



**HETA**

WOODSTOVE  
**TEMPTATIONS**

## Foreword for Wood Stove Temptations

Heta A/S is a family-owned manufacturing company, located in Lemvig, on the west coast of Jutland, Denmark. Heta stoves are designed, developed and manufactured in Lemvig.

Even in these modern times, traditional craftsmanship and professional pride remain key company values, and innovative and highly functional stoves are the result.

A Heta stove with an oven opens up a world of possibilities and gives you a unique food experience, from cooking to serving.

The stove and oven work together in a way that combines the best of both worlds and appeals to all the senses. Feel the heat from the stove's large glass window, through which you can see the dancing flames. Hear the fire crackling, as you smell the

fragrance of the food cooking in the oven, or enjoy its taste. A sensory journey, which enhances the stove's place as the focal point of the room.

The recipes in the Temptations book are versatile, serve them during any season and all mealtimes are covered. The dishes are simple enough that even someone with limited experience will achieve a good result.

We hope you enjoy using your wood stove with baking oven, and bon appétit.



Carsten Bach  
Director



# Breakfast Buns

**8-10 PCS.**

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**250 ml Warm water**

**50 g Yeast**

**100 ml Buttermilk**

**1 tsp Salt**

**1 tsp Sugar**

**500 ml Plain flour**

**100 ml Oats**

**200 ml Durum flour**

**150 ml Oil**

Dissolve the yeast in the warm water.

Add the buttermilk.

Add the oats, durum flour, salt and sugar.

Add the oil and the plain flour.

Mix the dough for 15 minutes. Shape the buns and dip in a little water. Then dip in durum flour or linseed.

Let the buns stand for one hour.

Place hot water in the bottom of the oven and bake the buns for approx. 18 minutes at 210°C

The buns are ready when they have a core temperature of 100°C.

The durum flour and oats can be replaced with five-grain mix, left to soak the day before.









# Salted almonds

**4 PEOPLE**

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**7 tbsp. Coarse salt**

**400 ml Water**

**400 g Almonds**

**Oil for baking**

Boil the water and salt until the salt has dissolved.

Add the almonds and turn off the heat.

Allow the almonds to draw for 20 minutes.

Let the almonds drain and then divide them into three portions.

Turn the first almonds in oil and coarse salt and lie them on baking paper.

Turn the next batch of almonds in liquorice powder, oil and coarse salt and lie them on baking paper.

Turn the last batch of almonds in lemon juice, oil and coarse salt and lie them on baking paper.

Place the three batches in the oven and bake for approx. 10-12 minutes at 180°C, turning occasionally.

Serve as a snack or garnish with salads.

# Baked Parma ham with licorice almonds and lettuce

## 4 PEOPLE

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**500 g Sliced Parma ham**

**1 bunch Green asparagus**

**1 jar Sun-dried tomatoes**

**1 punnet Blueberries**

**150 g Licorice almonds**

**500 g Mixed lettuce**

**1 Red onion**

Prepare the salted almonds the day before - see the recipe on page 7.

Cut the Parma ham in half, place it on oiled baking paper and heat in an oven for approx. 15 minutes at 200°C.

Turn the salted almonds in oil and licorice powder and bake them in the oven. Allow them to cool a little.

Rinse the lettuce and let it drain.

Open and drain the sun-dried tomatoes

Rinse the asparagus and cut 6 cm off the bottom. Then slice at angles

Peel the red onion and cut from the top to the root

Rinse the blueberries and turn into the lettuce with the asparagus, red onion and sun-dried tomatoes

Arrange the salad on the plate and decorate with the roasted Parma ham and licorice almonds.

Can be served with normal bread or bruschetta with spring onion or tomato basil pesto.









# Bruschetta with spring onion pesto

**4 PEOPLE**

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**1 Baguette (wheat)**

**1 bunch Green onions**

**1/2 Lemon**

**1 clove Garlic**

**150 ml Oil**

**100 g Grated cheese**

**Ground pepper**

**Salt**

Slice the baguette thinly.

