



# KULINARISK

Recipe Book



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Subject to change without notice.

## Cooking tables

### Advice for special heating functions of the oven

#### Keep Warm

The function allows you to keep food warm. The temperature is set automatically to 80 °C.

#### Plate Warming

The function allows you to warm plates and dishes before serving. The temperature is set automatically to 70 °C.

Place plates and dishes in stacks evenly on the wire shelf. Use the first shelf position. After half of the warming time switch their places.

#### Defrost

Remove the food packaging and put the food on a plate. Do not cover the food, as it can extend the defrosting time. Use the first shelf position.

### Steam cooking

Use only heat and corrosion resistant or chrome steel cookware.

When you cook on more than one level make sure that there is a distance between the shelves to let the steam circulate.

Start cooking with a cold oven unless the preheating is recommended in the below table.

### Steam water table

Time (min)	Water in the water drawer (ml)
15 - 20	300
30 - 40	600
50 - 60	800

### Full Steam



**Warning!** Do not open the oven door when the function is activated. There is a risk of burns.

The function is applicable for all types of food, fresh or frozen. You can use it to cook, warm, defrost, poach or blanch vegetables, meat, fish, pasta, rice, sweet corn, semolina and eggs.

You can prepare a full meal in one operation. To correctly cook each dish, use those with cooking times which are almost the same. Add the largest quantity of water

necessary for one of the dishes in the operation. Put the dishes into the correct cookware and then on the wire shelves. Adjust the distance between the cookware to let the steam circulate.

### **Sterilisation with the function: Full Steam**

- With this function you can sterilise containers (e.g. baby bottles).

- Put the clean containers in the middle of the shelf on the 1st shelf position. Make sure that the opening is down at a small angle.
- Fill the drawer with the maximum quantity of water and set the time to 40 min.

### Vegetables

Food	Temperature (°C)	Time (min)	Shelf position	Water in the water drawer (ml)
Artichokes	96	50 - 60	1	800
Auberginen	96	15 - 25	1	450
Cauliflower, whole	96	35 - 45	1	600
Cauliflower, florets	96	25 - 30	1	500
Broccoli, whole	96	30 - 40	1	550
Broccoli, florets	96	20 - 25	1	400
Mushroom slices	96	15 - 20	1	400
Peas	96	20 - 25	1	450
Fennel	96	35 - 45	1	600
Carrots	96	35 - 45	1	600
Kohlrabi, strips	96	30 - 40	1	550
Peppers, strips	96	15 - 20	1	400
Leeks, rings	96	25 - 35	1	500
Green beans	96	35 - 45	1	550
Lamb's lettuce, florets	96	20 - 25	1	450
Brussels sprouts	96	30 - 40	1	550
Beetroot	96	70 - 90	1	800 + 400

Food	Temperature (°C)	Time (min)	Shelf position	Water in the water drawer (ml)
Black salsify	96	35 - 45	1	600
Celery, cubed	96	20 - 30	1	500
Asparagus, green	96	25 - 35	1	500
Asparagus, white	96	35 - 45	1	600
Spinach, fresh	96	15	1	350
Peeling tomatoes	96	15	1	350
White haricot beans	96	25 - 35	1	500
Savoy cabbage	96	20 - 25	1	400
Courgette, slices	96	15	1	350

## Side dishes / accompaniments

Food	Temperature (°C)	Time (min)	Shelf position	Water in the water drawer (ml)
Yeast dumplings	96	30 - 40	1	600
Potato dumplings	96	35 - 45	1	600
Unpeeled potatoes, medium	96	45 - 55	1	750
Rice (water / rice ratio 1.5 : 1)	96	35 - 40	1	600
Boiled potatoes, quartered	96	35 - 40	1	600
Bread dumpling	96	35 - 45	1	600
Tagliatelle, fresh	96	20 - 25	1	450
Polenta (liquid / polenta ratio 3 : 1)	96	40 - 45	1	750

## Fish

Food	Temperature (°C)	Time (min)	Shelf position	Water in the water drawer (ml)
Trout, approx. 250 g	85	30 - 40	1	550
Prawns, fresh	85	20 - 25	1	450
Prawns, frozen	85	30 - 40	1	550
Salmon filets	85	25 - 35	1	500
Salmon trout, approx. 1000 g	85	40 - 45	1	600
Mussels	96	20 - 30	1	500
Flat fish filet	80	15	1	350

## Meat

Food	Temperature (°C)	Time (min)	Shelf position	Water in the water drawer (ml)
Cooked ham 1000 g	96	55 - 65	1	800 + 150
Chicken breast, poached	90	25 - 35	1	500
Chicken, poached, 1000 - 1200 g	96	60 - 70	1	800 + 150
Veal / pork loin without leg, 800 - 1000 g	90	80 - 90	1	800 + 300
Kasseler (smoked loin of pork), poached	90	70 - 90	1	800 + 300
Tafelspitz (prime boiled beef)	96	110 - 120	1	800 + 700
Chipolatas	80	15 - 20	1	400

## Eggs

Food	Temperature (°C)	Time (min)	Shelf position	Water in the water drawer (ml)
Eggs, soft-boiled	96	10 - 12	1	400
Eggs, medium-boiled	96	13 - 16	1	450
Eggs, hard-boiled	96	18 - 21	1	500

**True Fan Cooking and Full Steam in succession**

When you combine functions, you can cook meat, vegetables and accompaniments one after the other. All dishes are ready to serve at the same time.

- To initially roast the food use the function: True Fan Cooking .
- Put prepared vegetables and accompaniments in ovenproof dishes. Put in the oven with the roast.
- Cool down the oven to a temperature of around 80 °C. To cool down the appliance quicker open the oven door to the first position for approximately 15 minutes.
- Start the function: Full Steam. Cook it all together until ready.

**i** Maximum water amount is 650 ml.

**Humidity High**

Add about 300 ml of water.

Use the second shelf position.

Food	Temperature (°C)	Time (min)
Custard / flan in small dishes	90	35 - 40

Food	Temperature (°C)	Time (min)
Baked eggs	90	30 - 40
Terrine	90	40 - 50
Thin fish fillet	85	15 - 25
Thick fish fillet	90	25 - 35
Small fish up to 0.35 kg	90	25 - 35
Whole fish up to 1 kg	90	35 - 45

## Reheating

Food	Temperature (°C)	Time (min)
Dumplings	85	25 - 35
Pasta	85	20 - 25

Food	Temperature (°C)	Time (min)
Rice	85	20 - 25
One-plate dishes	85	20 - 25

**Humidity Low**

Add about 300 ml of water.

Food	Quantity	Temperature (°C)	Time (min)	Shelf position
Roast pork	1 kg	160 - 180	90 - 100	1
Roast beef	1 kg	180 - 200	60 - 90	1
Roast veal	1 kg	180	80 - 90	1
Meat loaf, uncooked	0,5 kg	180	30 - 40	1
Smoked loin of pork (soak for 2 hours)	0,6 - 1 kg	160 - 180	60 - 70	1
Chicken	1 kg	180 - 200	50 - 60	1
Duck	1,5 - 2 kg	180	70 - 90	1
Potato gratin	-	160 - 170	50 - 60	1
Pasta bake	-	190	40 - 50	1
Lasagne	-	180	45 - 55	1
Misc. types of bread	0,5 - 1 kg	180 - 190	45 - 60	1
Rolls	40 - 60 g	180 - 210	30 - 40	2
Ready-to-bake rolls	-	200	20 - 30	2
Ready-to-bake baguettes	40 - 50 g	200	20 - 30	2
Ready-to-bake baguettes frozen	40 - 50 g	200	25 - 35	2

**Baking**

- Use the lower temperature the first time.
- You can extend baking times by 10 – 15 minutes if you bake cakes on more than one shelf position.
- Cakes and pastries at different heights do not always brown equally. There is no

- need to change the temperature setting if an unequal browning occurs. The differences equalize during baking.
- Trays in the oven can twist during baking. When the trays become cold again, the distortions disappear.

**Tips on baking**

Baking results	Possible cause	Remedy
The bottom of the cake is not browned sufficiently.	The shelf position is incorrect.	Put the cake on a lower shelf.
The cake sinks and becomes soggy, lumpy or streaky.	The oven temperature is too high.	The next time you bake, set a slightly lower oven temperature.
	The baking time is too short.	Set a longer baking time. You cannot decrease baking times by setting higher temperatures.
	There is too much liquid in the mixture.	Use less liquid. Be careful with mixing times, especially if you use a mixing machine.
The cake is too dry.	The oven temperature is too low.	The next time you bake, set a higher oven temperature.
	The baking time is too long.	The next time you bake, set a shorter baking time.
The cake browns unevenly.	The oven temperature is too high and the baking time is too short.	Set a lower oven temperature and a longer baking time.
	The mixture is unevenly distributed.	Spread the mixture evenly on the baking tray.
The cake is not ready in the baking time given.	The oven temperature is too low.	The next time you bake, set a slightly higher oven temperature.

**Baking on one oven level**

## Baking in tins

Food	Function	Temperature (°C)	Time (min)	Shelf position
Ring cake or brioche	True Fan Cooking	150 - 160	50 - 70	1
Madeira cake / Fruit cakes	True Fan Cooking	140 - 160	70 - 90	1
Sponge cake / Sponge cake	True Fan Cooking	140 - 150	35 - 50	1
Sponge cake / Sponge cake	Conventional Cooking	160	35 - 50	1
Flan base - short pastry <sup>1)</sup>	True Fan Cooking	170 - 180	10 - 25	2
Flan base - sponge mixture	True Fan Cooking	150 - 170	20 - 25	2
Apple pie / Apple pie (2 tins Ø 20 cm, diagonally off set)	True Fan Cooking	160	70 - 90	2
Apple pie / Apple pie (2 tins Ø 20 cm, diagonally off set)	Conventional Cooking	180	70 - 90	1
Cheesecake, tray <sup>2)</sup>	Conventional Cooking	160 - 170	70 - 90	2

1) Preheat the oven.

2) Use a deep pan.

## Cakes / pastries / breads on baking trays

Food	Function	Temperature (°C)	Time (min)	Shelf position
Plaited bread / bread crown	Conventional Cooking	170 - 190	30 - 40	1
Christmas stollen <sup>1)</sup>	Conventional Cooking	160 - 180	50 - 70	1
Bread (rye bread) <sup>1)</sup>	Conventional Cooking			1

Food	Function	Temperature (°C)	Time (min)	Shelf position
first		230	20	
then		160 - 180	30 - 60	
Cream puffs / eclairs <sup>1)</sup>	Conventional Cooking	190 - 210	20 - 35	2
Swiss Roll <sup>1)</sup>	Conventional Cooking	180 - 200	10 - 20	2
Cake with crumble topping (dry)	True Fan Cooking	150 - 160	20 - 40	2
Buttered almond cake / sugar cakes <sup>1)</sup>	Conventional Cooking	190 - 210	20 - 30	2
Fruit flans (made with yeast dough / sponge mixture) <sup>2)</sup>	True Fan Cooking	150 - 160	35 - 55	2
Fruit flans (made with yeast dough / sponge mixture) <sup>2)</sup>	Conventional Cooking	170	35 - 55	2
Fruit flans made with short pastry	True Fan Cooking	160 - 170	40 - 80	2
Yeast cakes with delicate toppings (e.g. quark, cream, custard) <sup>1)</sup>	Conventional Cooking	160 - 180	40 - 80	2

1) Preheat the oven.

