

GB

SMAKSAK

Recipe Book

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Hints and tips 3

Subject to change without notice.

Hints and tips

⚠ Warning! Refer to Safety chapters.

i The temperature and baking times in the tables are guidelines only. They depend on the recipes and the quality and quantity of the ingredients used.

Direct Steam

Cakes / pastries / breads
Preheat the empty oven for 5 minutes.

Use the baking tray.

Use the second shelf position.

Use 150 ml of water.

Food	Temperature (°C)	Time (min)
Cookies, scones, croissants	150 - 180	10 - 20
Focaccia	200 - 210	10 - 20
Pizza	230	10 - 20
Bread rolls	200	20 - 25
Bread	180	35 - 40

Food	Temperature (°C)	Time (min)
Plum cake, apple pie, cinnamon rolls baked in a cake mould	160 - 180	30 - 60

Frozen ready meals
Preheat the empty oven for 10 minutes.

Use the second shelf position.

Use 200 ml of water.

Food	Temperature (°C)	Time (min)
Pizza	200 - 210	10 - 20
Croissants	170 - 180	15 - 25
Lasagna	180 - 200	35 - 50

Food regeneration
Use the second shelf position.

Use 100 ml of water.

Set the temperature to 110 °C.

Food	Time (min)
Bread rolls	10 - 20

Food	Time (min)
Bread	15 - 25
Focaccia	15 - 25
Meat	15 - 25
Pasta	15 - 25
Pizza	15 - 25
Rice	15 - 25
Vegetables	15 - 25

Use the second shelf position.

Use 200 ml of water.

Food	Temperature (°C)	Time (min)
Roast beef	200	50 - 60
Chicken	210	60 - 80

Roasting

Use the glass baking dish.

Baking and roasting

Cakes

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Whisked recipes	170	2	160	3 (2 and 4)	45 - 60	In a cake mould
Shortbread dough	170	2	160	3 (2 and 4)	20 - 30	In a cake mould
Buttermilk cheese-cake	170	1	165	2	80 - 100	In a 26 cm cake mould
Strudel	175	3	150	2	60 - 80	In a baking tray
Jam-tart	170	2	165	2 (left and right)	30 - 40	In a 26 cm cake mould
Sponge cake	170	2	150	2	40 - 50	In a 26 cm cake mould

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Christmas cake, pre-heat the empty oven	160	2	150	2	90 - 120	In a 20 cm cake mould
Plum cake, preheat the empty oven	175	1	160	2	50 - 60	In a bread tin
Muffins - one level, preheat the empty oven	170	3	150 - 160	3	20 - 30	In a baking tray
Muffins - two levels, preheat the empty oven	-	-	140 - 150	2 and 4	25 - 35	In a baking tray
Muffins - three levels, pre-heat the empty oven	-	-	140 - 150	1, 3 and 5	30 - 45	In a baking tray
Biscuits - one level	140	3	140 - 150	3	25 - 45	In a baking tray
Biscuits - two levels	-	-	140 - 150	2 and 4	35 - 40	In a baking tray
Biscuits - three levels	-	-	140 - 150	1, 3 and 5	35 - 45	In a baking tray
Meringues - one level	120	3	120	3	80 - 100	In a baking tray

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Meringues - two levels, pre-heat the empty oven	-	-	120	2 and 4	80 - 100	In a baking tray
Buns, pre-heat the empty oven	190	3	190	3	12 - 20	In a baking tray
Eclairs - one level	190	3	170	3	25 - 35	In a baking tray
Eclairs - two levels	-	-	170	2 and 4	35 - 45	In a baking tray
Plate tarts	180	2	170	2	45 - 70	In a 20 cm cake mould
Rich fruit cake	160	1	150	2	110 - 120	In a 24 cm cake mould

Bread and pizza

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
White bread, preheat the empty oven	190	1	190	1	60 - 70	1 - 2 pieces, 500 gr per piece
Rye bread	190	1	180	1	30 - 45	In a bread tin

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Bread rolls, preheat the empty oven	190	2	180	2 (2 and 4)	25 - 40	6 - 8 rolls in a baking tray
Pizza, pre-heat the empty oven	230 - 250	1	230 - 250	1	10 - 20	In a baking tray or a deep pan
Scones, preheat the empty oven	200	3	190	3	10 - 20	In a baking tray

Flans

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Pasta flan	200	2	180	2	40 - 50	In a mould
Vegetable flan	200	2	175	2	45 - 60	In a mould
Quiches, preheat the empty oven	180	1	180	1	50 - 60	In a mould
Lasagne, preheat the empty oven	180 - 190	2	180 - 190	2	25 - 40	In a mould
Cannelloni, preheat the empty oven	180 - 190	2	180 - 190	2	25 - 40	In a mould

