

FRILLESBO STENABY

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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
°C	Temperature
	Accessory
	Weight (kg)
	Shelf position
	Cooking time (min)

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

	Conventional Cooking		True Fan Cooking			
	°C		°C			
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
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



	Conventional Cooking	True Fan Cooking	
	°C	°C	
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
Turkey	4 - 6	140 - 160	150 - 240

FISH (STEAMED)





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

Slow Cooking

This function allows you to prepare lean, tender meat and fish. It is not applicable for: poultry, fatty roast pork, pot roast.

1. Sear the meat for 1 - 2 minutes on each side in a pan over high heat.
2. If third shelf position is recommended put the food directly on the wire shelf. Put a tray/ roasting pan on the first shelf position to collect fat.
If first shelf position is recommended put the food directly on the tray.
Always cook without a lid while using this function.

Set the temperature to 120°C.

			
Steaks	0.2 - 0.3	20 - 40	3
Fillet of beef	1 - 1.5	90 - 150	3
Roast beef	1 - 1.5	120 - 150	1
Roast veal	1 - 1.5	120 - 150	1

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	-

Preserving

Use the function Bottom Heat.

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 position.

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).

Set the temperature to 160 - 170°C.




SOFT FRUIT

	
	Cooking time until simmering
Strawberries / Blueberries / Raspberries / Ripe gooseberries	35 - 45

STONE FRUIT

		
	Cooking time until simmering	Continue to cook at 100°C
Peaches / Quinces / Plums	35 - 45	10 - 15

VEGETABLES

		
	Cooking time until simmering	Continue to cook at 100°C
Carrots	50 - 60	5 - 10
Cucumbers	50 - 60	-
Mixed pickles	50 - 60	5 - 10
Kohlrabi / Peas / Asparagus	50 - 60	15 - 20

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

	°C ¹⁾
Tuna / Salmon	65 - 70

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



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