Wash the green onions and cut into pieces. Rinse the green onions a second time.

Mix the green onions in a blender with the lemon juice and garlic.

Add the oil, a little at a time. The pesto must not get too thin.

Spread the pesto on the bread slices and sprinkle with grated cheese and crushed pepper.

Bake the bread in an oven until the cheese has melted but is not too brown.



# Bruschetta with tomato basil pesto

**4 PEOPLE**

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**1 Baguette (Wheat)**

**1 jar Sun-dried tomatoes**

**1 clove Garlic**

**1/2 bunch Basil**

**50 g Sunflower seeds**

**100 ml Oil (use the oil from the  
sun-dried tomatoes)**

**Lemon juice**

**Salt**

Blend the sun-dried tomatoes, garlic, basil and sunflower seeds to form a uniform mixture. Blend in the oil, a little at a time. Season the pesto with salt and lemon juice.

The pesto should be thick.

Cut the baguette into slices and spread on the pesto.

Bake the bread in the oven until crisp and serve immediately as an appetizer or snack.







SPARKLING NATURAL MINERAL WATER / NATURGETRÜCKTES  
**S. PELLEGRINO**

BOTTLED AT THE SOURCE / BOTTIGLIATO ALLA FONTE  
SAN PELLEGRINO TERME  
BERGAMO (1910)



ARE YOU a real FOODIE?

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# Bruchetta entrée

**2 PEOPLE**

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**1 Baguette (Wheat)**

**3 tbsp Oil**

**3 Ripe tomatoes**

**1 Large red onion**

**1/2 bunch Basil**

Cut the baguette into slices, brush it with oil and bake in the oven until crisp.

Finely chop the tomatoes and red onion.

Wash and chop the basil. Turn it briefly in oil.

Mix the three ingredients and arrange them on top of the crisp baguettes.

Serve immediately.



# Laksetimbale med spinat

**4 PEOPLE**

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**150 g Smoked salmon**

**6 Eggs**

**300 ml Milk or cream**

**400 g Fresh spinach leaves**

Whip the eggs with the milk/flour and strain the mixture.

Wash and chop the spinach and turn it in oil in a hot frying pan for a few minutes.

Place the spinach in a sieve and press out the oil. Add the spinach to the egg mixture.

Grease the moulds with oil and pour in the egg mixture.

Cut the salmon into small strips and place in 4 small timbale moulds.

Place the timbales in an oven dish. Half fill the dish with boiling water and place it in the oven.

Bake the dish for approx. 30 minutes at 180°C.

Can be served with lettuce and asparagus, cherry tomatoes, cucumber and beetroot sprouts and dressing.





# Parma ham Pizza

## 4 PEOPLE

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**25 g Yeast**

**200 ml Water**

**1 tsp Oil**

**300 g Wheat flour (pizza flour)**

**1/2 tsp Coarse salt**

**1 punnet Cherry tomatoes**

**1 jar Black olives**

**1 bunch Basil**

**1 tin Peeled tomatoes with herbs**

**1 clove Garlic**

**1 Red onion**

**300 g Parma ham**

**1 bag opping cheese**

**2 bags Fresh mozzarella**

Dissolve the yeast in the water.

Add oil, salt and flour, and knead the dough until smooth.

Leave the dough to rise in a warm place covered with a cloth for one hour.

Divide the dough into 4 portions and roll them out.

Mix the peeled tomatoes with the basil and garlic, and spread on the pizzas.

Spread the topping cheese together with slices of fresh mozzarella.

Decorate with the Parma ham, olives, onion and cherry tomatoes.

Leave everything to stand for 10 minutes on the kitchen table.

Bake the pizzas in the oven, one at a time, for approx. 25-30 minutes at 200°C.

