



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.

Dough Proving

The function allows you to rise yeast dough. Put the dough into a big dish and cover it

with a wet towel or plastic foil. Set function: Dough Proving and the cooking time.

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.

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.

Baking results	Possible cause	Remedy
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 / Brioche	True Fan Cooking	150 - 160	50 - 70	1
Fruit cakes	True Fan Cooking	140 - 160	70 - 90	1
Sponge cake	True Fan Cooking	140 - 150	35 - 50	1
Sponge cake	Conventional Cooking	160	35 - 50	2
Flan base - short pastry, preheat the empty oven	True Fan Cooking	170 - 180	10 - 25	1
Flan base - sponge mixture	True Fan Cooking	150 - 170	20 - 25	1

Food	Function	Temperature (°C)	Time (min)	Shelf position
Apple pie, 2 tins Ø20 cm	True Fan Cooking	160	70 - 90	1
Apple pie, 2 tins Ø20 cm	Conventional Cooking	180	70 - 90	1
Cheesecake , Use a deep pan.	Conventional Cooking	160 - 170	60 - 90	1

Cakes / pastries / breads on baking trays

Food	Function	Temperature (°C)	Time (min)	Shelf position
Plaited bread / Bread crown	Conventional Cooking	170 - 190	30 - 40	2
Christmas stollen, pre-heat the empty oven	Conventional Cooking	160 - 180	50 - 70	2
Rye bread, preheat the empty oven:	Conventional Cooking			2
first		230	20	
then		160 - 180	30 - 60	
Cream puffs / Eclairs, preheat the empty oven	Conventional Cooking	190 - 210	20 - 35	2
Swiss roll, preheat the empty oven	Conventional Cooking	180 - 200	10 - 20	2
Cake with crumble topping	True Fan Cooking	150 - 160	20 - 40	1
Buttered almond cake / Sugar cakes, preheat the empty oven	Conventional Cooking	190 - 210	20 - 30	2
Fruit flans (made of yeast dough / sponge mixture), preheat the empty oven	True Fan Cooking	150 - 160	35 - 55	1

Food	Function	Temperature (°C)	Time (min)	Shelf position
Fruit flans (made of yeast dough / sponge mixture), preheat the empty oven	Conventional Cooking	170	35 - 55	1
Fruit flans made of short pastry	True Fan Cooking	160 - 170	40 - 80	1
Yeast cakes with delicate toppings (e.g. quark, cream, custard), preheat the empty oven	Conventional Cooking	160 - 180	40 - 80	2

Biscuits

Food	Function	Temperature (°C)	Time (min)	Shelf position
Short pastry biscuits	True Fan Cooking	150 - 160	10 - 20	1
Short bread / Pastry stripes	True Fan Cooking	140	20 - 35	1
Short bread / Pastry stripes, preheat the empty oven	Conventional Cooking	160	20 - 30	2
Biscuits made of sponge mixture	True Fan Cooking	150 - 160	15 - 20	1
Pastries made with egg white / Meringues	True Fan Cooking	80 - 100	120 - 150	1
Macaroons	True Fan Cooking	100 - 120	30 - 50	1
Biscuits made of yeast dough	True Fan Cooking	150 - 160	20 - 40	1
Puff pastries, preheat the empty oven	True Fan Cooking	170 - 180	20 - 30	1
Rolls, preheat the empty oven	Conventional Cooking	190 - 210	10 - 25	2
Small cakes, preheat the empty oven	True Fan Cooking	160	20 - 35	3

Food	Function	Temperature (°C)	Time (min)	Shelf position
Small cakes, preheat the empty oven	Conventional Cooking	170	20 - 35	2

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 ¹⁾	Turbo Grilling	210 - 230	10 - 20	1
Baguettes with melted cheese	True Fan Cooking	160 - 170	15 - 30	1
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 ¹⁾	160 - 180	25 - 45	1 / 3
Dry streusel cake	150 - 160	30 - 45	1 / 3

1) Preheat the oven.

