

FRILLESBO STENABY

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Recipe Book

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Subject to change without notice.

Assisted cooking

Setting: Assisted Cooking

Assisted Cooking submenu consists of programmes that are designed for dedicated dishes. Programmes start with a suitable setting.

- 1. Turn the knob for the heating functions to .
- 2. Turn the control knob to select . Press OK.
- 3. Turn the control knob to select a dish (P1 - P...), Press OK.
- 4. Turn the control knob to adjust the weight. Option is available for selected dishes. Press OK.
- 5. Place the food inside the appliance. Press OK.
- 6. When the function ends, check if the food is ready. Extend the cooking time, if needed.

Menu: Assisted Cooking

P1	Roast Beef, rare
P2	Roast Beef, medium
P3	Roast Beef, well done
P4	Steak, medium

P5	Beef roast / braised
P6	Roast Beef, rare LTC*
P7	Roast Beef, medium LTC*
P8	Roast Beef, well done LTC*
P9	Fillet, rare LTC*
P10	Fillet, medium LTC*
P11	Fillet, done LTC*
P12	Veal roast
P13	Pork roast
P14	Pulled pork LTC*
P15	Loin, fresh
P16	Spare ribs
P17	Lamb leg
P18	Chicken, whole
P19	Chicken, half
P20	Chicken breast
P21	Chicken legs, fresh
P22	Duck, whole

P23	Goose, whole
P24	Meat loaf
P25	Grilled fish, whole
P26	Fish fillet
P27	Cheesecake
P28	Apple cake
P29	Apple tart
P30	Apple pie
P31	Brownies
P32	Chocolate muffins
P33	Loaf cake
P34	Baked potatoes

P35	Wedges
P36	Grilled mixed vegetables
P37	Croquettes, frozen
P38	Pommes, frozen
P39	Lasagna / noodle casseroles
P40	Potato gratin
P41	Pizza fresh, thin
P42	Pizza fresh, thick
P43	Quiche
P44	Baguette / Ciabatta / White bread
P45	Whole grain / Rye / Dark bread

*LTC - Low Temperature Cooking

Beef

Roast Beef - P1, P2, P3

Ingredients:

- 1 - 1.5 kg roast beef (4 - 5 cm thick piece)
- salt
- black pepper
- marinade

Raw food preparation:

Season the meat to taste and place it in a dish with the marinade (optional); the bottom should be covered to a depth of 10 - 20 mm. Cover with a lid and let it marinate for a few hours in the refrigerator.

Method:

Take the joint of beef out of the marinade and dry it. Season with salt and pepper and fry all sides in a roasting pan on the hob to

obtain the roasting flavour. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray

Steak, medium - P4

Ingredients:

- 180 - 220 g per piece (3 cm thick)
- salt
- black pepper
- spices

Method:

Season the steak with salt and black pepper or your favourite spices and fry all sides in a roasting pan on the hob to obtain the roasting flavour. Place the food inside the appliance.

- Shelf position: 3
- Accessory: roasting dish on wire shelf

- Preheat the appliance

Beef roast / braised - P5

Ingredients for the roast:

- 1.5 - 2 kg piece of beef (prime rib, top round, thick flank)
- salt
- black pepper
- marinade

Ingredients for the marinade:

- 1 l water
- 500 ml wine vinegar
- 2 teaspoons salt
- 15 peppercorns
- 15 juniper berries
- 5 bay leaves
- 2 bunches of soup vegetables (carrot, leek, celery, parsley)

Method:

For the marinade bring everything to the boil and then let it cool. Pour the marinade over the beef until it is covered and let it marinate for a few hours in the refrigerator. Take the joint of beef out of the marinade and dry it. Season with salt and black pepper and fry all sides in a roasting pan on the hob to obtain the roasting flavour. Place the food inside the appliance.

