



PHOENIX  
PRIME FOCUS

# Chefs Handbook

*multifunction cooking*

STONE HEARTH OVEN VERSATILITY

# UNDERSTANDING YOUR OVEN

Understanding the features and operation of your stone hearth oven is important to achieve cooking with maximum efficiency.

Let's start from these key points:

**1. Heat Transfer**

**2. Heat Retention**

**3. Energy Consumption**

**4. Maintenance**



# 1. Heat Transfer

Stone hearth ovens utilize 3 types of heat to cook:

- **Radiant heat**

Generated directly by the fire/gas burner/electric elements inside the chamber and stored within the floor and roof.

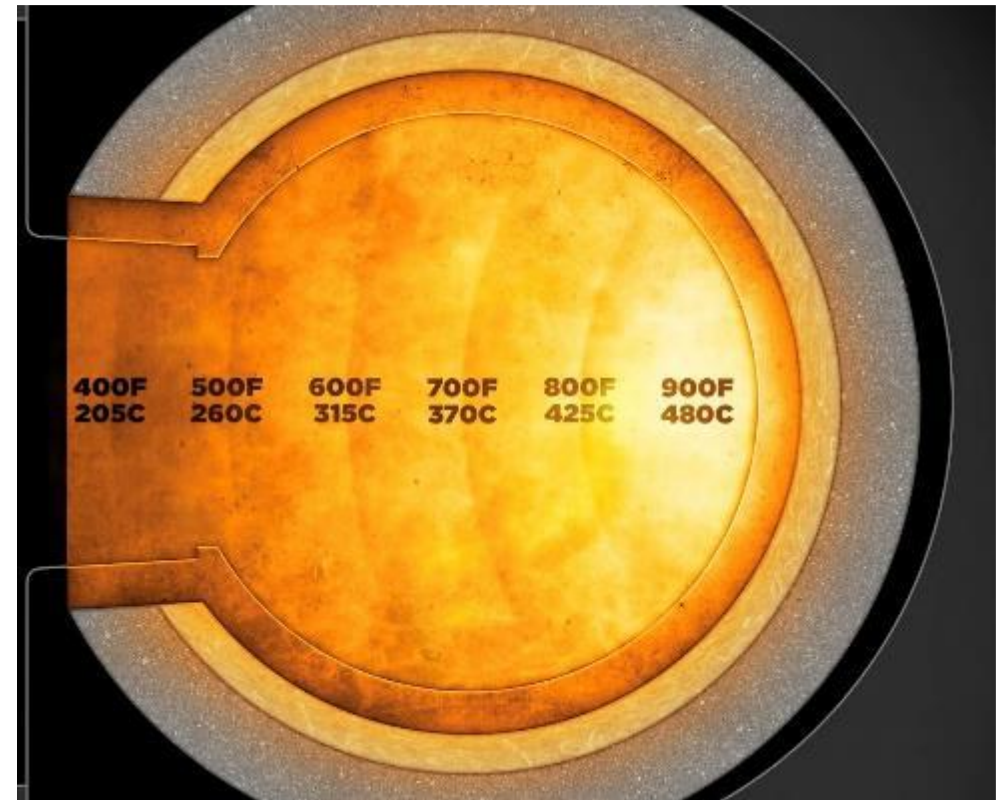
- **Conduction heat**

Heat transferred by direct contact with the food ie. when pizza is placed onto the brick surface, or pans placed onto the floor.

- **Convection heat**

Generated by the cool air drawn into the oven that is then heated and circulated inside the chamber.

**One of the greatest strengths of this type of oven is the cooking versatility created by the variable temperature zones within the chamber.**

