

Cooking and Baking in a Toaster Oven and Stovetop

Dr. John A. Allocca

www.allocca.com

12/16/21, updated 2/23/22

Introduction

A stovetop oven uses 3,000 to 4,000 watts of power. A gas oven will use a similar amount of energy from gas. A toaster oven uses 1,500 to 1,800 watts of power. Furthermore, a toaster oven will not heat up the house on warm summer days. Be sure that your toaster oven can fit a 9 x 9 baking pan and a 9 x 13 inch foil tray. The toaster oven I use is the Breville BOV845BSS Smart Oven Pro Countertop Convection Oven. Below are just a small sampling of recipes. The full collection of recipes may be found in the book "Healthy Gourmet Recipes and Innovations," by Dr. John A. Allocca, available on Amazon.

Okay, maybe one recipe that can be made on a stovetop or hotplate.

Salmon

4 6 oz. pieces of salmon

Dash of black pepper

Dash of garlic powder

Dash of oregano

Place the salmon with the skin down in a 9 x 13 inch foil tray and herbs and spices. Bake at 350 degrees F for 40 minutes. While removing the salmon from the foil pan, the skin should stick to the bottom of the pan.

Serve with rice and vegetables

Roasted Potatoes

4 large organic potatoes, 3/4 inch diced

1/4 cup cold pressed olive oil or sunflower oil

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

1/2 teaspoon basil

1/2 teaspoon oregano

1/2 teaspoon parsley

1 teaspoon rosemary

1/2 teaspoon sea salt

Place diced potatoes in a 9 x 13 oiled foil baking tray. Pour oil over top. Mix the remaining ingredients. Bake at 400 degrees F. for 1 hour.

Oatmeal Pumpkin Seed Bread

1-3/4 cups water
1/2 teaspoon sea salt
4 tablespoons sunflower oil plus oil for the pan
2 tablespoons honey
2 cups whole pumpkin seeds
1 tablespoon rosemary
2 cups rolled oats
2 tablespoons baking powder
4 cups ORGANIC* bread or pastry flour (white or whole wheat or half of each)

In a bowl, add water and salt. Mix well with a wooden spoon or electric mixer with dough hooks on low speed. Add honey and oil. Mix well. Add baking powder and flour. Mix well. Add more flour if the mixture is too watery to make a dough that is not too wet nor too dry. It should make a ball of dough. Several baking methods are listed below depending upon available resources.

Pour dough into an oiled 9 x 9 x 2 inch pan or use parchment paper. Cut a small slit lengthwise in the top. Bake at 400 degrees F. for 30 minutes or until the top is brown. Allow to cool on a wire rack for at least 20-30 minutes.

* It is really important to use organic flour because non-organic flour may contain glyphosate (Roundup), which can lead to food allergies and sensitivities.

100 grams = approximately 65 grams carbohydrates and 286 calories

Pumpkin Seed Bread

1-3/4 cups water
1/2 teaspoon sea salt
4 tablespoons sunflower oil plus oil for the pan
2 tablespoons honey
3 cups whole pumpkin seeds
1 tablespoon rosemary
2 tablespoons baking powder
6 cups ORGANIC* bread or pastry flour (white or whole wheat or half of each)

In a bowl, add water and salt. Mix well with a wooden spoon or electric mixer with dough hooks on low speed. Add honey and oil. Mix well. Add baking powder and flour. Mix well. Add more flour if the mixture is too watery to make a dough that is not too wet nor too dry. It should make a ball of dough. Several baking methods are listed below depending upon available resources.

Pour dough into an oiled 9 x 9 x 2 inch pan or use parchment paper. Cut a small slit lengthwise in the top. Bake at 400 degrees F. for 30 minutes or until the top is brown. Allow to cool on a wire rack for at least 30 minutes.

* It is really important to use organic flour because non-organic flour may contain glyphosate (Roundup), which can lead to food allergies and sensitivities.

