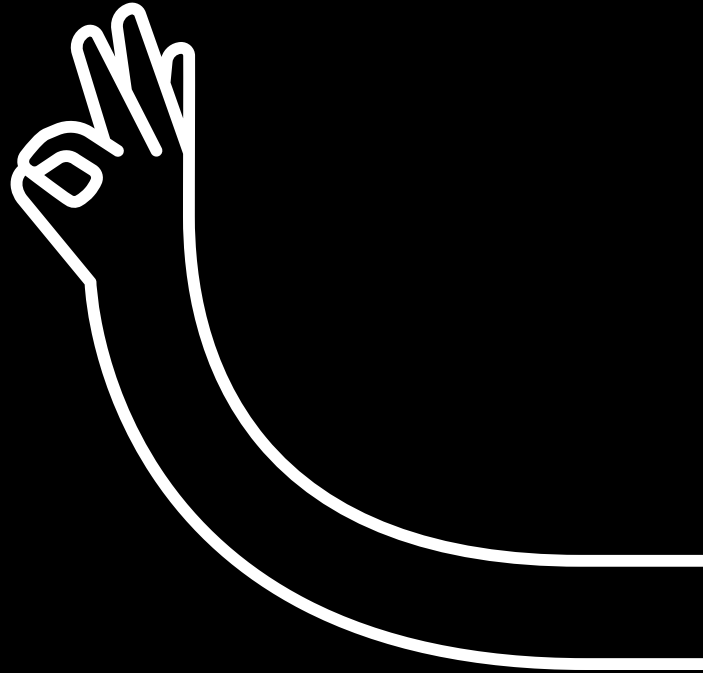
Caution: Wind can cause flames to escape from the rear of your Uuni Pro. Exercise caution when your Pro is lit and do not leave it unattended.



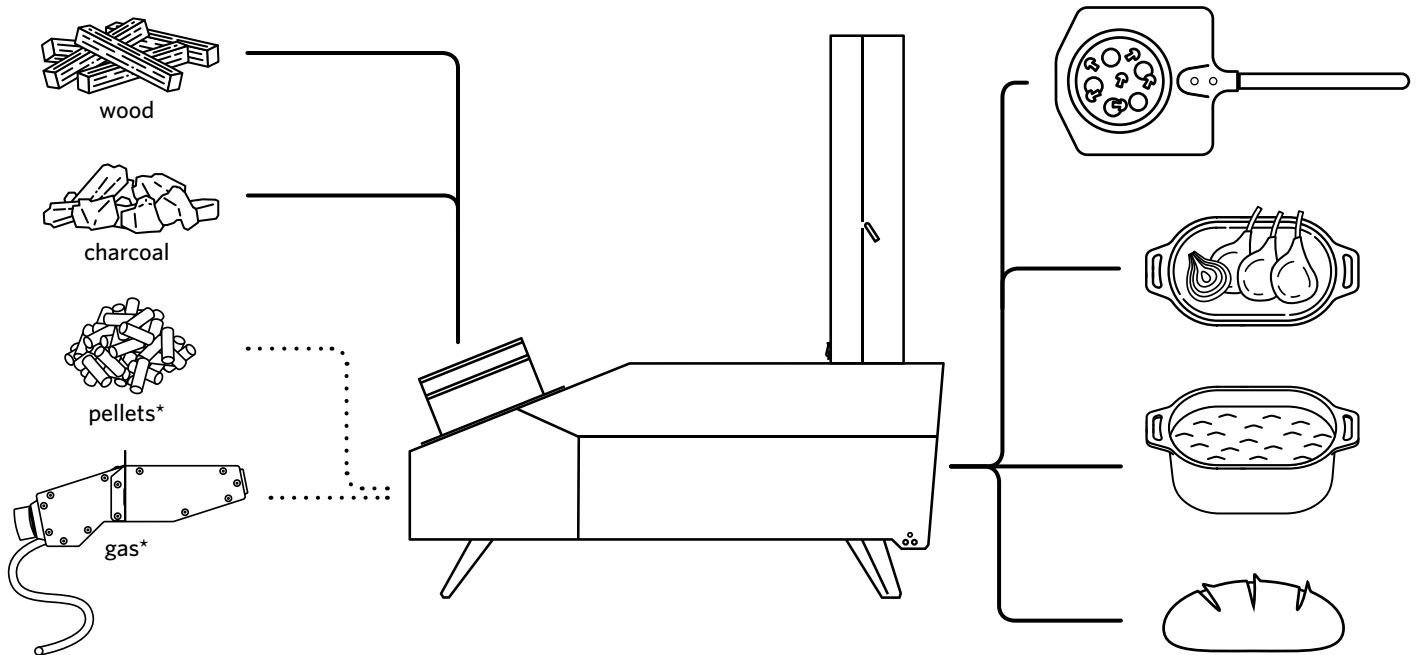
How to get the best results from Uuni Pro

Uuni Pro Essentials is a great place to start! This will be your guide to the features of Uuni Pro and what makes it the world's best outdoor oven. You can also find information online: We have a lot of awesome online resources at **uuni.net** and video guides on our YouTube channel.

