

SPJUTBO

Recipe Book

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Subject to change without notice.

Cooking recommendations

The temperature and cooking times in the tables are for guidance only. They depend on the recipes, quality and quantity of the ingredients used.

Your appliance may bake or roast differently than your previous appliance. The hints below show recommended settings for temperature, cooking time and shelf position for specific types of food.

Count the shelf positions from the bottom of the oven floor.

If you cannot find the settings for a specific recipe, look for a similar one.

Symbols used in the tables:

	Food type
	Heating function
	Temperature
	Accessory
	Weight (kg)
	Shelf position
	Cooking time (min)

Humidity Low

CAKES / PASTRIES
Preheat the empty oven.

	°C			
Tarts, preheating is not needed	175	30 - 40	2	Cake mould, Ø 26 cm
Fruit cake, preheating is not needed	160	80 - 90	2	Cake mould, Ø 26 cm
Panettone	150 - 160	70 - 100	2	Cake mould, Ø 20 cm
Plum cake	160	40 - 50	2	Bread tin

	°C			
Biscuits, preheating is not needed	150	20 - 35	3 (2 and 4)	Baking tray
Sweet buns	180 - 200	12 - 20	2	Baking tray
Brioches	180	15 - 20	3 (2 and 4)	Baking tray

FLANS

Use the cake mould.

	°C		
Vegetables filled	170 - 180	30 - 40	1
Lasagne	170 - 180	40 - 50	2
Potato gratin	160 - 170	50 - 60	1 (2 and 4)

MEAT

Use the second shelf position.

Use the wire shelf.

		°C	
Roast pork	1	180	90 - 110
Veal	1	180	90 - 110
Roast beef, rare	1	210	45 - 50
Roast beef, medium	1	200	55 - 65
Roast beef, well done	1	190	65 - 75

Use the second shelf position.

		°C	
Lamb leg	1	175	110 - 130
Whole chicken	1	200	55 - 65
Whole turkey	4	170	180 - 240
Whole duck	2 - 2.5	170 - 180	120 - 150
Rabbit, cut in pieces	-	170 - 180	60 - 90

Use the first shelf position.

		°C	
Whole goose	3	160 - 170	150 - 200

FISH
Use the second shelf position.

		°C	
Trout, 3 - 4 fish	1.5	180	25 - 35
Tuna, 4 - 6 fillets	1.2	175	35 - 50
Hake	-	200	20 - 30

STEAM REHEATING
Reheat your dish on a plate.
Preheat the empty oven.
Use the second shelf position.

	°C	
Casseroles / Gratins	130	15 - 25
Pasta and sauce	130	10 - 15
Side Dishes	130	10 - 15
One-plate dishes	130	10 - 15
Meat	130	10 - 15
Vegetables	130	10 - 15

Cooking in the dietary baking dish

Use the function: Humidity Low.
Use the second shelf position.
VEGETABLES
Set the temperature to 130°C.

	
Tomatoes	15
Aubergines	15 - 20

	
Broccoli, florets	20 - 25
Courgette, slices	20 - 25
Pepper, strips	20 - 25
Cauliflower, florets	25 - 30
Kohlrabi	25 - 30
Asparagus, white	25 - 35
Celery, slices	30 - 35
Fennel	30 - 35
Asparagus, green	35 - 45
Carrots	35 - 40

MEAT

Set the temperature to 130°C.

	
Poached chicken breast	25 - 35
Cooked ham	55 - 65
Kasseler	80 - 100

FISH

Set the temperature to 130°C.

	
Trout / Salmon fillet	25 - 30

SIDE DISHES

Set the temperature to 130°C.

	
Rice	35 - 40
Boiled potatoes, quartered	35 - 45
Polenta	40 - 45
Unpeeled potatoes, medium	50 - 60

Bread Baking

BREAD

Preheat the empty oven.

Use the second shelf position unless specified otherwise.

		°C		
White bread, 1 - 2 pieces, 0.5 kg for each	1	180 - 190	45 - 60	-
Bread rolls, 6 - 8 rolls	0.5	190 - 210	20 - 30	Baking tray, use the second and the fourth shelf position
Rye bread, 1 - 2 pieces, 0.5 kg for each	1	180 - 200	50 - 70	-
Focaccia	-	190 - 210	20 - 25	Baking tray

Crispy baking with: Pizza Function

PIZZA

Preheat the empty oven.

Use the second shelf position.

	°C		
Pizza, thin crust	200 - 220	15 - 25	Baking tray
Pizza, thick crust	200 - 220	20 - 30	Baking tray
Mini pizza	200 - 220	15 - 20	Baking tray
Apple pie	150 - 170	50 - 70	Cake mould, Ø 20 cm
Tarts	170 - 190	35 - 50	Cake mould, Ø 26 cm
Onion tart	200 - 220	20 - 30	Baking tray

Baking and roasting

CAKES

Preheat the empty oven.