Biscuits / small cakes / pastries / rolls

Food	Temperature (°C)	Time (min)	Shelf position
Short pastry biscuits	150 - 160	20 - 40	1 / 3

Food	Temperature (°C)	Time (min)	Shelf position
Short bread / Short bread / Pastry Stripes	140	25 - 45	1 / 3
Biscuits made with sponge mixture	160 - 170	25 - 40	1 / 3
Pastries made with egg white, meringues	80 - 100	130 - 170	1 / 3
Macaroons	100 - 120	40 - 80	1 / 3
Biscuits made with yeast dough	160 - 170	30 - 60	1 / 3

Slow Cooking

Use this function to prepare lean, tender pieces of meat and fish.



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.



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. Select the function: Slow Cooking.

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Roast Beef	1 - 1.5	150	120 - 150	1
Beef fillet	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

Crispy baking with Pizza Setting

Food	Temperature (°C)	Time (min)	Shelf position
Pizza, thin crust, preheat the empty oven	200 - 230	15 - 20	3
Pizza, thick crust, use a deep pan	180 - 200	20 - 30	3
Tarts	180 - 200	40 - 55	3
Spinach flan	160 - 180	45 - 60	3
Swiss flan	170 - 190	45 - 55	3
Cheesecake	140 - 160	60 - 90	3
Apple pie, covered	150 - 170	50 - 60	3
Vegetable pie	160 - 180	50 - 60	3
Unleavened bread, preheat the empty oven	230	10 - 20	3
Puff pastry flan, preheat the empty oven	160 - 180	45 - 55	3

Food	Temperature (°C)	Time (min)	Shelf position
Flammkuchen, preheat the empty oven	230	12 - 20	3
Pierogi, preheat the empty oven	180 - 200	15 - 25	3

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 (kg)	Power (Watts)	Temperature (°C)	Time (min)	Shelf position
Pot roast	Conventional Cooking	1 - 1.5	200	230	60 - 80	1

Veal

Food	Function	Quantity (kg)	Power (Watts)	Temperature (°C)	Time (min)	Shelf position
Roast veal	Turbo Grilling	1	200	160 - 180	50 - 70	1
Knuckle of veal	Turbo Grilling	1.5 - 2	200	160 - 180	75 - 100	1

Lamb

Food	Function	Quantity (kg)	Power (Watts)	Temperature (°C)	Time (min)	Shelf position
Leg of lamb, roast lamb	Turbo Grilling	1 - 1.5	200	150 - 170	50 - 70	1

Poultry

Food	Function	Quantity (kg)	Power (Watts)	Temperature (°C)	Time (min)	Shelf position
Poultry portions	Turbo Grilling	0.2 - 0.25 each	200	200 - 220	20 - 35	1
Chicken half	Turbo Grilling	0.4 - 0.5 each	200	190 - 210	25 - 40	1
Chicken poulard	Turbo Grilling	1 - 1.5	200	190 - 210	30 - 45	1
Duck	Turbo Grilling	1.5 - 2	200	180 - 200	45 - 65	1

Fish (steamed)

Food	Function	Quantity (kg)	Power (Watts)	Temperature (°C)	Time (min)	Shelf position
Whole fish	Conventional Cooking	1 - 1.5	200	210 - 220	30 - 45	1

Dishes

Food	Function	Quantity (kg)	Power (Watts)	Temperature (°C)	Time (min)	Shelf position
Dishes sweet	True Fan Cooking	-	200	160 - 180	20 - 35	1
Savoury dishes with cooked ingredients (noodles, vegetables)	True Fan Cooking	-	400 - 600	160 - 180	20 - 45	1
Savoury dishes with raw ingredients (potatoes, vegetables)	True Fan Cooking	-	400 - 600	160 - 180	30 - 45	2

Grill

Grill only thin pieces of meat or fish.
Preheat the empty oven before cooking.
Place a pan on the first shelf position to collect fat.