If you have any questions, queries or comments then you can reach us at **support@uuni.net**. We love hearing from the Uuni Community!

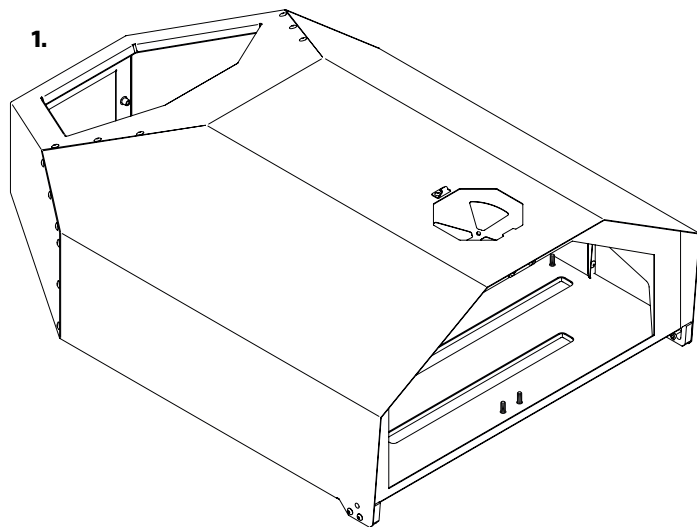


Fuel goes in the back, food goes in the front

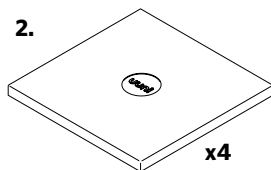


**pellet burner required if using pellets. Pellet burner and gas burner sold separately at uuni.net. Region dependent.*

What's in the box?

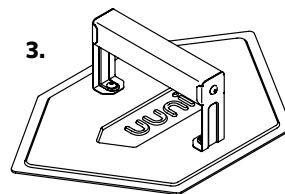


- 1. Main Body:** Insulated all around with ceramic fibre to hold in heat. Tripod-style legs keep your Pro sturdy and safe. Includes adjustable ceiling vent.

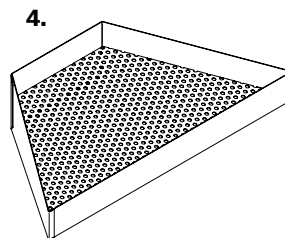


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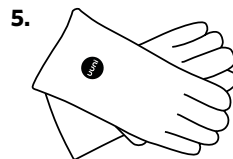
x4



3.



4.



5.

2. Stone Baking Boards:

Custom-made from durable cordierite stone, they retain heat to cook from below while the flames cook from above.

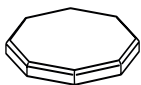
- 3. Hatch:** Insulated with ceramic fibre to hold in heat. Remove when fuelling the fire with wood and charcoal.

4. Charcoal/Wood Burner:

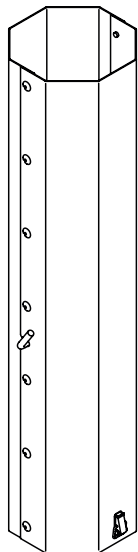
Carefully designed to help Uuni Pro reach optimum temperatures when cooking with charcoal and wood. The holes in the grate serve a dual purpose: To increase airflow and to allow excess ash to drop out of the burning area.

- 5. Uuni Gloves:** To be worn at all times when using Uuni Pro.

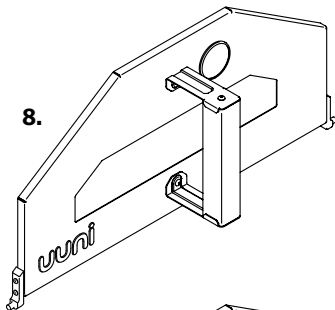
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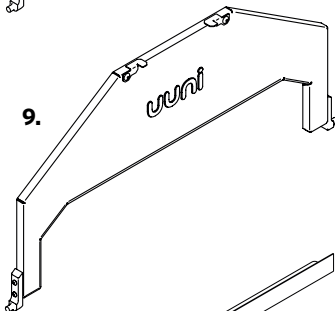
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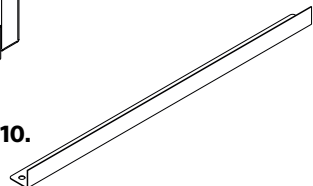
8.



9.



10.



6. Chimney Cap: To keep rain and garden debris out of your Pro when it is not in use. Remember to remove this before lighting Pro.

7. Chimney: Draws heat through Uuni Pro from the fuel source and features a simple clip to help secure and pack away your Pro with ease.