- Shelf position: 2
- Accessory: roasting dish on wire shelf
- Weight Automatic available

Roast Beef (LTC) - P6, P7, P8

Ingredients:

- 1 - 1.5 kg roast beef (4 - 5 cm thick piece)

- salt
- black pepper
- marinade

Raw food preparation:

Season the meat to taste and place it in a dish with the marinade (optional); the bottom should be covered to a depth of 10 - 20 mm. Cover with a lid and let it marinate for a few hours in the refrigerator.

Method:

Take the joint of beef out of the marinade and dry it. Season with salt and black pepper and fry all sides in a roasting pan on the hob to obtain the roasting flavour. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray

Fillet (LTC) - P9, P10, P11

Ingredients:

- 0.5 - 1.5 kg fillet (5 - 6 cm thick piece)
- salt
- black pepper
- spices

Method:

Season the meat with salt and black pepper or your favourite spices and fry all sides in a roasting pan on the hob to obtain the roasting flavour. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray

Veal

Veal roast - P12

Ingredients:

- 0.8 - 1.5 kg (shoulder, 4 cm thick piece)
- salt

- black pepper
- spices

Method:

Season the meat with salt and black pepper or your favourite spices. Fry the meat for a few minutes on a hot pan. Place the meat in the roasting dish and add a bit of water. Place the food inside the appliance.

- Shelf position: 2
- Accessory: roasting dish on wire shelf
- Weight Automatic available

Pork

Pork roast - P13

Ingredients:

- 1.5 - 2 kg piece (neck or shoulder)
- salt
- black pepper
- spices

Method:

The meat should be stored for at least 12 h in a covered dish in the refrigerator. Wash the meat and dry thoroughly. Mix salt, black pepper and your favourite spices and rub them evenly on the entire surface of the meat. Place the food inside the appliance.

- Shelf position: 2
- Accessory: roasting dish on wire shelf
- Weight Automatic available

Pulled pork (LTC) - P14

Ingredients:

- 1.5 - 2 kg piece (shoulder)
- salt
- black pepper
- paprika
- garlic powder
- onion powder
- chili powder
- cayenne pepper
- cumin
- dry mustard powder
- brown sugar

Method:

Set aside about 3 tablespoons of spices and save them for later. Rub the rest on the pork. Then seal it up and marinate for 6 - 48 h in the refrigerator. Before cooking, rub the

meat with the remaining 3 tablespoons of spices. Seal all sides in a roasting pan on the hob to obtain the roasting flavour. Place the food inside the appliance. Turn the meat after half of the cooking time to get even browning.

- Shelf position: 2
- Accessory: baking tray

Loin, fresh - P15

Ingredients:

- 1 - 1.5 kg piece
- salt
- black pepper
- spices

Method:

Rub the loin with your favourite spices. Place the food inside the oven.

- Shelf position: 2
- Accessory: roasting dish on wire shelf

Spare ribs - P16

Ingredients:

- 2 - 3 kg (use raw, 2 - 3 cm thin spare ribs)
- salt
- black pepper

Ingredients for the seasoning sauce:

- 500 g ketchup
- 25 g brown sugar
- 5 ml liquid smoke
- 1 ml rice acid
- 2 ml soy sauce
- 10 g sambal oelek

Method:

Mix together all the ingredients for the seasoning. Marinate the ribs with the sauce for a few hours in the refrigerator. Place the food inside the appliance. Turn the meat

after half of the cooking time to get even browning.

- Shelf position: 3
- Accessory: deep pan

Lamb

Lamb leg - P17

Ingredients:

- 1.5 - 2 kg lamb leg with bones (7 - 9 cm thickness)
- salt

Ingredients for the season sauce:

- 30 ml olive oil
- salt
- black pepper
- 3 cloves of garlic
- 1 bunch of fresh rosemary (or 1 teaspoon of dried rosemary)
- water

Method:

Wash the leg of lamb and pat it dry. Rub it with olive oil and make slashes in the meat. Season with salt and black pepper. Peel the cloves of garlic and slice them, then push them together with the sprigs of rosemary into the slashes in the meat. Fry the meat for a few minutes on a hot pan. Place the food inside the appliance. Turn the meat after half of the cooking time to get even browning.

