

SIEMENS



Cooking inspirations.

A selection of inspiring recipes for the new iQ700 built-in oven with varioSpeed and roastingSensor Plus.

www.siemens-home.com/mysiemens

Inspiration for cooking

For the extraordinary things in life

Do you want to give your guests a wonderful evening they won't forget?

All you need is the right ingredients, and we'll provide the recipes to match in the iQ700 cookbook.

Take a culinary journey with this exclusive collection of recipes, and you will not only learn how to prepare extraordinary taste sensations, but also how to make the best use of the innovations offered by your new iQ700 built-in oven with varioSpeed and roastingSensor Plus. By doing so, you will be able to offer your guests a perfect menu that is simple and enjoyable to prepare, and guaranteed to turn out brilliantly.

All the details in the recipes have been tested numerous times and tailored precisely to your oven.

This means that preparing them is fun, and that the evening will be a memorable one for you and your guests.

Bon appétit!

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Useful information about your
iQ700 oven with varioSpeed and
roastingSensor Plus

Information on your appliance

varioSpeed

It is very simple to be twice as fast: at the touch of a button. The integrated microwave won't just help you defrosting and heating food. It shortens the cooking time of all dishes in the oven by switching to the type of heating selected. While offering perfect quality. You can find the appropriate setting in all recipes in the cookbook which are especially suitable for microwave use or combined microwave operation. If you wish to cook your dish without a microwave, just the alternative oven setting. If necessary, cook your food as usual on the hotplates.

roastingSensor Plus

Achieve the best roasting results: it's easier than ever before with the roastingSensor Plus. Thanks to three measuring points, the innovative meat probe is able to precisely and reliably measure the internal temperature of your food. It is suitable for a wide range of dishes. You can find the appropriate setting for all recipes in the cookbook which are suitable for the roastingSensor Plus. If you do not wish to use the meat probe, we have also provided an alternative setting for you.

4D hot air

For the best baking results, regardless of the choice of rack level: 4D hot air. You have the utmost flexibility in choosing which rack level you would like to use to prepare your food. The innovative technology featured by the fan motor permits ideal heat distribution in the oven interior. This means that your dish will always be cooked perfectly and exactly how you want it, regardless of the rack level you choose.

Top/ bottom heating

For traditional baking and roasting on one level. Especially well-suited for cakes with a moist topping, either in tins or on a baking tray.

Circulated air grilling

For roasting poultry, whole fish and larger pieces of meat. The grill element and the ventilator switch on and off alternately. The fan circulates the hot air around the food.



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Abbreviations and indicated quantities



Abbreviations

ml	Millilitres
l	Litres
g	Grams
kg	Kilograms
cm	Centimetres
mm	Millimetres
tbsp	Tablespoon
tsp	Teaspoon
Generous pinch	Generous pinch
lvl	Level
hpd	Heaped
frzn	Frozen
e.g.	For example

min.	Minutes
hr.	Hours
min.	At least
approx.	Approximately
pinch	Pinch
Ø	Diameter

Sachet

Baking powder	17 g
Vanilla essence	9 g
Dry yeast	7 g
Cream stiffener	8 g

Nutritional information

kcal	Kilocalories
F	Fat
carb	Carbohydrates
P	Protein
BU	Bread units

Weights, capacity measures

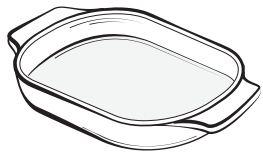
1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures

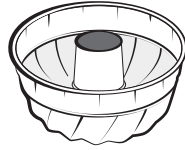
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2 g	3 g	4 g	11 g
Sugar	3 g	9 g	6 g	17 g

Cookware





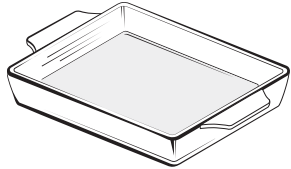
Ovenproof dish, oval



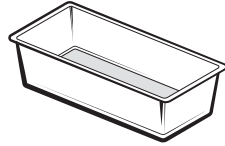
Bundt cake tin



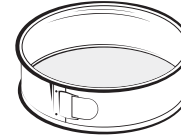
Springform cake tin, square



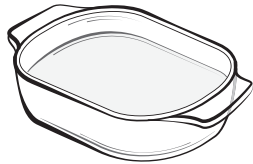
Ovenproof dish, rectangular



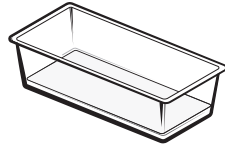
Cake tin



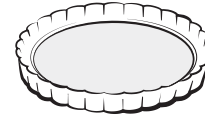
Springform cake tin, round



Roaster, glass, without lid



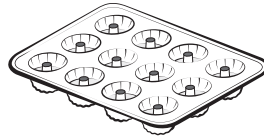
Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



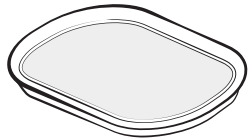
Mini tart dishes



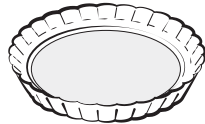
Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

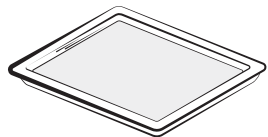


Pizza tray, round

Special accessories

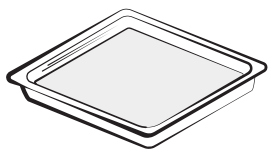


There is a comprehensive range of special accessories for your appliance. You can find information on these in our brochures or online.



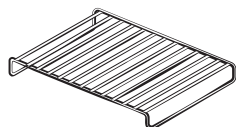
Baking tray, non-stick

For tray bakes and small baked products. The pastries can be removed more easily from the baking tray. It is not necessary to grease or line with greaseproof paper.



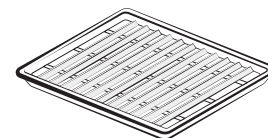
Universal pan, non-stick

For moist cakes, pastries, frozen meals and large roasts. It can be used to catch dripping fat when you are grilling directly on the wire rack. Pastries and roasts can be removed more easily from the universal pan. It is not necessary to grease or line with greaseproof paper.



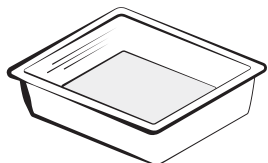
Wire insert

For meat, poultry and fish. For inserting into the universal pan to catch dripping fat and meat juices.



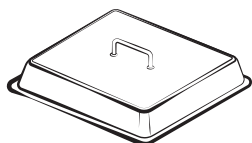
Grill tray

Use for grilling in place of the wire rack or as a splatter guard. Only use in the universal pan.



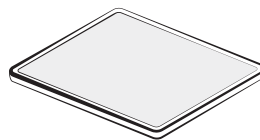
Profi pan

Ideal for the preparation of large quantities.



Lid for the Profi pan

The lid turns the Profi pan into a Profi roaster.



Baking stone

For home-made bread, bread rolls and pizzas that require a crispy base.



Glass roaster (1.5 litres)

For stews and bakes.



Glass pan

For bakes, vegetable dishes and baked items.



Pizza tray

For pizzas and large round cakes.





Starters, soups and salads



Clear tomato essence

For 2 servings
Large glass dish with lid

Essence:

1 onion
2 garlic cloves
1 carrot
40 g celeriac
40 g leeks
1 large bunch basil
2 egg white
1 bay leaf
1 tin peeled tomatoes, 850 g
250 ml vegetable stock
1 tsp black peppercorns
1 small pot saffron strands
Salt
Black pepper, freshly ground
Sugar

Also including:

50 g mozzarella, cut up fine
5 cherry tomatoes, cut up fine
A few little basil leaves

Per serving

175 kcal, 21 g carbs, 4 g fat,
13 g protein, 1,7 BU

1. Peel the onion, garlic, carrot and celery. Wash and trim the leek. Cut everything into cubes approx. 0.5 cm in size. Rinse the basil and shake dry. Whisk the egg white until stiff.

2. Mix all ingredients in a glass dish. Season with salt, pepper and a pinch of sugar. Mix well again, cover with the lid and cook as indicated. Stir several times in the first 5 minutes but not after this time.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 900 watts
Cooking time: 15-18 minutes

3. Then strain through a tea towel and season the essence with salt and pepper.

4. Sprinkle with basil leaves, add the mozzarella and cherry tomatoes and serve.



Pumpkin soup with ginger

For 4 servings

Medium-sized glass dish with lid

Soup:

40 g spring onions

10 g butter

400 g Hokkaido pumpkin

½ tsp fresh ginger, chopped very fine

Curry powder

Pepper, freshly ground

Around 700 ml vegetable stock

Sea salt

In addition:

4 tsp pumpkin seed oil

A little cress

Per serving

113 kcal, 8 g carbs, 8 g fat, 2 g protein,
0,6 BU

1. Wash the spring onions, trim and cut into little rings. Add to a glass dish with the butter. Cover with the lid and cook briefly as indicated.

2. Peel and remove the seeds from the pumpkin. Cut into cubes around 2 cm in size and add to the spring onions with the ginger. Season with curry powder and pepper. Add 125 ml hot vegetable stock, cover with the lid and cook as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Spring onions: 2 minutes

Pumpkin: 10 minutes

Soup: 10-12 minutes

3. Purée the cooked vegetables, season with sea salt and add the rest of the vegetable stock.

4. Cover the glass dish with the lid and cook the soup as indicated until done.

5. Serve with pumpkin seed oil and fresh cress.



Spanish bean soup

For 4 servings

Large glass dish with lid

Soup:

1 onion
2 garlic cloves
2 fresh sprigs rosemary
2 fresh sprigs thyme
200 g Spanish garlic sausage
2 tbsp olive oil
1 small tin cherry tomatoes,
contents 400 g
100 ml dry white wine
650 ml vegetable stock
1 bay leaf
400 g frozen green beans
Salt
Black pepper, freshly ground
Sugar
2 tbsp white wine vinegar

Per serving

390 kcal, 17 g carbs, 26 g fat,
18 g protein, 1,4 BU

1. Peel the onion and garlic and dice finely. Rinse the herbs and shake dry. Peel the garlic sausage and halve lengthwise. Cut the two halves into slices 1 cm thick.

2. Arrange the garlic sausage with the diced onion and garlic in a large glass dish. Drizzle with olive oil, cover with the lid and cook as indicated until translucent.

3. Add the tomatoes with the juice to the sausage and crush lightly with a fork. Add the wine, vegetable stock, rosemary, thyme and bay leaf. Cover with the lid and precook as indicated.

4. Add the frozen beans, season with salt and pepper, cover with the lid and cook the soup as indicated until done.

5. Before serving remove the herbs and bay leaf and season the soup with vinegar and sugar.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Onions, garlic, sausage: 5 minutes
Tomatoes: 10 minutes
Soup with beans: 10-12 minutes



Seasonal salads with Parmesan crisps and bacon chips

For 4 servings Plate

Salad:

300 g baby-leaf salad, fine mixed salad
75 g Parmesan, freshly grated
4-8 slices air-dried ham

Dressing:

1 tsp Dijon mustard
½ tsp sugar
½ tsp salt
Black pepper, freshly ground
6 tbsp balsamic vinegar
6 tbsp olive oil

Per serving

290 kcal, 6 g carbs, 25 g fat,
11 g protein, 0,5 BU

1. Wash the mixed salad, trim and spin dry in the salad spinner.

2. Spread the grated Parmesan on a plate in a layer around 0.5 cm thick. Heat until golden in colour, watching all the time. Immediately turn out the cheese onto kitchen towel and dab off the grease.

3. For the bacon chips lay out the ham on the same plate depending on the size and grill until crispy. Also place on kitchen towel and dab off the grease.

4. For the dressing mix all ingredients, season and mix with the salad.

5. When cool, crumble the Parmesan. Garnish the salad with the Parmesan crisps and bacon chips.

Setting procedure:

Plate on the wire rack, level 2
Microwave 600 watts
Parmesan: 3-4 minutes
Ham: 3-4 minutes



Warm breast of duck salad

For 4 servings

Medium ovenproof dish

Salad:

2 duck breasts, around 300 g each
2 sprigs fresh mint
1 spring fresh coriander
2 tbsp olive oil
1 bunch spring onions
1 walnut-sized piece of fresh ginger
1-2 garlic cloves
5 tbsp rice vinegar or fruit vinegar
3-4 tbsp light soy sauce
2 tbsp roasted sesame oil
3 tbsp sunflower oil
30 g peanuts, chopped
Salt
Black pepper, freshly ground
Sugar

Per serving

588 kcal, 3 g carbs, 49 g fat,
35 g protein, 0,3 BU

1. Rinse the duck breast under cold water, pat dry and remove the skin. Rinse the herbs and shake dry. Remove the leaves, chop roughly and mix with 2 tbsp olive oil. Brush the duck breasts with this mixture, place in the baking dish and cook as indicated.

2. Allow the duck breasts to cool down slightly and cut diagonally into thin slices approx. 1 cm thick.

3. Wash the spring onions, pat dry, trim and cut diagonally into fine slices. Peel the ginger and garlic and chop finely. Mix everything with vinegar, soy sauce and the two oils and pour over the slices of duck breast.

4. Season the salad, sprinkle with chopped peanuts and serve.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Microwave 600 watts

Cooking time: 5-7 minutes



Feta creme served in half a pepper

For 4 servings
Medium ovenproof dish

Vegetables:
2 red peppers, 250 g each

Feta creme:
200 g original feta cheese
1 clove garlic
50 g black olives, pitted
2 egg yolks
2 tbsp frozen herbs de la Provence
100 g cream cheese
Salt
Black pepper, freshly ground
Sugar
Chilli flakes

In addition:
2-3 tbsp olive oil for drizzling

Per serving
355 kcal, 6 g carbs, 30 g fat,
14 g protein, 0,5 BU

1. Wash the peppers halve lengthwise, do not cut off the stalk, take out the the seeds and white 'ribs'.
2. Crumble the feta up finely. Peel the garlic clove. Chop the olives and garlic clove finely. Add to the feta with the egg yolk, herbs and cream cheese. Season well with salt, pepper, sugar and chilli flakes.

3. Spoon the mixture into the 4 halves of the peppers and place in a suitable baking dish. Drizzle the peppers with olive oil. Add 4 tbsp of water to the baking dish and cook the peppers as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Microwave 360 watts
Cooking time: 20-25 minutes



Grilled aubergine slices

For 4 servings

Large ovenproof dish

Vegetables:

1 aubergine, approx. 420 g

Salt

Pepper, freshly ground

200 g cherry tomatoes

1 clove garlic

2 tbsp fresh oregano leaves

Sugar

2 tbsp olive oil

50 g matured Gouda, freshly grated

Per serving

127 kcal, 4 g carbs, 10 g fat, 5 g protein,
0,4 BU

1. Wash the aubergines, dry, cut into slices 1.5 cm thick and pierce several times with a fork. Season with salt and pepper, place side by side in the ovenproof dish and precook as indicated.

2. Then pat nice and dry with kitchen towel.

3. Wash the tomatoes and cut into quarters. Peel the garlic and cut into thin slices. Add the garlic to the tomatoes with the oregano leaves. Add salt, pepper and sugar and season with olive oil.

4. Spoon some of the tomato mixture onto every slice of aubergine, sprinkle cheese on top and grill as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Microwave 600 watts

Aubergines: 8 minutes

Grill: 8-10 minutes



Delicate salmon terrine with prawns

For 8 servings

Glass cake mould, 30 cm

Fish terrine:

600 g fresh salmon fillet

Sea salt

400 ml cream

½ organic lemon

½ organic orange

White pepper freshly ground

2 tsp honey mustard

100 g fresh prawns, shelled

2 tsp pickled green peppercorns

In addition:

4 tbsp herbs, chopped

2 tbsp pink pepper berries

Butter for greasing

Per serving

255 kcal, 3 g carbs, 19 g fat,

19 g protein, 0,2 BU

1. Rinse the salmon fillet under cold water, pat dry with kitchen towel and cut into chunks approx. 2 cm in size. Leave to freeze slightly for approx. 45 minutes in the freezer compartment.

2. Then, purée the salmon fillet with ½ tsp sea salt and slowly pour the cream in. Wash the orange and lemon in hot water and dry them. Grate the lemon and orange peel. Squeeze the lemon. Add the lemon and orange peel to the salmon mixture and season to taste with pepper, 1 tsp lemon juice and honey mustard.

3. Grease the cake tin. Fill the tin with half of the salmon mixture. Arrange the prawns in a central layer lengthwise. Distribute the green peppercorns to the left and right. Add the remaining salmon mixture on top and cook the salmon terrine as indicated.

4. Leave to cool down a little after cooking. Tip out of the tin, sprinkle all over with the chopped herbs and leave to cool down fully.