8. Door with Thermometer: Can be used for wood, charcoal and pellet-fired cooks. ***This must not be used when running Pro on gas.***

9. Pizza Door: Suitable for all fuel types, the pizza door is locked on to Pro using its tabs. You can add and remove food easily throughout your cook. ***Do not remove the pizza door while hot.***

10. Stone Guard: Protects your stone baking boards.



Caution: Do not expose any parts of Uuni Pro to water while hot as this may damage your Uuni Pro.



Before you begin assembly, please read your manual or watch how it's done on our YouTube channel.

Which fuel should you use?

The choice is yours!

Uuni Pro has been designed with versatility in mind and we use different fuels for different reasons. While cooking with fire is as much an art as it is a science, the following table will give you some idea of what results to expect from each fuel.

Fuel	Preheat Time	Temperature	Benefits
Charcoal & Wood	30-40 Minutes	Up to 500°C (932°F)	Our favourite fuel source for Uuni Pro. Keep a steady base temperature with charcoal and add wood for a burst of heat and wood-fired flavour.
Wood	30-40 Minutes	Up to 500°C (932°F)	Perfect for creating that stone-baked, wood-fired flavour for authentic Neapolitan style pizzas. Wood is ideal for anything that enjoys a fast cooking time, such as steaks, fish and vegetables.
Charcoal	30-40 Minutes	Up to 450°C (842°F)	Charcoal gives you the option to run Uuni Pro at a lower and consistent heat which is ideal for larger pieces of meat or bread.
Pellets	30-40 Minutes	Up to 450°C (842°F)	We love cooking at around 300°C - 350°C (572°F - 662°F) using pellets for a delicious calzone, or even two at a time! Use your door with thermometer for best results.
Gas	30-40 Minutes	From 250°C - 500°C (482°F - 932°F)	Awesome for everything! Lower temperatures for bread, higher temperatures for pizza.

*Please note that the above figures are estimates and are dependent on weather and ambient temperatures.

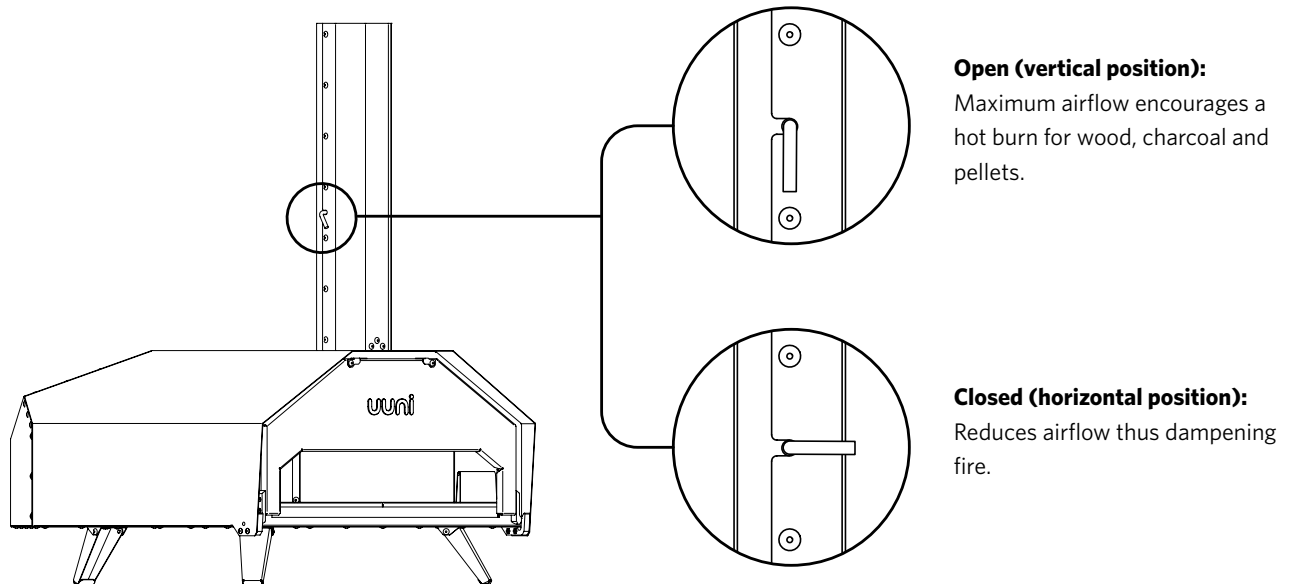


Top tip:
Check out uuni.net for some inspiration.