- Shelf position: 2
- Accessory: roasting dish on baking tray

Poultry

Chicken, whole - P18

Ingredients for the roast:

- 1 - 1.5 kg chicken
- salt
- oil
- black pepper

Method:

Wash the chicken thoroughly. Carefully dry it off inside and outside. Mix salt and oil and thinly oil the entire chicken. Tie the legs together and tuck the wings. Place the food inside the appliance. Turn the meat after half of the cooking time to get even browning.

- Shelf position: 2
- Accessory: casserole dish on baking tray
- Weight Automatic available

- The amount of water for the steam function: 200 ml

Chicken, half - P19

Ingredients:

- 0.5 - 0.8 kg chicken
- salt
- oil
- black pepper

Method:

Wash the chicken thoroughly. Carefully dry it off inside and outside. Mix salt and oil and thinly oil the chicken. Place the food inside the appliance.

- Shelf position: 3
- Accessory: baking tray
- Weight Automatic available

Chicken breast - P20

Ingredients:

- 180 - 200 g chicken breast
- salt
- oil
- black pepper

Method:

Wash the chicken thoroughly. Mix salt and oil and thinly oil the chicken breast. Fry the meat for a few minutes in a roasting pan on the hob to obtain the roasting flavour. Place the food inside the appliance.

- Shelf position: 2
- Accessory: casserole dish on wire shelf
- Preheat the appliance

Chicken legs, fresh - P21

Ingredients:

- chicken legs
- salt
- oil
- black pepper
- spices

Method:

Wash the chicken thoroughly. Mix salt and oil and thinly oil the entire meat. Place the food inside the appliance. If you marinated chicken legs first, set lower temperature and cook them longer.

- Shelf position: 3
- Accessory: baking tray

Duck, whole - P22

Ingredients:

- 2 - 3 kg duck
- salt
- oil
- black pepper
- spices

Method:

Wash the duck thoroughly. Mix salt and oil and thinly oil the entire piece. Use a roasting dish on a baking tray on the third level of the oven or on a wire shelf on the second level with a deep pan on the first level. Place the food inside the appliance. Start with the duck upside-down. Turn the meat after half of the cooking time to get even browning.

- Shelf position: 2
- Accessory: roasting dish on wire shelf
- Weight Automatic available

Goose, whole - P23

Ingredients:

- 4 - 5 kg goose
- salt
- oil
- black pepper
- spices

Method:

Wash the goose thoroughly. Mix salt and oil and thinly oil the entire meat. Place the food inside the appliance. Turn the meat after half of the cooking time to get even browning.

- Shelf position: 2
- Accessory: deep pan
- Weight Automatic available

Other meat products**Meat loaf - P24**

Ingredients:

- 2 stale rolls
- 2 cubed pickled cucumbers

- 80 g onion
- 2 tablespoon parsley
- 1 tablespoon lemon juice
- 600 g minced meat
- 2 eggs

- 1 tablespoon paprika powder
- 14 g salt
- black pepper
- 0.5 teaspoon cayenne pepper

Method:

Soak the rolls in water, then squeeze out the liquid. Mix all the ingredients together until

you achieve a homogenous dough. Form a loaf. Place the food inside the appliance.

- Shelf position: 2
- Accessory: wire shelf

Fish

Grilled fish, whole - P25

Ingredients:

- 0.5 - 1 kg fish
- lemon slices
- salt
- black pepper
- oil

Method:

Season the fish to taste. Fill the fish with butter and your favourite spices and herbs. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray

Fish fillet - P26

Ingredients:

- 0.3 - 0.5 kg fish fillet
- lemon slices
- 150 g grated cheese
- 250 ml cream
- 50 g breadcrumbs

- 1 teaspoon tarragon
- parsley, chopped
- salt
- black pepper
- lemon
- butter

Method:

Sprinkle the fish fillets with lemon juice and leave to marinate for a while, then tap off surplus juice with kitchen paper. Season the fish fillets on both sides with salt and black pepper. Place the fish fillets in a buttered ovenproof dish.