	Conventional Cooking		True Fan Cooking			
	°C		°C			
Whisked recipes	170	2	160	3 (2 and 4)	45 - 60	Cake mould
Shortbread dough	170	2	160	3 (2 and 4)	20 - 30	Cake mould
Buttermilk cheesecake	170	1	165	2	80 - 100	Cake mould, Ø 26 cm
Strudel	175	3	150	2	60 - 80	Baking tray
Jam tart	170	2	165	2	30 - 40	Cake mould, Ø 26 cm
Christmas cake, preheat the empty oven	160	2	150	2	90 - 120	Cake mould, Ø 20 cm
Plum cake, preheat the empty oven	175	1	160	2	50 - 60	Bread tin
Biscuits	140	3	140 - 150	3	25 - 45	Baking tray
Meringues	120	3	120	3	80 - 100	Baking tray
Meringues, preheat the empty oven, two levels	-	-	120	2 and 4	80 - 100	Baking tray
Buns, preheat the empty oven	190	3	190	3	12 - 20	Baking tray
Eclairs	190	3	170	3	25 - 35	Baking tray
Eclairs, two levels	-	-	170	2 and 4	35 - 45	Baking tray
Plate tarts	180	2	170	2	45 - 70	Cake mould, Ø 20 cm
Rich fruit cake	160	1	150	2	110 - 120	Cake mould, Ø 24 cm

	Conventional Cooking		True Fan Cooking			
	°C		°C			
Victoria sandwich	170	1	160	2	30 - 50	Cake mould, Ø 20 cm

BREAD AND PIZZA

Preheat the empty oven.

	Conventional Cooking		True Fan Cooking			
	°C		°C			
White Bread , 1 - 2 pieces, 0.5 kg each	190	1	190	1	60 - 70	-
Rye Bread, preheating is not needed	190	1	180	1	30 - 45	Bread tin
Bread rolls, 6 - 8 rolls	190	2	180	2 (2 and 4)	25 - 40	Baking tray
Pizza	230 - 250	1	230 - 250	1	10 - 20	Baking tray / Deep pan
Scones	200	3	190	3	10 - 20	Baking tray

FLANS

Preheat the empty oven.

Use the cake mould.

	Conventional Cooking		True Fan Cooking		
	°C		°C		
Pasta flan, preheating is not needed	200	2	180	2	40 - 50
Vegetable flan, preheat- ing is not needed	200	2	175	2	45 - 60
Quiches	180	1	180	1	50 - 60
Lasagne	180 - 190	2	180 - 190	2	25 - 40
Cannelloni	180 - 190	2	180 - 190	2	25 - 40

MEAT

Use the second shelf position.

Use the wire shelf.

	Conventional Cook- ing	True Fan Cooking	
	°C	°C	
Beef	200	190	50 - 70
Pork	180	180	90 - 120
Veal	190	175	90 - 120
English roast beef, rare	210	200	50 - 60
English roast beef, medium	210	200	60 - 70
English roast beef, well done	210	200	70 - 75

MEAT

	Conventional Cooking		True Fan Cooking		
	°C		°C		
Pork shoulder, with rind	180	2	170	2	120 - 150
Pork shin, 2 pieces	180	2	160	2	100 - 120
Leg of lamb	190	2	175	2	110 - 130
Whole chicken	220	2	200	2	70 - 85
Whole turkey	180	2	160	2	210 - 240
Whole duck	175	2	220	2	120 - 150
Whole goose	175	2	160	1	150 - 200
Rabbit, cut in pieces	190	2	175	2	60 - 80
Hare, cut in pieces	190	2	175	2	150 - 200
Whole pheasant	190	2	175	2	90 - 120

FISH

Use the second shelf position.

	Conventional Cooking	True Fan Cooking	
	°C	°C	
Trout / Sea bream, 3 - 4 fish	190	175	40 - 55
Tuna / Salmon, 4 - 6 fillets	190	175	35 - 60

Grill

Preheat the empty oven.

Use the fourth shelf position.

Grill with the maximum temperature setting.

		 1st side	 2nd side
Fillet steaks, 4 pieces	0.8	12 - 15	12 - 14
Beef steak, 4 pieces	0.6	10 - 12	6 - 8
Sausages, 8	-	12 - 15	10 - 12
Pork chops, 4 pieces	0.6	12 - 16	12 - 14
Chicken, half, 2	1	30 - 35	25 - 30
Kebabs, 4	-	10 - 15	10 - 12
Chicken breast, 4 pieces	0.4	12 - 15	12 - 14
Burgers, 6	0.6	20 - 30	-
Fish fillet, 4 pieces	0.4	12 - 14	10 - 12
Toasted sandwiches, 4 - 6	-	5 - 7	-
Toast, 4 - 6	-	2 - 4	2 - 3

Turbo Grilling

Preheat the empty oven.