Grill

Food	Temperature (°C)	Time (min)		Shelf position
		1st side	2nd side	
Roast beef, medium	210 - 230	30 - 40	30 - 40	1

Food	Temperature (°C)	Time (min)		Shelf position
		1st side	2nd side	
Beef fillet, medium	230	20 - 30	20 - 30	1
Veal loin	210 - 230	30 - 40	30 - 40	1
Saddle of Lamb	210 - 230	25 - 35	20 - 35	1
Whole fish, 0.5 - 1 kg	210 - 230	15 - 30	15 - 30	1

Fast Grilling

Always grill with the maximum temperature setting.

Food	Time (min)		Shelf position
	1st side	2nd side	
Burgers	9 - 13	8 - 10	3
Veal fillet/ Veal steaks	7 - 10	6 - 8	3
Toast	1 - 3	1 - 3	3
Toast with topping	6 - 8	-	2

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	3
Pizza American, frozen	190 - 210	20 - 25	3
Pizza, chilled	210 - 230	13 - 25	3
Pizza Snacks, frozen	180 - 200	15 - 30	3
French Fries, thin ¹⁾	210 - 230	20 - 30	3
French Fries, thick ¹⁾	210 - 230	25 - 35	3
Wedges / Croquettes ¹⁾	210 - 230	20 - 35	3
Hash Browns	210 - 230	20 - 30	3
Lasagne / Cannelloni, fresh	170 - 190	35 - 45	2
Lasagne / Cannelloni, frozen	160 - 180	40 - 60	2

Food	Temperature (°C)	Time (min)	Shelf position
Chicken Wings	190 - 210	20 - 30	3

1) Turn 2 or 3 times during roasting.

Frozen Ready Meals Table

Food	Function	Temperature (°C)	Time (min)	Shelf position
Frozen pizza ¹⁾	Conventional Cooking	as per manufacturer's instructions	as per manufacturer's instructions	2
Chips ²⁾ (300 - 600 g)	Conventional Cooking or Turbo Grilling	200 - 220	as per manufacturer's instructions	2
Baguettes ³⁾	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) Preheat the oven.

2) Turn 2 or 3 times during cooking.

3) Preheat the oven.

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.

Food	Quantity	Defrosting time (min)	Further de-frosting time (min)	Comments
Meat	500 g	90 - 120	20 - 30	Turn halfway through.
Trout	150 g	25 - 35	10 - 15	-
Straw-berries	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.

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).

Soft fruit

Food	Temperature (°C)	Cooking time until simmering (min)	Continue to cook at 100 °C (min)
Strawberries / Blue-berries / Raspber-ries / Ripe goose-berries	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 ¹⁾	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	3
Peppers	60 - 70	5 - 6	3
Vegetables for soup	60 - 70	5 - 6	3
Mushrooms	50 - 60	6 - 8	3
Herbs	40 - 50	2 - 3	3
Plums	60 - 70	8 - 10	3
Apricots	60 - 70	8 - 10	3
Apple slices	60 - 70	6 - 8	3
Pears	60 - 70	6 - 9	3


Bread Baking

Preheating is not recommended.

Food	Temperature (°C)	Time (min)	Shelf position
White Bread	180 - 200	40 - 60	2
Baguette	200 - 220	35 - 45	2
Brioche	160 - 180	40 - 60	2
Ciabatta	200 - 220	35 - 45	2
Rye Bread	180 - 200	50 - 70	2

Food	Temperature (°C)	Time (min)	Shelf position
Dark Bread	180 - 200	50 - 70	2
All Grain bread	170 - 190	60 - 90	2

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.
- Recipe Automatic (menu: Assisted Cooking) — This function uses predefined values for a dish.

Dishes with the function: Weight Automatic
Whole Chicken
Roast Beef
Roast Game

Dishes with the function: Weight Automatic
Roast Lamb
Roast Veal
Whole Duck
Whole Goose
Whole Turkey

Categories

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

- Defrost
- Cooking / Melting
- Veal
- Beef / Game / Lamb
- Poultry
- Fish
- Cake
- Pizza / Pie / Bread
- Casseroles / Gratins
- Desserts

Defrost

Defrost Fish

Place the frozen fish on an upturned plate, and put the plate inside a container to allow the melted water to run off without soiling the inside of the microwave.