5. Sprinkle with pink pepper berries before serving.

Setting procedure:

Cake mould, glass, on the wire rack, level 2

Microwave 360 watts

Cooking time: 15 minutes

then

180 watts

Cooking time: 15-20 minutes





Side dishes and vegetables,
vegetarian dishes and bakes



Potato fans

For 4 servings Universal pan

Potatoes:

1 kg same-sized, waxy potatoes

6-8 tbsp olive oil

Coarse salt

Black pepper, freshly ground

In addition:

Cooking oil for the baking tray

Per serving

342 kcal, 39 g carbs, 18 g fat,
5 g protein, 3,3 BU

1. Wash the potatoes, peel and flatten out the bottom with a knife to help the potatoes stand up.

2. Cut into the potatoes in a fan shape with a knife, making sure that they are not sliced right through.

3. Leave the potatoes in water for 20 minutes.

4. Then add oil to the universal pan and place the potatoes in it in a fan shape. Drizzle with olive oil and season with salt.

5. Grill the fan-style potatoes as indicated and then season with pepper.

Setting procedure:

Universal pan, level 2

Microwave combination

Circulated air grilling

190 °C

360 watts

Cooking time: 20-25 minutes

Alternative setting:

Universal pan, level 2

Circulated air grilling

180 °C

Cooking time: 45-50 minutes



Polenta with mascarpone and truffle oil

For 4 servings

Medium-sized glass dish with lid

Polenta:

600 ml vegetable stock

Sugar

100 g instant polenta

100 g mascarpone

2 tsp truffle oil

Salt

Black pepper, freshly ground

Per serving

206 kcal, 8 g carbs, 18 g fat, 3 g protein,
0,7 BU

1. Pour the vegetable stock into a glass dish with generous pinch of sugar, cover with the lid and bring to the boil as indicated.

2. Stir in the polenta until nice and smooth, cover the glass dish with the lid and heat as indicated.

3. Stir the mascarpone and truffle oil into the polenta and season with salt, pepper and sugar. The polenta should be creamy. If necessary add a little water and stir until smooth.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Vegetable stock: 10 minutes

Polenta: 10-12 minutes



Mint couscous

For 4 servings

Medium-sized glass dish with lid

Couscous:

300 ml vegetable stock

¼ tsp cumin or ras el hanout

200 g couscous

2 spring onions

3 sprigs fresh mint

½ bunch flat-leaf parsley

2 tbsp pine nuts

4 tsp lemon juice

4 tbsp olive oil

Salt

Black pepper, freshly ground

Sugar

Per serving

392 kcal, 39 g carbs, 21 g fat,

13 g protein, 3,2 BU

1. Mix the vegetable stock with cumin or ras el hanout and the couscous and heat in a glass dish with lid as indicated. Then leave to stand for 5 minutes. Fluff up slightly with a fork several times.

2. Wash the spring onions, pat dry, trim and cut diagonally into thin slices. Rinse the mint and parsley and shake dry. Tear off the mint and parsley leaves and chop roughly.

3. Fluff up the couscous again with a fork. Add the spring onions, herbs, pine nuts, lemon juice and olive oil. Season everything with salt, pepper and a pinch of sugar.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Cooking time: 4-6 minutes



Lemon potatoes with herbs and pointed peppers

For 4 servings
Universal pan

Potatoes and pointed pepper:

900 g small waxy potatoes
800 g red pointed peppers
½ bunch thyme
½ bunch rosemary
3 organic lemons
7 tbsp olive oil
Salt
Black pepper, freshly ground
Nutmeg, freshly grated

In addition:

3 tbsp olive oil for the baking tray

Per serving

501 kcal, 44 g carbs, 31 g fat,
7 g protein, 3,7 BU

1. Wash the potatoes well and clean with a brush. Wash the pointed pepper.

2. Rinse the herbs and shake dry. Wash the lemon in hot water and dry.

3. Add oil to the universal pan. Distribute the herbs evenly on it.

4. Halve the potatoes depending on size. Cut the lemons into wedges. Halve the pointed pepper, de-seed and cut into large pieces 3x3 cm in size. Distribute the potato, lemon and pointed pepper in the universal pan. Drizzle with oil, season and cook as indicated.

Setting procedure:

Universal pan, level 2
Microwave combination
4D hot air
190 °C
360 watts
Cooking time: 30-35 minutes

Alternative setting:

Universal pan
4D hot air
190 °C
Cooking time: 60 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

If you select the alternative setting, bake the potatoes and lemon wedges drizzled with 2 tbsp oil for 40 minutes. Only then distribute the pointed pepper and rest of the oil over the potatoes. Bake everything together for another 20 minutes.



Risotto ai funghi – mushroom risotto

For 4 servings

**Deep, medium-sized glass dish
with lid**

Risotto:

1 small onion
250 g fresh button mushrooms
150 ml white wine
300 g risotto rice
400 ml meat stock, hot
1 pinch pepper
1 tsp herb-flavoured salt
40 g Parmesan
50 g butter

Per serving

470 kcal, 61 g carbs, 15 g fat,
14 g protein, 5,1 BU

1. Peel the onion and chop finely. Trim the button mushrooms and also chop finely. Add all other ingredients, apart from the cheese and butter, to a deep baking dish. Cover with the lid and bring to the boil as indicated.

2. Then cook in the enclosed glass dish as indicated.

3. Just before serving stir the butter and grated cheese into the mixture. Stir, cover and leave to rest for 5 minutes.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 7 minutes

then

Microwave 180 watts

Cooking time: 25-30 minutes

Tip:

Instead of mushrooms you can also use chopped carrots or pepper.



Roasted vegetables with balsamic sauce

For 4 servings

Medium-sized ovenproof dish,
glass dish with lid

Vegetables:

200 g sweet potatoes

1 potato

2 carrots

1 turnip

400 g pumpkin, e.g. Hokkaido

2 tbsp olive oil

Salt

Sauce:

1 onion

1 clove garlic

2 tbsp olive oil

5 tbsp white balsamic vinegar

3 tsp honey

100 ml cream

6 sage leaves, finely chopped

Salt

Pepper, freshly ground

Per serving

300 kcal, 25 g carbs, 20 g fat,

3 g protein, 2,1 BU

1. Wash and peel the vegetables, and cut into very fine slices. Distribute in the ovenproof dish, drizzle with olive oil, add salt and bake as indicated.

2. For the sauce, cut the onion and garlic very finely. Add the onion and 2 tbsp olive oil to a glass dish, cover with the lid and sweat as indicated.

3. Season with balsamic vinegar, honey, cream, sage and spices, cover with the lid and cook as indicated. Finally, add the garlic.

4. Pour the sauce over the roasted vegetables and serve immediately.

Setting procedure:

Vegetables:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 180 °C

360 watts

Cooking time: 15-20 minutes

Sauce:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Onions: 3 minutes

Sauce: 3-4 minutes

Alternative setting:

Vegetables:

Ovenproof dish on the wire rack

4D hot air

230 °C

Cooking time: 20-25 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.



Sweet and sour onions

For 4 servings

Large glass dish with lid

Vegetables:

3 large cooking onions, 250 g each

2 tbsp olive oil

3 fresh sprigs thyme

1 tbsp Dijon mustard

2 tbsp mustard seeds

4 tbsp sugar

2 tbsp lemon juice

Salt

Black pepper, freshly ground

Per serving

206 kcal, 29 g carbs, 8 g fat, 4 g protein,
2,4 BU

1. Peel the cooking onions and cut into pieces 2 cm in size. Add to a large glass dish and marinate with olive oil.

2. Rinse the thyme, shake dry and add mustard, mustard seeds, sugar and lemon juice to the vegetables. Mix everything together and season with salt and pepper.

3. Cover the glass dish with a lid and cook as indicated. Stir during cooking.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Cooking time: 18-20 minutes



Stuffed mushrooms

For 2 servings

Glass dish with lid and medium-sized ovenproof dish

Mushrooms:

6-8 large mushrooms
1 tbsp lemon juice

Filling:

1 onion
50 g raw ham
10 g butter
100 g creamy Gorgonzola
1 tbsp parsley, chopped
1 tbsp sour cream
Pepper, freshly ground

In addition:

Butter for greasing

Per serving

284 kcal, 3 g carbs, 21 g fat,
20 g protein, 0,2 BU

1. Trim the mushrooms and remove the stalks. Possibly remove the gills. Brush the mushrooms clean. Brush the caps with lemon juice.

2. Peel the onion. Finely cut the onion, mushroom stalks and ham into cubes. Add to a glass dish with the butter, cover with the lid and sweat as indicated.

3. Stir in the cheese and add the chopped parsley. Refine with sour cream and season with pepper.

4. Fill the cheese mixture into the mushroom caps. Grease a shallow ovenproof dish and add the mushrooms.

5. Grill the mushrooms as indicated.

Setting procedure:

Onions, mushroom stalks, ham:
Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Cooking time: 3 minutes
Stuffed mushrooms:
Ovenproof dish on the wire rack, level 2
Microwave combination
Grill, large surface, setting 3
360 watts
Cooking time: 10-15 minutes

Tip:

Instead of creamy Gorgonzola you can also use cream cheese.



Mushrooms in creamy sauce

For 4 servings

Large glass dish with lid

Mushrooms with sauce:

750 g fresh white or brown button mushrooms or fresh chanterelles

2 garlic cloves

200 ml cream

200 g creamy soft cheese

Salt

White pepper freshly ground

Sugar

1-2 tsp lemon juice

1 bunch chives

Per serving

361 kcal, 4 g carbs, 32 g fat,
16 g protein, 0,2 BU

1. Clean the mushrooms with a brush and cut in half or into quarters depending on size.

2. Peel and finely dice the garlic. Add the cream with the soft cheese and garlic to the glass dish, cover with the lid and heat as indicated. Stir during cooking.

3. Add the mushrooms to the sauce, cover with the lid and cook as indicated until done.

4. Finish by seasoning to taste with salt, pepper, a pinch of sugar and lemon juice.

5. Rinse the chives briefly, shake dry and cut into little rolls.

6. Serve the mushrooms generously sprinkled with chives.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Sauce: 10 minutes

Mushrooms in sauce: 10-15 minutes



Broccoli flan

For 4 servings

Medium-sized glass dish with lid,
medium-sized ovenproof dish

Crème caramel:

800 g fresh broccoli
200 g grated Emmental
200 ml cream
150 g crème fraîche

5 eggs

Nutmeg, freshly grated

Salt

Black pepper, freshly ground

50 g butter

In addition:

30 g bread crumbs for sprinkling

Per serving

337 kcal, 11 g carbs, 26 g fat,
16 g protein, 0,9 BU

1. Wash and trim the broccoli. Remove the florets from the stalk. Cut the stalk into cubes 1 cm in size. Place the florets and cubes in a glass dish with 3 tbsp water, cover with the lid and cook as indicated until soft.

2. Grease a shallow ovenproof dish with 1-2 tbsp butter and sprinkle with bread crumbs.

3. Put 4-5 tbsp of the broccoli florets to one side. Then purée the rest of the broccoli. Add the cheese, cream, crème fraîche and eggs to the puréed vegetables. Season with salt, pepper and nutmeg.

4. Fill the mixture into the ovenproof dish and add the broccoli florets which were put to one side. Add the remaining butter in small pieces. Cook the flan as indicated until the mixture is set.

Setting procedure:

Broccoli:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 10 minutes

Flan:

Ovenproof dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 20-25 minutes



Mediterranean tortilla

For 4 servings
Large ovenproof dish

Vegetables:

1 small courgette
1 yellow pepper
200 g aubergine
1 small cooking onion
2 garlic cloves
250 g cherry tomatoes
50 g dried tomatoes
Salt
Black pepper, freshly ground
Sugar

Egg wash:

4 eggs
100 ml milk
50 g Parmesan cheese, freshly grated

In addition:

3 tbsp olive oil for the dish
Several leaves fresh oregano

Per serving

296 kcal, 12 g carbs, 20 g fat,
17 g protein, 1,0 BU

1. Wash and trim the vegetables. Cut the courgette, pepper and aubergine into cubes approx. 1 cm in size. Peel the onion and garlic. Dice the garlic finely, cut the onion into cubes approx. 1 cm in size. Halve the cherry tomatoes. Cut the dried tomatoes into thin slices.

2. Mix the vegetables together, except for the cherry tomatoes. Season with salt, pepper and a pinch of sugar. Grease a flat ovenproof dish with olive oil and arrange the vegetables in it. Cook as indicated.

3. If necessary, drain off the resulting juice. Add the cherry tomatoes.

4. Beat the eggs with the milk and season lightly. Pour over the vegetables, sprinkle with cheese and cook as indicated.

5. Before serving sprinkle a few leaves of fresh oregano on top.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Vegetables:

Microwave 900 watts

Cooking time: 9 minutes

Tortilla:

Microwave 600 watts

Cooking time: 12-15 minutes



Spring stew

For 4 servings

Medium-sized glass dish with lid

Stew:

1 small onion
2 spring onions
2 carrots
300 g kohlrabi
30 g butter
1 walnut-sized piece of fresh ginger,
approx. 20 g
750 ml vegetable stock
20 ml teriyaki sauce
200 g frozen peas
200 g Basmati rice, boiled
Salt
Black pepper, freshly ground
1 pinch sugar
3 tbsp frozen spring herbs

Per serving

195 kcal, 18 g carbs, 10 g fat,
8 g protein, 1,5 BU

1. Peel and finely dice the onion. Wash the spring onions, carrots and kohlrabi. Peel the carrots and kohlrabi and cut into cubes 1 cm in size. Trim the spring onions and cut diagonally into slices approx. 1 cm thick.

2. Add the onions, carrots and kohlrabi with the butter to a glass dish, cover with the lid and cook as indicated. Stir frequently during this time.

3. Peel the ginger, cut up very fine and add to the vegetables in the glass dish. Add the stock, teriyaki sauce, peas, rice and spring onions.

4. Cover the glass dish with the lid and cook the stew as indicated. Season with salt, pepper, sugar and the herbs.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Vegetables: 10 minutes

Stew: 10-12 minutes



Peppery stew with sweet potatoes and peppers

For 4 servings

Medium glass roaster with lid

Stew:

1 kg sweet potatoes
2 red peppers
1 clove garlic
3 shallots
40 g butter
Sea salt
Chilli salt
Pepper, freshly ground
2 bay leaves
500 ml vegetable stock
4 tbsp parsley, chopped
1 tsp pickled green peppercorns

Per serving

404 kcal, 65 g carbs, 12 g fat,
7 g protein, 5,4 BU

1. Wash and peel the sweet potatoes and cut into cubes approx. 2 cm in size. Wash, de-seed and dice the peppers. Peel the garlic clove and the shallots. Cut the shallots into small cubes, leave the garlic clove in one piece.

2. Add half the butter to the roaster. Briefly sweat the garlic and shallots in it. Add the sweet potatoes and diced pepper, briefly sweat them too and then season with sea salt, chilli salt and pepper. Add the bay leaves and cook everything as indicated in a roaster with lid.

3. After approx. 20 minutes, top up with the vegetable stock. Add the rest of the butter, cover with the lid and cook the stew until done.

4. Before serving, remove the garlic clove and the bay leaves. Add the parsley and green pepper and season again well.

Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 50-55 minutes



Aubergine towers

For 4 servings
Glass dish with lid, medium-sized ovenproof dish

Rice:

10 g butter
100 g wild rice mixture
½ small onion
1 small bay leaf
1 clove

Aubergines:

2 large aubergines, approx. 450 g each
Sea salt
½ bunch chives
2 sprigs thyme
2 stems oregano
200 g sheep's cheese
250 g cherry tomatoes
3 eggs
3 tbsp olive oil
Pepper, freshly ground
Cayenne pepper
700 g chopped tomatoes
1 tsp sugar
125 g mozzarella

Per serving

512 kcal, 34 g carbs, 30 g fat,
25 g protein, 2,8 BU

1. Add the butter and rice to a glass dish, cover with the lid and sweat as indicated. Top up with water.
2. Peel the onion. Fix the bay leaf to the onion with the clove and add to the rice. Cover and cook as indicated.
3. Wash the aubergines and cut off the stem. Cut each aubergine into 4 round, equally thick slices. Use a tablespoon to scoop out the slices of aubergine. When doing so, leave a border of approx. 1 cm around the edge. Cut the flesh into cubes approx. ½ cm in size and season with salt. Score the skin of the slices of aubergine and season the aubergines on the inside and outside with salt.
4. Rinse the herbs, shake them dry and chop them roughly. Cut the sheep's cheese into small cubes and mix with the herbs. Finely dice the cherry tomatoes and add.

5. Mix the eggs together with the olive oil, season with sea salt and pepper and mix together with the cheese and tomato mixture. Add the rice and season to taste once again.

6. Dry off the aubergine slices with kitchen towel. Mix the pieces of aubergine without liquid with the cut-up tomatoes in an ovenproof dish, add the aubergines and fill with the rice mixture.