2) Use a deep pan.

#### Biscuits

Food	Function	Temperature (°C)	Time (min)	Shelf position
Short pastry biscuits	True Fan Cooking	150 - 160	10 - 20	2
Short bread / Short bread / Pastry Stripes	True Fan Cooking	140	20 - 35	2
Short bread / Short bread / Pastry Stripes <sup>1)</sup>	Conventional Cooking	160	20 - 30	2

Food	Function	Temperature (°C)	Time (min)	Shelf position
Biscuits made with sponge mixture	True Fan Cooking	150 - 160	15 - 20	2
Pastries made with egg white, meringues	True Fan Cooking	80 - 100	120 - 150	2
Macaroons	True Fan Cooking	100 - 120	30 - 50	2
Biscuits made with yeast dough	True Fan Cooking	150 - 160	20 - 40	2
Puff pastries <sup>1)</sup>	True Fan Cooking	170 - 180	20 - 30	2
Rolls <sup>1)</sup>	True Fan Cooking	160	10 - 25	2
Rolls <sup>1)</sup>	Conventional Cooking	190 - 210	10 - 25	2
Small cakes / Small cakes <sup>1)</sup>	True Fan Cooking	160	20 - 35	2
Small cakes / Small cakes <sup>1)</sup>	Conventional Cooking	170	20 - 35	2

*1) Preheat the oven.*

### Bakes and gratins

Food	Function	Temperature (°C)	Time (min)	Shelf position
Pasta bake	Conventional Cooking	180 - 200	45 - 60	1
Lasagne	Conventional Cooking	180 - 200	25 - 40	1
Vegetables au gratin <sup>1)</sup>	Turbo Grilling	160 - 170	15 - 30	1
Baguettes with melted cheese	True Fan Cooking	160 - 170	15 - 30	1

Food	Function	Temperature (°C)	Time (min)	Shelf position
Milk rice	Conventional Cooking	180 - 200	40 - 60	1
Fish bakes	Conventional Cooking	180 - 200	30 - 60	1
Stuffed vegetables	True Fan Cooking	160 - 170	30 - 60	1

1) Preheat the oven.

### Multilevel baking

Use the function: True Fan Cooking.

Cakes / pastries / breads on baking trays

Food	Temperature (°C)	Time (min)	Shelf position
Cream puffs / Eclairs <sup>1)</sup>	160 - 180	25 - 45	1 / 4
Dry streusel cake	150 - 160	30 - 45	1 / 4

1) Preheat the oven.

Cakes / small cakes / breads on baking trays

Food	Temperature (°C)	Time (min)	Shelf position
Short pastry biscuits	150 - 160	20 - 40	1 / 4
Short bread / Short bread / Pastry Stripes	140	25 - 45	1 / 4
Biscuits made with sponge mixture	160 - 170	25 - 40	1 / 4
Pastries made with egg white, meringues	80 - 100	130 - 170	1 / 4
Macaroons	100 - 120	40 - 80	1 / 4
Biscuits made with yeast dough	160 - 170	30 - 60	1 / 4

### Slow Cooking

Use this function to prepare lean, tender pieces of meat and fish. This function is not applicable to such recipes as pot roast or

fatty roast pork. You can use the Food Sensor to guarantee that the meat has the correct core temperature.

**⚠ Warning!** Refer to “Hints and tips” chapter.

In the first 10 minutes you can set an oven temperature between 80 °C and 150 °C. The default is 90 °C. After the temperature is set, the oven continues to cook at 80 °C. Do not use this function for poultry.

**i** Always cook without a lid when you use this function.

1. Sear the meat in a pan on the hob on a very high setting for 1 - 2 minutes on each side.
2. Put the meat together with the hot roasting pan on the wire shelf in the oven.
3. Put the core temperature sensor into the meat.
4. Select the function: Slow Cooking and set the correct end core temperature.

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Roast beef	1 - 1.5	150	120 - 150	1
Fillet of beef	1 - 1.5	150	90 - 110	1
Roast veal	1 - 1.5	150	120 - 150	1
Steak	0.2 - 0.3	120	20 - 40	1

### Pizza Setting

Food	Temperature (°C)	Time (min)	Shelf position
Pizza (thin crust) <sup>1)</sup>	200 - 230	15 - 20	2
Pizza (with a lot of topping) <sup>2)</sup>	180 - 200	20 - 30	2
Tarts	180 - 200	40 - 55	1
Spinach flan	160 - 180	45 - 60	1
Quiche Lorraine (Savoury flan)	170 - 190	45 - 55	1
Swiss Flan	170 - 190	45 - 55	1
Cheesecake	140 - 160	60 - 90	1
Apple cake, covered	150 - 170	50 - 60	1
Vegetable pie	160 - 180	50 - 60	1
Unleavened bread <sup>1)</sup>	230	10 - 20	2
Puff pastry flan <sup>1)</sup>	160 - 180	45 - 55	2

Food	Temperature (°C)	Time (min)	Shelf position
Flammekuchen <sup>1)</sup>	230	12 - 20	2
Piroggen (Russian version of calzone) <sup>1)</sup>	180 - 200	15 - 25	2

1) Preheat the oven.

2) Use a deep pan.

## Roasting

Use heat-resistant ovenware.

Roast large roasting joints directly in the tray or on the wire shelf placed above the tray.

Put some water in the tray to prevent the meat juices or fat from burning.

Meat with crackling can be roasted in the roasting tin without the lid.

Turn the roast after 1/2 - 2/3 of the cooking time.

To keep meat more succulent:

- roast lean meat in the roasting tin with the lid or use roasting bag.
- roast meat and fish in large pieces (1 kg or more).
- baste large roasts and poultry with their juices several times during roasting.

## Roasting tables

Beef

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Pot roast	Conventional Cooking	1 - 1.5 kg	230	120 - 150	1
Roast beef or fillet: rare <sup>1)</sup>	Turbo Grilling	per cm of thickness	190 - 200	5 - 6 per cm of thickness	1
Roast beef or fillet: medium	Turbo Grilling	per cm of thickness	180 - 190	6 - 8 per cm of thickness	1
Roast beef or fillet: well done	Turbo Grilling	per cm of thickness	170 - 180	8 - 10 per cm of thickness	1

1) Preheat the oven.

## Pork

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Shoulder, neck, ham joint	Turbo Grilling	1 - 1.5 kg	160 - 180	90 - 120	1
Chop, spare rib	Turbo Grilling	1 - 1.5 kg	170 - 180	60 - 90	1
Meat loaf	Turbo Grilling	750 g - 1 kg	160 - 170	50 - 60	1
Pork knuckle (precooked)	Turbo Grilling	750 g - 1 kg	150 - 170	90 - 120	1

## Veal

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Roast veal	Turbo Grilling	1 kg	160 - 180	120 - 150	1
Knuckle of veal	Turbo Grilling	1.5 - 2 kg	160 - 180	120 - 150	1

## Lamb

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Leg of lamb, roast lamb	Turbo Grilling	1 - 1.5 kg	150 - 180	100 - 120	1
Saddle of lamb	Turbo Grilling	1 - 1.5 kg	160 - 180	40 - 60	1

## Game

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Saddle of hare, leg of hare 1)	Conventional Cooking	up to 1 kg	230	30 - 40	1

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Saddle of venison	Conventional Cooking	1.5 - 2 kg	210 - 220	35 - 40	1
Haunch of venison	Conventional Cooking	1.5 - 2 kg	180 - 200	60 - 90	1

1) Preheat the oven.

### Poultry

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Chicken, spring chicken	Turbo Grilling	200 - 250 g each	200 - 220	30 - 50	1
Chicken half	Turbo Grilling	400 - 500 g each	190 - 210	35 - 50	1
Poultry pieces	Turbo Grilling	1 - 1.5 kg	190 - 210	50 - 70	1
Duck	Turbo Grilling	1.5 - 2 kg	180 - 200	80 - 100	1

### Fish (steamed)

Food	Function	Quantity	Temperature (°C)	Time (min)	Shelf position
Whole fish	Conventional Cooking	1 - 1.5 kg	210 - 220	45 - 60	1

### Grill

- Always grill with the maximum temperature setting.
- Set the shelf into the shelf position as recommended in the grilling table.
- Always set the pan to collect the fat into the first shelf position.

- Grill only flat pieces of meat or fish.
- Always preheat the empty oven with the grill functions for 5 minutes.



**Caution!** Always grill with the oven door closed.

## Grill

Food	Temperature (°C)	Grilling time (min)		Shelf position
		1st side	2nd side	
Roast beef, medium	210 - 230	30 - 40	30 - 40	1
Filet of beef, medium	230	20 - 30	20 - 30	1
Back of pork	210 - 230	30 - 40	30 - 40	1
Back of veal	210 - 230	30 - 40	30 - 40	1
Back of lamb	210 - 230	25 - 35	20 - 35	1
Whole Fish, 500 - 1000 g	210 - 230	15 - 30	15 - 30	1

## Fast Grilling

Food	Grilling time (min)		Shelf position
	1st side	2nd side	
Burgers / Burgers	9 - 13	8 - 10	3
Pork fillet	10 - 12	6 - 10	3
Sausages	10 - 12	6 - 8	3
Fillet steaks, veal steaks	7 - 10	6 - 8	3
Toast / Toast	1 - 3	1 - 3	3
Toast with topping	6 - 8	-	3

## Frozen Foods

- Remove the food packaging. Put the food on a plate.
- Do not cover it with a bowl or a plate. This can extend the defrost time.

Food	Temperature (°C)	Time (min)	Shelf position
Pizza, frozen	200 - 220	15 - 25	2
Pizza American, frozen	190 - 210	20 - 25	2
Pizza, chilled	210 - 230	13 - 25	2
Pizza Snacks, frozen	180 - 200	15 - 30	2

Food	Temperature (°C)	Time (min)	Shelf position
French Fries, thin	200 - 220	20 - 30	2
French Fries, thick	200 - 220	25 - 35	2
Wedges / Croquettes	220 - 230	20 - 35	2
Hash Browns	210 - 230	20 - 30	2
Lasagne / Cannelloni, fresh	170 - 190	35 - 45	2
Lasagne / Cannelloni, frozen	160 - 180	40 - 60	2
Oven baked cheese	170 - 190	20 - 30	2
Chicken Wings	190 - 210	20 - 30	2

## Frozen ready meals

Food	Function	Temperature (°C)	Time (min)	Shelf position
Frozen pizza	Conventional Cooking	as per manufacturer's instructions	as per manufacturer's instructions	2
Chips <sup>1)</sup> (300 - 600 g)	Conventional Cooking or Turbo Grilling	200 - 220	as per manufacturer's instructions	2
Baguettes	Conventional Cooking	as per manufacturer's instructions	as per manufacturer's instructions	2
Fruit cake	Conventional Cooking	as per manufacturer's instructions	as per manufacturer's instructions	2

*1) Turn chips 2 or 3 times during cooking.*

**Defrost**

- Remove the food packaging and put the food on a plate.
- Use the first shelf position from the bottom.