# Burger Buns

**MAKES APPROXIMATELY 10**

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**500 g Wheat flour**

**50 g Yeast**

**100 ml Oil**

**300 ml Milk**

**3 tsp Sugar**

**1 tsp Salt**

**Sesame seeds**

Warm the milk (not too hot) and dissolve the yeast in it.

Add the other ingredients and knead the dough until uniform.

Cover the dough and let it rise in a warm place for 15 minutes.

Divide the dough into 10 equal portions and shape them into buns.

Dip each bun in water and then in sesame seeds and lie a piece of baking paper on the buns.

Press them flat and prick with a fork. Bake 5 at a time.

Allow the buns to rise for approx. 30 minutes.

Place an oven dish containing boiling water in the bottom of the oven.

Bake the buns for approx. 20 minutes at 210°C.









# Stuffed chicken breast with pesto and mozzarella wrapped in bacon

## 4 PEOPLE

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**4 Fresh chicken breasts**  
**1 bunch Basil**  
**1 clove Garlic**  
**50 g Parmesan cheese**  
**100 ml Oil**  
**150 g Grated cheese**  
**16 slices of bacon**  
**Mozzarella**

**600g Small potatoes in  
their skin**  
**25 ml Salt**  
**150 ml Water**

**4 Carrots**  
**4 Parsley roots**  
**4 Parsnips**  
**2-3 tsp Dried thyme**  
**Salt**

Bring water and salt to the boil and add the potatoes. Let the potatoes boil until half cooked. Wash the vegetables and cut into pieces.

Sauté the vegetables in a pan with oil and seasoning for 5 min.

Turn the potatoes and vegetables in the oil and pour it into a dish ready for the oven.

Blend the basil, garlic and Parmesan. Slowly add the oil while blending.

Split and flatten the chicken pieces and spread pesto and mozzarella on them.

Close them again and wrap bacon around the whole piece. Brown the chicken breasts in a frying pan, place them in a greased dish and put in the oven with the potatoes and vegetables.

Bake for 40 minutes at 180°C. The core temperature must be at least 80°C.









A BEER WITH LIGHT AND FRESH FLAVOUR  
THE BEST IS BREWED IN THE MOUNTAINS, WA  
Nicolas Yahé  
**BLOND**



# Home-made burgers

## 4 PEOPLE

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**600 g Minced beef**

**12 slices Bacon**

**1/2 Iceberg lettuce**

**1/2 punnet Rucola**

**1 Cucumber**

**3 Tomatoes**

**1 Onion**

**1 jar Miracle whip**

The recipe for burger buns is on page 20.

Bake the burger buns with sesame seeds one hour beforehand, and cover prior to serving.

The buns can be warmed again before serving, if necessary.

Roast the bacon on baking paper in the oven and drain on paper towel.

Shape the meat patties and flatten them. Brown the patties on both sides in a hot frying pan with butter and oil. Season the patties with salt and pepper.

Heat the patties in the oven for approx. 20 minutes at 200°C

Rinse and chop the lettuce.

Rinse and slice the tomatoes, cucumber and onion.

The burgers can be put together before serving, or guests can choose their own composition.

# Ham pastry roll

**4 PEOPLE**

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**1 punnet Mushrooms**

**1 Leek**

**150 g Ham**

**150 g Natural cream cheese**

**2 tsp Mustard**

**1/2 tsp Salt**

**3 tbsp Chives (chopped)**

**1 packet Frozen puff pastry**

Prepare the mushrooms and slice them.

Wash the leeks and cut into rings.

Sauté the mushrooms and leek in oil, and allow to cool in a sieve.

Cut the ham into strips and mix into the cream cheese together with the mustard, chives, salt, and cooled vegetables.

Place the puff pastry sheets on top of each other, roll into a rectangle approx. 20x30 cm and place the dough on the tray.

Spread the filling along the centre and cut the sides into angled strips.

Fold the ends in first and lie the strips across each other, alternating left and right.