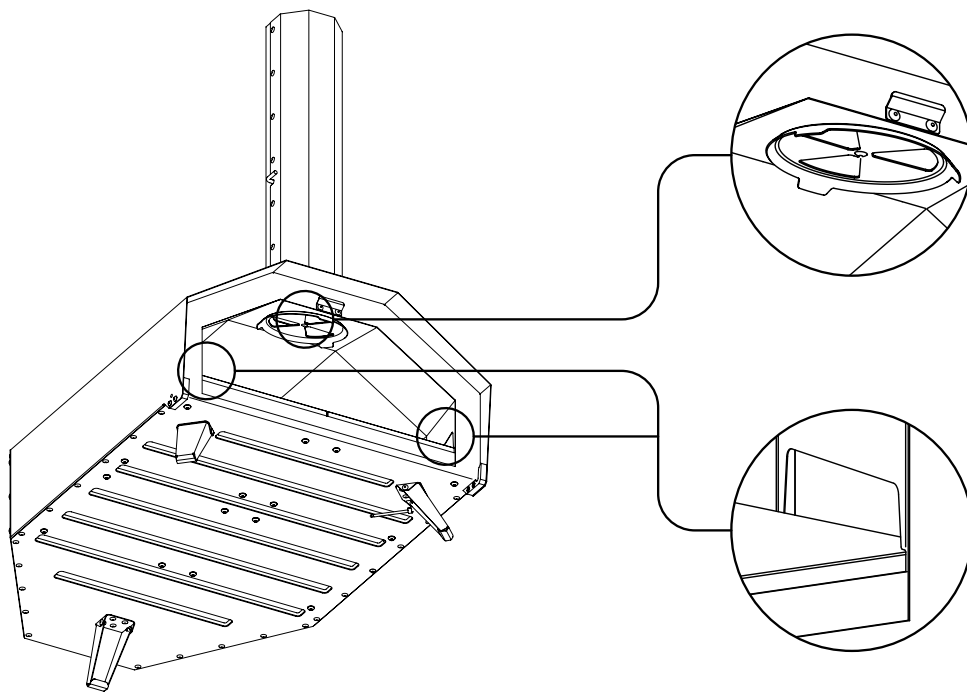
Chimney and ceiling vent positioning explained

The versatility of Uuni Pro comes not only from the fuel types, but also the positioning of the chimney and ceiling vents to control airflow and the distribution of heat in the oven.

The chimney vent controls the total airflow through the body and can be adjusted while wearing your Uuni Gloves.



The ceiling vent changes how heat behaves inside the oven. If it's open, heat escapes straight up the chimney. If it's closed, it allows heat and smoke to gather at the top of the oven chamber until they escape through the side air channels.

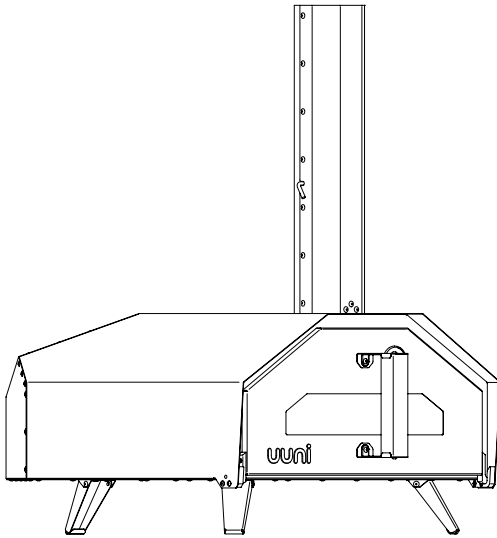


Ceiling vent: When this is closed, it will reduce air flow and allows hot air to gather inside the oven for longer.

Side air channels: These allow hot air to escape when the chimney vent is open and ceiling vent is closed.

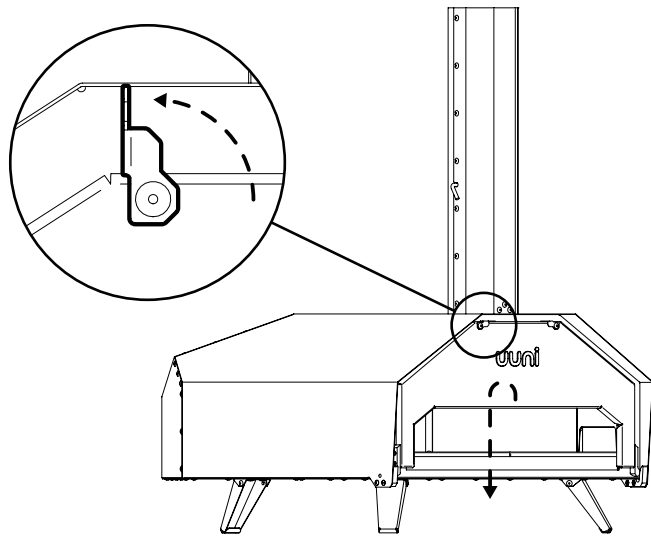
The doors

Uuni Pro's doors have both been specially designed for optimum performance. Familiarise yourself with taking the door with thermometer off and on before you light up. **Remember, the pizza door stays on throughout your cook and can be removed when Uuni Pro has cooled.**



To close the **Door with Thermometer**

Align the bottom edge hinges, raise the door until almost closed then lift and release on to the latch.