Mix together the grated cheese, cream, breadcrumbs, tarragon and chopped parsley. Spread the mixture immediately onto the fish fillets and place small cubes of butter on the mixture. Place the food inside the appliance.

- Shelf position: 3
- Accessory: casserole dish on wire shelf
- Preheat the appliance

Sweet baking and desserts

Cheesecake - P27

Ingredients for the dough :

- 330 g flour
- 130 g sugar
- 15 g baking powder
- 1 pack vanilla sugar
- 2 eggs
- 130 g butter

Ingredients for the filling:

- 1 kg low fat quark
- 300 g sugar
- 2 packs custard powder
- 100 ml natural oil
- 600 ml whole milk
- 4 eggs
- 0.5 pack lemon zest

Method:

Place the baking paper on the baking pan. Make the dough with the needed ingredients and spread it in a 28 cm springform pan. Prepare the filling and pour it into the tin with the dough. Place the food inside the appliance.

- Shelf position: 2
- Accessory: 28 cm springform tin on wire shelf

Apple cake - P28

Ingredients :

- 125 g sugar
- 1 yolk
- 1 egg
- 75 g melted butter
- 55 g wheat flour
- 1 teaspoon of powdered yeast
- 1 vanilla flavor sachet
- 90 ml milk
- 4 golden apples

Method:

Melt the butter in a pan (low – middle power of the hob).

In a separate bowl mix together the egg, additional yolk, sugar and the vanilla flavor sachet until you reach a homogeneous and fluffy dough. Add the melted butter (chilled) and let it incorporate while stirring. Add the milk and sieved flour. Mix everything together.

Wash and peel the apples. Cut them into thin slices and mix them together with the other ingredients. Put baking paper in a springform tin (24 cm diameter) and butter the edges. Pour the dough into the tin. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray
- Preheat the appliance
- The amount of water for the steam function: 100 - 150 ml

Apple tart - P29

Ingredients for the pastry :

- 200 g flour
- 1 pinch salt
- 125 g butter
- 1 egg
- 50 g sugar
- 50 ml cold water

Ingredients for the filling:

- fruit according to the season (apples, peaches, sour cherries, etc.)
- 90 g ground almonds
- 2 eggs

Method:

Sieve flour into a mixing bowl, mix salt and butter cut into small pieces into the flour. Then add the egg, sugar and cold water and knead everything into a pastry. Cool the pastry into the refrigerator for 2 h. Roll out the refrigerated pastry and place in a greased quiche tin, then prick it with a fork. Clean the fruit, remove cores, stones or pips and place in small pieces or slices on the pastry. Place the ground almonds, eggs, sugar and softened butter in a bowl and cream them together. Spread the mixture over the fruit and smooth it out. Place the food inside the appliance.

- Shelf position: 2
- Accessory: pie form on wire shelf

Apple pie - P30

Ingredients for the pastry:

- 300 g white wheat flour
- 175 g salted butter
- 75 g castor sugar (max grain size: 0.3 mm)
- 1 egg (50 g)
- 50 ml water

Ingredients for the filling:

- 400 g peeled apples
- 25 g white bread crumbs
- 50 g seedless raisins

- 75 g castor sugar (max grain size: 0.3 mm)

Method:

Mix the flour and sugar together and rub in the butter. Add the beaten egg and water to bind the mixture into a soft dough. Mix until you reach a homogenous consistency. Knead the dough into a ball. Cover the dough and cool it for at least half an hour in a refrigerator at a temperature of 3 - 7 °C. Peel and core the apples, cut them into slices up to 13 mm thick. Remove the dough from the refrigerator and divide it into a two-thirds and one-third portions. Roll out each portion to a thickness of 5 mm without kneading it again. Use the larger portion to line the base and the sides of a baking tin (non-stick coating, diameter 187 - 213 mm, height 35 - 65 mm). Sprinkle the bread crumbs evenly over the dough. Mix apple slices, raisins and sugar together. Straight after you mix it, pour the apple filling evenly over the bread crumbs. Cover the top with the remaining dough. Seal and trim the edges of the pastry. Make an incision in the top of the pastry to allow the steam to escape during baking. Place the food inside the appliance.