7. Cut the mozzarella into 8 slices, top the aubergine towers with them and cook as indicated.

Setting procedure:

Rice:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 5 minutes
then

Microwave 180 watts

Cooking time: 15 minutes

Aubergine towers:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 190 °C

360 watts

Cooking time: 25-30 minutes

Alternative setting:

Aubergine towers:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

210 °C

Cooking time: 45-50 minutes



Dauphinoise potatoes - potato gratin

For 4 servings
Large ovenproof dish

Gratin:

1 kg predominantly waxy potatoes
Salt
Pepper, freshly ground
Nutmeg, freshly grated
100 g grated Emmental
200 ml cream
30 g butter

In addition:

1 clove garlic
Butter for greasing

Per serving

485 kcal, 41 g carbs, 30 g fat,
13 g protein, 3,4 BU

1. Peel the garlic cloves and halve them. Rub the dish with the garlic and then grease it.

2. Wash, peel and slice the potatoes thinly and evenly into slices of approx. 3 mm thickness.

3. Layer half of the potato slices into the dish, season and sprinkle with approx. 50 g cheese. Layer the second half into the dish, sprinkle with the remaining cheese and season again.

4. Season the cream with salt and nutmeg. Pour the cream over the potatoes and add small flakes of butter. Bake the gratin as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling
180 °C
360 watts
Cooking time: 25-30 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
170 °C
Cooking time: 60-80 minutes

Tip:

Layer the gratin no deeper than 2 cm in the dish. If you are using larger quantities, use the universal pan. For deep gratins, you should use Top/bottom heating instead of circulated air grilling. Try varying the dish by adding layers of courgette or apple slices in alternation with the potatoes.



Courgette gratin with black olives

For 2 servings

Glass dish with lid, medium-sized ovenproof dish

Gratin:

250 g pasta, penne or rigatoni

30 g pine nuts

40 g shallots

40 g spring onions

500 g small courgettes

250 g cherry tomatoes

30 g pitted black olives

5 tbsp olive oil

2 small garlic cloves

1 sprig rosemary

1 sprig thyme

Sea salt

Black pepper, freshly ground

A little sugar

50 g Parmesan

In addition:

Olive oil for the dish

Per serving

1037 kcal, 83 g carbs, 58 g fat,

50 g protein, 6,9 BU

1. Bring plenty of salted water to the boil and cook the pasta until almost 'al dente'. Pour into a sieve and catch 200 ml of the water used to cook the pasta. Rinse the pasta with cold water. Place the pasta and the water used to cook it to one side.

2. Toast the pine nuts in a frying pan without oil, remove and also place to one side.

3. Peel and finely dice the shallots. Wash the spring onions and cut into fine rings. Wash, trim and halve the courgettes lengthwise. Cut into thin slices lengthwise using a potato peeler. Wash the cherry tomatoes and cut them into quarters. Chop the olives finely.

4. Mix the olive oil, garlic cloves and herbs in a glass dish, cover with the lid and sweat as indicated. Remove the garlic cloves and herbs again.

5. Add the slices of courgette, shallots and spring onions to the glass dish, cover with the lid and sweat as indicated. Season with salt, pepper and sugar.

6. Add the drained pasta, olives, quartered tomatoes, pine nuts and water used to cook the pasta, stir together and season well to taste.

7. Grease the base of the ovenproof dish and fill with the pasta mixture. Scatter the grated Parmesan over it and bake the gratin as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Oil and herbs: 6 minutes

Vegetables: 5-6 minutes

Courgette gratin:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 200 °C

360 watts

Cooking time: 15-20 minutes

Alternative setting:

Courgette gratin:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 20-25 minutes



Lasagne tricolore

For 4 servings

Glasdish with lid, medium ovenproof dish

Lasagne:

1 small onion
70 g butter
600 g frozen spinach leaves
Sea salt
Pepper, freshly ground
Nutmeg, freshly ground
50 g flour
500 ml vegetable stock, cold
100 ml cream
800 g ripe vine tomatoes
9 lasagne sheets, not pre-cooked
100 g Pecorino cheese, freshly grated
Fresh basil

In addition:

Butter for greasing

Per serving

567 kcal, 39 g carbs, 36 g fat,
23 g protein, 3,2 BU

1. Peel the onion and dice finely. Add to a glass dish with 20 g butter, cover with the lid and sweat as indicated.

2. Add the spinach leaves, cover the glass dish and cook as indicated. Season with sea salt, pepper and nutmeg. Squeeze the spinach lightly to remove the excess liquid and put to one side.

3. For the sauce allow the rest of the butter to froth in a glass dish as indicated, add the flour and briefly sweat as indicated.

4. Add the vegetable stock and cream all at once, cover the glass dish and heat as indicated. Stir while cooking. Then season with salt, pepper and nutmeg.

5. Put the tomatoes into boiling water briefly, remove the skins and cut into slices.

6. Grease the ovenproof dish.

7. Add around a quarter of the sauce to the baking dish. Cover with 3 sheets of lasagne and arrange half of the spinach leaves on top. Sprinkle a third of the grated pecorino cheese over it. Layer half of the tomato slices in the dish and season with salt, pepper and basil.

8. Put in another 3 sheets of lasagne and cover with a quarter of the sauce. Arrange the other half of the spinach and the tomatoes on top and season. Sprinkle with a third of the pecorino cheese.

9. For the final layer, place 3 sheets of lasagne in the dish, add the remaining sauce and sprinkle with the rest of the cheese. Bake as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 900 watts
Onions and butter: 4 minutes
Spinach leaves: 10-12 minutes
Butter: 2 minutes
Butter and flour: 2 minutes
Sauce: 8 minutes
Lasagne:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 180 °C
360 watts
Baking time: 20-25 minutes

Alternative setting:

Lasagne:
Ovenproof dish on the wire rack, level 2
Top/bottom heating
200 °C
Baking time: 35-40 minutes



Ham and cabbage bake

For 4 servings
Large ovenproof dish

Bake:

500 g savoy cabbage
1 onion
2 garlic cloves
350 g boiled ham
1 bunch fresh flat-leaf parsley
2 tbsp butter
Salt
Black pepper, freshly ground
Nutmeg, freshly ground
600 g potatoes
200 g full-flavoured cheese,
e.g. alpine cheese, grated
200 ml milk
3 eggs

In addition:

Butter for greasing

Per serving

617 kcal, 33 g carbs, 32 g fat,
48 g protein, 2,8 BU

1. Wash the savoy cabbage, trim and cut into large pieces. Peel the onion and garlic and dice finely. Dice the ham. Rinse the parsley, shake dry and chop finely.

2. Melt the butter in a large frying pan. Sweat the cabbage in it for around 5 minutes. Add the onions, garlic, parsley and ham and sweat for another 5 minutes. Then season with salt, pepper and nutmeg.

3. Take the pan off the hob. Wash the potatoes, peel and grate roughly. Add half the cheese to the savoy cabbage and mix.

4. Grease the ovenproof dish.

5. Season the mixture and add to the baking dish.

6. Mix the milk and eggs, season well and pour over the potato and cabbage mixture. Sprinkle with the remaining cheese and bake as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 170 °C
360 watts
Cooking time: 25-30 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
180 °C
Cooking time: 30-40 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Rigatoni with tomato sauce

For 4 servings

Medium-sized glass dish with lid,
large ovenproof dish

Rigatoni:

250 g pasta, rigatoni or penne
1 red pepper, approx. 150 g
1 green pepper, approx. 150 g
250 g green asparagus
1 medium onion
20 g butter or Olive oil
Sea salt
Pepper, freshly ground
Sugar
400 ml tomato sauce
2 tbsp frozen herbs

For sprinkling:

60 g Pecorino cheese, freshly grated

In addition:

Butter or Olive oil for the dish

Per serving

455 kcal, 46 g carbs, 19 g fat,
24 g protein, 3,8 BU

1. Cook the pasta in plenty of salted water until almost 'al dente', rinse in cold water and leave to dry off well.

2. Wash, halve, core and trim the peppers. Cut them into cubes 1 cm in size. Peel the lower third of the asparagus and cut into pieces 2 cm long. Peel and finely dice the onion. Add the butter and onion to a glass dish, cover with the lid and sweat as indicated until translucent.

3. Add the cubes of pepper and asparagus and cook in the closed glass dish as indicated. Season with sea salt, pepper and sugar.

4. Mix the pasta with the sweated vegetables and the sauce. Add the frozen herbs and season to taste once again.

5. Grease the ovenproof dish, fill with half of the pasta mixture and sprinkle with half of the Pecorino cheese. Distribute the rest of the pasta on top and sprinkle with the remaining Pecorino cheese. Bake as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Onions and butter: 4 minutes
Vegetables: 4-5 minutes
Rigatoni:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 190 °C
360 watts
Cooking time: 15-20 minutes

Alternative setting:

Rigatoni:
Ovenproof dish on the wire rack, level 2
Circulated air grilling
190 °C
Cooking time: 20-25 minutes

Tip:

How to make tomato sauce yourself: finely dice a shallot and sweat in olive oil for 5 minutes with a clove of garlic. Wash 800 g fresh tomatoes, remove the stalks and cut the tomatoes into chunks. Leave to simmer uncovered for approx. 20 minutes in olive oil. Season with sea salt, freshly ground pepper and sugar.

Pass through a sieve, add 3 tbsp of frozen Italian herbs and season to taste once again.

This dish is enough to serve 6 people as a side dish.



Salmon lasagne

For 2 servings

Glass dish, medium ovenproof dish

Béchamel sauce:

1 onion
20 g butter
1 heaped tbsp flour
300 ml milk, cold
150 ml cream, cold
Salt
Pepper, freshly ground
2 tbsp lemon juice

Lasagne:

1 large kohlrabi
½ bunch dill
200 g smoked salmon, sliced
6-8 lasagne sheets
50 g Emmental, finely grated

In addition:

Butter for greasing

Per serving

797 kcal, 63 g carbs, 35 g fat,
56 g protein, 5,2 BU

1. For the Béchamel sauce, dice the onion finely and add to a glass dish with the butter. Place the lid on top and sweat as indicated until translucent.

2. Add the flour, milk and cream and mix. Season the sauce generously with salt, pepper and lemon juice and bring to the boil in the enclosed glass dish as indicated. Stir while cooking.

3. Trim, wash, peel and halve the kohlrabi. Cut it crosswise into very thin slices.

4. Grease a shallow ovenproof dish.

5. Rinse the dill and shake dry. Chop finely, leaving over one or two nice fronds and mix into the sauce.

6. Cover the base of the ovenproof dish with Béchamel sauce. Then alternately layer kohlrabi slices, sliced smoked salmon and lasagne sheets on top of each other. Pour the Béchamel sauce between the layers. Finally, pour the remaining sauce over the top, sprinkle with the Emmental cheese and bake the lasagne as indicated.

7. Garnish the cooked lasagne with the remaining dill sprigs.

Setting procedure:

Glass dish on the wire rack, level 2
Microwave 600 watts
Onions: 4 minutes
Sauce: 8-10 minutes
Lasagne:
Microwave combination
Circulated air grilling, 170 °C
360 watts
Cooking time: 20-25 minutes

Alternative setting:

Lasagne:
Ovenproof dish on the wire rack, level 2
Top/bottom heating
190 °C
Cooking time: 40-50 minutes



Sauce Hollandaise

For 4 servings

Glass dishes

Sauce:

200 g butter

3 egg yolks

3 tbsp water, lukewarm

1-2 tbsp lemon juice

1 pinch sugar

Salt

Pepper, freshly ground

Per serving

430 kcal, 1 g carbs, 47 g fat, 3 g protein,
0 BU

1. Add the butter to a glass dish and melt as indicated. Stir once during cooking.

2. Also add the egg yolk, water and lemon juice to a glass dish and heat as indicated. Give a good stir several times while heating.

3. Add the melted butter to the the egg yolk mixture using a tablespoon.

4. Season the sauce with salt, pepper and sugar and heat as indicated. Give a good stir several times while cooking.

Setting procedure:

Glass dish on the wire rack, level 2

Butter:

Microwave 360 watts

Cooking time: 4 minutes

Egg yolk:

Microwave 180 watts

Cooking time: 2 minutes

Sauce:

Microwave 360 watts

Cooking time: 2-3 minutes





Fish



Trout with herbs cooked on the baking tray

For 4 servings Universal pan

Fish:

50 g fresh rosemary
50 g fresh lemon thyme
50 g fresh tarragon
50 g fresh oregano
5 tbsp olive oil
Chilli salt
1 tbsp lemon pepper
3-4 tbsp mixed peppercorns
4 fresh trout, approx. 300 g each,
oven-ready
1 organic lemon
Sea salt
4 sprigs curly-leaf parsley
1 tsp cocoa powder
30 g butter

Per serving

564 kcal, 5 g carbs, 32 g fat,
63 g protein, 0,4 BU

1. Prepare the herbs, rinse and shake dry. Chop half of the herbs finely and put to one side.

2. Add olive oil to the universal pan to cover the bottom. Sprinkle chilli salt, lemon pepper and mixed pepper over the top. Sprinkle all the herbs evenly on top.

3. Rinse the trout briefly in cold water and pat dry with kitchen towel. Wash the lemon in hot water, dry it off, grate the zest and squeeze the lemon. Drizzle the trout with lemon juice and season with sea salt both inside and out. Place a sprig of parsley inside the trout and add a little lemon zest.

4. Place the trout into the universal pan. Strew the chopped herbs on top, sprinkle with cocoa powder and add knobs of butter. Cook as indicated.

Setting procedure:

Universal pan, level 2
Microwave combination
4D hot air
190 °C
360 watts
Cooking time: 18-20 minutes

Alternative setting:

Universal pan
4D hot air
190 °C
Cooking time: 40-45 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

The lemon zest will give the fish a fresh flavour that isn't sour.



Sea bream in a herby salt crust

For 4 servings Universal pan

Fish:

2 sea bream, approx. 400 g each
2-3 tbsp lemon juice

Crust:

2.5-3 kg coarse sea salt
50 g chilli salt
30 g fresh lemon thyme
2 sprigs rosemary

Per serving

158 kcal, 1 g carbs, 2 g fat, 35 g protein,
0 BU

1. Remove the sea bream, rinse briefly under cold water and pat dry with kitchen towel. Drizzle the inside and outside with lemon juice.

2. Mix the sea salt well with the chilli salt.

3. Rinse the herbs and shake dry. Pluck the leaves from the lemon thyme and add to the salt.

4. Sprinkle a layer of the salt mixture appropriate to the size of the fish over the universal pan.

5. Place the sea bream on top, add a sprig of rosemary to each fish and cover the tops and sides with the remaining salt. Moisten the surface with water, and cook the fish as indicated.

Setting procedure:

Universal pan, level 2
Top/bottom heating
180 °C
Cooking time: 40-50 minutes

Tip:

The sea bream is also called gilthead sea bream, and belongs to the perch family.
This fish is excellent for frying and grilling.



Salmon fillet with spinach leaves and tomatoes

For 4 servings

Medium-sized glass dish with lid,
large ovenproof dish

Spinach:

2 shallots
20 g butter
500 g frozen spinach leaves
Sea salt
100 g Gorgonzola
Pepper, freshly ground

Tomatoes:

500 g vine tomatoes
2 tbsp olive oil
Salt
Pepper, freshly ground
1 pinch sugar

Fish:

400 g salmon fillet, skinless

For sprinkling:

20 g pine nuts
3 tbsp Parmesan, freshly grated

In addition:

Butter for greasing

Per serving

428 kcal, 5 g carbs, 29 g fat,
35 g protein, 0,4 BU

1. Peel the shallots, dice finely and sweat in the covered glass dish with the butter.

2. Add the spinach leaves, cover with the lid and cook as indicated. Then season with sea salt.

3. Cut the Gorgonzola into pieces, mix with the spinach leaves and season with pepper to taste.

4. Toast the pine nuts in a pan without oil.

5. Wash the tomatoes, remove the stems and halve the tomatoes. Heat the olive oil in a pan. Sauté the tomatoes in the oil and season with salt, pepper and sugar.