Pizza Door

The pizza door is locked in place when cooking with gas, wood, charcoal or pellets. Raise the door's tabs to secure the door in place.



Important notes:

- When cooking with gas, only use the pizza door.
- Moisture may damage Uuni Pro's door with thermometer.

Cooking with wood

There is something special about wood-fired food and we love it at Uuni HQ. The sights, sounds and smells are hard to beat. Wood gives Uuni-cooked dishes extra flavour and is perfect for an authentic Neapolitan stone-baked pizza.

Types of wood

We recommend the use of high-quality, dry hardwood from deciduous trees such as oak or beech. We recommend wood pieces of up to 25cm (10") long and around 4cm (1.5") in diameter as these will fit comfortably in your charcoal/wood burner.

Do not use treated or painted wood. Wood with high resin content, such as pine or spruce, might add unwanted flavours to your cooking.

Lighting method

To light the wood, add no more than 4 pieces on the charcoal/wood burner and light using either a blow torch or firestarters. Do not use petroleum based firestarters as these may impart unwanted flavours to your food. Once your wood is fully lit (5-10 minutes) begin adding more wood through the hatch.

Always wear your Uuni Gloves when using Uuni Pro.

Maintaining temperature

Wood will give a wide range of temperatures based on the amount burning. Add little and often to keep Uuni Pro running at a consistent temperature.

As with all wood-fired cooking, it is best to maintain your fire gradually. Refuel when the wood has mainly burnt to embers but before all visible flames have disappeared.

Do not overload the grate as too much wood may damage your Uuni Pro and cause excess smoke or soot.



Cooking with charcoal

Charcoal makes it easy to control the temperature of your Uuni Pro from very low temperatures to as high as 450°C (840°F).

Types of charcoal

We recommend using regular high quality charcoal.

It is best to avoid instant lighting charcoal and charcoal briquettes. Instant lighting charcoal can add unwanted flavours and briquettes may block airflow through the grate during a long cooking session.

Lighting method

Place a couple of handfuls of charcoal on the charcoal/wood burner and use either a firestarter or a blow torch to light. Once the charcoal is lit, gradually add more to build a good charcoal fire. Keep the hatch and door with thermometer closed for optimum performance.

Always wear your Uuni Gloves when using Uuni Pro.

Maintaining temperature

Top up your charcoal as required throughout your cook. To maintain an even, steady temperature, it is better to add gradually than to add a lot in one go.

Do not overload your charcoal/wood burner with charcoal as this may damage your Uuni Pro and cause excess smoke or soot.

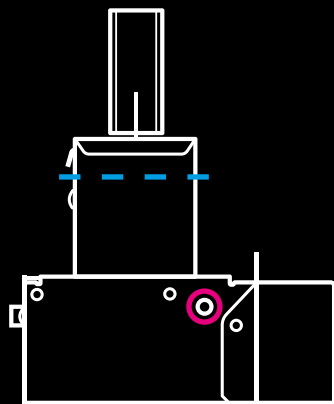


Important note:

Do not use petroleum based or other firestarters and charcoal that may impart unwanted flavour to your food.

Cooking with pellets

Hardwood pellets are an extremely energy dense heat source. They are easy to light and give an authentic wood-fired flavour.



- optimum pellet level
- side hole for torch flame

Type of pellets

Only use hardwood pellets that are meant for cooking and grilling.

Avoid using softwood pellets as these won't burn as efficiently.

Do not use pellets meant for animal bedding or heating.

These can contain additives and potentially harmful chemicals.

Lighting method

To light your pellets with a blow torch, place two handfuls of pellets in the grate and slide the tray inside. Point the blow torch flame through the side hole (circled in pink in the adjacent diagram) on to the pellets for around 30-45 seconds. Once the pellets have caught fire, gradually add more pellets via the hopper. You can find a video guide on cooking with pellets on our YouTube channel. ***Do not add too many pellets in one go as this might extinguish the flames.***

You can also light the pellets using a natural firestarter. Follow the above steps but instead of using a blow torch, place a lit firestarter in front the pellets and slide the tray back in.

Maintaining temperature

To get the most consistent burn, top up your pellets little and often. Uuni Pro will run best when pellets are topped up to approximately 3 cm (1") from the top of the hopper as shown in the adjacent diagram.

Never add a full load of pellets while lighting or topping up. Instead, add small amounts of pellets gradually and allow these to light fully before topping up.



Caution: Wind can cause flames to escape from the rear of your Uuni Pro so, as always, exercise caution when your Uuni is lit and do not leave it unattended.



Top tip:

Moisture can effect the way the pellets burn. Always store your pellets in an airtight container in a dry enviroment.