- Do not cover the food with a bowl or a plate, as this can extend the defrost time.

Food	Quantity	Defrosting time (min)	Further defrosting time (min)	Comments
Chicken	1 kg	100 - 140	20 - 30	Put the chicken on an upturned saucer in a big plate. Turn halfway through.
Meat	1 kg	100 - 140	20 - 30	Turn halfway through.
Meat	500 g	90 - 120	20 - 30	Turn halfway through.
Trout	150 g	25 - 35	10 - 15	-
Strawberries	300 g	30 - 40	10 - 20	-
Butter	250 g	30 - 40	10 - 15	-
Cream	2 x 200 g	80 - 100	10 - 15	Whip the cream when still slightly frozen in places.
Gateau	1.4 kg	60	60	-

### Preserving

Use only preserve jars of the same dimensions available on the market.

Do not use jars with twist-off and bayonet type lids or metal tins.

Use the first shelf from the bottom for this function.

Put no more than six one-litre preserve jars on the baking tray.

Fill the jars equally and close with a clamp.

Soft fruit

The jars cannot touch each other.

Put approximately 1/2 litre of water into the baking tray to give sufficient moisture in the oven.

When the liquid in the jars starts to simmer (after approximately 35 - 60 minutes with one-litre jars), stop the oven or decrease the temperature to 100 °C (see the table).

Food	Temperature (°C)	Cooking time until simmering (min)	Continue to cook at 100 °C (min)
Strawberries / Blueberries / Raspberries / Ripe gooseberries	160 - 170	35 - 45	-

## Stone fruit

Food	Temperature (°C)	Cooking time until simmering (min)	Continue to cook at 100 °C (min)
Pears / Quinces / Plums	160 - 170	35 - 45	10 - 15

## Vegetables

Food	Temperature (°C)	Cooking time until simmering (min)	Continue to cook at 100 °C (min)
Carrots <sup>1)</sup>	160 - 170	50 - 60	5 - 10
Cucumbers	160 - 170	50 - 60	-
Mixed pickles	160 - 170	50 - 60	5 - 10
Kohlrabi / Peas / Asparagus	160 - 170	50 - 60	15 - 20

*1) Leave standing in the oven after it is deactivated.*

## Drying

Food	Temperature (°C)	Time (h)	Shelf position
Beans	60 - 70	6 - 8	2
Peppers	60 - 70	5 - 6	2
Vegetables for soup	60 - 70	5 - 6	2
Mushrooms	50 - 60	6 - 8	2
Herbs	40 - 50	2 - 3	2
Plums	60 - 70	8 - 10	2
Apricots	60 - 70	8 - 10	2
Apple slices	60 - 70	6 - 8	2
Pears	60 - 70	6 - 9	2

## Bread Baking

Preheating is not recommended.

Add 100 ml of water to the water drawer.

Food	Temperature (°C)	Time (min)	Shelf position
White Bread	180 - 200	40 - 60	1

Food	Temperature (°C)	Time (min)	Shelf position
Baguette	200 - 220	35 - 45	1
Brioche	180 - 200	40 - 60	1
Ciabatta	200 - 220	35 - 45	1
Rye Bread	190 - 210	50 - 70	1
Dark Bread	180 - 200	50 - 70	1
All Grain bread	170 - 190	60 - 90	1

**Core temperature sensor table**

Beef

Food	Food core temperature (°C)
Rib / Fillet steak: rare	45 - 50
Rib / Fillet steak: medium	60 - 65
Rib / Fillet steak: well done	70 - 75

Pork

Food	Food core temperature (°C)
Shoulder / Ham / Neck joint of pork	80 - 82
Chop (saddle) / Smoked pork loin	75 - 80
Meatloaf	75 - 80

Veal

Food	Food core temperature (°C)
Roast veal	75 - 80
Knuckle of veal	85 - 90

Mutton / lamb

Food	Food core temperature (°C)
Leg of mutton	80 - 85
Saddle of mutton	80 - 85
Roast lamb / Leg of lamb	70 - 75

Game

Food	Food core temperature (°C)
Saddle of hare	70 - 75
Leg of hare	70 - 75
Whole hare	70 - 75
Saddle of venison	70 - 75
Leg of venison	70 - 75

Fish

Food	Food core temperature (°C)
Salmon	65 - 70
Trouts	65 - 70

## Automatic programmes

**⚠ Warning!** Refer to Safety chapters.

### Automatic programmes

The automatic programmes give optimum settings for each type of meat or other recipes.

- Meat programmes with the function: Weight Automatic (menu: Assisted Cooking) — This function automatically calculates the roasting time. To use it you need to input food weight.
- Meat programmes with the function: Food Sensor Automatic (menu: Assisted Cooking) — This function automatically calculates the roasting time. To use it you need to input core temperature. When the programme ends a signal sounds.
- Recipe Automatic (menu: Assisted Cooking) — This function uses predefined values for a dish.

Dishes with the function: Weight Automatic
Roast Pork
Roast Veal
Braised meat
Roast Game
Roast Lamb
Whole Chicken
Whole Turkey

Dishes with the function: Weight Automatic
Whole Duck
Whole Goose

Dishes with the function: Food Sensor Automatic
Loin of Pork
Roast Beef
Scandinavian Beef
Loin of Game
Lamb Joint, medium
Boned Poultry
Whole Fish

### Categories

In the Assisted Cooking menu the dishes are divided into several categories:

- Pork/Veal
- Beef/Game/Lamb
- Poultry
- Fish
- Cake
- Desserts
- Pizza/Pie/Bread
- Casseroles/Gratins
- Side Dishes
- Convenience

## Pork/Veal

### Roast Pork

#### Settings:

Automatic weight. Setting range for the weight between 1000 and 2000 g.

#### Method:

Season meat to taste and place in an ovenproof dish. Add water or another liquid; the bottom should be covered to a depth of 20 - 40 mm. Turn the roast after about 30 minutes.

- Shelf position: 1

### Loin of Pork

#### Settings:

Automatic core temperature sensor, core temperature 75 °C.

#### Method:

Season meat to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

### Pork Knuckle

#### Ingredients:

- 1 hind knuckle of pork 0.8 - 1.2 kg
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon sweet-noble paprika
- 1/2 teaspoon basil
- 1 small tin sliced mushrooms (280 g)
- soup vegetables (carrot, leek, celery, parsley)
- water

#### Method:

Cut into the rind all around the pork knuckle. Mix oil, salt, paprika and basil together and spread over the pork knuckle. Put the pork knuckle into a roasting tin and spread the mushrooms over it. Add soup vegetables and water. The bottom should be covered to a depth of 10 - 15 mm. Turn the roast after about 30 minutes.

- Time in the appliance: 160 minutes
- Shelf position: 1

### Pork Shoulder

#### Ingredients:

- 1.5 kg shoulder of pork, skin on, from a young pig
- salt
- pepper
- 2 tablespoons olive oil
- 150 g finely sliced celery
- 1 leek, sliced
- 1 small tin tomatoes, finely chopped (400 g)
- 250 ml cream
- 2 cloves of garlic, peeled and crushed
- fresh rosemary and thyme

#### Method:

With a sharp knife cut diamonds into the skin. Season with salt and pepper and brown on all sides with the olive oil in a roasting pan on the ring, then remove. Sweat celery and leek with a little oil in a roasting tin, then add tomatoes, cream, garlic cloves, rosemary and thyme, stir and lay the pork shoulder on top. Put into the appliance.

- Time in the appliance: 130 minutes
- Shelf position: 1

### Roast Veal

#### Settings:

Automatic weight. Setting range for the weight between 1000 and 2000 g.

#### Method:

Season meat to taste and place in an ovenproof dish. Add water or another liquid; the bottom should be covered to a depth of 10 - 20 mm. Cover with a lid.

- Shelf position: 1

### Veal Knuckle

#### Ingredients:

- 1 hind knuckle of veal 1.5 - 2 kg
- 4 slices cooked ham
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon sweet-noble paprika

- 1/2 teaspoon basil
- 1 small tin sliced mushrooms (280 g)
- soup vegetables (carrot, leek, celery, parsley)
- water

**Method:**

Cut 8 slits lengthwise all around the veal knuckle. Cut four slices of cooked ham in half and place in the slits. Mix oil, salt, paprika and basil together and spread over the veal knuckle. Put the veal knuckle into a roasting tin and spread the mushrooms over it. Add soup vegetables and water to the veal knuckle. The bottom should be covered to a depth of 10 - 15 mm. Turn the roast after about 30 minutes.

- Time in the appliance: 160 minutes
- Shelf position: 1

**Ossobuco****Ingredients:**

- 4 tablespoons butter for browning
- 4 slices of veal shank, about 3 - 4 cm thick (cut across the bone)
- 4 medium-sized carrots, cut into small dice
- 4 sticks celery, cut into small dice
- 1 kg ripe tomatoes, peeled, halved, cores removed and cut into dice
- 1 bunch parsley, washed and roughly chopped
- 4 tablespoons butter
- 2 tablespoons flour for coating
- 6 tablespoons olive oil
- 250 ml white wine
- 250 ml meat stock
- 3 medium-sized onions, peeled and finely chopped
- 3 cloves of garlic, peeled and thinly sliced
- 1/2 teaspoon each of thyme and oregano
- 2 bay leaves
- 2 cloves
- salt, freshly ground black pepper

**Method:**

Melt 4 tablespoons butter in a roasting tin and sweat the vegetables in it. Take vegetables out of the roasting tin.

Wash veal shank slices, dry, season and then coat in the flour. Knock off surplus flour. Heat the olive oil and brown the slices over a medium heat until golden brown. Take meat out and pour the surplus olive oil out of the roasting tin.

Deglaze the meat juices in the roasting tin with 250 ml wine, put into a saucepan and leave to simmer for a while. Add 250 ml meat stock and add parsley, thyme, oregano and diced tomato. Season with salt and pepper. Then bring to the boil again.

Put vegetables into the roasting tin, put the meat on top and pour the sauce over the top. Cover the roasting tin with a lid and put it in the appliance.

- Time in the appliance: 120 minutes
- Shelf position: 1

**Stuffed Veal Breast****Ingredients:**

- 1 bread roll
- 1 egg
- 200 g mince
- salt, pepper
- 1 onion, chopped
- parsley, chopped
- 1 kg breast of veal (with pocket cut into it)
- soup vegetables (carrot, leek, celery, parsley)
- 50 g bacon
- 250 ml water

**Method:**

Soak roll in water and then squeeze water out. Then mix with egg, mince, salt, pepper, chopped onion and parsley.

Season breast of veal (with pocket cut into it) and stuff the meat stuffing into the pocket. Then sew up the opening.

Place the breast of veal in a roasting tin, add soup vegetables, bacon and water. Turn the roaster after about 30 minutes.