6. Rinse the salmon fillet briefly in cold water, pat dry with kitchen paper and cut into pieces 3 cm thick.

7. Distribute the spinach leaves in the greased ovenproof dish. Arrange the salmon on top and season with salt and pepper. Distribute the tomatoes over the salmon. Sprinkle the pine nuts and Parmesan over the top and grill as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Shallots: 4 minutes
Spinach leaves: 10 minutes
Salmon fillet, spinach and tomatoes:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 190 °C
360 watts
Grilling time: 20-22 minutes

Alternative setting:

Salmon fillet, spinach and tomatoes:
Ovenproof dish on the wire rack, level 2
Circulated air grilling
180 °C
Grilling time: 30-35 minutes



Pike-perch fillet au gratin with horseradish sauce

For 4 servings

Medium-sized glass dish with lid,
large ovenproof dish

Fish:

4 pike-perch fillets, approx. 180 g each
½ lemon
Sea salt
Lemon pepper

Sauce:

15 g butter
15 g flour
50 ml dry white wine
200 ml fish stock from a jar
200 ml cream
2-3 tbsp horseradish, freshly grated or
1 tsp wasabi paste
Salt
Pepper, freshly ground

In addition:

1 tbsp breadcrumbs
1 tsp sweet paprika

Per serving

389 kcal, 9 g carbs, 21 g fat,
38 g protein, 0,8 BU

1. Rinse the pike-perch fillet briefly in cold water and pat dry with kitchen paper. Squeeze the lemon. Drizzle lemon juice over the fillets and season with salt and pepper.

2. For the sauce heat the butter in a glass dish as indicated.

3. Add the flour and sweat briefly as indicated.

4. Deglaze with white wine, add the fish stock and mix. Cover the glass dish and simmer the sauce as indicated for 5 minutes, stirring well.

5. Add the cream and horseradish, cover with the lid and cook the sauce as indicated until done. Stir during cooking. Add salt and pepper and season well to taste.

6. Add the sauce to an ovenproof dish and place the fillets in it with the side with the skin facing up. Mix the bread crumbs with the paprika, sprinkle over the pike-perch and gratiné the fish as indicated.

Setting procedure:

Glass dish on the wire rack, level 2

Microwave 600 watts

Butter: 1 minute

Butter and flour: 2 minutes

Sauce:

Cooking time: 7 minutes

Pike-perch:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 190 °C

360 watts

Cooking time: 18-20 minutes

Alternative setting:

Pike-perch:

Ovenproof dish on the wire rack, level 2

Circulated air grilling

180 °C

Cooking time: 25-30 minutes



Cod in tarragon mustard sauce on potato

For 4 servings

Glass dish with lid, large ovenproof dish

Sauce:

40 g butter

30 g flour

500 ml milk

200 ml water

Approx. 80 g Dijon mustard

2 tbsp fresh tarragon, chopped

Sea salt

White pepper freshly ground

1 pinch sugar

Potatoes:

800 g floury potatoes

Sea salt

Pepper, freshly ground

Fish:

4 cod fillets, approx. 170 g each

½ lemon

Sea salt

Lemon pepper

1 tbsp breadcrumbs

In addition:

Butter for greasing

Per serving

535 kcal, 47 g carbs, 20 g fat,

41 g protein, 3,9 BU

1. Heat the butter in a glass dish as indicated.

2. Mix the flour with the butter and sweat again as indicated.

3. Then deglaze with a little cold milk. Add the rest of the milk and water and mix. Cover the glass dish and simmer the sauce as indicated. Stir while cooking.

4. Stir the mustard into the sauce. Add the tarragon and season well with salt and pepper. Add sugar to the sauce to taste.

5. Wash, peel and slice the potatoes thinly and evenly into slices approx. 3 mm thick. Season with salt and pepper, grease the ovenproof dish with butter and arrange in layers. Pour around a third of the sauce over the potatoes and precook as indicated.

6. Rinse the cod fillets briefly under cold water and pat dry with kitchen towel. Squeeze half the juice of the lemon. Drizzle the fish with lemon juice and season with salt and pepper.

7. Place the fillets on the precooked potatoes and pour over the rest of the sauce. Sprinkle bread crumbs on top and cook the fish as indicated.

Setting procedure:

Glass dish on the wire rack, level 2

Microwave 600 watts

Butter: 1-2 minutes

Butter and flour: 2 minutes

Sauce:

Glass dish with lid on the wire rack, level 2

Cooking time: 8-10 minutes

Potatoes:

Ovenproof dish on the wire rack, level 2

Microwave 600 watts

Cooking time: 10 minutes

Potatoes and fish:

Ovenproof dish on the wire rack, level 2

Microwave combination

Top/bottom heating, 200 °C

360 watts

Cooking time: 25-30 minutes



Fish saltimbocca

For 4 servings

Medium ovenproof dish

Fish:

700 g firm fish fillet, e.g. pollock,
ocean perch

Coarse salt

Black pepper, freshly ground

6 slices Parma ham

12 leaves fresh sage

6-8 tbsp olive oil

In addition:

Cooking oil for the dish

Per serving

357 kcal, 0 g carbs, 23 g fat,
37 g protein, 0 BU

1. Rinse the fillet briefly under cold water and pat dry with kitchen towel. Season lightly with salt and pepper and cut into 12 pieces. Cut the ham lengthwise into 2 strips each.

2. Add a sage leaf to each piece of fish and wrap with a strip of ham.

3. Grease the ovenproof dish and arrange the pieces of fish side by side in the dish. Drizzle with oil.

4. Grill the fish as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Microwave combination

Grill, large area

Setting 3

360 watts

Grilling time: 12-14 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2

Circulated air grilling

190 °C

Grilling time: 18-20 minutes



Salmon fillet with potato topping and leek

For 4 servings

Glass dish with lid, large ovenproof dish

Potato topping:

500 g floury potatoes
1 sour apple, e.g. Braeburn
20 g butter, soft
2 eggs
Salt
Pepper, freshly ground
Nutmeg, freshly grated
100 ml cream

Leek:

400 g leeks
1 sour apple, e.g. Braeburn
100 ml cream
150 g crème fraîche
Salt
Pepper, freshly ground
1 tbsp lemon juice

Fish:

4 salmon fillets, 200 g each
Salt
Pepper, freshly ground
2 tbsp lemon juice
A little flour

In addition:

1 tbsp breadcrumbs
1 tbsp red pepper corns

Per serving

578 kcal, 38 g carbs, 25 g fat,
50 g protein, 3,1 BU

1. Wash the potatoes, brush, pierce with a fork and cook as indicated in ovenware with a lid. Then peel, push the potatoes through the ricer and let the steam dissipate.

2. Trim the leek, cut in half lengthwise and wash. Cut into slices approx. 1 cm thick and precook as indicated in ovenware with a lid.

3. Peel the apples for the leek and the potato topping, core and cut into small cubes. Add half to the precooked leek. Add the cream and crème fraîche. Season with salt, pepper and lemon juice. Place the leek mixture in a large ovenproof dish.

4. Rinse the salmon fillets briefly under cold water and pat dry with kitchen towel. Season with salt and pepper, drizzle with lemon juice and dust lightly with a little flour on both sides. Place the salmon fillet on the leek.

5. For the potato topping Beat the butter and eggs until light and fluffy and mix with the cooled potato mixture. Add the rest of the cubed apple. Season well with salt, pepper and nutmeg. Whisk the cream until stiff and fold into the potato mixture.

6. Spread the potato mixture over the salmon fillet and make a wavy pattern with a fork.

7. Sprinkle the crumbs on top and cook the fish as indicated.

8. Before serving sprinkle with red pepper.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Potatoes: approx. 15 minutes
Leek: approx. 7 minutes
Salmon with potato topping:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 190 °C
360 watts
Cooking time: 25-30 minutes

Alternative setting:

Salmon with potato topping:
Ovenproof dish on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 30-35 minutes



Red perch parcel in herb sauce

For 4 servings

Glass dish with lid, medium-sized ovenproof dish

Fish parcels:

4 red perch fillets, 150-170 g each

Sea salt

½ lemon

8 tender spinach leaves

1 small carrot

Sauce:

50 g fresh mixed herbs, e.g. tarragon, flat-leaf parsley etc.

20 g butter

20 g flour

500 ml milk, cold

2 garlic cloves

Salt

White pepper freshly ground

In addition:

4 slices matured Gouda, cut paper-thin

Butter for greasing

Per serving

372 kcal, 12 g carbs, 19 g fat,

37 g protein, 1,0 BU

1. Rinse the fish briefly under cold water and pat dry with kitchen towel. Season with salt and drizzle with the juice of half a lemon. Cut the fillets in half.

2. Trim the carrots and cut into paper-thin strips with a potato peeler. Add the carrot strips to a glass dish, cover with the lid and cook as indicated.

3. Rinse the spinach leaves, remove the stalks and put to one side. Rinse the herbs, shake dry, remove the stalks and chop finely.

4. Add the butter to a glass dish and melt as indicated.

5. Add the flour and sweat as indicated.

6. Add milk and stir well. Peel the garlic, add whole and reduce the sauce in ovenware with a lid as indicated. Stir during cooking. Remove the garlic cloves and add the chopped herbs. Season with salt and pepper.

7. Cover one half of the fish fillet with spinach leaves and carrot strips. Place the other half on top.

8. Grease the ovenproof dish and place the fish parcel in it. Pour the herb sauce over it.

9. Place a slice of Gouda over each fish parcel and cook as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Carrot: 3 minutes

Butter: 1 minute

Butter and flour: 2 minutes

Sauce: approx. 10 minutes

Fish parcels:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 180 °C

360 watts

Cooking time: 15-20 minutes

Alternative setting:

Fish parcels:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 30-35 minutes



Red snapper curry

For 4 servings
Large roaster with lid

Fish:
600 g red snapper fillet

Marinade:
½ lemon
1 tsp mild red curry paste (from the Asian section of supermarkets)
Sea salt
2 tbsp sunflower oil

Curry:
1 green pepper
1 red pepper
1 yellow pepper
500 g floury potatoes
200 g yellow courgettes
100 g celery
60 g spring onions
200 g pak choi or Chinese cabbage
1 fresh red chilli
10 g coconut oil
4 shallots
Sea salt
Curry paste
A little cayenne pepper
800 ml unsweetened coconut milk

Per serving
384 kcal, 33 g carbs, 12 g fat,
36 g protein, 2,8 BU

1. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut into strips 1 cm wide.

2. For the marinade, squeeze half of the lemon, mix the juice with red curry paste, sea salt and 2 tbsp sunflower oil. Distribute over the strips of fish, mix well and leave to marinade in the refrigerator for around 30 minutes while covered.

3. Wash, halve and core the peppers. Peel the potatoes. Cut the peppers and potatoes into cubes of approx. 2 cm.

4. Trim and wash the courgettes, celery, spring onions, pak choi and chillies. Cut the courgettes into pieces approx. 2 cm long. Cut the celery and spring onions diagonally into slices approx. 1 cm wide. Cut the pak choi into strips.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
200 °C
Cooking time: 25-30 minutes

Tip:

Fry red, yellow or green curry paste with a little fat; only then will it develop its full aroma.

5. Heat up the coconut oil in the roaster. Briefly sear the marinated strips of fish in the hot oil, remove and place to one side.

6. Peel the shallots, dice them finely and fry them in the coconut oil. Sweat the celery and spring onions with them. Add the peppers, courgettes, potatoes, pak choi and the chillies. Season generously to taste with sea salt, curry paste and cayenne pepper.

7. Deglaze with the coconut milk and add the fish once again. Put the lid on and cook the curry in the oven as indicated.



Summery fish bake

For 4 servings
Medium ovenproof dish

Fish bake:
6 medium-sized waxy potatoes
1 organic lemon
2 tomatoes
80 g pitted black olives
1 bunch flat-leaf parsley
600 g fish fillet, e.g. pollock
Salt
Pepper, freshly ground
3-5 tbsp olive oil

In addition:
Butter for greasing

Per serving
512 kcal, 35 g carbs, 25 g fat,
35 g protein, 2,9 BU

1. Wash and peel the potatoes and cut into slices. Heat salted water in a saucepan and parboil the potatoes.
2. Wash the lemon under hot water and rub dry. Wash the tomatoes. Cut the lemon and tomatoes into slices. Roughly chop the olives. Rinse the parsley, shake it dry and chop it up.
3. Grease the ovenproof dish.
4. Place the parboiled potato slices in the dish in layers. Place the olives and tomato slices onto the potatoes.

5. Rinse the fish fillets briefly under cold water and place onto the tomatoes. Season the whole dish with salt and pepper and sprinkle parsley on top. Finally, cover with the lemon slices.
6. Drizzle the bake generously with olive oil and cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack
4D hot air
140 °C
Cooking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.





Poultry and meat



Grilled chicken filled with herbs

For 4 servings

Universal pan and wire rack

Chicken:

2 chickens, 1.2 kg each

Pepper, freshly ground

Salt

2 small bunches fresh herbs,

e.g. rosemary, sage, thyme, marjoram

2 tsp lemon juice

For brushing:

2 tbsp cooking oil

Salt

Pepper, freshly ground

Paprika

Per serving

555 kcal, 1 g carbs, 32 g fat,

65 g protein, 0,1 BU

1. Rinse the chicken in cold water and pat dry with kitchen paper. Cut into two halves of equal size and remove the backbone.

2. Season the inside of each half of the chicken with salt and pepper. Rinse the herbs, shake dry and distribute in each half of the chicken. Drizzle lemon juice over them.

3. Place the halves of the chicken on the wire rack with the seasoned side facing down.

4. Mix the oil with the seasonings and baste each half of the chicken on the outside with the mixture.

5. Grill the chicken as indicated.

Setting procedure:

Universal pan, level 1, wire rack, level 2

Microwave combination

Circulated air grilling, 210 °C

360 watts

Grilling time: 25-30 minutes

Alternative setting:

Universal pan, level 1, wire rack, level 2

Circulated air grilling

200 °C

Grilling time: 45-50 minutes

Tip:

If you halve the chicken before grilling, it won't need to be turned.



Chicken breast fillet with vegetable filling

For 4 servings
Large ovenproof dish

Meat:

4 chicken breast fillets
approx. 200 g each
Sea salt
Pepper, freshly ground

Vegetable mixture:

300 g spring onions
200 g red peppers
10 g butter
Salt
Pepper, freshly ground
150 g crème fraîche

For pouring:

250 ml poultry stock from a jar
1 tsp honey

Mange tout:

250 g mange touts
1 tsp butter

In addition:

Cocktail sticks

Per serving

453 kcal, 18 g carbs, 17 g fat,
55 g protein, 1,5 BU

1. Rinse the chicken breast fillets quickly under cold water and pat dry with kitchen towel. Using a knife, carefully cut down the side to create a pouch. Season with sea salt and pepper.

2. For the vegetable mixture, trim and wash the spring onions and pepper. Cut the spring onions into thin rings, and the pepper into cubes around 1 cm in size.

3. Melt the butter in a frying pan. Add the vegetables and sweat them briefly. Season with salt and pepper. Add crème fraîche and let the vegetable mixture cool down a little.

4. Fill each chicken breast fillet with 2 tbsp of the vegetable mixture, seal with a cocktail stick and place into the ovenproof dish. Pour in half of the poultry stock and cook as indicated.

5. In the meantime, dissolve the honey in the remaining poultry stock.

6. Wash the mange tout and remove any fibres. Melt a little butter in a frying pan and briefly sweat the mange tout.

7. After 40 minutes' cooking time, add the remaining vegetable mixture and the mange tout to the chicken breast fillets. Pour the mixture of honey and poultry stock over and cook until done.

Setting procedure:

With meat probe
Ovenproof dish on the wire rack, level 2
Circulated air grilling
180 °C
Core temperature 75 °C

Alternative setting:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
180 °C
Grilling time: 50-55 minutes

Tip:

Depending on the season, you could also add fresh shoots to the vegetables and cook them as well, if necessary.



Chicken saltimbocca

For 4 servings Universal pan

Saltimbocca:

4 chicken breast fillets, 200 g each

Sea salt

Pepper, freshly ground

50 g medium-mature Pecorino cheese,
freshly grated

150 g raw ham, sliced thinly

12 fresh sage leaves

In addition:

Kitchen string

Per serving

307 kcal, 0 g carbs, 7 g fat, 59 g protein,
0 BU

1. Rinse the chicken breast fillets briefly under cold water, pat dry with kitchen towel and cut each one into 3 pieces. Season with sea salt and pepper.

2. Roll the pieces in Pecorino cheese and wrap in a slice of ham, so that the meat is covered.

3. Securely tie one sage leaf to the ham with kitchen string. Place the chicken pieces into the universal pan and grill as indicated.

Setting procedure:

Universal pan, level 2

Microwave combination

Circulated air grilling

230 °C

360 watts

Grilling time: 14-16 minutes

Alternative setting:

Universal pan, level 3

Circulated air grilling

230 °C

Grilling time: 20-25 minutes

Tip:

Cut five soft, dried plums into thin slices. Add a slice to each piece of tenderloin and then wrap each with the ham.