Cooking with gas

Nothing beats gas for ease of use and temperature control. You can be ready to go at the flick of a switch and using gas gives you the ability to cook anything from loaves of bread, to pizza and steak.

Type of gas

Please refer to your Uuni Pro gas burner manual for more information on which type of gas to use. Gas types can vary from country to country.

Lighting method

Set up your Uuni Pro with the pizza door.

Push in and slowly turn the gas burner control anti-clockwise. When you hear a click your gas should be lit.

You can find a video on how to light your gas burner on our YouTube channel.

If the gas does not light please refer to your gas burner manual.

Maintaining temperature

Use the gas burner control to change the heat output of your Uuni Pro gas burner.

You can also use your chimney and ceiling vents for temperature adjustment:

For hotter temperatures, close the vents and turn the burner to full.

For cooler temperatures, open the chimney vent, close the ceiling vent two-thirds and turn the burner control to low.



Important note: If the flames go out, turn off the gas and wait five minutes before reigniting. Refer to your gas burner manual for further safety instructions.



Important note:

Only use the pizza door when cooking with gas.

Care instructions

Where should I store my Uuni Pro?

It is important that your Uuni Pro is protected from adverse weather conditions, including high winds and rain. We recommend that you store Uuni Pro indoors during extended periods of time and that you keep your stone baking boards in a warm, dry environment when your Uuni is not in use. Use your Uuni Pro Cover to protect your Pro from garden debris. Ensure your Uuni Pro is completely dry and cool before storing.

How do I clean my Uuni Pro?

There's no need for elbow grease as a run through at top temperatures will do most of the work for you. If you like, you can wipe down the inside with dry paper towels and use stainless steel cleaner on the outer shell. Avoid abrasive cleaning products.

How do I care for my stone baking boards?

You should only cook pizza and dry, bread-based dishes directly on the stone baking boards. If you are cooking meat, vegetables or other dishes then we would recommend using your Uuni Sizzler Pan.

Your stone baking boards can be cleaned by running your Uuni Pro at top temperatures. If you would like to hand wash your stone baking boards, use warm water and dry them in a conventional oven for a minimum of 2 hours at 60°C (140°F). The stone baking boards are not dishwasher safe.



Top tip:

Once they have completely cooled, you can flip the stone baking boards for the next time you use your Uuni Pro: The top temperatures inside Pro will naturally clean the underside.

How do I extinguish my Uuni Pro?

Gas: Switch off, detach the gas regulator from the bottle and leave to cool.

Charcoal/wood/pellets: Leave your Uuni Pro to burn through any remaining fuel and allow it to cool naturally.

Caution: *Do not apply water directly to your Uuni Pro to extinguish or cool it down as this can cause damage and personal injury.*

How do I clean the glass on the door?

Allow your Uuni Pro to completely cool before wiping down the glass with a paper towel.

Caution: *Do not expose the glass to water while still warm or hot as this may cause damage to your Uuni Pro.*

Troubleshooting

It's safe to say that on any given day at least one member of our team is out using their Uuni – whether trying out recipes or, well, just because we love the food Uuni cooks. Between us, we've racked up thousands of hours of cooking and we think we know how to get the best from Uuni Pro. We're always happy to give advice and tips: Remember to check out our online resources and to contact us at **support@uuni.net** if you have any questions.

I can't light my Uuni Pro

Refer to the steps on page 18 onwards. The easiest way to light wood, charcoal and pellets is using a blow torch. Remember to remove the chimney cap and to open the vents as necessary.

If you are having difficulty lighting your gas burner, please refer to the Uuni Pro gas burner manual.

My gas burner does not ignite

Refer to the steps in your gas burner manual and ensure that you are using the pizza door.

Caution: *Never use your Uuni Pro in high winds.*

I am seeing smoke or soot

When any wood or charcoal starts to burn, there will be smoke produced until it reaches optimum temperatures. Add fuel gradually and make sure it is burning cleanly before cooking. If you continue to see dark smoke, it may be that your fuel is not completely dry or that too much has been added at once.

My window is sooty

There will always be a light layer of soot when cooking with wood or charcoal. If this happens during your cook, wait for your Uuni Pro to completely cool before gently wiping the glass with a paper towel.

Caution: *Do not expose the glass to water while still warm or hot as this may cause damage to your Uuni Pro.*

My Uuni Pro is too hot

If your Pro is running too hot, reduce the amount of fuel added. You can also reduce the draw from the chimney by adjusting the chimney vent.