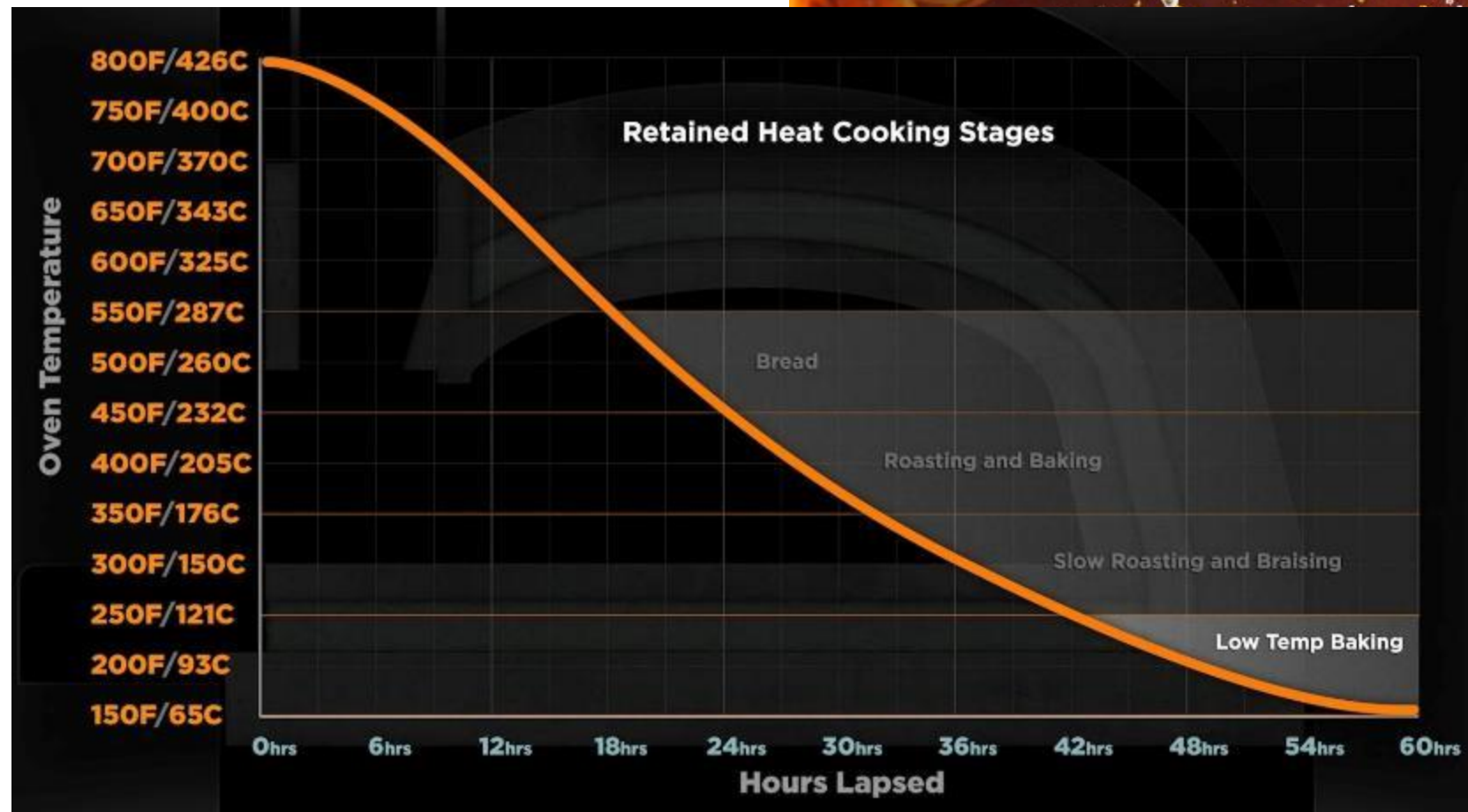


## 2. Heat Retention

Stone hearth ovens follow a pattern of heat cycles.

From when the oven is cool at the start of the day, to a peak of high temperature, then a slow decrease after service.