Meat

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Beef	200	2	190	2	50 - 70	On a wire shelf
Veal	190	2	175	2	90 - 120	On a wire shelf
English roast beef, rare	210	2	200	2	50 - 60	On a wire shelf
English roast beef, medium	210	2	200	2	60 - 70	On a wire shelf
English roast beef, well done	210	2	200	2	70 - 75	On a wire shelf
Lamb	190	2	175	2	110 - 130	Leg
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	Whole
Rabbit	190	2	175	2	60 - 80	Cut in pieces
Hare	190	2	175	2	150 - 200	Cut in pieces
Pheasant	190	2	175	2	90 - 120	Whole

Fish

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Trout / Sea bream	190	2	175	2	40 - 55	3 - 4 fish

Food	Top / Bottom Heat		Forced Air Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Tuna fish / Salmon	190	2	175	2	35 - 60	4 - 6 fillets

Grilling

Set the maximum temperature.

Preheat the oven for 3 minutes.

Use the fourth shelf position.

Food	Quantity		Time (min)	
	Pieces	(kg)	1st side	2nd side
Fillet steaks	4	0.8	12 - 15	12 - 14
Beef steaks	4	0.6	10 - 12	6 - 8
Sausages	8	-	12 - 15	10 - 12
Chicken (cut in 2)	2	1	30 - 35	25 - 30
Kebabs	4	-	10 - 15	10 - 12
Breast of chicken	4	0.4	12 - 15	12 - 14
Burger	6	0.6	20 - 30	-
Fish fillet	4	0.4	12 - 14	10 - 12
Toasted sandwiches	4 - 6	-	5 - 7	-
Toast	4 - 6	-	2 - 4	2 - 3

Grilling with Fan

Use the first or the second shelf position.

Beef

Preheat the oven.

To calculate the roasting time multiple the time given in the table below by the centimetres of thickness of the fillet.

Food	Temperature (°C)	Time (min)
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

Veal

Food	Temperature (°C)	Time (min)
Roast veal, 1 kg	160 - 180	90 - 120
Knuckle of veal, 1.5 - 2 kg	160 - 180	120 - 150

Lamb

Food	Temperature (°C)	Time (min)
Leg of lamb, roast lamb, 1 - 1.5 kg	150 - 170	100 - 120
Saddle of lamb, 1 - 1.5 kg	160 - 180	40 - 60

Poultry

Food	Temperature (°C)	Time (min)
Poultry portions, 0.2 - 0.25 kg each	200 - 220	30 - 50

Defrost

Food	Quantity (kg)	Defrosting time (min)	Further defrosting time (min)	Comments
Chicken	1.0	100 - 140	20 - 30	Place the chicken on an upturned saucer placed on a large plate. Turn halfway through.
Meat	1.0	100 - 140	20 - 30	Turn halfway through.
Meat	0.5	90 - 120	20 - 30	Turn halfway through.
Trout	1.50	25 - 35	10 - 15	-
Strawberries	3.0	30 - 40	10 - 20	-

Food	Temperature (°C)	Time (min)
Chicken, half, 0.4 - 0.5 kg each	190 - 210	35 - 50
Chicken, poulard, 1 - 1.5 kg	190 - 210	50 - 70
Duck, 1.5 - 2 kg	180 - 200	80 - 100
Goose, 3.5 - 5 kg	160 - 180	120 - 180
Turkey, 2.5 - 3.5 kg	160 - 180	120 - 150
Turkey, 4 - 6 kg	140 - 160	150 - 240

Fish (steamed)

Food	Temperature (°C)	Time (min)
Whole fish, 1 - 1.5 kg	210 - 220	40 - 60

Food	Quantity (kg)	Defrosting time (min)	Further defrosting time (min)	Comments
Butter	2.5	30 - 40	10 - 15	-
Cream	2 x 2.0	80 - 100	10 - 15	Cream can also be whipped when still slightly frozen in places.
Gateau	1.4	60	60	-

Drying - Forced Air 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.

Vegetables

For one tray use the third shelf position.

For 2 trays use the first and fourth shelf position.

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

Fruit

Food	Temperature (°C)	Time (h)	Shelf position	
			1 position	2 positions
Plums	60 - 70	8 - 10	3	1 / 4
Apricots	60 - 70	8 - 10	3	1 / 4
Apple slices	60 - 70	6 - 8	3	1 / 4
Pears	60 - 70	6 - 9	3	1 / 4