Moroccan chicken drumsticks with batonnet potatoes

For 6 servings

Baking tray and universal pan

Marinade and meat:

1 shallot
1-2 garlic cloves
1 fresh red chilli
1 organic lemon
2 tbsp coriander leaves, cut up fine
1 tbsp peppermint leaves, cut up fine
1 tsp cumin
1 tsp ground paprika
1 pack of ground saffron, 0.1 g
4 tbsp olive oil
1-2 tsp rose water
1 tsp sugar
Salt
12 chicken legs (chicken drumsticks),
approx. 120 g each

Potatoes:

600 g blue potatoes
4 tbsp olive oil
Salt

In addition:

2 organic limes
Greaseproof paper

Per serving

574 kcal, 18 g carbs, 35 g fat,
46 g protein, 1,5 BU

1. For the marinade peel the shallot and the cloves of garlic and chop finely. Wash the chilli pepper, prepare and slit lengthwise. Then core and cut up small. Wash the lemon in hot water, dry, grate the zest finely and squeeze out the juice. Mix together with the remaining ingredients for the marinade. Cover and leave the chicken drumsticks in the marinade for at least 2 hours.

2. For the batonnet potatoes wash the potatoes, peel and cut into small sticks. Mix with olive oil and add salt. Cover the baking tray with greaseproof paper and distribute the batonnet potatoes over it.

3. Arrange the marinated chicken drumsticks in the universal pan and cook as indicated together with the batonnet potatoes.

4. Wash the lime in hot water, dry and cut into wedges. Garnish the chicken drumsticks with the lime wedges before serving.

Setting procedure:

With meat probe
Baking tray, level 1,
Universal pan, level 3
Circulated air grilling
210 °C
Core temperature 90 °C

Alternative setting:

Baking tray, level 1,
Universal pan, level 3
Circulated air grilling
210 °C
Grilling time: 30-35 minutes



Drumsticks hot Cajun-style

For 4 servings

Universal pan with wire rack

Chicken:

12 drumsticks (chicken legs),
100 g each
3 tbsp sunflower oil

Spice mixture:

½ organic lemon
3 generous pinches chilli flakes
10 g salt
3 generous pinches garlic powder
3 generous pinches black pepper
2 generous pinches dried rosemary
¼ tsp ground red pepper
½ tsp ground ginger

Per serving

607 kcal, 1 g carbs, 43 g fat,
55 g protein, 0,1 BU

1. Rinse the drumsticks briefly in cold water and pat dry with kitchen paper.

2. Wash the organic lemon with hot water and dry it. Grate the zest of half the lemon. Mix the spices and lemon peel.

3. Place the drumsticks in a bowl, add oil and mix until every piece is covered with a little oil so the spice mix will adhere better. Sprinkle the spices over the meat and mix.

4. Place the drumsticks on the wire rack and cook as indicated.

Setting procedure:

Universal pan, level 1, wire rack, level 2
Microwave combination
Circulated air grilling
210 °C
360 watts
Cooking time: 18-20 minutes

Alternative setting:

Universal pan, level 1, wire rack, level 2
Circulated air grilling
210 °C
Grilling time: 35-40 minutes



Crispy ducks with baked apple stuffing

For 6 servings

Universal pan and wire rack

Meat:

2 fresh ducks without giblets,
approx. 2.4 kg each

Approx. 15 g fresh marjoram

Sea salt

Pepper, freshly ground

60 g orange marmalade

Baked apple stuffing:

4 sour apples, e.g. Santana or Braeburn

20 g raisins

2 fresh dates, pitted

30 g marzipan

20 g chopped walnuts

Sauce:

500 ml duck stock from a jar or
poultry stock

Sea salt

Pepper, freshly ground

1 tbsp orange marmalade

1 tbsp cornflour

In addition:

Cocktail sticks

Kitchen string

Per serving

1123 kcal, 31 g carbs, 77 g fat,
28 g protein, 2,6 BU

1. Rinse the ducks briefly in cold water, clean well inside and pat dry with kitchen towel.

2. Rinse the marjoram, shake dry and remove the leaves. Season the ducks inside and out with sea salt, pepper and marjoram. Apply orange marmalade liberally to the inside of the ducks.

3. Wash the apples and remove the core to create a good-sized hole. Chop the raisins, dates and marzipan and mix with the walnuts. Fill the apples with the raisin mixture.

4. Fill each duck with 2 apples, seal the opening with cocktail sticks and tie up in a criss-cross pattern with kitchen string.

5. Place the ducks onto the wire rack with the breast side down and roast as indicated.

6. Turn after approx. 40 minutes. 10 minutes before the end of the cooking time, brush with the meat juices and finish roasting as indicated.

7. Remove the roasted ducks from the oven, place into a separate dish and keep warm.

8. For the sauce, skim off the excess fat and put to one side. Add the duck stock to the universal pan. Use a brush to detach the solids in the juices adhering to the frying pan, add to a pot and heat on the hotplate. Season the sauce with sea salt, pepper and orange marmalade to taste. Mix the cornflour with cold water and thicken the sauce with it.

9. Divide the ducks into servings and serve with the sauce.

Setting procedure:

Universal pan, level 1, wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Roasting time: 40-50 minutes

Tip:

The fat you skimmed off can be used cold for bread and dripping or as an ingredient in red cabbage. Garnish the ducks with slices of orange and fresh marjoram. Serve with red cabbage and potato dumplings or German-style serviette dumplings.



Herb-stuffed breast of veal

For 6 servings Universal pan

Meat with filling:

1.2 kg breast of veal with a pouch cut into it (order from butcher in advance)

200 g veal bones, chopped up

Salt

Pepper, freshly ground

½ bunch mixed herbs for Frankfurt green sauce (chervil, borage, lemon balm, burnet, parsley, sorrel and chives, in equal parts, total approx. 100 g)

4 slices bread

125 ml milk, warm

½ organic lemon

3 shallots

3 egg yolks

25 g clarified butter

1 bunch soup vegetables

600 ml meat stock

150 ml cream

In addition:

Kitchen string

Needle

Per serving

286 kcal, 1,4 g carbs, 13 g fat, 40 g protein, 0,1 BU

1. Rinse the breast of veal briefly in cold water and pat dry. Rub salt and pepper into the meat both inside and out.

2. Rinse the mixed herbs, shake dry and chop finely. Cut the bread into pieces and soak in milk. Wash the half lemon in hot water and grate the zest.

3. Peel the shallots and cut into very small pieces. Squeeze out the excess liquid from the softened bread and mix with the chopped herbs, diced shallots, egg yolk and lemon zest. Season with salt and pepper to taste. Stuff the breast of veal with the mixture and sew up. Sear the meat and bone in hot clarified butter on all sides.

4. Trim the soup vegetables and cut into pieces around 2 cm in size. Add the diced vegetables to the universal pan, place the meat and bone on top and pour over the remaining frying fat. Add half of the stock and cook as indicated.

5. Take out the cooked joint, cover and leave to rest for 5 minutes. In the meantime, pass the meat juices with the vegetables through a sieve into a saucepan, add the rest of the stock and reduce by boiling with the cream. Cut the meat into slices and serve with the sauce.

Setting procedure:

With meat probe

Universal pan, level 2

Circulated air grilling

180 °C

Core temperature: 80 °C

Alternative setting:

Universal pan, level 2

Circulated air grilling

180 °C

Cooking time: 70-80 minutes



Ossobuco

For 4 servings Roaster with lid

Meat:

4 veal shank slices, approx. 4 cm thick
Sea salt
Pepper, freshly ground
4 tbsp flour
20 g clarified butter

Sauce:

2-3 small onions
2 carrots
2-3 garlic cloves
1 organic lemon
1 small tin peeled cherry tomatoes
200 ml veal stock
200 ml dry red wine
1 sprig thyme
1 sprig rosemary
2 bay leaves
2 tbsp parsley, chopped

Per serving

432 kcal, 20 g carbs, 16 g fat,
43 g protein, 1,6 BU

1. Rinse the veal shank slices briefly under cold water, pat dry with kitchen towel, season and toss in flour.
2. Peel the onions, carrots and garlic cloves. Cut the onions and carrots into pieces 1 cm thick. Finely chop the garlic. Wash the organic lemon in hot water, dry it and grate the zest.
3. Heat the clarified butter in the roaster. Sear the shank slices. Remove from the roaster and place to one side.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 1 hr. 20 min. - 1 hr. 30 min.

4. Fry the onions, carrots and garlic in the frying fat. Add the cherry tomatoes, veal stock, red wine, herbs and the grated zest of the organic lemon to the vegetables.
5. Place the meat into the roaster, press into the sauce and braise as indicated.
6. Season the ossobuco once again before serving.



Tender saddle of veal wrapped in savoy cabbage

For 4 servings
Medium roaster

Meat:

1 pig's caul, pre-order from butcher
Salt
1 tsp baking powder
8-10 savoy cabbage leaves
1 kg boneless saddle of veal, whole, with skin removed and trimmed
30 g clarified butter
2 sprigs rosemary
1 garlic clove
Pepper, freshly ground
100 g Parma ham

Per serving

694 kcal, 3 g carbs, 49 g fat,
61 g protein, 0,2 BU

1. Carefully wash the caul fat in lukewarm water and soak.

2. Bring the salted water and baking powder to the boil. Quickly blanch the savoy cabbage leaves and allow them to drain.

3. Rinse the meat briefly in cold water and pat dry with kitchen towel. Heat the clarified butter in the roaster and sear the meat all over. Add the sprigs of rosemary and the peeled clove of garlic. Take out the meat, season with salt and pepper and wrap in the Parma ham.

4. Cut into the stalks of savoy cabbage leaves slightly and spread them out on the work surface over an area the same size as the saddle of veal so they overlap. Place the meat on top and enclose with the remaining leaves.

5. Wash the caul fat again and spread out on the work surface. Put the saddle of veal on it and truss up. Trim the excess fat with a pair of kitchen scissors.

6. Place the saddle of veal in the roaster and cook as indicated.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
Circulated air grilling
190 °C
Core temperature 65 °C

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
190 °C
Roasting time: 50-55 minutes



Topside of beef with pearl onion sauce

For 6 servings
Large roaster with lid

Meat:

2 kg topside of beef, trimmed and
skinned
Salt
Black pepper, freshly ground
1 tbsp flour
50 g clarified butter

Sauce:

50 g sugar
4 tbsp tarragon vinegar
200 g shallots
80 g butter
340 g pearl onions from a jar
20 g cornflour
Salt
Pepper, freshly ground

Per serving

787 kcal, 22 g carbs, 48 g fat,
67 g protein, 1,8 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Rub with salt and pepper and sprinkle with flour. Heat clarified butter in a roaster and sear the meat all over until crispy. Remove from the roaster.

2. Let the sugar caramelize in the frying fat and deglaze by stirring thoroughly with tarragon vinegar. Peel the shallots. Add butter, shallots and the pearl onions with the onion broth. Place the meat on top, put the lid on the roaster and roast as indicated.

3. After approx. 40 minutes, remove the pearl onions and place them to one side. After this, pour the meat juices over the meat several times and turn it regularly. If required, top up with a little water.

4. At the end of the cooking time, remove the meat from the roaster and keep it warm. Using a brush, remove the meat juices from the edge, top up with approx. 500 ml water and bring to the boil.

5. Dissolve the cornflour in a little water, stir into the sauce and leave to simmer a while longer.

6. Pour the sauce through a fine sieve and season to taste with salt, pepper and tarragon vinegar. Add the pearl onions to the sauce and heat everything up once more. Serve the sauce together with the meat.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
190 °C
Cooking time: 3 hr. - 3 hr. 10 min.



Joint of pork with a honey-thyme crust

For 6 servings Universal pan

Meat:

2.2 kg pork shoulder joint, with rind, have the butcher score the rind

Sea salt

Black pepper, freshly ground

3 garlic cloves

100 ml water

Vegetables:

250 g shallots

200 g celeriac

300 g carrots

200 g parsnips

200 g celery

250 g leeks

50 ml balsamic vinegar

250 ml water

Approx. 30 g fresh thyme

10 allspice berries

For brushing:

1 lemon

3 tbsp honey

Fresh sprigs of thyme

Per serving

967 kcal, 24 g carbs, 68 g fat,

66 g protein, 2,0 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper. Place in the universal pan with the rind facing down. Peel the garlic cloves. Add the water and cloves of garlic to the meat and cook as indicated.

2. Peel the shallots, celeriac, carrots and parsnips. Top and tail and then cut into pieces around 3 cm long. Wash the celery and leek, trim them both, cut them into pieces approx. 3 cm long and place them aside.

3. After cooking for around 40 minutes carefully detach the meat from the universal pan using a spatula and turn.

4. Arrange the vegetables – apart from the leek and celery – around the meat, deglaze with balsamic vinegar and add water. Rinse the thyme and shake dry. Add to the vegetables with the allspice berries and cook for another 40 minutes or so.

5. Add the leek and celery, as well as a bit more water if necessary. Cook for another 35 minutes.

6. In the meantime, squeeze the lemon and mix the juice with honey and 1 tsp thyme.

7. Brush the meat with the lemon honey and roast until done.

Setting procedure:

Universal pan, level 2

Microwave combination

Circulated air grilling

180 °C

180 watts

Cooking time: 2 hours

Alternative setting:

Universal pan, level 2

Top/bottom heating

200 °C

Cooking time: approx. 2 hours 40 minutes

Tip:

If you use the alternative settings, the individual roasting times will change. Turn the meat after 40 minutes, add the vegetables and continue to roast the meat for 60 minutes. Add the leeks and celery and continue to roast for another 40 minutes. Add the lemon honey to the meat and roast until done.



Roast pork

Cantonese style

For 4 servings
Medium glass roaster

Meat:
750 g pork shoulder, an oblong,
narrow joint

Marinade:
30 g spring onions
20 g fresh ginger, peeled
1 tsp powdered five spice
1 tsp salt
1 tbsp sugar
100 ml Chinese char siu sauce or
hoi sin sauce

For brushing:
2 tbsp honey

Per serving
468 kcal, 20 g carbs, 26 g fat,
39 g protein, 1,7 BU

1. Rinse the meat briefly in cold water, pat dry with kitchen towel and cut in half lengthwise.

2. Trim and wash the spring onions and cut them into pieces approx. 2 cm long. Cut the ginger into small cubes. Mix the spices and the sauce in a bowl. Add the spring onions and ginger. Leave the meat in the refrigerator to marinate in the sauce for at least 1 hour while covered over.

3. Place the meat into a roaster and roast uncovered as indicated.

4. After 20 minutes' roasting time, brush the meat with honey and turn it. In the remaining roasting time, turn once more and brush with honey again.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
4D hot air
200 °C
Core temperature 80 °C

Alternative setting:

Roaster without lid on the wire rack
4D hot air
200 °C
Cooking time: 45-50 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Saddle of lamb in a herb crust

For 4 servings

Universal pan and wire rack

Meat:

800 g lamb saddle fillet

Salt

Pepper, freshly ground

Herb paste:

1 small garlic clove

3 sprigs thyme

3 sage leaves

1 tbsp rosemary leaves

2 tbsp medium-hot mustard

1 tbsp olive oil

Per serving

284 kcal, 1 g carbs, 13 g fat,

42 g protein, 0,1 BU

1. Rinse the fillet briefly under cold water and pat dry with kitchen towel. Then completely remove the layers of fat and sinew. Season with salt and pepper.

2. Peel the garlic. Rinse the thyme sprigs, shake them dry and pluck the leaves. Finely chop the herbs and garlic, and mix with mustard and oil.

3. Preheat the oven.

4. Brush the lamb saddle all over with the paste and roast as indicated.

5. Before serving, cut into equally sized slices.

Setting procedure:

With meat probe

Universal pan, level 1, wire rack, level 2

Top/bottom heating

220 °C

Preheat

Core temperature: 57 °C

Alternative setting:

Universal pan, level 2, wire rack, level 3

Top/bottom heating

220 °C

Preheat

Cooking time: 15-25 minutes

Tip:

On this setting, the meat will remain pink inside. If you would prefer the lamb saddle fillet well-done, increase the roasting time by 5-10 minutes.



Lamb haunch stuffed with chilli pear

For 4 servings
Medium roaster

Filling:

1-2 garlic cloves
½ bunch flat-leaf parsley
2 pears, e.g. Williams or Abate,
approx. 180 g each
1 fresh chilli
2 tbsp olive oil
1-2 tbsp pine nuts
60 g Pecorino cheese, freshly grated

Meat:

4 lamb haunches approx. 220 g each,
order in advance from a butcher
Salt
Pepper, freshly ground
3 red onions
2 tbsp olive oil
20 g sugar
100 ml white wine
200 ml lamb stock from a jar

In addition:

Cocktail sticks

Per serving

757 kcal, 14 g carbs, 57 g fat,
45 g protein, 1,1 BU

1. Peel the garlic. Rinse the parsley and shake it dry.
Finely chop the garlic and parsley.

2. Peel, halve and core the pears and chop them finely.
Wash, halve and core the chilli, and chop it finely.

3. Heat the oil in a frying pan. Briefly sweat the garlic,
parsley, pears and chilli. Add the pine nuts. Fill into a
bowl and allow to cool. Mix the Pecorino cheese in.