Brush with egg.

Bake the ham and pastry roll for approx. 40-45 minutes at 210°C

Serve with tomato salad.







# Plaice rolls served with leek/white wine sauce

**2 PEOPLE**

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**200 g Leek**

**125 g Carrot**

**8 pieces Plaice fillet**

**150 ml White wine**

**1 Chicken stock cube**

**300 ml Water**

**4 sprigs Dill**

**150 ml Cream**

**Corn starch**

**Salt and white pepper**

Wash the plaice fillets, sprinkle with salt and white pepper and then roll them.

Peel the carrots and cut into thin strips.

Wash the leeks and cut into thin strips.

Sauté the vegetables in a frying pan. Remove some for decoration, then add white wine and thicken slightly using corn starch.

Add the cream and simmer for 3 minutes.

Pour the vegetables and a sprig of dill into an oven dish. Put the plaice rolls on top of the vegetables.

Put the dish in the oven for around 20 minutes at approx. 180°C.

Arrange the plaice rolls with sprigs of dill and serve with white potatoes or bread.

# Steak and onion with white potatoes

## 4 PEOPLE

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**4 180 gram beef fillet steaks**  
(approx. 2.5 cm thick)

**5 Large brown and red onions**

**25 g Butter**

**100 ml Cream**

**300 ml Water**

**1 Beef stock cube**

**1 kg Potatoes**

**Salt**

**Browning**

**Corn starch**

Boil the potatoes on the stove, covered with water and a little salt, for 40 min.

Melt the butter and brown the steaks on both sides.

Then place them in an oven dish and season with salt and pepper.

Place the dish in the oven for approx. 5-7 minutes at 180°C.

Cut the onions from the root to the top, melt the butter and brown them in a frying pan.

Take half the cooked onions aside for decoration.

Add water and the beef stock to the pan and let it simmer, then thicken using corn starch.

Add flour and browning.

Then pour the gravy over the steaks and decorate with the soft onions.









# Baked marzipan apples with cinnamon filling

**4 PEOPLE**

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**4 Apples**

**50 g Butter**

**50 g Chopped almonds**

**50 g Marzipan**

**50 g Melted butter**

**1/2 tsp Cinnamon**

**4 tbsp Sugar**

Grate the marzipan and knead together with the butter.

Chop the almonds and mix with the marzipan and butter.

Remove the apple cores and stems.

Fill the apples with the marzipan mixture.

Roll the apples in the melted butter and then in the cinnamon and sugar mixture.

Put the apples in a greased oven dish and heat in the oven for approx. 20 minutes at 175°C.

The warm apples can be served with ice cream.



# Bleeding Heart chocolate cake

**6 PEOPLE**

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**100 g Butter**

**125 g Chocolate, 55%**

**4 Pasteurised egg yolks**

**4 Pasteurised egg whites**

**40 g Sugar**

**20 g Plain flour**

Melt the butter and then add and melt the chocolate

Whip the egg yolks and sugar until light and foamy

Mix the flour and then the chocolate butter into the egg mix

Whip the egg whites until stiff and turn carefully into the chocolate mix

Grease the moulds with oil and sprinkle with sugar.

Divide the mixture into six portions and bake for 7 minutes at 220°C.

Tip out carefully or serve in the mould

Can be served with vanilla ice cream or whipped cream and chocolate sauce.





Scan-Line 520B  
3-8 kW  
165 kg



Scan-Line 820B  
2-8 kW  
221 kg



Scan-Line 830B  
2-8 kW  
156 kg



Scan-Line 1000  
7,7 kW  
319 kg



Scan-Line Turin  
3-8 kW  
268 kg





Scan-Line 40B  
3-10 kW  
448 kg



Scan-Line 50B  
3-10 kW  
563 kg



Scan-Line 80XL-B  
2-8 kW  
388 kg



Scan-Line 30B  
3-12 kW  
604 kg



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