- Shelf position: 2
- Accessory: 22 cm pie form on wire shelf
- Preheat the appliance
- The amount of water for the steam function: 100 - 150 ml

Brownies - P31

Ingredients :

- 425 g dark chocolate
- 100 g chocolate drops
- 300 ml of neutral oil
- 90 g cocoa powder
- 350 g sugar
- 126 g powdered sugar
- 2.5 g salt
- 45 ml milk

- 9 eggs
- 300 g flour

Method:

Place baking paper on a tray. Melt the dark chocolate and mix it together with the oil in a bowl. Add the cocoa powder, sugar, salt, and the milk and mix it until you reach a homogeneous consistence. Add the eggs one at a the time and stir well after each egg. Add the flour and stir. Add the chocolate drops.

Spread the dough evenly on the tray. Place the food inside the appliance.

- Shelf position: 3
- Accessory: deep pan

Chocolate muffins - P32

Ingredients (for 12 muffins):

- 240 g flour
- 8 g baking powder
- 80 g sugar
- 80 g butter
- 1 egg (55 g)
- 125 ml of whole milk
- 40 g of bitter cocoa powder
- 10 g of powdered sugar
- 100 g chopped dark chocolate
- pinch of cinnamon

Method:

Mix the baking powder, cocoa and cinnamon in a bowl. In a second bowl, mix butter, sugar and vanilla. Add whipped egg and about 100 ml of milk. Add to the dry mix the remaining milk and the dough under stirring until you reach a viscous consistency. With a spoon add dark chopped chocolate. Prepare 12 muffins using muffin paper cups. Place the food inside the appliance.

- Shelf position: 2
- Accessory: muffin tray on wire shelf
- Preheat the appliance

- The amount of water for the steam function: 100 - 150 ml

Loaf cake - P33

Ingredients:

- 120 g eggs
- 170 g sugar
- 50 g melted margarine (80 % fat)
- 180 g wheat flour (type 405), without raising agent
- 10 g baking powder
- 3 g vanilla sugar
- 100 ml cold water

Method:

Grease one oblong loaf pan and sprinkle with bread crumbs. Beat the eggs and sugar in a food processor at the highest speed for 5 min. Add the melted margarine and stir it in carefully with a hand mixer at the lowest speed. Add the flour mixed with baking powder and vanilla sugar and mix slowly with the hand mixer. Add the water while mixing continuously until a smooth batter. Pour the batter into the tin. Place the food inside the appliance.

- Shelf position: 2
- Accessory: loaf pan on wire shelf

Vegetables and side dishes

Baked potatoes - P34

Ingredients:

- around 1 kg of potatoes
- salt
- black pepper
- spices

Method:

Wash thoroughly the unpeeled potatoes and cut them into even pieces (cubes or halves). Marinate them with oil and your favourite spices. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray

Wedges - P35

Ingredients:

- around 1 kg of potatoes
- salt
- black pepper
- spices

Method:

Peel the potatoes. Wash the potatoes thoroughly and cut them into even pieces (wedges). Marinate them with oil and your

favourite spices. Place the food inside the appliance.