Check food regularly during defrosting and turn it several times. As the fish defrosts,

carefully separate pieces of fish if frozen into a block.

- Time in the appliance: weight dependent
 - Shelf position: Bottom glass plate
- After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

Defrost Poultry

Put the food to be defrosted on an upturned plate, and put the plate into a container to allow the melted water to run off without soiling the appliance.

Check food regularly during defrosting and turn it several times. Cover exposed fatty areas like legs and wing tips with aluminium foil.

- Time in the appliance: weight dependent
 - Shelf position: Bottom glass plate
- After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

Defrost Meat

Put the frozen meat on an upturned plate, and put the plate into a container to allow the melted water to run off without soiling the appliance.

Check food regularly during defrosting and turn it several times. As the food defrosts, carefully break up mince or pieces of meat frozen into a block.

- Time in the appliance: weight dependent
 - Shelf position: Bottom glass plate
- After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

Defrost Bread

Place the bread on a plate.

Turn the bread several times during defrosting.

- Time in the appliance: weight dependent
 - Shelf position: Bottom glass plate
- After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

Cooking / Melting

Fresh vegetables

Put chopped vegetables into a microwave-proof dish and add approximately 50 ml water. Cover the dish (lid or pierced microwave cling film).

Turn the vegetables several times during cooking.

- Time in the appliance: weight dependent
 - Shelf position: Bottom glass plate
- Tip: If the vegetables are very crunchy set a lower weight. If the vegetables are too soft set a higher weight.

Frozen vegetables

Put frozen vegetables into a microwave-proof dish and add approximately 50 ml water. Cover the dish (lid or pierced microwave cling film).

Turn the vegetables several times during cooking.

- Time in the appliance: weight dependent
 - Shelf position: Bottom glass plate
- Tip: If the vegetables are very crunchy set a lower weight. If the vegetables are too soft set a higher weight.

Braise onions

Cut onions into strips and put into a microwave-proof dish with 1 tablespoon butter or oil. Cover the dish (lid or pierced microwave cling film).

Turn the vegetables several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: Bottom glass plate

Potatoes in their jacket

Put potatoes into a microwave-proof dish and add approximately 100 ml water. Cover the dish (lid or pierced microwave cling film).

Turn the potatoes several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: Bottom glass plate

Rice with vegetables

Put paraboiled rice into a microwave-proof dish and add water to a ratio of 1 : 2 (100 g rice and 200 ml water). Season to taste. Add flakes of butter, steamed onions or herbs. Cover the dish with lid or pierced microwave cling film.

Turn the rice several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: Bottom glass plate

Melting chocolate

Cut the chocolate into pieces and place in a dish.

Stir the chocolate several times as it melts.

- Time in the appliance: weight dependent
- Shelf position: Bottom glass plate

Melting butter

Cut the butter into pieces and place in a dish. Cover the dish (lid or pierced microwave cling film).

Stir the butter several times as it melts.

- Time in the appliance: weight dependent
- Shelf position: Bottom glass plate

Veal**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

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
- 175 ml red grape juice, 75 ml water and 1 table spoon lemon juice
- 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: the mixture of red grape juice, water and lemon juice, 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: 2

Veal Knuckle

Ingredients:

- 1 hind knuckle of veal 1.5 - 2 kg
- 4 slices air-dried beef 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: air-dried beef 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

Meat loaf with herbs

Ingredients for 4 servings:

- slices of bread cut into small pieces and softened with a little hot water
- 1 onion, finely chopped and sweated in a little butter
- 1 clove of garlic, crushed
- mixture of 300 g minced beef, 1 dry bread roll, 2 eggs
- 1 teaspoon salt
- pepper
- paprika
- 1 tablespoon chopped parsley
- 1 teaspoon finely chopped rosemary
- 1 teaspoon thyme leaves

Method:

Mix all the ingredients well, shape into a meatloaf and place in a microwave-proof dish.