- Time in the appliance: 100 minutes
- Shelf position: 1

### Meat Loaf

#### Ingredients:

- 2 dry bread rolls
- 1 onion
- 3 tablespoons chopped parsley
- 750 g mince (a mixture of beef and pork)

- 2 eggs
- salt, pepper and paprika
- 100 g rashers of bacon

#### Method:

Soak dry rolls in water and then squeeze water out. Peel onion and chop finely, then sweat and add chopped parsley.

Mix together mince, eggs, the squeezed out rolls and the onion. Season with salt, pepper and paprika, place in a rectangular baking tin and cover with rashers of bacon. Add a little water and put in the appliance.

- Time in the appliance: 70 minutes
- Shelf position: 1

## Beef/Game/Lamb

### Roast Beef

#### Settings:

Automatic core temperature sensor. Core temperature for:

- Rare - 48 °C
- Medium - 65 °C
- Well done - 70 °C

#### Method:

Season meat to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

### Scandinavian Beef

#### Settings:

Automatic core temperature sensor. Core temperature for:

- Rare - 50 °C
- Medium - 65 °C
- Well done - 70 °C

#### Method:

Season meat to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

### Braised meat



Do not use this program for roast beef and loin dishes.

#### Settings:

Automatic weight. Setting range for the weight between 1000 and 2000 g.

#### Method:

Season meat to taste and place in an ovenproof dish. Add water or another liquid; the bottom should be covered to a depth of 10 - 20 mm. Cover with a lid.

- Shelf position: 1

### Marinated Beef

#### To make 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)  
Bring everything to the boil and then leave to cool.
- 1.5 kg joint of beef  
Pour the marinade over the beef until it is covered and leave to marinate for 5 days.

**Ingredients for the roast:**

- salt
- pepper
- soup vegetables from the marinade

**Method:**

Take the joint of beef out of the marinade and dry. Season with salt and pepper and brown on all sides in a roasting pan and add some soup vegetables from the marinade.

Pour some marinade into the roasting pan. The bottom should be covered by 10 - 15 mm. Cover the roasting pan with a lid and put it in the appliance.

- Time in the appliance: 150 minutes
- Shelf position: 1

**Loin of Game****Settings:**

Automatic core temperature sensor. Core temperature 70 °C.

**Method:**

Season meat to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

**Roast Game****Settings:**

Automatic weight. Setting range for the weight between 1000 and 2000 g.

**Method:**

Season meat to taste and place in an ovenproof dish. Add water or another liquid; the bottom should be covered to a depth of 10 - 20 mm. Cover with a lid.

- Shelf position: 1

**Rabbit****Ingredients:**

- 2 saddles of hare
- 6 juniper berries (crushed)
- salt and pepper
- 30 g melted butter
- 125 ml sour cream
- soup vegetables (carrot, leek, celery, parsley)

**Method:**

Rub saddles of hare with the crushed juniper berries, salt and pepper and brush with melted butter.

Place saddles of hare in a roasting tin, pour sour cream over and add soup vegetables.

- Time in the appliance: 35 minutes
- Shelf position: 1

**Rabbit in mustard sauce****Ingredients:**

- 2 rabbits, each 800 g
- salt and pepper
- 2 tablespoons olive oil
- 2 roughly chopped onions
- 50 g diced bacon
- 2 tablespoons flour
- 375 ml chicken stock
- 125 ml white wine
- 1 teaspoon fresh thyme
- 125 ml cream
- 2 tablespoons Dijon mustard

**Method:**

Cut rabbits into 8 similarly sized pieces, season with salt and pepper and brown on all sides in a roasting pan on the ring.

Remove rabbit pieces and brown the onions and bacon. Sprinkle flour over and stir. Stir in chicken stock, white wine and thyme and bring to the boil.

Add cream and Dijon mustard, put meat back in, cover with a lid and then put it in the appliance.

- Time in the appliance: 90 minutes
- Shelf position: 1

### Wild Boar

#### To make the marinade:

- 1.5 l red wine
- 150 g celeriac
- 150 g carrots
- 2 onions
- 5 bay leaves
- 5 cloves
- 2 bunches of soup vegetables (carrot, leek, celery, parsley)  
Bring everything to the boil and then leave to cool.
- 1.5 kg wild boar joint (shoulder)  
Pour the marinade over the meat until it is covered and leave to marinade for 3 days.

#### Ingredients for the roast:

- salt
- pepper
- soup vegetables from the marinade
- 1 small tin of chanterelles

#### Method:

Take the wild boar joint out of the marinade and dry. Season with salt and pepper and brown on all sides in a roasting pan on the ring. Add chanterelles and some of the soup vegetables out of the marinade.

Pour marinade into the roasting pan. The bottom should be covered by 10 - 15 mm.

Cover the roasting pan with a lid and put it in the appliance.

- Time in the appliance: 140 minutes
- Shelf position: 1

### Roast Lamb

#### Settings:

Automatic weight. Setting range for the weight between 1000 and 2000 g.

#### Method:

Season meat to taste and place in an ovenproof dish. Add water or another liquid; the bottom should be covered to a depth of 10 - 30 mm. Cover with a lid.

- Shelf position: 1

### Lamb Joint, medium

#### Settings:

Automatic core temperature sensor. Core temperature 70 °C.

#### Method:

Season meat to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

### Leg of Lamb

#### Ingredients:

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

#### Method:

Wash the leg of lamb and then pat dry, rub in olive oil and make slashes in the meat. Season with salt and pepper. Peel the

cloves of garlic and slice, push together with the sprigs of rosemary into the slashes in the meat.

Put the leg of lamb into a roaster and add water. The bottom should be covered to a

depth of 10 - 15 mm. Turn the roast after about 30 minutes.

- Time in the appliance: 165 minutes
- Shelf position: 1

## Poultry

### Whole Chicken

#### Settings:

Automatic weight. Setting range for the weight between 900 and 2100 g.

#### Method:

Place chicken in an ovenproof dish and season to taste. After about 30 minutes, turn the roast. The display shows a reminder.

- Shelf position: 1

### Whole Turkey

#### Settings:

Automatic weight. Setting range for the weight between 1700 and 4700 g.

#### Method:

Place turkey in an ovenproof dish and season to taste. After about 30 minutes, turn the roast. The display shows a reminder.

- Shelf position: 1

### Whole Duck

#### Settings:

Automatic weight. Setting range for the weight between 1500 and 3300 g.

#### Method:

Place duck in an ovenproof dish and season to taste. After about 30 minutes, turn the roast. The display shows a reminder.

- Shelf position: 1

### Whole Goose

#### Settings:

Automatic weight. Setting range for the weight between 2300 and 4700 g.

#### Method:

Place goose in an ovenproof dish and season to taste. After about 30 minutes, turn the roast. The display shows a reminder.

- Shelf position: 1

### Boned Poultry

#### Settings:

Automatic core temperature sensor, core temperature 75 °C.

#### Method:

Season turkey breast (boned) to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

### Chicken Legs

#### Ingredients:

- 4 Chicken legs, 250 g each
- 250 g crème fraîche
- 125 ml cream
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon curry
- 1/2 teaspoon pepper
- 250 g sliced tinned mushrooms
- 20 g corn starch

#### Method:

Clean the chicken legs and place in a roaster. Mix the rest of the ingredients together and pour over the chicken legs.

- Time in the appliance: 55 minutes
- Shelf position: 1

### Coq au Vin

#### Ingredients:

- 1 chicken
- salt
- pepper
- 1 tablespoon flour
- 50 g clarified butter
- 500 ml white wine
- 500 ml chicken stock
- 4 tablespoons soya sauce
- 1/2 bunch of parsley
- 1 sprig of thyme
- 150 g bacon, diced
- 250 g chestnut mushrooms, cleaned and quartered
- 12 shallots, peeled
- 2 cloves of garlic, peeled and crushed

#### Method:

Clean the chicken and season with salt and pepper and sprinkle with the flour.

Heat the clarified butter in a roasting tin on the ring, brown the chicken on all sides.

Pour in the white wine, chicken stock and soya sauce and bring to the boil.

Add parsley, thyme, diced bacon, mushrooms, shallots and garlic.

Bring to the boil again, cover with a lid and put in the appliance.

- Time in the appliance: 55 minutes
- Shelf position: 1

### Roast Duck with Orange

#### Ingredients:

- 1 duck (1.6 – 2.0 kg)
- salt
- pepper

- 3 oranges, peeled, de-seeded and cut into cubes
- 1/2 teaspoon salt
- 2 oranges for juicing
- 150 ml sherry

#### Method:

Clean the duck, season with salt and pepper and rub with orange peel.

Stuff the duck with cubes of orange seasoned with salt and sew it up.

Place the duck in the roasting tin, breast down.

Squeeze the juice from the oranges, mix with the sherry and pour over the duck.

Put duck in the appliance. Turn after 30 minutes. A signal sounds.

- Time in the appliance: 90 minutes
- Shelf position: 1

### Stuffed Chicken

#### Ingredients:

- 1 chicken, 1.2 kg (with giblets)
- 1 tablespoon oil
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 50 g breadcrumbs
- 3 - 4 tablespoons milk
- 1 onion, chopped
- 1 bunch of parsley, chopped
- 20 g butter
- 1 egg
- salt and pepper

#### Method:

Clean chicken and dry. Mix oil, salt and paprika and rub into the chicken.

**Stuffing:** Mix together breadcrumbs and milk. Put chopped onion, parsley and butter into a pan and sweat. Finely chop heart, liver and stomach and add an egg. Then mix everything together and season with salt and pepper.

Place chicken breast down in a roasting tin, put into the appliance. Turn after 30 minutes. A signal sounds.

- Time in the appliance: 90 minutes
- Shelf position: 1

### Poached Chicken Breast

#### Ingredients:

- 4 chicken breast fillets, boned

- salt, pepper, paprika and curry powder

#### Method:

Season the chicken breasts and place in a glass bowl in the appliance.

- Time in the appliance: 35 minutes
- Shelf position: 1
- Add 450 ml of water into the water drawer

## Fish

### Whole Fish

#### Settings:

Automatic core temperature sensor, core temperature 65 °C.

#### Method:

Season fish to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 1

### Fillet of Fish

#### Ingredients:

- 600 - 700 g perch-pike, salmon, or sea trout fillet
- 150 g grated cheese
- 250 ml cream
- 50 g breadcrumbs
- 1 teaspoon tarragon
- parsley, chopped
- salt, pepper
- lemon
- butter

#### Method:

Sprinkle fish fillets with lemon juice and leave to marinade for a while, then dab off surplus juice with kitchen paper. Season the fish fillets on both sides with salt and pepper. Then place fish fillets in a buttered ovenproof dish.

Mix together the grated cheese, cream, breadcrumbs, tarragon and chopped parsley. Spread the mixture immediately on the fish fillets and place small knobs of butter on the mixture.

- Time in the appliance: 35 minutes
- Shelf position: 1

### Cod Fish

#### Ingredients:

- 800 g dried cod
- 2 tablespoons olive oil
- 2 large onions
- 6 cloves of garlic, peeled
- 2 leeks
- 6 red peppers
- 1/2 tin chopped tomatoes (200 g)
- 200 ml white wine
- 200 ml court bouillon
- pepper, salt, thyme, oregano

#### Method:

Soak dried cod overnight. Drain the dried cod the next day and place in a saucepan with fresh water, place on a ring and bring to the boil. Then take from the ring and leave to cool.

