

FRILLESBO SPJUTBO

en

Recipe Book

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Subject to change without notice.

Cooking recommendations

Cooking and baking processes are only suitable on one level.









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)
	Microwave power (W)
	Shelf position
	Cooking time (min)

Advice for special heating functions of the appliance

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.

Baking

For the first baking, use the lower temperature.

You can extend the baking time 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 distort during baking. When the trays are cold again, the distortions disappear.

Tips on baking

Baking results	Possible cause	Remedy
The bottom of the cake is not baked sufficiently.	The shelf position is incorrect.	Put the cake on a lower shelf.
The cake sinks and becomes soggy or streaky.	The oven temperature is too high.	Next time set slightly lower oven temperature.
	The oven temperature is too high and the baking time is too short.	Next time set a longer baking time and lower oven temperature.
The cake is too dry.	The oven temperature is too low.	Next time set higher oven temperature.
	The baking time is too long.	Next time set shorter baking time.
The cake bakes unevenly.	The oven temperature is too high and the baking time is too short.	Next time set a longer baking time and lower oven temperature.
	The cake batter is not evenly distributed.	Next time spread the cake batter evenly on the baking tray.
The cake is not ready in the baking time specified in a recipe.	The oven temperature is too low.	Next time set a slightly higher oven temperature.

Baking on one oven level





BAKING IN TINS





		°C		
Ring cake / Brioche	True Fan Cooking	150 - 170	40 - 70	1
Madeira cake / Fruit cakes ¹⁾	True Fan Cooking	140 - 160	50 - 70	1
Sponge cake ²⁾	True Fan Cooking	180	25 - 35	1
Sponge cake ²⁾	Conventional Cooking	170	33 - 43	1
Flan base - short pastry	True Fan Cooking	160 - 170	50 - 70	2
Flan base - sponge cake mixture ¹⁾	True Fan Cooking	150 - 170	25	2
Apple pie, 1 tin Ø20 cm ¹⁾	True Fan Cooking	150 - 170	55 - 75	1
Cheesecake, use baking tray	True Fan Cooking	160	40 - 70	2

1) Preheat the empty oven.

2) Preheat the appliance until set temperature is reached. Do not use: Fast Heat Up.





CAKE / PASTRIES / BREADS ON BAKING TRAYS





		°C		
Plaited bread / Bread Crown ¹⁾	Conventional Cooking	220	30	2
Christstollen ¹⁾	Conventional Cooking	165 - 180	45 - 80	1
Rye bread ¹⁾	Conventional Cooking	170 - 190	40 - 60	1
Cream puffs	Conventional Cooking	200	30	2
Eclairs	Conventional Cooking	200	40	2
Swiss Roll ¹⁾	True Fan Cooking	175 - 185	12	2

		°C		
Cake with crumble topping	Conventional Cooking	160 - 180	45	2
Buttered almond cake / Sugar cakes ¹⁾	Conventional Cooking	175 - 185	30	2
Fruit flan yeast dough, use springform ¹⁾	True Fan Cooking	150 - 160	45	1
Fruit flan sponge cake mixture, use flan pan ¹⁾	True Fan Cooking	150 - 170	25	2
Fruit flans made with short pastry	True Fan Cooking	160 - 170	50 - 70	2
Yeast cakes with delicate toppings (e.g. quark, cream, custard)	Conventional Cooking	160 - 180	45 - 75	1

1) Preheat the empty oven.





BISCUITS

		°C		
Short pastry biscuits ¹⁾	True Fan Cooking	170 - 190	10	2
Shortbread / Pastry stripes ¹⁾	True Fan Cooking	150 - 170	10 - 20	2
Pastries made of egg white / Meringues, use baking paper ²⁾	True Fan Cooking	100	60 - 180	1
Meringues	Conventional Cooking	100	60 - 180	1
Macaroons ¹⁾	Conventional Cooking	125 - 135	25 - 35	2
Puff pastries ¹⁾	Conventional Cooking	200	17	1
Rolls ¹⁾	Conventional Cooking	180 - 220	20	2
Small cakes ²⁾	True Fan Cooking	150	22 - 32	2

		°C		
Small cakes ²⁾	Conventional Cooking	150	20 - 30	2

1) Preheat the empty oven.
2) Preheat the appliance until set temperature is reached. Do not use: Fast Heat Up.

Bakes and gratins

		°C		
Pasta bake	Conventional Cooking	160 - 200	35	2
Lasagne ¹⁾	Conventional Cooking	150 - 190	45	1
Vegetables au gratin ¹⁾	Conventional Cooking	200	40 - 70	2
Fish bakes ¹⁾	Turbo Grilling	160	25	2
Stuffed vegetables, use glass dish on wire shelf ¹⁾	Conventional Cooking	190 - 210	25 - 35	2

1) Preheat the empty oven.






Tips on Roasting

- Use heat-resistant ovenware.
- Roast lean meat covered (you can use aluminium foil).
- Turn the roast after 1/2 - 2/3 of the cooking time.
- Roast meat and fish in large pieces (1 kg or more).
- Baste meat joints with their own juice several times during roasting.