100 grams = approximately 65 grams carbohydrates and 286 calories

Oatmeal Pumpkin Seed Mini Muffins

40 Mini Muffin Recipe

2 cups water or rice milk or organic cow's milk
1/4 teaspoon sea salt
2/3 cup cold pressed sunflower oil
4 tablespoons cup honey
1/2 cup whole pumpkin seeds
2 cups rolled oats
2 tablespoons baking powder
2-2/3 cups ORGANIC* flour (white or whole wheat or half of each)

20 Mini Muffin Recipe

1 cup water or rice milk or organic cow's milk
1/8 teaspoon sea salt
1/3 cup cold pressed sunflower oil
2 tablespoons cup honey
1/4 cup whole pumpkin seeds
1 cup rolled oats
2 teaspoons baking powder
1-1/3 cups ORGANIC* flour (white or whole wheat or half of each)

In a 4 quart bowl, add water and salt. Mix well with a wooden spoon or electric mixer on low speed. Add honey and oil. Mix well. Add pumpkin seeds and stir. Add baking powder, oats, and flour. Mix well. Spoon out batter using a tablespoon or a 1.75 inch diameter ice cream scoop, onto a very lightly oiled 20 Mini Muffin Pan or use parchment paper cups . Bake at 350 degrees for 20 minutes or until slightly brown. Cool on a wire rack.

* It is really important to use organic flour because non-organic flour may contain glyphosate (Roundup), which can lead to food allergies and sensitivities.

100 grams = approximately 65 grams carbohydrates and 286 calories

Each mini muffin (1 inch in diameter) weights approximately 30 grams = 21.5 g carb = 94.4 calories

CHEFMADE Mini Muffin Pan, 20-Cavity Non-Stick Tiny Cupcake Pan Bakeware for Oven Baking, 12.9 x 10.2 x 0.87 inches, \$20.99 at Amazon

PaperChef Natural Release Coated Parchment Baking Cups (90-Cups Mini), \$5.99 at Amazon

OXO Good Grips Batter Mixing Bowl, 4 Quart with Lid, White. \$12.95 at Amazon

OXO Good Grips 3-Piece Wooden Spoon Set, \$12.95 at Amazon

Solula Professional 18/8 Stainless Steel Medium Cookie Scoop, Size 40
#40 scoop mouth diameter: 1.73 inches /44mm, Scoop holds about 1.7 Tbsp / 26 ml, yields a 2 3/4"-diameter cookie. \$14.75 at Amazon

Oatmeal Pumpkin Seed Muffin Cake

1-1/2 cups water or rice milk or organic cow's milk
1/4 teaspoon sea salt
1/2 cup cold pressed sunflower oil
1/4 cup honey
1/2 cup whole pumpkin seeds
1-1/2 cups rolled oats
1 tablespoon baking powder
2 cups ORGANIC* bread or pastry flour (white or whole wheat or half of each)

In a bowl, add water and salt. Mix well with a wooden spoon or electric mixer on low speed. Add honey and oil. Mix well. Add baking powder, seeds, oats, and flour. Mix well.

Spoon out onto a very lightly oiled 9 x 9 x 2 inch baking pan or use parchment paper. Bake at 350 degrees F. for 25 minutes or until slightly brown. Cool on a wire rack.

* It is really important to use organic flour because non-organic flour may contain glyphosate (Roundup), which can lead to food allergies and sensitivities.

100 grams = approximately 55 grams carbohydrates and 286 calories

Pumpkin Seed Muffin Cake

1-1/2 cups water or rice milk or organic cow's milk
1/4 teaspoon sea salt
1/2 cup cold pressed sunflower oil
1/4 cup honey
1 cup whole pumpkin seeds
1 tablespoon baking powder
3 cups ORGANIC* bread or pastry flour (white or whole wheat or half of each)

Preheat oven to 350 F.

In a bowl, add water and salt. Mix well with a wooden spoon or electric mixer on low speed. Add honey and oil. Mix well. Add baking powder, seeds, oats, and flour. Mix well.

Spoon out onto a very lightly oiled 9 x 9 x 2 inch baking pan or use parchment paper. Bake at 350 degrees F. for 25 minutes or until slightly brown. Cool on a wire rack for at least 30 minutes.

* It is really important to use organic flour because non-organic flour may contain glyphosate (Roundup), which can lead to food allergies and sensitivities.

100 grams = approximately 55 grams carbohydrates and 286 calories

Thursday Night Dinner (Stovetop or Hotplate)

1 tablespoon butter
3 tablespoons cold pressed sunflower oil
3 cloves garlic, finely chopped
1/2 pound mushrooms, sliced
1 14 oz can diced tomatoes
1 14 oz can kidney beans
1 package frozen mixed vegetables
1 teaspoon parsley
1/2 teaspoon oregano
1/4 teaspoon sea salt
1/8 teaspoon black pepper
1 teaspoon chives

Melt butter in a 6 quart pot. Add garlic and brown slightly. Add mushrooms and oil. Cook until mushrooms are browned. Defrost frozen vegetables in a microwave for 5 minutes. Add remaining ingredients, cover, and cook for 1 hour. Serve over rice or pasta. Serves two people.