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

Swedish Festive Roast

Ingredients:

- 200 g dried plums
- 50 ml water, 50 ml apple juice, 50 ml sweet grape juice and 1 tablespoon lime juice
- 1.5 kgsaddle of veal (without bones)
- 1 medium onion
- apple
- salt, pepper and paprika

Method:

Soften the plums in: the mixture of water, apple juice, sweet grape juice and lime juice for two hours. Rinse the meat briefly with water, then dry. Cut notches into the underside of the meat and stick a plum into each notch, pushing them as far as possible


into the meat. Season the meat and put into the roasting tin with the side without the plums facing uppermost. Peel the onions and apple, cut into eighths and place around the roast. Top the remains of plum marinade up to a quarter of a litre with

water and pour over the roast. Suitable accompaniments are croquettes, potato gratin, broccoli, or similar.

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

Beef / Game / Lamb

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

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: 2

Rabbit in mustard sauce

Ingredients:

- 2 rabbits, each 0.8 kg
- salt and pepper
- 2 tablespoons olive oil
- 2 roughly chopped onions
- 50 g air dried beef ham
- 2 tablespoons flour
- 375 ml chicken stock
- 80ml verjuice and 40ml water
- 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 together: the onions and beef ham. Sprinkle flour over and stir. Stir in: chicken stock, the mixture of verjuice and water, 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: 2

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

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

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: 2

Chicken Wings

Ingredients:

- 1 kg chicken wings

Marinade:

- 2 tablespoon oil
- 2 tablespoon soy sauce
- 1 tablespoon mustard
- 1 clove of garlic, crushed
- rosemary

- thyme
- freshly ground black pepper

Method:

Mix the oil, soy sauce, mustard, garlic and herbs together. Cover the chicken wings with the marinade and leave to marinate for 2 – 3 hours.

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

Place the chicken wings into a microwave-proof dish, skin side up.

Chicken, 2 halves

Ingredients:

- 1 kg whole chicken, halved
- salt
- pepper
- herbs to taste
- oil for basting
- Time in the appliance: 35 minutes
- Shelf position: 2

Place the chicken halves into a microwave-proof dish, skin side up.

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

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
- 75 ml verjuice, 50 ml water, 20 ml apple juice and 5 ml apple cider vinegar

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 mixture of verjuice, water, apple juice and 5ml apple cider 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

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

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

Fish

Fish fillet in Cream Sauce

Ingredients for 4 people:

- 400 g fish fillet (brook trout or rainbow trout)
- 20 g cooking oil
- 250 g onions, cut into rings
- 200 g crème fraîche (sour cream)
- paprika powder, sweet
- lemon
- salt

Method:

Sweat the onions in a pan with the oil until transparent. Then put into a buttered baking dish.

Clean the fish fillets, drizzle with lemon, salt and place in the dish on top of the onion rings. Mix crème fraîche with paprika, to taste, and pour this sauce over the fish fillets. Salt lightly.

- Time in the appliance: 12 minutes
- Shelf position: 1

Turn the dish after half the cooking time has elapsed.

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
- lemon juice
- salt and pepper
- 75 ml vegetable stock
- 1 sprig of fresh rosemary
- 125 ml apple juice, 75 ml water and 1 tablespoon lime juice
- 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 the mixture of apple juice, water and lime juice over, distribute rosemary and thyme over the top.

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

Lemon sole rolls

Ingredients:

- 4 sole fillets or plaice fillet
- juice of half a lemon
- salt, freshly ground black pepper
- 100 g leaf spinach, frozen, thawed
- 1 clove of garlic
- 2 tablespoon apple cider vinegar
- 50 ml cream
- 1 egg yolk

Method:

Drizzle the fish fillets with lemon juice and season with salt and pepper. Squeeze out the spinach and season with garlic. Cover the sole fillets with the spinach and roll into a cylinder. Place in a buttered baking dish ensuring that the thin ends of the fillets are folded under. Drizzle the rolls with: apple cider vinegar.