4. Rinse the meat briefly under cold water, pat dry with
kitchen towel and cut off a little of the thick fat layer if
necessary. Cut a small pouch into each one and season
with salt and pepper. Fill with 1-2 tbsp of the pear
filling and seal the pouch with cocktail sticks.

5. Peel the onions and cut into wedges. Heat the olive
oil in a frying pan, briefly sear the meat on all sides
and place into a roaster. Briefly fry the onions in the
frying pan and caramelise with the sugar. Deglaze with
wine and lamb stock.

6. Pour the juices over the meat and roast the lamb
haunch as indicated.

7. Serve the cooked lamb haunch together with the
roasting juices.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
Circulated air grilling
180 °C
Core temperature 65 °C

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
180 °C
Roasting time: 25-30 minutes



Meat kebabs, lamb

For 4 servings
Wire rack and universal pan

Meat kebabs:

1 kg lamb mince
1 large onion
3 garlic cloves
2 tbsp cooking oil
Salt
Black pepper, freshly ground
1 level tsp ground cumin (cumin seeds)
1 level tsp ground coriander
½ tsp cinnamon
1 tsp harissa or chilli paste
1 egg
3 tbsp breadcrumbs

In addition:

Cooking oil for brushing and for the wire rack
Metal skewers

Per serving

495 kcal, 13 g carbs, 26 g fat,
54 g protein, 1 BU

1. Ask your butcher to run the minced meat through the mincer twice.
2. Peel and very finely dice the onion and garlic. Briefly sweat in the oil.
3. Add the spices, egg, breadcrumbs and onion and garlic mixture to the meat and knead everything together thoroughly.

Setting procedure:

Universal pan, level 1,
Wire rack, level 4
Grill, large area
Setting 2
Grilling time: 25-30 minutes

Tip:

If you do not have any skewers, you can also grill the small rissoles directly, as indicated.

4. Brush the wire rack with oil. Shape the mixture into small, oblong rissoles and divide them between 8 metal skewers.
5. Brush with oil and grill as indicated.



Joint of venison in a red wine and juniper sauce

For 8 servings
Large roaster with lid

Meat:

1.5-2 kg joint of venison, from the haunch, boneless
Salt
Pepper, freshly ground
30 g clarified butter
30 g butter

Sauce:

1 medium onion
2 small carrots
1 small piece celeriac
½ leek
2 small garlic cloves
A few juniper berries
30 g butter
20 g sugar
5 sprigs thyme
1 tbsp tomato purée
250 ml tart red wine
2-3 cloves
1 bay leaf
1 cinnamon stick
250 ml game stock from a jar
1 generous pinch strong mustard
Sugar
2 tbsp cranberries from a jar

Per serving

494 kcal, 12 g carbs, 23 g fat,
54 g protein, 1,0 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.

2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Chop the vegetables into pieces 1-2 cm in size.

3. Heat the clarified butter in the roaster and sear the meat well all over.

4. Remove the meat from the roaster and place it to one side.

5. Briefly brown the vegetables, garlic cloves and juniper berries in the roasting juices.

6. Add 30 g butter to the roaster, then add the sugar and leave to caramelise. Add the thyme to flavour the juices. Add the tomato purée, fry it with the other ingredients and then deglaze with approx. 100 ml red wine. Add the cloves, bay leaf and cinnamon stick and let the juices reduce. Top up with the game stock.

7. Place the meat into the roaster once again and baste with 30 g butter. Cover over with the lid and roast the meat as indicated. Turn after 1 hour and 20 minutes, and pour the meat juices over several times after this point.

8. After the end of the cooking time, remove the meat from the roaster and keep it warm. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine and season with salt and pepper. Thicken the sauce as desired and season to taste with mustard, sugar and cranberries.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
170 °C
Cooking time: 3 hr. - 3 hr. 10 min.

Tip:

You can bind the sauce by mixing together 1 tbsp cornflour with a little cold water, mixing it quickly into the hot sauce with a whisk and then letting the sauce come to the boil again.





Desserts, soufflés and sweet dishes



Chocolate tart with honey apricots and lavender

For approx. 10 servings
Glass dish,
springform cake tin, diameter 24 cm

Mixture:

160 g dark chocolate, 70% cocoa
125 g butter
140 g sugar
3 eggs
50 g flour
70 g pine nuts, ground
1 level tsp ground allspice

Apricots:

200 g fresh apricots
20 g blossom honey
75 ml apricot juice
1 tsp lemon juice

In addition:

Greaseproof paper
1 tbsp lavender

Per serving

272 kcal, 26 g carbs, 17 g fat,
4 g protein, 2,1 BU

1. Break the chocolate into small pieces, add to a glass dish with the butter and melt as described. Stir while cooking.

2. Line the base and edges of the dish with greaseproof paper.

3. Stir together the eggs and sugar until light and fluffy. Slowly add the cooled chocolate mixture and stir in.

4. Preheat the oven.

5. Sieve the flour and mix with ground pine nuts and allspice. Carefully fold into the frothy mixture using an egg whisk. Pour the mixture into the springform cake tin and bake as indicated.

6. Wash and halve the apricots, then cut them into wedges approx. 1 cm wide. Heat the honey in a frying pan. Add the apricot wedges, apricot and lemon juice and leave to infuse for approx. 5 minutes.

7. To serve, cut the chocolate tart into slices and garnish with the apricot wedges and the lavender.

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Tarte:

Springform cake tin on the wire rack, level 2

Top/bottom heating

250 °C

Preheat

Baking time: approx. 10 minutes



White espresso panna cotta

For 4 servings
Large glass dish with lid

Cream delight:

350 ml cream
150 ml milk
100 g espresso beans
1 generous pinch grated lemon peel
from an organic lemon
1 vanilla pod
75 g sugar
5 leaves gelatine or 1 Packet gelatine
powder

Per serving

402 kcal, 30 g carbs, 29 g fat,
6 g protein, 2,5 BU

1. Mix the cream and milk with the unground espresso beans and allow to infuse for 12 hours in the refrigerator.

2. Pour the creamy mixture through a sieve into glass dish. Add the grated lemon peel. Cut open the vanilla pod lengthwise and scrape out the pulp. Add to the cream with the sugar, cover with the lid and heat as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 900 watts
Cooking time: 5-6 minutes

3. Leave the gelatine to soften in cold water for 5 minutes and drain. Dissolve in the cream mixture while almost still hot.

4. Place the glass dish with the mixture in a cold bain marie. Once the panna cotta has cooled down but is still runny, add to 4 glass dessert dishes and chill for 1 hour.



Bilberry soufflé

For 6 servings Soufflé dishes

Soufflé:

3 eggs
250 g low-fat quark
50 g flour
1 tsp lemon juice
1 pinch salt
50 g sugar
100 g fresh bilberries,
or frozen as an alternative
25 g icing sugar

In addition:

Butter for greasing
Sugar for sprinkling

Per serving

176 kcal, 23 g carbs, 5 g fat,
10 g protein, 1,9 BU

1. Preheat the oven.
2. Grease the soufflé dishes and sprinkle with sugar.
3. Separate the eggs. Whisk the egg yolk with quark and flour until smooth and add the lemon juice. Whisk the egg white with salt until stiff and gradually add the sugar. Fold the whipped egg white into the quark mixture and carefully mix in the bilberries.
4. Share the soufflé mixture between the dishes, sprinkle with a thick layer of icing sugar and bake as indicated.

Setting procedure:

Soufflé dishes on the wire rack, level 2
Top/bottom heating
200 °C
Preheat
Baking time: approx. 14 minutes

Tip:

When baking a soufflé, never open the appliance door before it is done. If you do so, the soufflés will collapse. Serve the soufflés straight after baking them.



Apple-chilli compote

For 4 servings

Medium-sized glass dish

Compote:

100 g sugar
3 slightly tart apples, e.g. Braeburn,
approx. 230 g each
1 lemon
1 small, fresh chilli
3 fresh sprigs thyme
1 pinch ground cloves
100 ml apple juice, as required

Per serving

193 kcal, 45 g carbs, 25 g fat,
1 g protein, 3,7 BU

1. Add the sugar with 2 tbsp water to a glass dish. Put a spoon in the dish and allow the sugar to light caramelise as indicated. Stir during cooking.

2. Wash the apples, peel and core. Cut the apples into cubes 1 cm in size. Squeeze the lemon and marinate the cubed apple with the lemon juice.

3. Wash the chilli, halve lengthwise and de-seed. Rinse the thyme and shake dry. Add the chilli, thyme, a pinch of cloves and the apples to the caramel.

4. Cook everything as indicated. If the apples are not juicy enough, add 100 ml apple juice.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Sugar:

Microwave 600 watts

Cooking time: 5 minutes

Compote:

Microwave 900 watts

Cooking time: 8-10 minutes



Fruit sauce

For 4 servings

Large glass dish with lid

Sauce:

250 g raspberries
125 g blackberries
125 g redcurrants or black currants
1 organic lime
200 ml currant juice
100 g sugar
2-3 tbsp cornflour
2-3 tbsp water

In addition:

A few leaves lemon balm

Per serving

203 kcal, 41 g carbs, 1 g fat, 2 g protein,
3,4 BU

1. Wash the berries, trim and strip the currants from the stalks. Wash the organic lime in hot water, dry, grate the zest and squeeze out the juice. Place the berries in a glass dish. Mix with the currant juice, lime juice and zest and sugar.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Cooking time: 8-12 minutes

Tip:

You can strain the sauce through a sieve before serving according to taste.
If you are using frozen berries the sauce will take around 5 minutes longer.

2. Whisk the cornflour with water and stir into the berries. Bring the sauce to the boil in the closed glass dish as indicated. Stir while cooking.

3. Before serving garnish with a few leaves of lemon balm.





Cakes and small baked items



German-style butter cake - basic recipe for yeast dough

For approx. 16 servings

Baking tray

Yeast dough:

375 g flour
1 sachet dried yeast
75 g sugar
1 pinch salt
150 ml milk, lukewarm
75 g butter, soft
1 egg

Topping:

100 g butter
4 tbsp elderberry syrup or lime syrup
100 g sugar
100 g chopped almonds or flaked almonds

In addition:

Butter for greasing the baking tray

Per serving

271 kcal, 30 g carbs, 14 g fat,
5 g protein, 2,5 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well for around 10 minutes with the dough hook of the hand mixer or the food processor. Allow the dough to prove in a warm place until the volume has doubled.

2. Grease the baking tray and roll out the dough. Prick several times with a fork, cover and allow to prove again.

3. For the topping, mix the butter with the syrup. Distribute the butter mixture over the rolled-out dough in servings using a small spoon. Sprinkle half of the sugar and then the almonds with the remaining sugar over the cake.

4. Then bake the cake as indicated.

Setting procedure:

Baking tray, level 3
Top/bottom heating
170 °C
Baking time: 20-25 minutes



Currant cake

To make approx. 12 servings
Springform cake tin, diameter 26 cm

Yeast dough:

500 g flour
2 sachet dried yeast
80 g sugar
1 pinch salt
150 ml milk
1 egg
100 g butter

Filling:

100 g brown sugar
80 g marzipan paste, cut up
3 tbsp milk
150 g ground hazelnuts
100 g sultanas
200 g dried apricots, cut up small
2 egg whites
50 g butter, melted

In addition:

Butter for greasing

Per serving

470 kcal, 61 g carbs, 21 g fat,
9 g protein, 5,1 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for approx. 15 minutes.

2. In the meantime purée the sugar, marzipan and milk. Add the nuts, dried fruit and egg white and mix.

3. Roll out the dough into a rectangle approx. 30x80 cm in size and 0.5-1 cm thick and spread with butter.

4. Spread the filling over the dough. Roll up the dough from the long side and cut into pieces approx. 5 cm in length.

5. Place the pieces of dough with the cut surface facing down in the greased baking tin, cover and leave to prove for around 30 minutes.

6. Then bake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 2
Microwave combination
4D hot air
160 °C
90 watts
Baking time: 30-35 minutes



Plaited raisin loaf

For approx. 20 slices

Baking tray

Yeast dough:

500 g flour

1½ sachets dried yeast

100 g sugar

1 sachet vanilla sugar

1 pinch salt

100 g butter

2 eggs

Approx. 125 ml milk, lukewarm

100 g raisins

For brushing:

1 egg yolk

2 tbsp milk

In addition:

Greaseproof paper

Per slice

182 kcal, 28 g carbs, 6 g fat, 4 g protein,
2,3 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for 20-30 minutes.

2. Knead the dough thoroughly once again and split into 3 equally sized pieces. Shape each piece into a roll and make a loose plait with the 3 rolls.

3. Line the baking tray with greaseproof paper.

Place the plait on top and leave to prove again for 20 minutes. The plait should have risen well and its volume should have increased by about half again.

4. Whisk the egg yolk with milk. Use this to brush the plait and then bake it as indicated.

Setting procedure:

Baking tray, level 3

Top/bottom heating

190 °C

Baking time: 25-35 minutes

Tip:

To ensure the plait turns a lovely golden colour on the outside, brush it with the egg yolk and milk mixture. Instead of raisins, you can also add chocolate chips to the dough.



Gooseberry cake with almond topping - basic recipe for sponge mixture

To make approx. 12 servings
Springform cake tin, diameter 26 cm

Mixture:

200 g butter, soft
200 g sugar
4 eggs
200 g flour
1 tsp baking powder

Topping:

400 g gooseberries
50 g flaked almonds
30 g sugar

In addition:

Butter for greasing
Icing sugar for dusting

Per serving

336 kcal, 36 g carbs, 19 g fat,
6 g protein, 3,0 BU

1. Beat the butter and sugar until light and fluffy.
Gradually stir in the eggs.

2. Mix the flour with the baking powder and fold into
the frothy mixture.

3. Pour the mixture into a greased springform cake tin.
Briefly rinse the gooseberries, pat them dry and scatter
them over the mixture.

4. Sprinkle the almonds and sugar over the top and
then bake the cake as indicated.

5. Dust the cooked, warm cake with icing sugar.

Setting procedure:

Springform cake tin on the wire rack, level 2
Microwave combination
4D hot air
160 °C
180 watts
Baking time: 30-35 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
170 °C
Baking time: 50-60 minutes

Tip:

Rhubarb, redcurrants, apples or apricots are all
delicious alternatives to gooseberries.



Sponge flan base

For 12 servings

Flan-base cake tin, diameter 30 cm

Sponge mixture:

1 organic orange or organic lemon
100 g butter
100 g sugar
1 sachet vanilla sugar
2 eggs
250 g flour
3 level tsp baking powder
70 ml milk
1 pinch salt

In addition:

Butter for greasing
Breadcrumbs for sprinkling

Per serving

119 kcal, 10 g carbs, 8 g fat, 1 g protein,
0,9 BU

1. Grease a dark flan-base cake tin and sprinkle with breadcrumbs.
2. Wash the orange or lemon with hot water, dry it and grate 1 tsp zest.
3. Beat the butter until light and fluffy. Add the sugar, vanilla sugar and eggs and continue to beat.

Setting procedure:

Flan-base cake tin on the wire rack, level 3
Top/bottom heating
170 °C
Baking time: 20-30 minutes

4. Mix the flour and baking powder together. Stir into the mixture together with the milk, salt and 1 tsp grated orange or lemon zest.
5. Spread the mixture evenly in the tin. Bake as indicated.
6. After baking, tip the flan base onto a wire rack and leave to cool.



Marble cake in a jar

For 4 servings
4 preserving jars, 290 ml each

Sponge mixture:

125 g flour
40 g cornflour
1 tsp baking powder
50 g sugar
1 pinch salt
80 g butter
2 eggs
Approx. 100 ml milk
½ organic lemon

Dark sponge:

40 g sugar
10 g cocoa
20 g ground almonds
Approx. 2 tbsp milk
Approx. 10 g dark chocolate
with 70 % cocoa

In addition:

Butter for the jars
1-2 tbsp breadcrumbs for sprinkling

Per jar

496 kcal, 58 g carbs, 25 g fat,
10 g protein, 4,9 BU

1. Grease the jars and sprinkle with breadcrumbs.
2. For the sponge mixture, mix flour, cornflour and baking powder and sieve into a deep mixing bowl.
3. Add the sugar, salt, soft butter, eggs and milk. Then beat the ingredients with a hand mixer or food processor, first on a low setting and then fast on a higher one, to produce a smooth mixture. Do not overbeat.
4. Wash the lemon in hot water and grate the zest. Flavour half of the mixture with the lemon zest and add to the jars.
5. Stir sugar, cocoa, almonds and milk into the remaining mixture and add to the light-coloured mixture. Cut the dark chocolate into small pieces and add to the dark mixture. Use a fork to create a spiral-shaped marble pattern in both mixtures.
6. Place the jars on the wire rack and bake the marble cake as indicated.