Use the second shelf position. Put a pan on the first shelf position to collect fat.

BEEF

	°C	 1)
Roast beef or fillet, rare	190 - 200	5 - 6
Roast beef or fillet, medium	180 - 190	6 - 8
Roast beef or fillet, well done	170 - 180	8 - 10

1) The time given is for a 1 cm thick fillet. For thicker fillets, multiply the time by the thickness of your meat.

PORK

		°C	
Shoulder / Neck / Ham joint	1 - 1.5	160 - 180	90 - 120
Chops / Spare rib	1 - 1.5	170 - 180	60 - 90
Meatloaf	0.75 - 1	160 - 170	50 - 60
Pork knuckle, precooked	0.75 - 1	150 - 170	90 - 120

VEAL

		°C	
Roast veal	1	160 - 180	90 - 120
Veal knuckle	1.5 - 2	160 - 180	120 - 150

LAMB

		°C	
Lamb leg / Roast lamb	1 - 1.5	150 - 170	100 - 120
Lamb saddle	1 - 1.5	160 - 180	40 - 60

POULTRY

		°C	
Poultry, portions	0.2 - 0.25 (each)	200 - 220	30 - 50
Chicken, half	0.4 - 0.5 (each)	190 - 210	35 - 50
Chicken, poulard	1 - 1.5	190 - 210	50 - 70
Duck	1.5 - 2	180 - 200	80 - 100
Goose	3.5 - 5	160 - 180	120 - 180
Turkey	2.5 - 3.5	160 - 180	120 - 150

		°C	
Turkey	4 - 6	140 - 160	150 - 240

FISH (STEAMED)

		°C	
Whole fish	1 - 1.5	210 - 220	40 - 60

AirFry

Put the food directly on the tray. Apply 1 tablespoon of oil to prevent food from sticking.

Use the third shelf position. Place the baking tray on the first shelf position.

Set the temperature to 180 - 220°C.

Use the function: AirFry.

The food does not have to be turned during cooking.

		
Croissant, frozen	0.35	15 - 30
Puff pastry, frozen	0.4	15 - 35
Pizza, frozen	0.34	15 - 35
French fries, frozen	0.65	20 - 35
French fries thick, frozen	0.6	20 - 35
Potato wedges, frozen	0.65	15 - 25
Croquettes, frozen	0.45	15 - 30
Zucchini slices, fresh	0.5	25 - 35
Escalopes, frozen	0.3	15 - 25
Shrimps in baking dough, frozen	0.2	15 - 25
Calamari rings, frozen	0.25	15 - 25
Chicken nuggets, frozen	0.3	15 - 25
Fish fingers, frozen	0.5	15 - 25

Defrost

		 Defrosting time	 Further defrosting time	
Chicken	1	100 - 140	20 - 30	Place chicken on an up-turned saucer placed on a large plate. Turn halfway through.
Meat	1	100 - 140	20 - 30	Turn halfway through.
	0.5	90 - 120		
Cream	2 x 0.2	80 - 100	10 - 15	Cream can also be whipped when still slightly frozen in places.
Trout	0.15	25 - 35	10 - 15	-
Strawberries	0.3	30 - 40	10 - 20	-
Butter	0.25	30 - 40	10 - 15	-
Gateau	1.4	60	60	-

Dehydrating - True Fan Cooking

Cover trays with grease proof paper or baking parchment.

For a better result, stop the oven halfway through the drying time, open the door and let it cool down for one night to complete the drying.

For 1 tray use the third shelf position.

For 2 trays use the first and fourth shelf position.

VEGETABLES

	°C	 (h)
Beans	60 - 70	6 - 8
Peppers	60 - 70	5 - 6
Vegetables for soup	60 - 70	5 - 6
Mushrooms	50 - 60	6 - 8
Herbs	40 - 50	2 - 3

FRUIT

Set the temperature to 60 - 70°C.

	⌚ (h)
Plums	8 - 10
Apricots	8 - 10
Apple slices	6 - 8
Pears	6 - 9

Food Sensor

	°C ¹⁾
Roast veal	75 - 80
Veal knuckle	85 - 90
English roast beef, rare	45 - 50
English roast beef, medium	60 - 65
English roast beef, well done	70 - 75
Pork shoulder	80 - 82
Pork shin	75 - 80
Lamb	70 - 75
Chicken	98
Hare	70 - 75
Trout / Sea bream	65 - 70
Tuna / Salmon	65 - 70

1) The temperature given is the recommended food core temperature.



701131275-A-272025