Whisk the cream and egg yolk together and salt lightly. Spoon over the fish rolls.

- Time in the appliance: 17 minutes
- Shelf position: 2

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: 2

Fillet of Fish, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Cake

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: 3

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: 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.

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
- 10 ml rose water and 10 ml water

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: 2

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 20 ml of rose water and 1 tablespoon of lime juice 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 round cake tin.

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

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

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: 3

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: 3

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: 45 minutes
- Shelf position: 2

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
- 40 ml rose water, 20 ml orange juice, 40 ml water and 1 tablespoon of lime juice

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: the mixture of rose water, orange juice, water and lime juice 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.

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: 3

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: 2

Grandma's Apple Cake**Ingredients:**

- 250 g butter
- 250 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 100 g marzipan
- 5 eggs
- 500 g flour
- 1 packet baking powder (approximately 15 g)
- 1 sachet gingerbread spices (approximately 20 g)
- 50 g cocoa powder
- 100 ml red grape juice and 50 ml water
- 1.2 kg apples

Method:

Put butter, sugar, vanilla sugar and salt into a mixing bowl and beat until fluffy. Add marzipan cut into small pieces and beat until smooth. Add eggs one by one and beat until fluffy. Add flour, baking powder, gingerbread spices and cocoa powder to the mixture. Stir in: the mixture of grape juice and water. Put the dough into a deep baking tray lined with baking parchment and smooth the surface. Peel and core apples and cut into 0.5 cm thick slices. Plum puree: Arrange the slices on top of the dough and fill the holes left by the cores with plum puree. Then put into the appliance.

- Time in the appliance: 40 minutes
- Shelf position: 3
- After baking leave the cake to cool and remove the baking parchment.

Glaze:

- 250 ml apple juice
- 1 sachet clear cake glaze
- After baking leave the cake to cool and remove the baking parchment.

Mix up the glaze using the apple juice and sachet of cake glaze and brush over the cake.

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: 2

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.

Apple Strudel, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Cheesecake

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

- 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..

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: 2

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: 2

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: 2

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 turkey 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: 2

Pizza American, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Pizza, chilled

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Pizza, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Pizza Snacks, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

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
- 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.

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

- Time in the appliance: 45 minutes

- Shelf position: 3

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: 45 minutes
- Shelf position: 3

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: 2

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: 55 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

Bread / Rolls

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Bread/Rolls, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Casseroles / Gratins

Stuffed mushrooms

Ingredients for 3 people:

- 6-8 large mushrooms
- salt
- pepper

- lemon juice
- 1 small beef tomato, chopped, about 150 g
- 1/2 bunch parsley, chopped
- several basil leaves, chopped
- 1 slice of white bread, torn into pieces

- 75 g Gorgonzola, cubed
- 3 tablespoons cream

Method:

Clean the mushrooms. Then twist out the stalks and cut into small dice. Season with salt and pepper and drizzle over the lemon juice.

Mix the seasoned mushroom stalks with the beef tomato, parsley and basil, bread, gorgonzola and cream, then season with salt and pepper. Stuff the mushroom caps and place in a buttered baking dish (microwave-proof).

- Time in the appliance: 33 minutes
- Shelf position: 1

Stuffed tomatoes

Ingredients for 2 people:

- 4 large tomatoes, each approximately 300 g
- 1 small courgette, approximately 80 g
- 60 g mushrooms
- 1 shallot
- 2 tablespoons oil
- 100 g cooked rice
- 50 ml vegetable bouillon
- 75 g mozzarella
- 1 tablespoon chopped parsley
- salt
- freshly ground black pepper

Method:

Cut a lid off each of the tomatoes. Using a teaspoon scoop out the inside to leave an edge of approximately 1 cm. Chop the tomato flesh finely. Prepare the courgette and cut it into cubes. Cut the mushrooms into slices. Peel and finely chop the shallots.