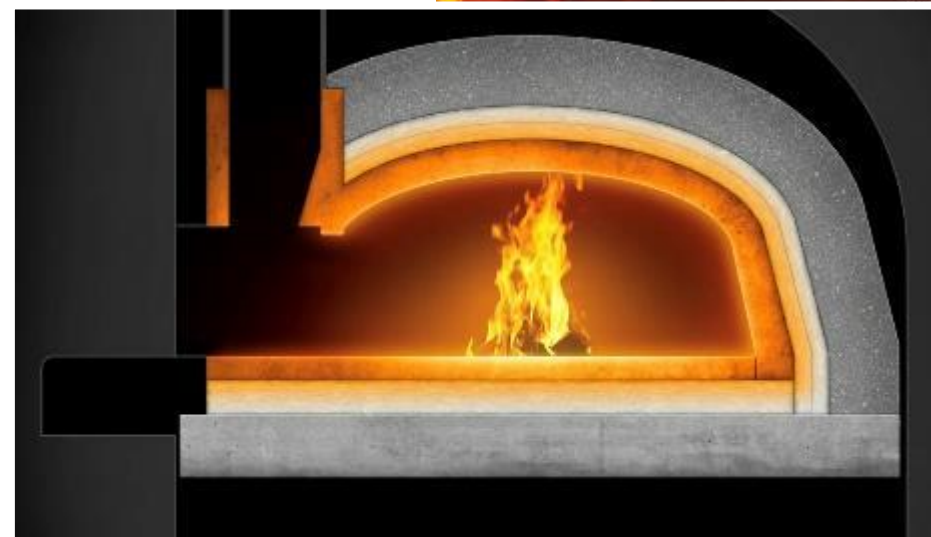
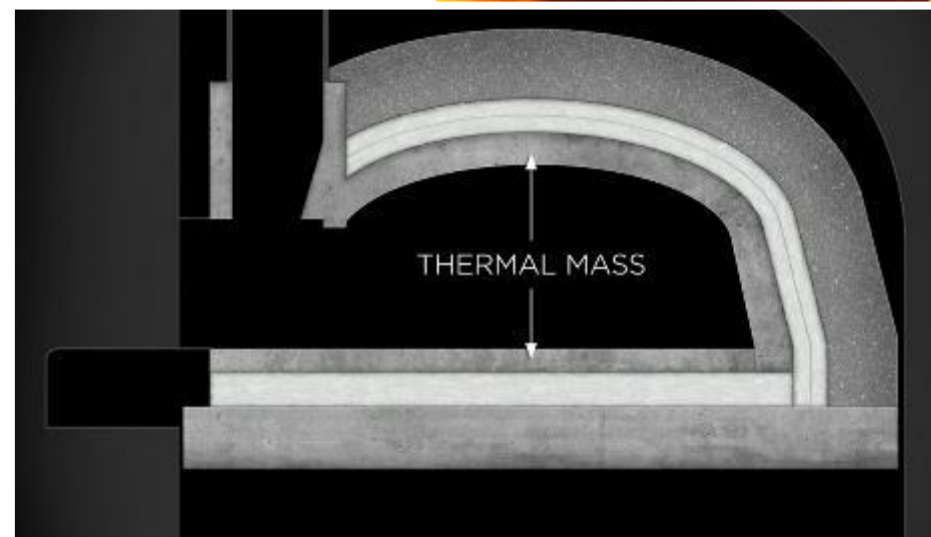
By understanding the cycles of heat you can plan your cooking schedule accordingly.





### 3. Energy Consumption

- Heat retention is directly related to the construction of the oven. Superior thermal properties ie. design, quality materials and insulation will directly translate into more heat being stored within the oven.
- Superior quality ovens require less energy to heat and maintain temperature as the thermal mass absorbs high volumes of heat.
- Quality insulation materials minimise heat loss. Therefore, slowing the cooling process and extending the retained heat cooking timeframe.



## 4. Maintenance

### End of Service

If using a wood fire, we recommend spreading the coals across the oven floor.

This helps to dissipate the fire, burns off any residual food matter left on the oven floor and spreads the heat across the oven chamber.

Ensure the plug door is positioned correctly to retain as much heat overnight as possible.

Schedule regular flue/exhaust system inspections for cleaning and maintenance requirements.  
We recommend every 6 months.





# MULTIFUNCTION COOKING

Stone hearth ovens are not only dedicated to cooking fantastic pizzas. The characteristics provide great cooking versatility for a lot of different recipes, suitable across menu courses and allow your guests to delight in both the taste of the food and also the atmosphere created by the oven itself.

Let's see how to use retained heat for menu planning and cooking versatility.

**1. Cool Oven**  
120 - 150°C

**2. Moderate Oven**  
180 - 220°C

**3. Hot Oven**  
280 - 320°C





# 1. Cool Oven

120 - 150°C



**Slow Roast Meats**

**Casseroles and Stews**

**Dehydrated Tomatoes / Veg**

**Breakfast Dishes**

**Shallow Pan Frying**



# 1. Cool Oven

120 - 150°C

At the end of day, the plug door should be used to retain residual heat within the oven chamber overnight.