Put olive oil in a pan and heat. Peel onions and slice finely, crush the peel garlic cloves and slice the leeks and wash. Put together into the hot fat and sauté briefly. Remove

cores from the peppers and cut into strips. Then put into the pan with the chopped tomatoes.

Add white wine and court bouillon and leave to simmer for a while. Season with pepper, salt, thyme and oregano and leave to simmer in the pan for another 15 minutes.

Take the cooled dried cod out of the saucepan and pat dry with kitchen paper. Remove the skin, bones and all fins. Flake the fish and place in an ovenproof dish mixed with the vegetables.

- Time in the appliance: 30 minutes
- Shelf position: 1

### **Fish in Salt**

#### **Ingredients:**

- a whole fish, approximately 1.5 - 2 kg
- 2 unwaxed lemons
- 1 head of fennel
- 4 sprigs of fresh thyme
- 3 kg rock salt

#### **Method:**

Clean fish and rub in the juice of two unwaxed lemons.

Cut the fennel into thin slices and stuff together with the sprigs of fresh thyme into the fish.

Place half of the rock salt in a baking dish and place the fish on top. Place the other half of the rock salt on the fish and press down firmly.

- Time in the appliance: 55 minutes
- Shelf position: 1

### **Stuffed Calamari**

#### **Ingredients:**

- 1 kg medium-sized squid, cleaned
- 1 large onion
- 2 tablespoons olive oil
- 90 g cooked long grain rice
- 4 tablespoons pinenuts

- 4 tablespoons currants (raisins)
- 2 tablespoons chopped parsley
- salt, pepper
- juice of a lemon
- 4 tablespoons olive oil
- 150 ml wine
- 500 ml tomato juice

#### **Method:**

Rub squid intensively with salt and then wash off under running water.

Peel onion, chop finely and sweat with two tablespoons of olive oil until transparent. Add long grain rice, pinenuts, currants and chopped parsley to the onions and season with salt, pepper and the juice of a lemon. Stuff the squid loosely with the mixture, sew up the opening.

Put four tablespoons of olive oil in a roasting tin and sear the squid on the ring. Add wine and tomato juice.

Cover the roasting tin with a lid and put it in the appliance.

- Time in the appliance: 60 minutes
- Shelf position: 1

### **Steamed Fish**

#### **Ingredients:**

- 400 g potatoes
- 2 bunches of spring onions
- 2 cloves of garlic
- 1 small tin chopped tomatoes (400 g)
- 4 salmon fillets
- juice of a lemon
- salt and pepper
- 75 ml vegetable stock
- 50 ml white wine
- 1 sprig of fresh rosemary
- 150 ml wine
- 1/2 bunch of fresh thyme

#### **Method:**

Wash potatoes, peel, quarter and boil in salted water for 25 minutes, then drain and cut into slices.

Wash spring onions and slice finely. Peel garlic cloves and cut into pieces. Mix onions and garlic with the chopped tomatoes.

Sprinkle salmon fillets with the juice of a lemon and leave to marinade. Then dry and season with salt and pepper.

Mix vegetables and potatoes and place in a greased ovenproof dish, season and place the salmon on top.

Pour vegetable stock and white wine over, distribute rosemary and thyme over the top.

- Time in the appliance: 35 minutes
- Shelf position: 1

### Jansons Temptation

#### Ingredients:

- 8 - 10 potatoes
- 2 onions
- 125 g anchovy fillets
- 300 ml cream
- 2 tablespoons breadcrumbs
- pepper
- freshly chopped thyme
- 2 tablespoons butter

#### Method:

Wash potatoes, peel and cut into fine strips. Peel onions and cut into strips.

Grease an ovenproof baking dish with butter. Place a third of the potatoes and

onions in the dish. On top place half of the anchovy fillets and cover with another third of the onions and potatoes. Distribute the rest of the anchovy fillets on top. On top place the rest of the onions and potatoes, with the top layer being potatoes.

Sprinkle with pepper and sprinkle the chopped thyme over the top.

Pour the brine from the anchovies over the bake and add the cream. Sprinkle over the breadcrumbs and place little knobs of butter on the top.

- Time in the appliance: 60 minutes
- Shelf position: 2

### Fish (Trout), poached

#### Ingredients:

- 1 lemon
- fish

#### Method:

Wash, dry and sprinkle with lemon juice inside and outside. Leave to soak in for a while and then season with salt and pepper. Place the fish in a stainless steel bowl with a perforated insert.

- Time in the appliance: 30 minutes
- Shelf position: 1

## Cake

### Lemon Sponge Cake

#### Ingredients for the mixture:

- 250 g butter
- 200 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 4 eggs
- 150 g flour
- 150 g cornflour

- 1 level teaspoon baking powder
- grated peel of 2 lemons

#### Ingredients for the glaze:

- 125 ml lemon juice
- 100 g icing sugar

#### Other:

- Square baking tin, 30 cm long
- Margarine for greasing
- Breadcrumbs for coating baking tin

#### Method:

Place butter, sugar, lemon peel, vanilla sugar and salt in a mixing bowl and cream together. Then add the eggs one at a time and cream together again.

Add the flour and cornflour mixed with the baking powder to the creamed mixture and fold in.

Put the mixture into the greased and breadcrumbed baking tin, smooth out and put in the appliance.

After baking, mix lemon juice and icing sugar. Turn the cake out onto a piece of aluminium foil.

Fold up the aluminium foil against the sides of the cake so that the glaze cannot run out. Pierce the cake with a wooden chopstick and brush on the glaze. Then leave the cake for a while to soak up the glaze.

- Time in the appliance: 75 minutes
- Shelf position: 1

### Swedish Cake

#### Ingredients:

- 5 eggs
- 340 g sugar
- 100 g melted butter
- 360 g flour
- 1 packet baking powder (approximately 15 g)
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 200 ml cold water

#### Other:

- 28 cm round springform baking tin, black, bottom lined with baking parchment

#### Method:

Place sugar, eggs, vanilla sugar and salt in a mixing bowl and cream together for 5 minutes. Then add the melted butter to the mixture and fold in.

Add the flour with the baking powder mixed into it into the creamed mixture and stir in.

Finally add the cold water and mix everything well. Put the mixture into the baking tin, smooth and put in the appliance.

- Time in the appliance: 55 minutes
- Shelf position: 1

### Biscuit

#### Ingredients:

- 4 eggs
- 2 tablespoons hot water
- 50 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 100 g sugar
- 100 g flour
- 100 g cornflour
- 2 level teaspoons baking powder

#### Other:

- 28 cm round springform baking tin, black, bottom lined with baking parchment

#### Method:

Separate the eggs. Cream egg yolks with hot water, 50 g sugar, vanilla sugar and salt. Beat egg whites with 100 g sugar until forming peaks.

Sieve together flour, cornflour and baking powder.

Carefully mix egg whites and egg yolks together. Then carefully fold in flour mixture. Put the mixture into the baking tin, smooth and put in the appliance.

- Time in the appliance: 35 minutes
- Shelf position: 1

### Cheese Cake

#### Ingredients for the base:

- 150 g flour

- 70 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 egg
- 70 g softened butter

**Ingredients for the cheese cream:**

- 3 egg whites
- 50 g raisins
- 2 tablespoons rum
- 750 g low fat quark
- 3 egg yolks
- 200 g sugar
- juice of one lemon
- 200 g crème fraîche
- 1 packet of custard powder, vanilla flavour (40 g or the corresponding amount of powder for making pudding of 500 ml milk)

**Other:**

- Black springform baking tin with 26 cm diameter, greased

**Method:**

Sieve flour into a bowl. Add the rest of the ingredients and mix with a hand-held mixer. Then put the mixture in the fridge for 2 hours.

Cover the greased bottom of the springform tin with about 2/3 of the mixture and prick several times with a fork.

Form an edge about 3 cm high with the rest of the mixture.

Beat the egg whites with a hand-held mixer until forming peaks. Wash the raisins, let them drain well, sprinkle with the rum and leave to soak.

Put low fat quark, egg yolks, sugar, lemon juice, crème fraîche and the custard powder in a mixing bowl and mix together well.

To finish, carefully fold the beaten egg whites and the raisins into the quark mixture.

- Time in the appliance: 85 minutes
- Shelf position: 1

**Fruit Cake**

**Ingredients:**

- 200 g butter
- 200 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 3 eggs
- 300 g flour
- 1/2 packet baking powder (approximately 8 g)
- 125 g currants
- 125 g raisins
- 60 g chopped almonds
- 60 g candied lemon peel or candied orange peel
- 60 g chopped candied cherries
- 70 g whole blanched almonds

**Other:**

- Black springform baking tin, 24 cm diameter
- Margarine for greasing
- Breadcrumbs for coating baking tin

**Method:**

Place butter, sugar, vanilla sugar and salt in a mixing bowl and cream together. Then add the eggs one at a time and cream the mixture again. Add the flour mixed with the baking powder to the creamed mixture and fold in.

Stir the fruit into the mixture as well.

Place the mixture in the prepared tin and pull the mixture up a little higher at the edge than in the centre. Decorate the edge and the centre of the cake with the whole blanched almonds. Put the cake into the appliance.

- Time in the appliance: 100 minutes
- Shelf position: 1

**Streusel Cake**

**Ingredients for the dough:**

- 375 g flour

- 20 g yeast
- 150 ml tepid milk
- 60 g sugar
- 1 pinch salt
- 2 egg yolks
- 75 g softened butter

**Ingredients for the crumble:**

- 200 g sugar
- 200 g butter
- 1 teaspoon cinnamon
- 350 g flour
- 50 g chopped nuts
- 30 g melted butter

**Method:**

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well, stir in with the milk and some of the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Put the sugar, egg yolks, butter and salt on the edge of the flour. Knead all ingredients into a workable yeast dough.

Leave the dough to rise in a warm place until it is about double the size. Then roll out the dough and place on a greased baking tray and leave to rise again.

Place sugar, butter and cinnamon in a mixing bowl and mix together.

Add the flour and the nuts and knead together so that you make a crumble mixture.

Spread the butter on the risen dough and spread the crumble mixture on it evenly.

- Time in the appliance: 35 minutes
- Shelf position: 2

**Yeast Plait****Ingredients for the dough:**

- 650 g flour
- 20 g yeast

- 200 ml milk
- 40 g sugar
- 5 g salt
- 5 egg yolks
- 200 g softened butter

**Ingredients for the filling:**

- 250 g chopped walnuts
- 20 g breadcrumbs
- 1 teaspoon ground ginger
- 50 ml milk
- 60 g honey
- 30 g melted butter
- 20 ml rum

**Ingredients for the finish:**

- 1 egg yolk
- a little milk
- 50 g flaked almonds

**Method:**

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well and stir in with the milk and a little of the sugar and the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Put the rest of the sugar on the edge of the flour. Knead all ingredients into a workable yeast dough. Leave the dough to rise in a warm place until it is about double the size.