My Uuni Pro is not hot enough

Your door with thermometer measures the ambient temperature inside Uuni Pro. However, this may differ from the temperature of the stones. We recommend an infrared thermometer for reading the temperature on the stone baking boards. If your Pro is not reaching top temperatures, here are a few things to consider:

- Your stone baking boards should be dry before you cook (you can dry them in a conventional oven at 60°C (140°F) for 2 hours).
- If your Uuni Pro has been exposed to adverse weather conditions, including rain, it will take longer to preheat.
- Make sure the chimney cap is removed before you light and while you cook.
- Check that your ceiling and chimney vents are in the correct position. Refer to page 14 in this guide for tips.
- Make sure the fuel that you are using is dry and suitable for Uuni Pro.
- The grate in your charcoal/wood burner may need to be brushed while cool to free up the air holes before lighting.



Top tip: If your stone baking boards are too hot, try resting an Uuni Sizzler Pan on them for 30 seconds or so to absorb some of the heat.

**My stone baking boards
look dirty**

Your stone baking boards may change colour during your cook but this will not affect performance. If you want, you can scrape away any excess food with your peel. Once they have completely cooled, you can flip the stone baking boards up-side-down for the next time you use your Uuni Pro: the top temperatures inside Pro will naturally clean them.

If you would prefer to handwash your stone baking boards, allow them to completely cool before washing them with warm water. They should then be dried in a conventional oven for 2 hours at 60°C (140°F).

My pizza is stuck to the peel

It's happened to the best of us, but try these tips and you'll never suffer the heartbreak of losing a pizza again:

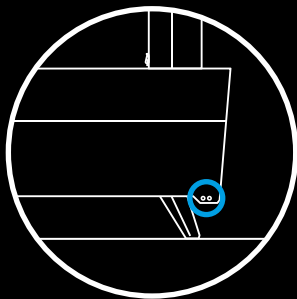
- Your peel, dough and sauce should be at room temperature.
- The dough that you are using may be too wet: Add a generous sprinkling of flour to the dough and peel before beginning your stretch. Remember to use the Uuni Classic Pizza Dough recipe (*page 32*) for the best results.
- Take care to ensure that there are no holes in the dough as sauce can create a 'glue' effect between the dough and peel.
- Before you add toppings, give the peel a shake to ensure that your dough is moving freely.
- Keep your toppings light.
- Do not leave your dough on the peel for a long time before cooking.
- If your dough has become stuck, lift it at one side and give a gentle blow of air underneath: This will create a 'hovercraft' effect and your pizza should glide more easily from your peel to the stone.

My Uuni Pro has changed colour

The appearance of stainless steel can be affected when exposed to temperatures of 537°C (1000°F) and parts of your Pro will regularly reach this temperature and above. This will not affect the performance of your Uuni Pro.

We recommend storing your Uuni Pro using your Uuni Pro Cover and keeping it in a dry environment. Some imperfections can be removed using a stainless steel cleaner.

My door is tricky to remove



If you find that your Uuni Pro door is sticking, this may indicate that your Pro is running too hot: Reduce the amount of fuel added in one go and try to maintain temperatures of no more than 500°C (932°F).

There is also the option to loosen off the door hinges. Use the supplied allen key to loosen the hinges on the sides of Uuni Pro as shown in adjacent diagram. Once loose, you can slide the door hinges forward slightly before securing them again: This gives the door more room for expansion and will make it easier to add and remove from Pro.

Always use your Uuni Gloves when the Uuni Pro is hot.



Cant find the answer you're looking for? Check out our online resources, FAQ or contact us at support@uuni.net. We'll be happy to help!

Recipes

Uuni Classic Pizza Dough

Ingredient	Weight	Qty / Vol
Type '00' flour (or strong white)	1000g	8 cups
Water	600g	2½ cups
Olive oil	40g	3 tbsp
Salt	20g	4 tsp
Dried yeast*	follow packet instructions	
Fresh yeast (alternative)*	15g	½ oz

**for a three day cold prove use half the amount of yeast*



Method

Makes 6x 275g dough balls for approximately 6x 14" pizzas

Start with a high quality '00' flour for the best results.

Bring ⅓ of the water to the boil and mix with the rest of the cold water. This brings the water to the correct temperature.

Whisk in the yeast and olive oil.

Meanwhile prepare the flour by sifting it into a bowl along with the salt.

Pour the water on top of the flour and begin mixing with a wooden spoon. Once the dough has started to form begin mixing with your hands.

Turn the dough onto a lightly floured surface and knead using both hands. Continue to knead for around 10 minutes until the dough is firm and stretchy. Cover the dough and leave in a warm place to prove for 1-2 hours.

Once the dough is proved, divide into dough balls and let them rise for a further 20 minutes before stretching.



Check out our videos on making dough and stretching the perfect pizza on our YouTube channel.

Diablo III Pizza

The dough

We've used the Classic Uuni Dough Recipe and have stretched it to 14" diameter.

The sauce

Make up a New York style sauce using the recipe on this page. Always use good quality chopped tomatoes.

The toppings

As the name suggests, you will need to use 3 different types of (preferably spicy) meat. The choice is yours.