- Shelf position: 3
- Accessory: baking tray lined with baking paper

Grilled mixed vegetables - P36

Ingredients:

- 2 cups broccoli florets
- 2 cups cremini mushrooms
- 2 cups chopped butternut squash
- 1 zucchini, sliced and quartered
- 1 yellow squash, sliced and quartered
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 4 cloves garlic, minced
- 1.5 teaspoons dried thyme
- kosher salt and freshly ground black pepper

Method:

Lace broccoli florets, mushrooms, butternut squash, zucchini, squash, bell pepper and onion in a single layer onto the prepared baking sheet. Add olive oil, balsamic vinegar, garlic and thyme; season with salt

and black pepper. Gently toss to combine. Place the food inside the appliance.

- Shelf position: 3
- Accessory: baking tray lined with baking paper

Croquettes, frozen - P37

Ingredients

- 0.5 kg of frozen potato croquettes

Method:

Remove the food from the package. Place the frozen potato croquettes on the baking tray. Place the food inside the appliance.

- Shelf position: 3
- Accessory: baking tray

Pommes, frozen - P38

Ingredients

- 0.75 kg of frozen sliced potatoes

Method:

Remove the food from the package. Place the frozen potatoes on the baking tray. Place the food inside the appliance.

- Shelf position: 3
- Accessory: baking tray

Gratins

Lasagna / noodle casseroles - P39

Ingredients:

- 700 g precooked ragu
- 700 g precooked bechamel
- 1 package of lasagna pasta
- grated cheese
- butter / oil for greasing the casserole dish

Method:

Grease the casserole dish. Start by spreading about 200 g of ragu on the bottom, then the bechamel and the first layer of pasta, covering the entire dimension of the casserole dish. Repeat those steps until you fill the entire casserole dish. Add grated cheese on top. Place the casserole dish on the wire shelf. Place the food inside the appliance.

- Shelf position: 2
- Accessory: casserole dish on the wire shelf

- 750 g peeled potatoes
- 100 g shredded cheese (24 - 30 % fat)
- 50 g beaten eggs
- 125 g milk (3 % fat)
- 75 g cream (40 % fat)
- 5 g salt

Method:

Cut the peeled potatoes into slices of 3 mm to 4 mm thickness. Fill the ungreased dish (round glass tin) with approximately half the amount of potatoes and cover with about half of the cheese. Add the remaining potatoes and cover with the remaining cheese. Mix the eggs, cream and salt together and pour the mixture over the potatoes. Place the tin on the wire shelf. Place the food inside the appliance. Rotate the dish after half of the cooking time.

- Shelf position: 1
- Accessory: casserole dish on the wire shelf

Potato gratin - P40

Ingredients:

Bread and pizza

Pizza fresh, thin - P41

Ingredients for the dough:

- 165 g flour
- 15 g fresh yeast
- 100 g water
- 1 teaspoon salt
- 1 teaspoon of oil

Ingredients for the topping:

- 100 g tomato sauce
- 150 g ham
- 100 g mozzarella cheese
- oregano

Method:

Put yeast, salt, oil and water in a bowl and mix them until the yeast is dissolved. Put the mixture and the flour in the mixer bowl. Mix on highest speed using a hook until the dough is compact and homogeneous. Additional flour may be needed. Place the dough in a bowl and leave to rise for 30 min. Roll the dough to the size of the entire tray (greased) and let it rise again for 30 min. Add the tomato sauce to the dough. Sprinkle oregano on the tomato sauce. Spread out the rest of the toppings and then the mozzarella. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray lined with baking paper
- Preheat the appliance
- The amount of water for the steam function: 100 ml

Pizza fresh, thick - P42

Ingredients for the dough :

- 396 g flour
- 36 g fresh yeast
- 240 g water
- 0.5 teaspoon salt
- 2.5 teaspoon of oil

Ingredients for the topping:

- 240 g tomato sauce
- 360 g ham
- 240 g mozzarella cheese
- oregano

Method:

Put yeast, salt, oil and water in a bowl and mix them until the yeast is dissolved. Put the mixture and the flour in the mixer bowl. Mix on highest speed using a hook until the dough is compact and homogeneous. Additional flour may be needed. Place the dough in a bowl and leave to rise for 30 min. Roll the dough to the size of the entire tray (greased) and let it rise again for 30 min. Add the tomato sauce to the dough. Sprinkle oregano on the tomato sauce. Spread out the rest of the toppings and then the mozzarella. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray lined with baking paper
- Preheat the appliance

Quiche - P43

Ingredients for the dough:

- 200 g wheat flour
- 100 g margarine (chilled)
- 3 g salt
- 80 ml water (cold)

Ingredients for the topping:

- 200 g streaky bacon (with little fat)
- 3 eggs (60 - 65 g)
- 100 g grated cheese (gruyère or emmentaler)
- 70 ml full cream milk (3 - 3.5 % fat)
- 200 g crème fraîche épaisse (30 - 35 % fat)

Method:

Cut the margarine into pieces to ease the mixing process. Put all the ingredients together and mix them in a food processor quickly until you reach a homogenous dough. Wrap dough in plastic foil and leave in the refrigerator for at least 2 h. Roll out the pastry (about 0.5 cm thick) and spread it into the tin including the side walls. Make some holes with a fork in the bottom of the pastry. Arrange the topping (bacon) first, cut it into the cubes. Then arrange the cheese over the base of the dough. Whisk the eggs, crème fraîche and milk together. Pour onto the dough. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tin on the wire shelf

Baguette / Ciabatta / White bread - P44

Ingredients for the dough:

- 500 g white wheat flour, type 0
- 10 g salt
- 10 g butter at room temperature
- 270 g water (temperature between 36 - 38 °C)
- 3 g sugar
- 20 g fresh yeast

Method:

Weigh the flour, salt and softened butter into the mixing bowl of the food processor. Dissolve the sugar and the fresh yeast in warm water. Add the liquid to the remaining ingredients in the mixing bowl. Knead the ingredients with the dough hook in the food processor until it is elastic and does not stick any longer on the bowl. Remove the well kneaded dough from the mixing bowl, weigh 750 g for one bread and shape it into a round ball. Put it in a bowl. Cover the bowl with cling film and place it in the middle of a preheated oven (40 °C). Turn off the oven and let the dough rise for 30 min. Leave the oven door half open to avoid too

warm temperature for rising. The target temperature is between 35 - 37 °C. Remove the bowl from the appliance. Turn the dough out onto the worktop and knead it shortly. Do not over-knead the dough. Form a longish bread, place it onto the tray (if it is an enamelled tray, put some butter on it to avoid sticking or use the baking paper) and cover with a plastic cover / plastic bowl. Put it in the middle of the still warm oven and let the bread rise for another 25 min, leaving the oven door half open. Carefully make five diagonal cuts on the surface with a razor blade or a very sharp knife. Do not press the bread while cutting. The cuts should have a depth of about 5 - 7 mm. Place the food inside the appliance. More time needed for the white bread.

- Shelf position: 2
- Accessory: baking tray lined with baking paper
- Preheat the appliance
- The amount of water for the steam function: 150 ml

Whole grain / Rye / Dark bread - P45

Ingredients for the dough:

- 500 g black wheat flour
- 2 tablespoon of olive oil
- 280 g water (temperature between 36 - 38 °C)

Method:

Weigh the flour, olive oil and the water in the mixing bowl. Mix all the ingredients together with the hook until you reach a homogeneous dough. Cover the bowl with a wet cloth for about 15 min (room temperature). Turn the dough onto the worktop and knead it shortly. Do not over-knead the dough. Form a longish bread, place it onto the tray (if it is an enamelled tray, put some butter on it to avoid sticking or use baking paper) and cover it with a plastic cover / plastic bowl. Let it rise for

about 3 h. Place the food inside the appliance.

- Shelf position: 2
- Accessory: baking tray lined with baking paper or loaf pan on wire shelf
- Preheat the appliance
- The amount of water for the steam function: 150 ml



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