For the filling, mix all ingredients together. Divide the dough into three equal parts and roll out into long rectangles. Spread a third of the filling onto each rectangle and then roll up the pieces of dough.

Make a plait out of the three pieces of dough. Coat the surface of the plait with a mixture of egg yolk and milk and then sprinkle with flaked almonds.

- Time in the appliance: 55 minutes
- Shelf position: 1

**Ring Cake****Ingredients for the base:**

- 500 g flour
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 80 g icing sugar
- 150 g butter
- 3 eggs
- 2 level teaspoons salt
- 150 ml milk
- 70 g raisins (soak in 20 ml of kirsch for 1 hour beforehand)

**Ingredients for the finish:**

- 50 g whole peeled almonds

**Method:**

Put flour, dried yeast, icing sugar, butter, eggs, salt and milk into a mixing bowl and knead to a smooth yeast dough. Cover the dough in the bowl and leave to rise for 1 hour.

Knead the soaked raisins into the dough by hand.

Place the almonds individually into each hollow in a greased and floured gugelhupf tin.

Then shape the dough into a sausage shape, place in the gugelhupf tin. Cover and leave to rise again for 45 minutes.

- Time in the appliance: 60 minutes
- Shelf position: 1

**Savarin Cake****Ingredients for the dough:**

- 350 g flour
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 75 g sugar
- 100 g butter
- 5 egg yolks
- 1/2 teaspoon salt
- 1 packet vanilla sugar (approximately 8 g)
- 125 ml milk

**After baking:**

- 375 ml water

- 200 g sugar
- 100 ml plum brandy or 100 ml orange liqueur

**Method:**

Put flour, dried yeast, sugar, butter, egg yolks, salt, vanilla sugar and milk into a mixing bowl and knead to a smooth yeast dough. Cover the dough in the bowl and leave to rise for 1 hour. Then place the dough in a greased ring-shaped cake tin and cover and leave to rise again for 45 minutes.

- Time in the appliance: 35 minutes
- Shelf position: 1

**After baking:**

Bring water and sugar to the boil and leave to cool.

Add plum brandy or orange liqueur to the sugar water and mix together.

When the cake has cooled, pierce it several times with a wooden skewer and then let the mixture soak into the cake evenly.

**Brownies****Ingredients:**

- 250 g plain chocolate
- 250 g butter
- 375 g sugar
- 2 packet vanilla sugar (approximately 16 g)
- 1 pinch salt
- 5 tablespoons water
- 5 eggs
- 375 g walnuts
- 250 g flour
- 1 teaspoon baking powder

**Method:**

Break chocolate up into large pieces and melt in a bain marie.

Cream together butter, sugar, vanilla sugar, salt and water, add the eggs and the melted chocolate.

Roughly chop the walnuts, mix with the flour and baking powder and fold into the chocolate mixture.

Line a deep baking tray with baking parchment, put the mixture on top and smooth.

- Time in the appliance: 50 minutes
- Shelf position: 2

#### **After baking:**

Leave to cool, remove baking parchment and cut into squares.

### **Muffins**

#### **Ingredients:**

- 150 g butter
- 150 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- zest of one unwaxed lemon
- 2 eggs
- 50 ml milk
- 25 g cornflour
- 225 g flour
- 10 g baking powder
- 1 jar of sour cherries (375 g)
- 225 g chocolate chips

#### **Other:**

- Paper cases, approximately 7 cm diameter

#### **Method:**

Cream together butter, sugar, vanilla sugar, salt and the zest of one unwaxed lemon. Add eggs and cream together again.

Mix the cornflour, flour and baking powder and fold into the mixture with the milk.

Drain sour cherries and fold into the mixture with the chocolate chips.

Put the mixture into the paper cases, put cases onto a baking tray and put in the appliance. Use muffin tray if available.

- Time in the appliance: 40 minutes

- Shelf position: 2

### **Sweet Tart**

#### **Ingredients:**

- 2 sheets original Swiss flaky pastry or puff pastry (rolled out in a square)
- 50 g ground hazelnuts
- 1.2 kg apples
- 3 eggs
- 300 ml cream
- 70 g sugar

#### **Method:**

Place pastry on a well-greased baking tray and prick the bottom all over with a fork. Spread the hazelnuts evenly over the pastry. Peel apples, remove cores and cut into 12 slices. Spread slices evenly on the pastry. Mix eggs, cream, sugar and vanilla sugar together well and put over the apples.

- Time in the appliance: 55 minutes
- Shelf position: 2

### **Carrot Cake**

#### **Ingredients for the mixture:**

- 150 ml sunflower oil
- 100 g brown sugar
- 2 eggs
- 75 g syrup
- 175 g flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon baking powder
- 200 g finely grated carrots
- 75 g sultanas
- 25 g grated coconut

#### **Ingredients for the topping:**

- 50 g butter
- 150 g cream cheese
- 40 g sugar crystals
- ground hazelnuts

#### **Other:**

- Round springform baking tin with 22 cm diameter, greased

**Method:**

Cream together sunflower oil, brown sugar, eggs and syrup. Fold in the rest of the ingredients for the mixture.

Put the mixture into the greased baking tin.

- Time in the appliance: 55 minutes
- Shelf position: 2

**After baking:**

Mix butter, cream cheese and sugar crystals (if necessary, add a little milk to make it spreadable).

Spread over the cake once it has cooled down and sprinkle ground hazelnuts over the top.

**Almond Cake****Ingredients for the mixture:**

- 5 eggs
- 200 g sugar
- 100 g marzipan
- 200 ml olive oil
- 450 g flour
- 1 tablespoon cinnamon
- 1 packet baking powder (approximately 15 g)
- 50 g chopped pistachios
- 125 g ground almonds
- 300 ml milk

**Ingredients for the topping:**

- 200 g apricot jam
- 5 tablespoons icing sugar
- 1 teaspoon cinnamon
- 2 tablespoons hot water
- flaked almonds

**Other:**

- 28 cm springform baking tin

**Method:**

Cream together eggs, sugar and marzipan for 5 minutes, then slowly add the olive oil to the egg mixture.

Sieve the flour, cinnamon and baking powder together, then mix the chopped pistachios and the ground almonds into the flour. Then carefully fold into the egg mixture together with the milk.

Put into the springform whose base has been sprinkled with breadcrumbs.

- Time in the appliance: 70 minutes
- Shelf position: 1

**After baking:**

Heat up the apricot jam and then spread on the cake using a brush. Then leave to cool. Mix together icing sugar, cinnamon and hot water and spread on the cake. Then sprinkle flaked almonds immediately onto the glazed surface of the cake.

**Fruit Tart****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 (400 g apples, peaches, sour cherries, etc.)
- 90 g ground almonds
- 2 eggs
- 100 g sugar
- 90 g softened butter

**Other:**

- Quiche tin with 28 cm diameter, greased

**Method:**

Sieve flour into a mixing bowl, mix salt and butter cut into small pieces into the flour. Then add egg, sugar and cold water and knead into a pastry.

Cool the pastry for 2 hours in the fridge. Roll out the refrigerated pastry and place in the greased quiche tin and prick with a fork.

Clean fruit, remove cores, stones or pips and place in small pieces or slices on the pastry. Place ground almonds, eggs, sugar and softened butter in a bowl and cream together. Then put on top of the fruit and smooth out.

- Time in the appliance: 50 minutes
- Shelf position: 1

## Desserts

### Flan Caramel

#### Ingredients for the mixture:

- 100 g sugar
- 100 ml water
- 500 ml milk
- 1 vanilla pod
- 100 g sugar
- 2 eggs
- 4 egg yolks

#### Other:

- 6 small soufflé dishes

#### Method:

Place 100 g sugar in a saucepan and melt to a light brown caramel. Then add the water carefully (caution — there is the risk of burns) and heat until it boils. Cook to a syrup and immediately pour it into 6 small soufflé dishes, so that the bottom is covered with caramel. Put the milk in a saucepan, halve the vanilla pod and use a knife to scrape out the seeds and add these to the milk. Warm the milk to about 90 °C. (Do not let it boil.) Mix eggs and egg yolks with 100 g sugar. (Do not cream.) Add the warm milk slowly to the egg - sugar mixture. Then put into the dishes.

- Time in the appliance: 35 minutes
- Shelf position: 1
- Add 500 ml of water into the water drawer

### Coconut Pudding

#### Ingredients:

- 250 ml milk

- 370 g coconut milk
- 6 eggs
- 120 g sugar
- 1 tin mangos, drained and pureed

#### Other:

- 6 mini pudding basins

#### Method:

Mix milk coconut milk. Lightly beat eggs and sugar and add to the coconut milk. Fill the mini pudding basins with the mixture. After cooking, turn out and decorate with the mangos.

- Time in the appliance: 35 minutes
- Shelf position: 1
- Add 500 ml of water into the water drawer

### Cappuccino Cake

#### For the mixture:

- 100 g softened butter
- 90 g sugar
- 2 egg yolks
- the seeds of one vanilla pod
- 2 tablespoons instant coffee (dissolved in 50 ml hot water)
- 2 egg whites
- 50 g flour
- 50 g cornflour
- 1/2 teaspoon baking powder

#### For the sauce:

- 250 ml orange juice
- 50 g sugar
- 1 pinch of cinnamon
- 20 ml orange liqueur

#### To finish:

- 200 ml whipped cream to decorate

**Other:**

- 6 small dishes or cups greased with butter

**Method:**

Cream together butter, sugar, egg yolks, the seeds of one vanilla pod and then mix in the dissolved coffee. Beat egg whites. Sieve flour, cornflour and baking powder and add to the mixture in layers with the egg whites and fold in. Put the mixture into small dishes or cups greased with butter.

- Time in the appliance: 40 minutes
- Shelf position: 1
- Add 600 ml of water into the water drawer

**After baking:**

Place orange juice, sugar, cinnamon and orange liqueur in a saucepan and reduce on the ring until the sauce is syrupy. Turn warm cakes out onto a dessert plate, decorate with sauce and cream.

**Cherry Pie****Ingredients:**

- 500 g bread
- 750 ml milk
- 1 pinch salt
- 80 g sugar
- 4 eggs
- 2 jars of sour cherries
- 50 g butter

**Other:**

- Baking dish, greased

**Method:**

Cut bread in slices. Mix together milk, salt, sugar and eggs and pour over the bread, mix and leave to soak in well. Drain sour cherries and add to the mixture. Put the mixture into the greased baking dish. Distribute knobs of butter over the pudding.

- Time in the appliance: 45 minutes

- Shelf position: 1
- Add 400 ml of water into the water drawer

**Plum Dumpling (6 pieces)****For the dough (the ingredients should be at room temperature):**

- 125 ml milk
- 20 g sugar
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 300 g flour
- 30 g sugar
- 30 g butter
- 1 egg yolk
- 1 whole egg
- 1 packet vanilla sugar (approximately 8 g)
- a little lemon zest
- plum jam

**After cooking:**

- 50 g butter
- 50 g ground poppy seeds
- icing sugar

**Other:**

- greased dish

**Method:**

Put milk and sugar in a saucepan and warm slightly on a cooking ring. Add dried yeast and stir. Then leave to stand for approximately 30 minutes. Put flour, sugar, butter, egg yolk, egg, vanilla sugar and a little lemon zest into a mixing bowl. Add the milk and the yeast and knead to a workable dough. Cover dough with a cloth and leave to rise for another 45 minutes. Then cut the dough into dumplings (about 80 g) using a spoon, press flat with your hand and fill with 1 teaspoon of plum jam. Pull up the edges of the dough and cover the jam with dough and then shape into a ball. Put the balls into a greased dish, cover and leave to rise for another 45 minutes and then put into the appliance.