Roasting tables

BEEF

			°C		
Roast beef or fillet, rare	1 - 1.5	Turbo Grilling	130- 150	50	2






			°C		
Roast beef or fillet, medium	1 - 1.5	Turbo Grilling	130- 150	65	2
Roast beef or fillet, well done	1 - 1.5	Turbo Grilling	130- 150	80	2

GAME






			°C		
Saddle / Hare leg ¹⁾	1 - 1.5	Conventional Cooking	170 - 190	90	1
Venison saddle	1 - 1.5	True Fan Cooking	130 - 150	55	2
Haunch of venison	1 - 1.5	Conventional Cooking	150 - 170	110	2

1) Preheat the empty oven. Use roasting dish with lid (remove it after half of the cooking time).






FISH

			°C		
Whole fish	0.5 - 1.0 per fish	Turbo Grilling	160 - 180	20	2






VEAL

			°C		
Roast veal	0.8 - 1.5	Turbo Grilling	130 - 150	160	1
Veal knuckle	2 - 2.5	Conventional Cooking	160 - 180	230	1

LAMB






			°C		
Lamb leg	0.5 - 1.0	Turbo Grilling	130 - 150	135	2
Roast lamb	1 - 1.8	Conventional Cooking	180	100 - 140	1
Lamb saddle	0.7 - 0.9	Turbo Grilling	130 - 150	35	2

POULTRY





			°C		
Whole chicken ¹⁾	0.9 - 1.7	Turbo Grilling	190 - 210	50 - 90	1
Chicken, half	0.5 - 0.8	Turbo Grilling	200	55	2
Duck	1.5 - 2	Turbo Grilling	160 - 180	90 - 120	1





¹⁾ Use wire shelf. Place a plate in the centre of the cavity bottom.

PORK

			°C		
Neck	1.5 - 2	Turbo Grilling	160 - 180	120	1
Ham joint	1 - 1.5	Turbo Grilling	150 - 170	130	1
Spare rib	2 - 3	Conventional Cooking	110 - 150	145	2
Meatloaf	1 - 1.5	Turbo Grilling	160 - 180	50	1
Pork knuckle, precooked	1.5 - 2	Turbo Grilling	170 - 190	80	1

Crispy baking




		°C		
Tarts ¹⁾	Pizza Function	180	55	2
Quiche lorraine ¹⁾	Conventional Cooking	170 - 190	45	1
Swiss flan ¹⁾	True Fan Cooking	170 - 190	30 - 50	1
Cheesecake	Conventional Cooking	175 - 185	60 - 80	1
Apple pie, covered ¹⁾	Conventional Cooking	170 - 190	40 - 60	1
Pizza, thin crust ¹⁾	Pizza Function	190 - 230	15 - 25	1
Pizza, thick crust ¹⁾	Pizza Function	190 - 230	20 - 40	1

		°C		
Unleavened Bread ¹⁾	Conventional Cooking	220	10	2
Puff pastry flan ¹⁾	Conventional Cooking	200	20	2





¹⁾ Preheat the empty oven.

Bread Baking

Preheat the empty oven.

	°C		
White bread	210	25 - 45	1
Baguette	200 - 230	50	2
Brioche	190 - 210	10 - 20	2
Ciabatta	200 - 230	50	2
Rye bread	180 - 200	60	1
Wholemeal bread	180 - 200	60	1
Whole grain bread	180 - 200	60	1

Turbo Grilling




	°C			
Roast beef, medium ¹⁾	130 - 150	65	2	Baking tray
Pork loin ¹⁾	130 - 150	90	1	Casserole dish
Veal loin ¹⁾	160 - 180	70	2	Casserole dish
Saddle of lamb	130 - 150	35	2	Baking tray
Whole fish, 0.5 - 1 kg	160 - 180	30	2	Baking tray

¹⁾ Fry both sides before cooking.

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.
3. Use: Food Sensor.
Use the first shelf position.




		°C	
Roast beef	1 - 1.5	150	120 - 150
Beef fillet	1 - 1.5	150	90 - 110
Roast veal	1 - 1.5	150	120 - 150
Steak	0.2 - 0.3	120	20 - 40

AirFry

Place the baking tray on the first shelf position.

Preheat the appliance until set temperature is reached.

Put the food directly on the AirFry wire shelf. Apply 1 tablespoon of oil to prevent food from sticking. Place AirFry wire shelf on the second shelf position.



		°C	
Croissant, frozen	0.35	180 - 200	15 - 30
Puff pastry, frozen	0.4 - 0.5	200 - 220	15 - 30
Pizza, frozen	0.34	190 - 210	15 - 30
French fries, frozen	0.6 - 1	200 - 220	35 - 45
French fries thick, frozen	0.6	200 - 220	20 - 30
Potato wedges, frozen	0.65	200 - 220	20 - 35
Croquettes, frozen	0.45	200 - 220	15 - 30
Escalopes, frozen	0.3 - 0.6	200 - 220	15 - 25
Fish burgers, frozen	0.6 - 0.7	200 - 220	15 - 25
Calamari rings, frozen	0.25 - 0.5	190 - 210	15 - 25
Chicken nuggets, frozen	0.25 - 0.5	180 - 200	15 - 25
Fish fingers, frozen	0.5	200 - 220	15 - 25

Frozen Foods

Remove the food packaging. Put the food on a plate.