Setting procedure:

Jars on the wire rack, level 2
Microwave combination
4D hot air
170 °C
90 watts
Baking time: 20-25 minutes

Alternative setting:

Jars on the wire rack, level 2
Top/bottom heating
170 °C
Baking time: 45-50 minutes

Tip:

When making a marble cake in the 30 cm cake tin, use twice the quantity of mixture. Place the cake tin on the wire rack and make the following settings: microwave combination, 4D hot air, 170 °C, 90 watts, 35-40 minutes. Alternatively, select 4D hot air and 170 °C. The baking time is then 60-65 minutes



Apple cake with caramelised walnuts

For approx. 12 servings
Springform cake tin, diameter 28 cm

Caramel:

1 organic orange
300 g walnuts
30 g sugar

Sponge mixture:

4 sour apples, approx. 800 g
200 g butter
200 g sugar
4 eggs
40 g orange marmalade
200 g flour
1 level tsp baking powder

In addition:

Greaseproof paper
Butter for the edge of the tin

Per serving

516 kcal, 43 g carbs, 35 g fat,
9 g protein, 3,6 BU

1. Wash the orange in hot water and dry it. Peel off a thin layer of the peel using a zester or a potato peeler and cut into wafer-thin strips. Do not peel the pith off as well.

2. Chop the walnuts roughly and toast them in a coated frying pan without oil. Toast the strips of orange briefly as well with them. Sprinkle the sugar on top and let the ingredients caramelise.

3. Line the base of the springform cake tin with greaseproof paper and grease the edge of the tin. Distribute the caramelised walnuts in it.

4. Wash, peel and core the apples, then cut them into cubes approx. 2 cm in size.

5. Whisk the butter and sugar until light and fluffy. Stir the eggs in individually and add the orange marmalade. Mix the flour with the baking powder, sieve, and stir into the frothy mixture. Add the apples to the mixture, fold in and distribute the mixture over the walnuts.

6. Bake the cake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 2
Microwave combination
Top/bottom heating
180 °C
90 watts
Baking time: 30-35 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 50-55 minutes



Moist chocolate cake filled with pears

For approx. 15 slices
Glass dish, cake tin 30 cm

Sponge mixture:

150 g dark cooking chocolate
50 ml milk
200 g butter, soft
350 g flour
1 pinch salt
3 tsp baking powder
30 g cocoa, sifted
100 g sugar
4 eggs
50 g yoghurt
100 ml pear juice
2 ripe pears, around 160 g

Glaze:

60 g sugar
3 tbsp water
100 g dark cooking chocolate
50 ml cream
20 g butter
2 tsp lavender

In addition:

Butter for greasing
Flour for dusting

Per slice

363 kcal, 44 g carbs, 18 g fat,
7 g protein, 3,7 BU

1. Cut up the cooking chocolate and place in a glass dish. Add the milk and melt the chocolate mixture as described. Stir while cooking. Add the soft butter and mix everything to produce a creamy consistency.
2. Place the flour, salt, baking powder, cocoa and sugar in a mixing bowl. Add the chocolate mixture, eggs, yogurt and pear juice. Then mix the ingredients with a hand mixer or food processor, first on the lowest setting and then fast on the highest one, to produce a smooth mixture.
3. Grease the cake tin and dust with flour.
4. Peel and halve the pears and remove the core. Cut the pears into wedges.

5. Add half of the batter to the tin, arrange the pears in the middle, pour on the rest of the batter and bake as indicated.

6. For the glaze, heat the sugar with 3 tbsp water in a saucepan and reduce to a syrup by boiling.

7. Cut up the chocolate coating, place in a glass dish with the cream and butter and melt as described. Stir while cooking. Mix the syrup with the cooking chocolate and leave to cool.

8. Pour the chocolate syrup over the cake once cool and sprinkle with lavender.

Setting procedure:

Chocolate mixture:
Glass dish on the wire rack, level 2
Microwave 360 watts
3-4 minutes
Cake:
Cake tin on the wire rack, level 2
Microwave combination
4D hot air
160 °C
90 watts
Baking time: 35-40 minutes
Cooking chocolate for the coating:
Glass dish on the wire rack, level 2
Microwave 360 watts
3-4 minutes

Alternative setting:

Cake:
Cake tin on the wire rack, level 2
Top/bottom heating
170 °C
Baking time: 50-55 minutes



Rhubarb tart with meringue

To make approx. 20 servings
Universal pan

Topping:
1250 g rhubarb
100 g sugar

Sponge mixture:
225 g butter
200 g sugar
2 sachets vanilla sugar
4 eggs
500 g flour
1 sachet baking powder
1 pinch salt

Meringue:
6 egg whites
275 g sugar

In addition:
Butter for greasing the baking tray

Per serving
201 kcal, 22 g carbs, 11 g fat,
3 g protein, 1,8 BU

1. Wash and trim the rhubarb and cut into chunks approximately 3 cm long, then place into a bowl. Sprinkle with the sugar.

2. For the sponge mixture, mix together butter, sugar and vanilla sugar until light and fluffy. Gradually stir in the eggs.

3. Mix the flour, baking powder and salt and fold into the frothy mixture.

4. Grease the universal pan. Add the sponge mixture and spread evenly.

5. Pat the rhubarb dry and distribute on the mixture. Bake the topped sponge mixture for 20 minutes as indicated.

6. Meanwhile, beat the egg whites for the meringue until they are stiff, then gradually add the sugar.

7. Spread the egg white mixture over the partially baked rhubarb cake and finish baking as indicated.

Setting procedure:

Universal pan, level 2
Top/bottom heating
180 °C
Baking time: 45-55 minutes

Tip:

This cake also works well with other sour fruit, such as gooseberries or redcurrants.



Damson cake with walnut crumble

For around 20 pieces
Universal pan

Topping:
Approx. 1.5 kg fresh damsons

Crumble:
250 g flour
150 g sugar
180 g butter, cold
1 pinch salt
1 tsp cinnamon
50 g walnuts, roughly chopped

Sponge mixture:
200 g butter, soft
250 g sugar
5 eggs
100 g quark
350 g flour
1 pinch salt
1 sachet baking powder

In addition:
Butter for greasing the baking tray

Per piece
424 kcal, 49 g carbs, 22 g fat,
6 g protein

1. Wash, halve and de-stone the damsons.
2. Mix flour, sugar, butter, salt and cinnamon together to create the crumble. Finally, mix in the chopped walnuts.
3. For the sponge mixture, mix together butter and sugar until light and fluffy. Gradually add the eggs. Slowly stir the quark into the frothy mixture.
4. Mix flour, salt and baking powder, sieve and stir in briefly.
5. Grease the universal pan with butter and evenly distribute the mixture on top.
6. Add the damsons and the crumble. Then bake as indicated.

Setting procedure:
Universal pan, level 3
Microwave combination
Top/bottom heating
180 °C
180 watts
Baking time: 35-40 minutes

Alternative setting:
Universal pan, level 3
Top/bottom heating
180 °C
Baking time: 50-60 minutes



Fruit tart - basic recipe for shortcrust pastry

For approx. 12 servings
Springform cake tin, diameter 26 cm

Shortcrust pastry:

250 g flour
1 generous pinch baking powder
80-100 g sugar
1 pinch salt
1 egg
125 g butter

Topping:

2-3 tbsp ground almonds or
breadcrumbs
approx. 750 g fruit
Glaze
2 tbsp sugar

In addition:

Butter for greasing
Greaseproof paper
Dried pulses for blind baking

Per serving

259 kcal, 35 g carbs, 11 g fat,
4 g protein, 2,9 BU

1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth mass using the kneading hook of a hand mixer or a food processor.

2. Grease the tin and line the base with two thirds of the pastry. Shape the remaining pastry into a roll and press around the edge of the tin, approx. 2 cm deep. Chill the pastry for 30-60 minutes.

3. Prick the pastry base several times with a fork. Line the pastry base and edge with greaseproof paper and fill with dried pulses. Bake as indicated.

4. Remove the pulses and paper and leave the cake base to cool. Then sprinkle it with almonds and decorate with fresh or drained fruit from a jar. Prepare the glaze with 2 tbsp sugar as per the manufacturer's instructions. Coat the fruit with it.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 30-40 minutes

Tip:

Use the finest granulated sugar possible, so that it dissolves quickly in the mixture.



Vanilla cheesecake

To make approx. 12 servings
Springform cake tin, diameter 26 cm

Shortcrust pastry:

200 g flour
1 pinch salt
75 g sugar
1 tsp baking powder
75 g butter
1 vanilla pod
1 egg

Quark mixture:

1 organic lemon
1 vanilla pod
3 eggs
100 g sugar
500 g sour cream
250 g quark
½ sachet custard powder
100 ml cream

In addition:

Butter for greasing

Per serving

324 kcal, 31 g carbs, 19 g fat,
8 g protein, 2,6 BU

1. Only grease the base of the springform cake tin.
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. Knead with the dough hook of the hand mixer or the food processor on a low setting to produce a fine, crumble-like mixture.
3. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Beat the egg with a fork, add to the crumble mixture with the vanilla pulp and quickly beat into a smooth mixture.

4. Line the base of the tin with two thirds of the pastry. Shape the rest into a roll and press up 2-3 cm at the edges of the tin. Prick the pastry base with a fork several times and chill the pastry for around 40 minutes.

5. Wash the lemon with hot water, dry it and grate the peel. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Mix the lemon zest, vanilla seeds and all other ingredients for the quark mixture. Add to the tin and bake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 2
Microwave combination
4D hot air, 160 °C
180 watts
Baking time: 40 minutes
then
4D hot air, 100 °C
Baking time: 20 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 60-80 minutes



Fruity raspberry gateau - basic recipe for sponge mixture

For 12 servings

Springform cake tin, diameter 28 cm

Sponge mixture:

3 eggs

3 tbsp water, hot

150 g sugar

150 g flour

1 tsp baking powder

Topping:

900 g frozen raspberries

100 g sugar

200 ml cream

4 sheets gelatine

200 g yoghurt, 3.5 %

½ vanilla pod

3 sachets red glaze

In addition:

Greaseproof paper

Per serving

240 kcal, 36 g carbs, 8 g fat, 5 g protein,
3,0 BU

1. Cover the base of the springform cake tin with greaseproof paper. Leave a third of the raspberries to defrost with 50 g sugar.

2. Preheat the oven.

3. Separate the eggs. Whisk the egg white until stiff with 3 tbsp hot water. Add the sugar gradually. Continue to whisk the mixture until it is creamy and glossy. Beat the egg yolk with a fork and fold into the egg white mixture. Mix the flour and baking powder, sieve onto the mixture and stir in briefly. Pour the mixture into the baking dish and bake as indicated.

4. Turn the cooked cake onto a wire rack and carefully remove the greaseproof paper. Leave the cake to cool down completely.

5. For the topping, purée the defrosted, sugared raspberries through a sieve. Whip the cream until stiff. Soak the gelatine, squeeze it out and dissolve. Mix the yoghurt with the remaining sugar and the pulp of half a vanilla pod. Quickly mix the dissolved gelatine in. Add the raspberry mixture and fold in the cream.

6. Cut the cake into two layers and place the bottom half onto a serving tray. Place a tall cake ring around the base of the gateau. Spread half of the raspberry cream mixture over it and place the top half onto it. Spread the remaining raspberry cream mixture on top.

7. Distribute the remaining frozen raspberries evenly on top of the cake. Prepare the glaze according to the instructions on the packaging, leave it to cool briefly and pour over the raspberries.

8. Leave the gateau to cool down for at least 3-4 hours before cutting to serve.

Setting procedure:

Springform cake tin on the wire rack

4D hot air

170 °C

Preheat

Baking time: 35-40 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.



Carrot cake

To make approx. 16 servings
Springform cake tin, diameter 28 cm

Cake:

300 g carrots
1 organic lemon
6 eggs
300 g brown sugar
2 tbsp Kirsch
200 g ground hazelnuts
150 g flour

In addition:

Greaseproof paper
Icing sugar for dusting

Per serving

155 kcal, 9 g carbs, 10 g fat, 6 g protein,
0,8 BU

1. Line the base of the tin with greaseproof paper.
2. Trim the carrots and finely grate them. Wash the lemon in hot water and dry it. Grate the peel and squeeze 2 tsp lemon juice.
3. Separate the eggs. Beat the egg yolk and half of the sugar until light and fluffy. Add the lemon peel and Kirsch. Mix the carrots, hazelnuts, flour and egg yolk mixture.
4. Beat the egg whites until stiff, add the rest of the sugar and continue to beat for approx. 5 minutes longer. Add the lemon juice and fold the whipped egg white into the carrot mixture.
5. Pour the mixture into the tin and bake as indicated.
6. Once cool, sprinkle the cake with icing sugar.

Setting procedure:

Springform cake tin on the wire rack, level 2
Microwave combination
4D hot air
170 °C
90 watts
Baking time: 35-40 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
190 °C
Baking time: 85-90 minutes

Tip:

You can also coat the cake with icing made from lemon and sugar, and decorate with little marzipan carrots.



Spiced espresso and chocolate tart

For 12 servings

Glass dish,
springform cake tin diameter 26 cm

Mixture:

200 g dark chocolate
125 g butter
1 tbsp milk
75 ml espresso
40 g cocoa
1 pinch salt
1 heaped tsp ground spices, such as
cardamom, cinnamon, cloves, allspice
2 sachet vanilla sugar
5 eggs
150 g fine sugar
100 g ground almonds

Topping:

400 ml cream
2 tbsp sugar
Ground spices, such as cardamom,
cinnamon, cloves, allspice for sprinkling
on top

In addition:

Greaseproof paper

Per serving

406 kcal, 23 g carbs, 32 g fat,
8 g protein, 1,9 BU

1. Cut the dark chocolate into small pieces and place in a glass dish. Add the butter and milk and melt as indicated. Stir while cooking. Pour in the espresso and stir well.

2. Finely sieve the cocoa. Add the ground seasonings and vanilla sugar.

3. Preheat the oven.

4. Stir together the eggs and sugar until light and fluffy. Carefully stir in the chocolate mixture. Fold the almonds into the cocoa mixture.

5. Line the base of the springform cake tin with greaseproof paper. Pour in the mixture and bake as indicated. Let the tart cool down in the tin a little, then remove and leave to cool down completely.

6. Whip the cream until stiff and then spread over the tart. Mix the sugar and ground spices and scatter over the cream.

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 4-5 minutes

Tarte:

Springform cake tin on the wire rack, level 2

Top/bottom heating

210 °C

Preheat

Baking time: 25-35 minutes



Choux pastry gateau with strawberry filling - basic recipe for choux pastry

To make approx. 12 servings
Baking trays and universal pan

Choux pastry:

150 ml water
30 g butter
1 pinch salt
100 g flour
25 g cornflour
4 eggs
½ level tsp baking powder

Filling:

500 g strawberries
8 sheets white gelatine
100 g quark, 20 % fat
300 g yoghurt
100 g icing sugar
50 ml elderberry syrup
200 ml cream

In addition:

Greaseproof paper
Butter for the baking trays
Icing sugar for dusting

Per serving

224 kcal, 24 g carbs, 11 g fat,
7 g protein, 2,0 BU

1. Lay a springform cake tin with a diameter of 26 cm onto the greaseproof paper and cut out 3 greaseproof paper bases. Grease the centre of the baking trays and the universal pan and line each with a greaseproof paper base.

2. Bring the water, butter and salt to the boil in a saucepan. Pour the sifted flour into the saucepan in one go with the cornflour. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to 'reduce' the liquid. Beat the mixture until it comes away from the sides and forms a soft ball, and until a white coating becomes visible on the base of the saucepan.

3. Place the ball in a deep mixing bowl. Mix the eggs in one by one at the highest setting. Let the mixture cool down.

4. Mix the baking powder into the cold mixture.

5. Use the mixture to bake 3 bases. To do so, spread a third of the mixture quantity onto each of the pre-prepared trays and bake as indicated.

6. Wash the strawberries, let them drip dry and cut them into small chunks. Soak the gelatine in cold water.

7. Mix the quark and yoghurt with the sieved icing sugar and elderberry syrup. Prepare the gelatine as described on the packaging, stir into the quark mixture and chill until the cream starts to set. Whip the cream until it is stiff. Fold the strawberries and the whipped cream into the quark mixture.

8. Place one choux pastry base onto a serving tray. Distribute half of the quark filling onto it. Place the second base on top and distribute the remaining quark filling on top. Place the final base on top and press in place. Leave the gateau in the refrigerator for at least 2 hours.