- Time in the appliance: 30 minutes
- Shelf position: 1
- Add 500 ml of water into the water drawer

## Pizza/Pie/Bread

### Pizza

#### Ingredients for the dough:

- 14 g yeast
- 200 ml water
- 300 g flour
- 3 g salt
- 1 tablespoon oil

#### Ingredients for the topping:

- 1/2 small tin tomatoes, chopped (200 g)
- 200 g cheese, grated
- 100 g salami
- 100 g cooked ham
- 150 g mushrooms (tinned)
- 150 g Feta cheese
- oregano

#### Other:

- Baking tray, greased

#### Method:

Crumble yeast into a bowl and dissolve in the water. Mix the salt into the flour and add it with the oil to the bowl.

Knead the ingredients until a workable dough that does not stick to the bowl is produced. Then leave the dough to rise in a warm place until it doubles in volume.

Roll out the dough and place on the greased baking tray, prick the bottom with a fork.

Place the ingredients for the topping on the base in the order given.

- Time in the appliance: 25 minutes
- Shelf position: 1

### Onion Tart

#### Ingredients for the dough:

- 300 g flour

- 20 g yeast
- 125 ml milk
- 1 egg
- 50 g butter
- 3 g salt

#### Ingredients for the topping:

- 750 g onions
- 250 g bacon
- 3 eggs
- 250 g crème fraîche
- 125 ml milk
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

#### Method:

Sieve the flour into a mixing bowl, make a well in the centre.

Cut up the yeast, put into the well, mix with the milk and a little flour from around the edge. Sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Place the egg and butter on the edge of the flour. Knead all ingredients into a workable yeast dough.

Leave the dough to rise in a warm place until it is about double the size.

In the meantime, peel and quarter the onions and then slice thinly.

Dice the bacon and cook gently with the onions without browning. Leave to cool.

Roll out the dough and place on a greased baking tray, prick the bottom with a fork and press the edges up. Leave to rise again.

Stir eggs, crème fraîche, milk, salt and pepper together. Spread the cooled onions

and bacon on the dough base. Put the mixture over all and smooth out.

- Time in the appliance: 45 minutes
- Shelf position: 1

### Quiche Lorraine

#### Ingredients for the pastry:

- 200 g flour
- 2 eggs
- 100 g butter
- 1/2 teaspoon salt
- a little pepper
- 1 pinch nutmeg

#### Ingredients for the topping:

- 150 g grated cheese
- 200 g cooked ham or lean bacon
- 2 eggs
- 250 g sour cream
- salt, pepper and nutmeg

#### Other:

- Black baking tin, greased, diameter 28 cm

#### Method:

Place flour, butter, eggs and spices in a mixing bowl and mix to a smooth pastry. Put the pastry in the fridge for a few hours.

Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork.

Spread the bacon on the pastry.

To make the filling, mix the eggs, the sour cream and the seasoning together. Then add the cheese.

Pour the filling over the bacon.

- Time in the appliance: 40 minutes
- Shelf position: 1

### Goat's Cheese Flan

#### Ingredients for the pastry:

- 125 g flour
- 60 ml olive oil

- 1 pinch salt
- 3 - 4 tablespoons cold water

#### Ingredients for the topping:

- 1 tablespoon olive oil
- 2 onions
- salt and pepper
- 1 teaspoon chopped thyme
- 125 g ricotta
- 100 g goat's cheese
- 2 tablespoons olives
- 1 egg
- 60 ml cream

#### Other:

- Black baking tin, greased, diameter 28 cm

#### Method:

Place flour, olive oil and salt in a mixing bowl and combine until the mixture resembles breadcrumbs. Add the water and knead to a dough. Put the pastry in the fridge for a few hours.

Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork.

Put 1 tablespoon of olive oil in a pan. Peel onions, slice thinly and sweat in the oil for about 30 minutes with the lid on the pan. Season with salt and pepper and mix in 1/2 teaspoon of chopped parsley.

Let onions cool slightly, then spread on the pastry.

Then spread the ricotta and goat's cheese on top and add the olives. Sprinkle 1/2 teaspoon of chopped thyme over the top.

To make the filling, mix the eggs and the cream together. Pour the filling over the tart.

- Time in the appliance: 45 minutes
- Shelf position: 1

### Cheese Flan

#### Ingredients:

- 1.5 sheets original Swiss flaky pastry or puff pastry (rolled out in a square)
- 500 g grated cheese
- 200 ml cream
- 100 ml milk
- 4 eggs
- salt, pepper and nutmeg

**Method:**

Place pastry on a well greased baking tray. Prick dough well all over with a fork.

Spread the cheese evenly on the pastry. Mix cream, milk and eggs and season with salt, pepper and nutmeg. Mix well again and pour over the cheese.

- Time in the appliance: 40 minutes
- Shelf position: 2

**Cheese Pastry****Ingredients:**

- 400 g Feta cheese
- 2 eggs
- 3 tablespoons chopped flat leaf parsley
- black pepper
- 80 ml olive oil
- 375 g filo pastry

**Method:**

Mix together Feta, eggs, parsley and pepper. Cover filo pastry with a damp cloth, so that it does not dry out. Lay 4 sheets on top of one another, brushing each lightly with oil.

Cut into 4 strips, each about 7 cm long.

Place 2 heaped tablespoons of Feta mixture on one corner of each strip and fold this up diagonally into a triangle.

Place upside down on a baking tray and brush with oil.

- Time in the appliance: 25 minutes
- Shelf position: 2

**White Bread****Ingredients:**

- 1000 g flour
- 40 g fresh yeast or 20 g dried yeast
- 650 ml milk
- 15 g salt

**Other:**

- Baking tray which has been greased or lined with baking parchment

**Method:**

Place flour and salt in a large bowl. Dissolve the yeast in tepid milk and add to the flour. Knead all ingredients into a workable dough. Depending on the qualities of the flour, a little more milk may be required to achieve a workable dough.

Leave the dough to rise until it doubles in volume.

Cut the dough into two, make into two long loaves and place on the baking tray which has been greased or covered with baking parchment.

Leave the loaves to rise again by half their volume.

Before baking, dust them with flour and with a sharp knife cut 3 - 4 diagonal lines, at least 1 cm deep.

- Time in the appliance: 55 minutes
- Shelf position: 1
- Add 200 ml of water into the water drawer.

**Farmer Bread****Ingredients:**

- 500 g wheat flour
- 250 g rye flour
- 15 g salt
- 1 small packet dried yeast
- 250 ml water
- 250 ml milk

**Other:**

- Baking tray which has been greased or lined with baking parchment

**Method:**

Place wheat flour, rye flour, salt and dried yeast in a large bowl.

Mix water, milk and salt and add to the flour. Knead all ingredients into a workable dough. Leave the dough to rise until it doubles in volume.

Shape the dough into a long loaf and place on the baking tray which has been greased or covered with baking parchment.

Leave the loaf to rise again by half its volume. Before baking dust with a little flour.

- Time in the appliance: 60 minutes
- Shelf position: 1
- Add 300 ml of water into the water drawer.

### **Pierogi (30 small pieces)**

#### **Ingredients for the dough:**

- 250 g spelt flour
- 250 g butter
- 250 g low fat quark
- salt

#### **Ingredients for the filling:**

- 1 small head of white cabbage (400 g)
- 50 g bacon
- 2 tablespoon clarified butter
- salt, pepper and nutmeg
- 3 tablespoons sour cream
- 2 eggs

#### **Other:**

- Baking tray with baking parchment

#### **Method:**

Knead spelt flour, butter, low fat quark and a little salt into a dough and place in the fridge.

Cut white cabbage into fine strips. Dice bacon and fry in the clarified butter. Add the cabbage and sauté until soft. Season with salt, pepper and nutmeg and fold in the sour cream.

Continue to braise until all liquid has evaporated.

Hard boil eggs, cool and then dice, mix into the cabbage and leave to cool.

Roll out the dough and cut out round circles with an 8 cm diameter.

Put a little filling in the middle of each one and fold over. Seal the edges by pressing together with a fork.

Place the pierogi on a baking tray lined with baking parchment and brush with egg yolk.

- Time in the appliance: 20 minutes
- Shelf position: 2

### **Rich Yeast Plait**

#### **Ingredients for the dough:**

- 750 g flour
- 30 g yeast
- 400 ml milk
- 10 g sugar
- 15 g salt
- 1 egg
- 100 g softened butter

#### **Ingredients for the finish:**

- 1 egg yolk
- a little milk

#### **Method:**

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well, stir in with the milk and some of the sugar and some of the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Put the rest of the sugar, salt, egg and butter on the edge of the flour. Knead all ingredients into a workable yeast dough.

Leave the dough to rise in a warm place until it is about double the size.

Then weigh out into three equally sized pieces of dough and shape each one into a rope. Plait the three ropes together.

Then cover and leave to rise for another half an hour. Coat the surface of the plait

with a mixture of egg yolk and milk and then put in the oven.

- Time in the oven: 50 minutes
- Shelf position: 2

## Casseroles/Gratins

### Lasagne

#### Ingredients for the meat sauce:

- 100 g streaky bacon
- 1 onion
- 1 carrot
- 100 g celery
- 2 tablespoons olive oil
- 400 g mince (a mixture of beef and pork)
- 100 ml meat stock
- 1 small tin tomatoes, chopped (about 400 g)
- oregano, thyme, salt and pepper

#### Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

#### Put together with:

- 3 tablespoons butter
- 250 g green lasagne
- 50 g Parmesan cheese, grated
- 50 g mild cheese, grated

#### Method:

Using a sharp knife cut the bacon from the rind and gristle and cut into fine dice. Peel the onion and carrot, clean the celery, dice all vegetables finely.

Heat the oil in a casserole, sauté the bacon and the diced vegetables while stirring constantly.

Gradually add the mince, sauté while stirring constantly to break up and deglaze with the meat stock. Season the meat sauce with tomato purée, the herbs, salt and

pepper and simmer with the lid on over a low heat for about 30 minutes.

In the meantime prepare the Béchamel sauce: Melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes.

Grease a large rectangular ovenproof dish with 1 tablespoon of butter. Layer alternately a layer of pasta sheets, meat sauce, Béchamel sauce and mixed cheese in the dish. The last layer should be a layer of Béchamel sauce sprinkled with cheese. Place the rest of the butter in small knobs on the top of the dish.