Heat the oil in a pan. Sauté the shallots. Add the courgette and mushrooms and sauté briefly. Add the rice, chopped tomato and bouillon and cook for 5 minutes. Cut the mozzarella into small dice. Add the mozzarella and parsley to the rice and

season with salt and pepper. Stuff the tomatoes with the rice and put on the tomato lids. Place the tomatoes in a buttered baking dish (microwave-proof).

- Time in the appliance: 15 minutes
 - Shelf position: Bottom glass plate
- Turn the dish after half the cooking time has elapsed.

Potato courgette gratin

Ingredients for 2 people:

- 250 g potatoes
- 200 g courgettes
- salt
- freshly ground white pepper
- 130 g mixed grated cheese (e.g. pizza mix)
- 1 small tin anchovies, 60 g
- 1 clove of garlic, crushed
- 1 shallot, finely chopped
- 150 ml full cream
- fresh herbs (e.g. basil, marjoram, oregano, thyme) or seasoning mix
- a little olive oil

Method:

Peel potatoes and slice thinly.

Wash the courgettes and dry them carefully with kitchen towel. Cut into thin slices. Lightly grease a baking dish (microwave-proof) with olive oil.

Mix the potato and courgette slices together, and season with salt and pepper. Mix in 100 g cheese, the garlic and shallots and layer in the baking dish with the anchovies.

Mix the cream with the remaining cheese. Add the finely chopped herbs or seasoning mix. Mix carefully and spoon over the dish.

- Time in the appliance: 33 minutes
- Shelf position: 1

Cheese gratin

Ingredients for 3 people:

- 8 slices of white bread
- 50 ml grape juice, 40 ml water and 10 ml apple cider
- 1 onion, sliced into thin rings
- 100 g grated cheese (Gruyere or Alpine cheese)
- 400 ml milk
- 3 eggs
- salt
- freshly ground black pepper
- nutmeg, freshly grated
- 40 g flakes of butter
- 1 bunch of chives

Method:

Cut the bread diagonally in both directions to create 32 triangles. Place alternate layers of bread and onion rings in a flat baking dish (microwave-proof). Drizzle with: the mixture of grape juice, water and apple cider.

Whisk the cheese with the milk and eggs. Season to taste and pour over the bread. Sprinkle flakes of butter over the top.

Scatter the chives over the dish before serving.

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

Leek casserole

Ingredients for 2 – 3 people:

- 500 g leek
- 250 g quark (half fat)
- 50 ml crème fraîche
- 1 egg
- 50 g cheese, grated, e.g. Parmesan
- 1 clove of garlic
- salt
- freshly ground black pepper
- 2 - 3 slice of cooked turkey ham
- 1 heaped tablespoon breadcrumbs
- flakes of butter

Method:

Cut the leek into 1 cm thick rings and cook in boiling salted water for 5 minutes. Pour

off the water and drain well. Cut: turkey ham into strips.

Stir the quark, crème fraîche, eggs and 2/3 of the cheese together. Crush the garlic into the mixture and stir it in. Finally add the leek and ham. Season with salt and pepper. Put into a buttered baking dish (microwave-proof) immediately.

Mix the remaining cheese and breadcrumbs together and sprinkle over the dish. Sprinkle generously with flakes of butter.

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

Stuffed cannelloni

As a starter for 4 people

As a main course for 2 people

Ingredients:

- 1 onion, finely chopped
- 1 teaspoon margarine
- 1 clove of garlic
- 1 packet of frozen leaf spinach (300 g)
- 150 g grated cheese
- 1 tin tomatoes (400 g)
- 10 cannelloni tubes (uncooked)
- instant stock mix
- salt
- white pepper
- oregano
- paprika
- nutmeg

Method:

Sauté the onions in margarine in a pan. Add the frozen spinach and stir occasionally as the spinach melts. Continue cooking for approximately 5 minutes, season with 50 g grated cheese, white pepper, instant stock mix, crushed garlic clove and nutmeg. Bring to the boil and cook for 3 - 4 minutes. Fill the cannelloni with the mixture.