- 3 types of meat – We've used spicy meatballs, pepperoni and Parma ham
- Mozzarella – light sprinkle
- ½ red chilli finely sliced to garnish



The Sauce (enough for 6x 14" pizzas)

Ingredient	Weight	Qty / Vol
Chopped tomatoes	2x 400g	2 tins/cans
Onion	150g	1
Olive oil	40g	3 tbsp
Basil	20g	2 sprigs
Salt	10g	2 tsp
Sugar	10g	1 tsp
Garlic clove (crushed)	5g	1
Black pepper	1g	1-2 pinches

Method

Put the olive oil and garlic into a saucepan. Turn to medium heat.

Add the tomatoes when the oil and garlic start to sizzle.

Add the quartered onion and basil. Season to taste with the sugar, salt and black pepper.

Simmer for 20 minutes to thicken.

Remove the onion and basil and allow the sauce to cool to room temperature before use.



We love a wood-fired flavour but the choice of fuel is yours. Aim for 400°C (750°F) and above on the stone.

Roasted Vegetables

Ingredient

Sweet potato wedges

Cauliflower florets

Broccolini

Red onion

Chopped garlic

Olive oil

Salt

Pepper

Weight

Qty / Vol

Use as much or as little as you like depending on your preferences.

80g

6 tbsp

10g

2 tsp

5g

1 tsp

Method

Pre-heat your Uuni Pro oven for 10-15 minutes or until 350°C (662°F).

In a heatproof dish, toss vegetables in olive oil with salt and pepper to season. Cook for 15-25 minutes or until crisp and tender. Cooking times will vary depending on the size of your vegetable chunks.

Toss halfway through for an even cook.

Easy!



We recommend using charcoal. Aim for a cooking temperature approximately 350°C (662°F).

Reverse Seared Prime Rib

Ingredient	Weight	Qty / Vol
Prime rib*	Up to 2.5kg	Up to 5½ lbs
Coarse sea salt		
Black pepper		

Extra equipment

Meat thermometer
Roasting tray
Tin (aluminium) foil

**rib of beef in the UK*



Method

The rib is cooked using Kenji López-Alt's reverse sear technique. This technique is great as it gives an even and thorough cook at low temperatures before being finished in a way that only Uuni Pro can.

Prep begins at least one day before you cook: Rub the beef with salt and pepper, patting it so that as much of the seasoning stays on the meat as possible. Now leave the meat uncovered in the coldest part of your fridge to season for a couple of days.

Pre-heat your Uuni Pro using only charcoal to 120°C (248°F). It is important that the temperature doesn't go much above this. Maintain the temperature by adding small amounts of charcoal when required.

Place the meat in the roasting tin on a large sheet of tin foil. Leave the meat uncovered but fold the tin foil in a way that protects the meat from the direct heat of the charcoal.

For medium rare, cook the until the middle reads 54°C (129°F) on your meat thermometer. This took approximately 2 hours for the rib pictured.

Remove and allow to rest for 30 minutes while covered by tin foil and kitchen towels. In the meantime, load up the charcoal burner with plenty of charcoal and bring the oven to 350°C (662°F) or above.

Once at temperature, place the meat back in the oven for a final searing, turning it around a few times to achieve an even char. This shouldn't take more than 5-10 minutes: At this stage, you are only finishing the meat, not cooking it.

Serve and enjoy!

Seafood Stew

Ingredient	Weight	Qty / Vol
Seafood selection*	500g	1.1 lbs
Chopped tomatoes	400g	1 tin/can
White wine	150g	2/3 cup
Olive oil	40g	3 tbsp
Chilli (crushed)	20g	2/3 oz
Garlic clove	10g	2 cloves
Tarragon	10g	2 sprigs
Parsley	10g	2 sprigs

** Your choice of cooked mussels, fish chunks, king prawns or squid - we chose to use all!*



Method

Pre-heat your Uuni Pro oven for 10-15 minutes or until 350°C (662°F).

Add olive oil to the Uuni Pro Casserole Dish and pre-heat in Uuni for 1-2 minutes.

Add in the garlic, chilli and tarragon and fry until soft.

Add the squid, fish, tomatoes and wine and cook with the lid on for 15-20 minutes.

Once the squid is tender and the sauce has thickened, add the mussels and prawns and cook for another 10-15 minutes or until all seafood has cooked through.

Sprinkle a little parsley on top and serve with fresh wood-fired bread.





We recommend using charcoal. Cooking temperature approximately 350°C (662°F).

Keep in touch


We love hearing and seeing what you create and cook with your Uuni Pro so keep in touch by tagging your photos with **#uuni** or **#uunified**

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As ever, if you have any questions, queries or comments then you can reach us at **support@uuni.net**.

Remember to join the Uuni Community Facebook group for hints and top tips from the awesome and ever-growing group of Uuni owners. Just search for **Uuni Community** on Facebook.



Join the outdoor cooking revolution!



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