- Time in the appliance: 55 minutes
- Shelf position: 1

### Cannelloni

#### Ingredients for the filling:

- 50 g onions, chopped
- 30 g butter
- 350 g leaf spinach, chopped
- 100 g crème fraîche
- 200 g fresh salmon, cubed
- 200 g Nile perch, cubed
- 150 g shrimps
- 150 g mussel meat
- salt, pepper

#### Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk

- salt, pepper and nutmeg

**Put together with:**

- 1 packet cannelloni
- 50 g Parmesan cheese, grated
- 150 g cheese, grated
- 40 g butter

**Method:**

Place chopped onions and butter in a pan and cook gently until transparent. Add chopped leaf spinach and briefly cook gently. Add crème fraîche, mix and then leave to cool.

In the meantime prepare the Béchamel sauce: Melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes.

Add salmon, perch, shrimps, mussel meat, salt and pepper to the cooled spinach and mix.

Grease a large rectangular ovenproof dish with 1 tablespoon of butter.

Fill the cannelloni with the spinach mixture and place in the baking dish. Place Béchamel sauce between each row of cannelloni. The last layer should be a layer of Béchamel sauce sprinkled with cheese. Place the rest of the butter in small knobs on the top of the dish.

- Time in the appliance: 55 minutes
- Shelf position: 1

**Potato Gratin****Ingredients:**

- 1000 g potatoes
- 1 teaspoon each of salt, pepper and nutmeg
- 2 cloves of garlic
- 200 g grated cheese
- 200 ml milk

- 200 ml cream
- 4 tablespoons butter

**Method:**

Peel potatoes, slice thinly, dry and then season.

Rub an ovenproof baking dish with a clove of garlic and then grease a dish with a little butter.

Spread half of the seasoned potato slices in the dish and sprinkle some of the grated cheese over them. Layer the rest of the potato slices over this and spread the rest of the grated cheese on top.

Crush the second clove of garlic and beat it together with the milk and the cream. Pour the mixture over the potatoes and spread the rest of the butter in small knobs on the gratin.

- Time in the appliance: 70 minutes
- Shelf position: 1

**Moussaka (for 10 persons)****Ingredients:**

- 1 chopped onion
- olive oil
- 1.5 kg minced meat
- 1 tin chopped tomatoes (400 g)
- 50 g grated cheese
- 4 teaspoons breadcrumbs
- salt and pepper
- cinnamon
- 1 kg potatoes
- 1.5 kg aubergines
- butter for frying

**Ingredients for the Béchamel sauce:**

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

**Put together with:**

- 150 g grated cheese
- 4 tablespoons breadcrumbs
- 50 g butter

**Method:**

Sweat chopped onion in a little olive oil, then add the mince and cook stirring.

Add chopped tomatoes, grated Emmental and breadcrumbs, stir well and bring to the boil. Then season with salt, pepper and cinnamon and remove from the hotplate.

Peel the potatoes and cut into 1 cm thick slices, wash the aubergines and cut into 1 cm thick slices.

Dry all slices with kitchen paper. Then brown in a pan with lots of butter.

In the meantime prepare the Béchamel sauce: melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes.

Place the potato slices on the bottom of a greased baking dish, sprinkle with a little grated cheese. Place a layer of aubergines on top of this. On top of that put some of the mince mixture. On top of that put some of the Béchamel sauce.

Then do another layer of potatoes, followed by aubergines and then by mince mixture. The last layer should be Béchamel sauce. On the top distribute the rest of the cheese and the breadcrumbs. Melt the butter and pour over the top of the moussaka.

- Time in the appliance: 60 minutes
- Shelf position: 1

**Pasta Gratin****Ingredients:**

- 1 liter water
- salt
- 250 g tagliatelle
- 250 g cooked ham
- 20 g butter

- 1 bunch of parsley
- 1 onion
- 100 g butter
- 1 egg
- 250 ml milk
- salt, pepper and nutmeg
- 50 g grated Parmesan

**Method:**

Bring water with a little salt to the boil. Put the tagliatelle into the boiling salted water and boil for about 12 minutes. Then drain.

Dice the ham.

Heat butter in a pan.

Chop parsley and peel the onion and chop this as well. Sweat both in the frying pan.

Grease a baking dish with a little butter. Mix tagliatelle, ham and sweated parsley and onions and put into the dish.

Mix egg and milk and season with salt, pepper and nutmeg and then pour onto the pasta mixture. Then distribute the Parmesan onto the dish.

- Time in the appliance: 45 minutes
- Shelf position: 1

**Chicory Gratin****Ingredients:**

- 8 medium-sized chicories
- 8 slices cooked ham
- 30 g butter
- 1.5 tablespoons flour
- 150 ml vegetable stock (from the chicory)
- 5 tablespoons milk
- 100 g grated cheese

**Method:**

Halve the chicory and cut out the bitter core. Then wash carefully and steam for 15 minutes in boiling water.

Take chicory halves out of the water, refresh in cold water and put the halves together again. Then wrap each one in a slice of ham and place in a greased baking dish.

Melt the butter and add flour. Sauté briefly and then pour in vegetable stock and milk and bring to the boil.

Stir 50 g cheese into the sauce and pour over the chicory. Then sprinkle the rest of the cheese over the dish.

- Time in the appliance: 35 minutes
- Shelf position: 1

### Beef Casserole

#### Ingredients:

- 600 g beef
- salt and pepper
- flour
- 10 g butter
- 1 onion
- 330 ml dark beer
- 2 teaspoons brown sugar
- 2 teaspoons tomato paste
- 500 ml beef stock

#### Method:

Cut the beef into cubes, season with salt and pepper and sprinkle with a little flour.

Heat butter in a pan and brown the pieces of meat. Then place in a casserole dish.

Peel onion and chop finely, fry lightly in a little butter, then put in the dish on top of the meat.

Mix dark beer, brown sugar, tomato paste and beef stock, put into the frying pan and bring to the boil. Then pour over the meat (meat should be covered).

Cover and put into the appliance.

- Time in the appliance: 120 minutes
- Shelf position: 1

### Cabbage Casserole

#### Ingredients:

- 1 cabbage (800 g)
- marjoram
- 1 onion
- oil for sautéing
- 400 g minced meat
- 250 g long grain rice
- salt, pepper and paprika
- 1 liter meat stock
- 200 ml crème fraîche
- 100 g grated cheese

#### Method:

Cut the cabbage into quarters and cut out the stalk. Blanch in salted water seasoned with marjoram.

Peel onion and chop finely, fry gently in a little oil. Then add the minced meat and the long grain rice, sauté and season with salt, pepper and paprika. Add meat stock and leave to simmer for 20 minutes with a lid on the pan.

Place layers of the cabbage and the mixture of rice and mince in a dish.

Put crème fraîche on top of the dish and sprinkle cheese over the top.

- Time in the appliance: 60 minutes
- Shelf position: 1

## Side Dishes

### Vegetables, mediterranean

#### Ingredients:

- 200 g courgettes
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 100 g mushrooms

- 2 onions
- 150 g cherry tomatoes
- green and black olives

#### Method:

Wash and cut the vegetables into pieces. Peel onions and cut into strips. Put the vegetables in the glass dish. Put the dish in

the appliance. Slice olives. After cooking, season the vegetables with salt, pepper, basil and oregano according to taste.

- Time in the appliance: 25 minutes
- Shelf position: 1
- Add 600 ml of water into the water drawer

### **Vegetables, traditional**

#### **Ingredients / Method:**

Put together the following vegetables to taste, about 750 g in total.

- kohlrabi, peeled and cut into strips
- carrots, peeled and diced
- cauliflower, washed and divided in florets
- onions, peeled and sliced
- fennel, peeled and sliced
- celery, cleaned and diced
- leeks, cleaned and sliced

#### **After cooking:**

- 50 g butter
- if desired, pepper and salt

#### **Method:**

Arrange vegetables in a stainless steel or glass bowl with perforated insert. After cooking, pour over melted butter and sprinkle with pepper and salt, if required.

- Time in the appliance: 35 minutes
- Shelf position: 1
- Add 650 ml of water into the water drawer

### **Peeling Tomatoes**

#### **Method:**

Cut a cross in the top of the tomatoes, place in the steam dish and put into the appliance. After the end of the cooking time, remove the skin from the tomatoes.

- Time in the appliance: 10 minutes
- Shelf position: 1
- Add 150 ml of water into the water drawer

### **Potatoes in their jacket**

#### **Ingredients:**

- 1000 g medium-sized potatoes

#### **Method:**

Wash the potatoes and place in a steam dish.

- Time in the appliance: 50 minutes.
- Shelf position: 1
- Add 800 + 200 ml of water into the water drawer

### **Boiled Potatoes**

#### **Ingredients:**

- 1000 g potatoes

#### **Method:**

Peel the potatoes and cut into equal sized quarters. Put the potatoes into the steam dish and season with salt.

- Time in the appliance: 40 minutes.
- Shelf position: 1
- Add 800 ml of water into the water drawer

### **Salty Dumplings**

#### **Ingredients / Method:**

- 300 g soft pretzels
- 200 ml milk
- 3 eggs
- 2 bunches of parsley, chopped
- 2 onions, finely diced
- 10 g butter
- salt, pepper, nutmeg

#### **Method:**

Heat milk. Cut pretzels into 1 cm pieces and pour the warmed milk over them and leave to soak for about 5 minutes. Whisk eggs and add. Cook chopped onions gently in the butter until translucent, then add the parsley. Leave to cool for a while and add to the pretzel mixture. Season and then mix everything together carefully. From the

mixture form approximately 6 dumplings and place in a flat steam dish.

- Time in the appliance: 35 minutes
- Shelf position: 1
- Add 650 ml of water into the water drawer

### Rice with Vegetables

#### Ingredients:

- 200 g long grain rice
- 50 g wild rice
- salt and pepper
- 1 small red pepper
- 400 ml stock

#### After cooking:

- 1 small tin sweetcorn (150 g)

#### Method:

Put long grain rice, wild rice, salt, pepper, vegetable stock and water in a bowl half an hour before cooking. Prepare pepper, cut into small dice and add to the rice and then cook.

- Time in the appliance: 40

- Shelf position: 1
- Add 800 ml of water into the water drawer

After cooking: Drain sweetcorn and add to the cooked rice.

### Egg Custard

#### Ingredients:

- 3 eggs
- 100 ml milk
- 50 ml cream
- salt, pepper, nutmeg
- parsley, chopped

#### Method:

Mix eggs, milk and cream well. Do not beat. Then season and add the chopped parsley. Pour into greased glass or porcelain dishes.

- Time in the appliance: 25 minutes
- Shelf position: 1
- Add 400 ml of water into the water drawer

After cooking: remove egg royale from the dishes and cut into small dice or diamond shapes.

## Convenience

The appliance has a set of automatic functions for the following dishes. The temperature and time are predefined.

Dish	Shelf position
Pizza, frozen	1
Pizza American, frozen	1
Pizza, chilled	1
Pizza Snacks, frozen	1
French Fries	2
Wedges/Croquettes	2

<b>Dish</b>	<b>Shelf position</b>
Hash Browns	2
Bread/Rolls	1
Bread/Rolls, frozen	2
Apple Strudel, frozen	2
Fillet of Fish, frozen	2
Chicken Wings	2
Lasagne/Cannelloni, frozen	2