Do not cover the food, as this can extend the defrost time.

Use the second shelf position.

	°C	
Pizza, frozen	200 - 220	15 - 25
Pizza American, frozen	190 - 210	15 - 25
Pizza, chilled	180 - 200	10 - 20
Pizza snacks, frozen	210 - 230	10 - 15
Wedges / Croquettes ¹⁾	200 - 220	20 - 30
Hash Browns	210 - 230	10 - 20
Lasagne / Cannelloni, fresh	170 - 190	40 - 50
Lasagne / Cannelloni, frozen	160 - 180	50 - 60
Chicken wings	190 - 210	20 - 30

1) Turn 2 or 3 times during cooking.

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.

Set the temperature to 130°C.




SOFT FRUIT

	 Cooking time until simmering
Strawberries / Blueberries / Raspberries / Ripe gooseberries	45 - 75

STONE FRUIT



	 Cooking time until simmering
Peaches / Quinces / Plums	45 - 75

VEGETABLES

	 Cooking time until simmering	 Continue to cook at 100°C
Carrots	80 - 90	5 - 10
Cucumbers	80 - 90	-
Mixed pickles	80 - 90	5 - 10
Kohlrabi / Peas / Asparagus	80 - 90	15 - 20

Dehydrating

Use the third shelf position. Open the door from time to time to release the moist air.





	°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
Plums	60 - 70	8 - 10
Apricots	60 - 70	8 - 10
Apple slices	60 - 70	6 - 8
Pears	60 - 70	6 - 9





Microwave cooking

The recommended times are intended as general guidelines. Results may vary depending on the type, quantity and starting temperature of the food.

Tips for Microwave		
Cooking / Defrosting results	Possible cause	Remedy
The food is too dry.	Power was too high. Cooking time was too long.	Set lower power or/and shorter cooking time.
The food is not defrosted, cold or underdone after cooking time ends.	Cooking time was too short.	Set longer cooking time. Do not increase microwave power.
The food is overheated at the edges, but underdone in the middle.	Microwave power was too high.	Set lower power and longer cooking time.





DEFROSTING

				Standing time (min)
Steak	0.2	100	5 - 7	5 - 10
Minced meat ¹⁾	0.5	200	8:30 - 9:30	5
Chicken	1	100	30 - 35	10 - 20
Chicken breast	0.15	100	5 - 9	10 - 15
Chicken legs	0.15	100	5 - 9	10 - 15
Whole fish	0.5	100	10 - 15	5 - 10
Fish fillet	0.5	100	12 - 15	5 - 10
Butter	0.25	100	4 - 6	5 - 10
Grated cheese	0.2	100	2 - 4	10 - 15
Yeast cake	1 piece	200	2 - 3	15 - 20
Cheesecake	1 piece	100	2 - 4	15 - 20
Dry cake	1 piece	200	2 - 4	15 - 20
Bread	1	200	15 - 18	5 - 10
Sliced bread	0.2	200	3 - 5	5 - 10

				Standing time (min)
Bread rolls	4 pieces	200	2 - 4	2 - 5
Fruit	0.25	100	5 - 10	10 - 15





1) Use the second shelf position. After half of the time, turn the meat upside down over the longest side.

REHEATING





				Standing time (min)
Milk, 200 ml	-	1000	0:30	-
Water, 200 ml	-	1000	0:30	-
Sauce, 200 ml	-	600	1 - 3	-
Soup, 300 ml	-	600	3 - 5	-

MELTING

Use the first shelf position. Turn 90° clockwise after half of the cooking time.

				Standing time (min)
Chocolate / Chocolate coating	0.1	200	7	2
Butter	0.1	200	4	2

COOKING

				Standing time (min)
Fish fillet ¹⁾	0.5	300	7 - 9	2
Jacket potatoes ²⁾	0.5	600	10	-
Rice ³⁾	0.2	800	14	-
Popcorn ⁴⁾	-	700	4 - 5	-

1) Use climb film with holes to cover the glass dish. Use the first shelf position. Turn 90° clockwise after half of the cooking time.

2) Use climb film with holes to cover the glass dish. Use the first shelf position.







3) Add 400 ml of water. Use climb film with holes to cover the glass dish. Use the first shelf position

4) Place the popcorn bag on the glass dish on the bottom of the cavity .

MICROWAVE COMBI FUNCTION

Use the first shelf position.

The standing time is 2 - 5 min.

					
Potato gratin	1.1	True Fan Cooking + MW	400	210	35 - 45
Cake	0.7	Conventional Cooking + MW	100	190	30 - 40
Lasagne, frozen	0.4	Turbo Grilling + MW	100	220	24 - 28
Chicken ¹⁾	1	Turbo Grilling + MW	100	220	45 - 55

1) Place a plate in the centre of the cavity bottom. Place chicken directly on wire shelf with breast side down. After 25 min turn it upside down.



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