To make the tomato base, pour the contents of the tin into a baking dish (microwave-proof), crush the tomatoes using a fork, and season with salt, white pepper, oregano and paprika. Take out half of the tomato base into a separate bowl.

Pour half of the tomato base into the baking dish and put the stuffed cannelloni on it, cover with the rest of the tomato base.

- Time in the appliance: 26 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 (microwave-proof) 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: 45 minutes
- Shelf position: 1

Vegetable spaetzle

Ingredients for 2 people:

- 250 g fresh spaetzle
- 2 medium sticks celery, approximately 100 g
- 1 large carrot, approximately 150 g
- 1 tablespoon butter
- 50 ml broth
- 100 g plain cream cheese or cream cheese with herbs (e.g. Cantadou)
- salt
- freshly ground black pepper
- 1/2 bunch chives
- 30 g grated cheese, e.g. Sbrinz or Parmesan
- 100 ml single cream

Method:

Put the spaetzle into a buttered baking dish (microwave-proof).

Prepare and dice the celery and carrot. Sauté briefly in butter in the frying pan. Add the broth, cover and cook the vegetables for 5 minutes. Remove the pan from the heat. Stir in the cream cheese. Season the vegetables with salt and pepper.

Pour the vegetable sauce over the spaetzle. Using scissors chop the chives over the dish. Sprinkle with the grated cheese and drizzle with cream.

- Time in the appliance: 16 minutes
- Shelf position: 2

Pasta Gratin

Ingredients:

- 1 liter water
- salt
- 250 g tagliatelle
- 250 g turkey 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, then put the tagliatelle in. Boil it 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: 2

Lasagne

Ingredients for the meat sauce:

- 1 onion
- 1 carrot
- 100 g celery
- 2 tablespoons olive oil
- 400 g mince (beef)
- 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:

Peel the onion and carrot, clean the celery, finely dice all vegetables.

Heat the oil in a casserole, sauté the diced ingredients, stirring constantly.

Gradually add the mince, sauté while stirring constantly to break up and deglaze with the meat stock. Add tomato purée. Season the meat sauce with the herbs, salt and pepper and simmer with the lid on over a low heat for about 30 minutes.

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 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: 2

Lasagne / Cannelloni, frozen

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

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 cheese 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: 2

Franconian Dumpling Pan

Ingredients:

- Approximately 1000 g turkey strips
- 1 small tin mushrooms (small heads)
- 500 g chopped onions
- 1 kg dumpling dough
- 400 g grated cheese
- 250 ml cream

Method:

Season the turkey strips with salt, pepper, paprika etc. Sauté the chopped onions. Drain the mushrooms thoroughly. Then mix together the meat, onions and mushrooms and put into an oven dish. Mix the dumpling dough and cheese together and put them on top of the turkey mixture. Then pour over the cream.

- Time in the appliance: 75 minutes
- Shelf position: 2

French Fries

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Hash Browns

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Wedges / Croquettes

The instructions regarding time and temperature are on the packaging. Follow the manufacturer's instructions.

Desserts

Apricot cream

Ingredients for 2 people:

- 250 g apricots
- 50 ml orange juice, 20 ml apple juice, 30 ml water
- 2 – 3 tablespoons sugar
- 150 g mascarpone or quark (cream cheese)
- 250 ml cream
- 2 tablespoons rose water

Method:

Mix the apricot with: orange juice, apple juice, water and sugar in a bowl and select the Apricot Cream programme. Leave to cool.

Beat the apricot juice to blend it thoroughly or puree using a hand blender. Stir the mascarpone or quark into the puree one spoonful at a time.

Beat the cream until still and carefully stir into the apricot cream. Add: rose water to give the apricot crème a gentle scent.

Put the crème in a cool place.

- Time in the appliance: 6 minutes
- Shelf position: Bottom glass plate