The following morning the oven will hold a temp of approx. 100°C. This is an ideal time to utilise the oven to prepare a range of menu items, examples include:

- Slow Roasting Portions of Meat (especially for tenderising the tough cuts)
- Casserole and slow braised stews
- Dehydrating trays of vegetables/fruit e.g. tomatoes, citrus
- Cook baked desserts including meringue

For different size portions of meat or dishes it may be necessary to use foil to cover smaller items to prevent uneven cooking.



*TIP: Remove the foil for the final minutes to create a crisp crust.*





- Breakfast Dishes: utilising trays and black metal pans, a cool oven is ideal to prepare trays of breakfast essentials such as fried eggs, bacon, sausages, tomatoes, mushrooms, hash browns and even pancakes.  
Also ideal for slow cooking individual pots / pans / tagines.
- Shallow pan frying: using heavy cast iron pans it is easy to shallow fry eggs and meats in the front radius of the oven.





## 2. Moderate Oven

180 - 220°C



**Baking Breads**

**Sweet Baking**

**Roasting Vegetables & Nuts**

**Pan Roasting**

## 2. Moderate Oven 175 - 230°C

With the residual heat from the previous evening, it will take 30 - 40 minutes for the oven to reach moderate temperature (based on average size oven).

At this temperature everything from breads, sweet pies, vegetables and roast meats can be prepared:

- Baked Breads, lean and high dough bread loaves, focaccias. Achieve crisp crusts!
- Sweet Baking, fruit pies, flans, cakes, desserts and cookies.

✓ *TIP: Place a second baking tray under sweet dishes to prevent the base from over browning.*





## 2. Moderate Oven 180 - 220°C

- Roasting, everything from meats to vegetables
- Sauteed vegetables
- Cast iron pan cooking
- Baked dishes such as lasagna, other pasta and vegetable bakes



### 3. Hot Oven

280 - 320°C



**Pizza**

**Flat Breads / Calzoni / Roti**

**Searing Meat & Fish**



### 3. Hot Oven 280 - 320°C

With the residual heat from the previous evening, it will take 1-1.5 hours for the oven to reach high temperature (based on average size oven).

- Pizzas
- Flat breads / Pita / Naan / Roti
- Garlic breads / Calzone
- Searing of Meats and Fish
- High temp pan cooking of vegetables and shellfish







which provides  
even cooking results

90 sec





# RECIPE JOURNAL

## PIZZA DOUGH

- 500g 000 Plain Flour
- 1 tsp salt
- 7g dried yeast (1 sachet)
- 325ml warm water
- Semolina

*This recipe will make 4 x 25cm pizzas – multiply for larger quantity.*

Place flour in bowl, add salt and mix to combine.

In separate bowl or cup add the dried yeast to warm water, mix gently to combine.

Add water/yeast to flour and mix.

Turn out onto floured work/bench top and start to gently kneed. Add sprinkle of four as necessary to improve the consistency. Expect it to be a little sticky.

When the consistency is not sticking to hands begin to stretch the dough for approx. 2-3mins.

Roll dough ball in more flour then cut into 4 portions. Roll each portion into formed ball.

Prove the dough: take a tray and sprinkle surface with Semolina. Space dough balls allowing them room to expand. Sprinkle top with more flour. Cover with damp cloth/tea towel.

Rest in warm place for 2 hours.

Once rested and expanded take each ball and stretch into pizza base.



*TIP: Use an upside down mixing bowl to stretch the dough! .*





# RECIPE JOURNAL

## OVEN BAKED BREAD (NO KNEED)

- 3cups/400g 000 Plain Flour
- 1 tsp Dried Yeast
- 1.5 tsp Sea Salt
- 350ml water – warm to room temperature
- Cast iron/enamel bakeware casserole dish or dutch oven

In large bowl place water, sprinkle yeast and gently mix together.

In separate bowl combine flour with salt.

Add flour to yeast mixture. Mix until well combined.

Cover with damp cloth and allow to rest in warm place for 2hrs +

Once proved, take dough and place on large sheet of baking/parchment paper. Form dough into domed/round loaf shape. Cover and rest for 30mins.

Pre-heat casserole dish/dutch oven pot inside oven. Once hot, remove and place dough with baking paper into the hot dish. Add dish/pot lid and place back into the oven to bake.



*TIP: Cut the top of dough for extra breathability!*

Bake for 30mins, then remove lid and cook for further 15-20 mins until crust of bread is golden.





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