9. Dust with icing sugar before serving.

Setting procedure:

Baking trays, level 1 and 5,
Universal pan, level 3
4D hot air
190 °C
Baking time: 20-30 minutes



Pavlova - meringue with cream and raspberries

For 6 servings

Baking tray

Meringue mixture:

3 egg whites
175 g fine sugar
1 sachet vanilla sugar
2-3 drops vanilla essence
1 tsp light vinegar
1 tsp cornflour

Filling:

250 ml cream
300 g raspberries

In addition:

Greaseproof paper

Per serving

285 kcal, 37 g carbs, 13 g fat,
4 g protein, 3,0 BU

1. Whisk the egg white until stiff. Gradually mix in the sugar, vanilla sugar, vanilla essence and vinegar. Whisk the mixture for 10-20 minutes with a hand mixer or food processor. Fold in the cornflour quickly.

2. Preheat the oven as indicated.

3. Line a baking tray with greaseproof paper. Heap the meringue in the centre of the baking tray, use a spoon to shape it into a bowl around 20 cm in size and bake immediately as indicated.

4. Leave the meringue to cool.

5. Shortly before serving, whip the cream until stiff and use to top the meringue. Decorate with raspberries.

Setting procedure:

Baking tray, level 3

Top/bottom heating

Preheat: 150 °C

Baking: 100 °C

Baking time: 1 hr. 40 min. - 2 hr.



Redcurrant cake with almond crumble

To make approx. 20 servings
Universal pan

Crumble:

300 g flour
200 g brown sugar
250 g butter, soft
1 pinch salt
½ tsp ground allspice
100 g ground almonds

Quark and oil dough:

125 g low-fat quark
75 ml milk
50 ml sunflower oil
75 g sugar
1 tsp vanilla sugar
1 pinch salt
300 g flour
1 tsp baking powder

Topping:

30 g brown sugar
30 g ground almonds
Approx. 800 g frozen or fresh
redcurrants

In addition:

Butter for greasing the baking tray

Per serving

348 kcal, 40 g carbs, 18 g fat,
6 g protein, 3,4 BU

1. Make a crumble mixture from flour, sugar, butter, salt, allspice and almonds.

2. Mix the low-fat quark with milk, sunflower oil, sugar, vanilla sugar and salt until smooth.

3. Sieve the flour and mix with the baking powder. Add to the quark mixture and knead quickly into a smooth dough. Keep the kneading time as short as possible.

4. Grease the universal pan with butter. Roll out the dough evenly on it and prick several times with a fork.

5. Sprinkle the sugar and almonds onto the dough. First sprinkle the redcurrants over the top, then the crumble, and bake the cake as indicated.

Setting procedure:

Universal pan, level 2
Microwave combination
Top/bottom heating
190 °C
180 watts
Baking time: 35-40 minutes

Alternative setting:

Universal pan, level 2
Top/bottom heating
180 °C
Baking time: 50-55 minutes



Turkish basbousa

For approx. 32 servings
Large ovenproof dish

Syrup:

600 ml water
600 g sugar
1 organic lemon
½ bunch fresh mint, according to taste

Mixture:

4 eggs
170 g sugar
50 ml sunflower oil
100 g durum wheat semolina
200 g yoghurt
250 g flour
2 sachets baking powder

In addition:

Butter for greasing

Per serving

165 kcal, 33 g carbs, 3 g fat, 2 g protein,
2,7 BU

1. For the syrup, add the water and sugar to a saucepan and bring to the boil. Let the mixture boil down over moderate heat for approx. 20 minutes until syrup-like.

2. Wash the lemon in hot water, dry it, grate the zest and place to one side. Rinse the mint and shake dry. Add 1 tbsp of the lemon juice and the mint to the syrup, stir and leave to cool down.

3. For the cake mixture, beat the eggs and sugar together until light and fluffy, and until the sugar has dissolved. Add the remaining ingredients and stir until it becomes a smooth mixture.

4. Grease the ovenproof dish, fill it with the mixture, smooth the surface and bake as indicated.

5. Remove the mint from the syrup. Soak the hot basbousa with the syrup and sprinkle the grated lemon peel on top.

6. Let the basbousa cool down and cut into slices.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

180 °C

Baking time: 30-35 minutes



Baklava

For 60 servings
Universal pan

Mixture:
10-12 sheets filo pastry
350 g butter

Nut mixture:
150 g almonds
150 g walnuts
150 g pistachios
½ tsp ground cinnamon
1 generous pinch ground cloves

Syrup:
675 g sugar
175 g honey
500 ml water

In addition:
Butter for the universal pan

Per serving
171 kcal, 19 g carbs, 10 g fat,
2 g protein, 1,5 BU

1. Let the frozen filo pastry defrost as per the instructions on the packaging.
2. Heat the butter in a saucepan; skim the light-coloured foam little by little.
3. Chop the almonds, walnuts and pistachios very finely. Mix the almonds, walnuts and half of the pistachios with the seasonings.
4. Cut the pastry sheets to the size of the universal pan and cover with a damp cloth. Keep four pastry sheets for the final layer of pastry. Any remaining pastry will also be used for the layers.
5. Preheat the oven.
6. Grease the universal pan. Place a sheet of pastry into the universal pan and coat it with the melted butter. Repeat this process three times. Sprinkle the fourth layer with approx. 80 g of the nut mixture.

7. Place a sheet of pastry onto the nut mixture, brush with butter, place the next sheet of pastry on top, brush it with butter as well and then sprinkle the nut mixture on top. Repeat the process approx. four times. Use any remaining pastry for this too. Finally, also brush the pastry sheets placed to one side with butter and add them to the top.

8. Cut the baklava into strips approx. 3x5 cm long using a sharp knife, sprinkle with water and bake as indicated.

9. For the syrup, add the sugar, honey and water to a deep saucepan and heat up while stirring. Let the syrup simmer for approx. 20 minutes. Skim the light-coloured foam in the process. Pour the syrup evenly over the hot baklava and sprinkle with the remaining pistachios.

10. Leave the baklava to stand for at least an hour until the syrup has soaked in. The baklava can be kept for several days unrefrigerated.

Setting procedure:

Universal pan, level 3
Top/bottom heating
170 °C
Preheat
Baking time: 35-40 minutes



Brownies with pistachios and cashews

For 20 servings

Glass dish,
square springform cake tin, 24x24 cm

Mixture:

250 g dark chocolate
180 g butter
50 g pistachios
50 g cashews
4 eggs
300 g sugar
180 g flour
1 level tsp baking powder
1 pinch salt

In addition:

Butter for greasing
Flour for dusting

Per serving

266 kcal, 28 g carbs, 15 g fat,
5 g protein, 2,4 BU

1. Grease the springform cake tin and lightly dust with flour.
2. Break the chocolate into small pieces and melt with the butter as described. Stir while cooking.
3. Finely chop the pistachios and cashews.
4. Stir the eggs and sugar together well until light and fluffy. Slowly stir the melted chocolate into the mixture.

5. Mix the flour, baking powder and salt and fold into the frothy mixture.

6. Add the finely chopped pistachios and cashews, pour the mixture into the tin and bake as indicated.

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 6-7 minutes

Brownies:

Square springform cake tin on the wire rack, level 2

Microwave combination

4D hot air

170 °C

90 watts

Baking time: 18-20 minutes

Alternative setting:

Brownies:

Square springform cake tin on the wire rack

4D hot air

170 °C

Baking time: 35-40 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.



Apricot boats

For 16 servings
Baking tray and universal pan

Mixture:
16 slices frozen puff pastry,
approx. 1.2 kg
A little flour

Filling:
2 tins apricots,
drained weight approx. 1 kg
100 g ground almonds
200 g raw marzipan
1 egg
A little milk

In addition:
Greaseproof paper

Per serving
444 kcal, 35 g carbs, 31 g fat,
7 g protein, 2,9 BU

1. Defrost the puff pastry according to the instructions on the packaging.
2. Allow the apricots to drain thoroughly.
3. Line the baking trays with greaseproof paper. Dust the work surface with flour and roll out the sheets of puff pastry into pieces around 12x10 cm in size.
4. Sprinkle the almonds diagonally over each piece of puff pastry. Cut the marzipan into wafer-thin slices. Place 2 slices each on the almonds. Place 2 apricot halves diagonally on each slice of marzipan.

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
180 °C
Preheat
Baking time: 35-40 minutes

Tip:

Try using different fruits or jam. For a savoury filling, you could use cheese and cooked ham.

5. Separate the egg. Brush the two free, opposite corners of the pastry with egg white, fold over and press down firmly.
6. Whisk the milk and egg yolk, brush the 'boats' with the mixture and bake at once as indicated.



Berry tartlets with sour cream glaze

For 8 servings Ramekins

Shortcrust pastry:

300 g flour
1 pinch salt
100 g icing sugar
200 g butter

Topping:

125 g fresh bilberries
125 g fresh redcurrants

Glaze:

½ vanilla pod
200 g sour cream
1 egg
100 g sugar

In addition:

Butter for the ramekins

Per serving

483 kcal, 55 g carbs, 27 g fat,
5 g protein, 4,6 BU

1. Grease the ramekins well.

2. For the shortcrust pastry, add the flour, salt and icing sugar to the work surface. Cut the cold butter into pieces and distribute at the edges. Knead into a smooth dough quickly with cold hands.

3. Divide the pastry into 8 pieces of equal size, roll out individually on a little flour and line the ramekins. Prick the pastry bases with a fork several times and chill the pastry in the refrigerator for around 45 minutes.

4. Sort the berries, rinse them briefly and let them drip dry on kitchen towel. Strip the redcurrants from the stalks.

5. Slice the halved vanilla pod open lengthwise and scrape out the pulp. Whisk together with the other ingredients for the glaze.

6. Distribute the berries in the ramekins, pour the glaze over them and bake the tartlets as indicated.

Setting procedure:

Mini tart dishes on the wire rack, level 2
Top/bottom heating
210 °C
Baking time: approx. 25 minutes



Chocolate muffins with cherries and chilli

For 12 servings

Glass dish, 12-cup muffin tin

Mixture:

12 fresh cherries, alternatively cherries from a jar

125 g butter

75 g dark chocolate

3 eggs

175 g sugar

150 g flour

1 pinch salt

1 tsp baking powder

Chilli powder according to taste

In addition:

Butter for the muffin tin or paper moulds

Per serving

240 kcal, 27 g carbs, 13 g fat,

4 g protein, 2,3 BU

1. Wash the cherries, pit and allow to drain.

2. Grease the muffin tin or fill with paper moulds.

3. Add the broken-up chocolate and butter to a glass dish and melt as indicated. Stir during cooking.

4. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the mixture.

5. Mix the flour with salt and baking powder and fold into the frothy mixture. Add chilli powder to taste, taking care not to use too much.

6. Fill half of the batter into the moulds, insert a cherry into each one and add the rest of the batter. Bake the muffins as indicated.

Setting procedure:

Chocolate:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Muffins:

Muffin tin on the wire rack, level 2

Microwave combination

Top/bottom heating

190 °C

90 watts

Baking time: 15-16 minutes

Alternative setting:

Muffins:

Muffin tin on the wire rack, level 3

Top/bottom heating

190 °C

Baking time: 20-30 minutes



Lime muffins with white chocolate

For 12 servings
Glass dish, muffin tin

Muffins:

2 organic limes
125 g butter
75 g white chocolate
3 eggs
175 g sugar
150 g flour
1 pinch salt
1 tsp baking powder

In addition:

Butter for the tin or paper moulds

Per serving

273 kcal, 28 g carbs, 16 g fat,
4 g protein, 2,4 BU

1. Wash the limes with hot water, dry them off, grate the zest and squeeze the juice from one lime.
2. Grease the muffin tin or fill with paper moulds.
3. Add the butter and chocolate to a glass dish and melt as indicated. Stir during cooking.

4. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the frothy mixture.

5. Mix the flour with salt and baking powder and fold into the frothy mixture. Add the grated lime zest and stir in the juice of one lime. Add the mixture to the tin and bake as indicated.

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Muffins:

Muffin tin on the wire rack, level 3

Top/bottom heating

180 °C

Baking time: 15-20 minutes



Pistachio biscuits with fig jam

For 35 servings

Baking tray and universal pan

Shortcrust pastry:

150 g green pistachios
½ organic lemon
200 g flour
1 level tsp baking powder
150 g sugar
1 egg
100 g butter

Filling:

250 g fig jam

Topping:

75 g pistachios, finely chopped
50 g dark cooking chocolate
35 whole pistachios

In addition:

Greaseproof paper

Per serving

130 kcal, 15 g carbs, 7 g fat, 3 g protein,
1,3 BU

1. Chop the pistachios very finely for the shortcrust pastry. Wash the lemon in hot water and dry it. Grate the zest of half the lemon.

2. Mix together all dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then at a faster speed setting. Form into a ball and press flat. Wrap in foil and chill for approx. 45 minutes.

3. Line the baking trays with greaseproof paper.

4. Roll the pastry out so that it is approx. 0.5 cm thick and cut out biscuits which are approx. 3 cm in diameter. Distribute on the baking trays and bake as indicated.

5. Brush each hot biscuit with jam and place a second biscuit on top. Also brush the edge with marmalade and roll the biscuits in the finely chopped pistachios.

6. Add the cooking chocolate to a glass dish and melt as indicated. Stir while cooking. Add a dollop of chocolate coating in the centre of each biscuit and decorate with a whole pistachio.

Setting procedure:

Biscuits:

Baking tray, level 1,
Universal pan, level 3

4D hot air
140 °C

Baking time: approx. 25 minutes

Chocolate coating:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Tip:

Cut the greaseproof paper to the size of the tray. Excess paper affects the browning.



Vanilla croissant

For approx. 150 croissants
Baking tray and universal pan

Shortcrust pastry:

280 g flour
70 g ground almonds
70 g sugar
1 sachet Bourbon vanilla sugar
210 g butter

Sugar mixture:

2 vanilla pods
2-3 tbsp icing sugar
100 g fine sugar

In addition:

Greaseproof paper

Per croissant

22 kcal, 2 g carbs, 1 g fat, 0 g protein,
0,2 BU

1. For the shortcrust pastry, mix all dry ingredients together in a mixing bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then at a faster speed setting. Shape into a roll, wrap in foil and chill for at least 1 hour.

2. Line the baking trays with greaseproof paper. Shape the pastry into a roll and cut into even slices. Form the slices into crescents by hand. Place them onto the baking trays and bake as indicated.

3. Cut the vanilla pods open lengthwise and scrape out the pulp. Mix the icing sugar well with the sugar and vanilla pulp. Roll the croissants in the sugar mixture while they are still hot.

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
140 °C
Baking time: 15-20 minutes

Tip:

Cut the greaseproof paper to the size of the tray.
Excess paper affects the browning.



Macaroons

To make approx. 20 servings
Baking tray and universal pan

Almond meringue:

70 g egg white
80 g almond flour from the health food store
80 g icing sugar
40 g fine sugar
1½ sachets red food colouring in powder form

Filling:

250 g mascarpone
2 EL raspberry syrup
1 tsp lemon juice

In addition:

Greaseproof paper

Per serving

108 kcal, 9 g carbs, 7 g fat, 2 g protein,
0,7 BU

1. Separate the eggs the day before and store the weighed egg white in the refrigerator.

2. On the day you plan to do the baking, line the baking trays with greaseproof paper.

3. Mix the almond flour and icing sugar and pass them through a fine sieve.

4. Beat the egg white until stiff, gradually add the sugar and beat into a firm mixture. Add the food colouring and mix well.

5. Fold the almond and icing sugar mixture into the whipped egg white using a spatula. The mixture should be smooth and viscous.

6. Pour the mixture into a piping bag with a nozzle and ice 40 blobs approx. 2 cm in size onto the baking trays. Leave to stand for at least 30 minutes. Preheat the oven.

7. Bake the macaroons as indicated.

8. Leave to cool down on the baking trays.

9. Mix together the ingredients for the filling. Shortly before serving, add a blob of the filling to the base of each pair of macaroons and stick them together.

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
130 °C
Preheat
Baking time: approx. 15 minutes

Tip:

Cut the greaseproof paper to the size of the tray. Excess paper affects the browning.





Bread and bread rolls,
pizza and savoury cakes



Savoury rye sourdough bread

For 1 loaf, approx. 30 slices
Universal pan

Sourdough proliferation:

50 g sourdough, from the bakery or
ready-made sourdough
375 g rye flour, type 1150
375 ml water, lukewarm

Bread dough:

350 g rye flour type 1150
300 g wheat flour, type 405 or type 550
2 tsp bread spice, crushed
20 g dried yeast
1 tbsp honey
250 ml water, lukewarm
20 g salt

Per slice

122 kcal, 26 g carbs, 1 g fat, 3 g protein,
2,2 BU

1. For the sourdough proliferation, add the sourdough to a bowl on the day before with the rye flour and the lukewarm water and stir. Leave to stand for 24 hours in a warm place.

2. On the next day, remove 50 g of the sourdough mixture and store it for making bread at a later stage. Add the remaining sourdough mixture to a mixing bowl. Knead the rye flour, wheat flour, bread spice, yeast and honey with the water. Knead until you have a smooth dough. Leave the dough to prove while covered in a warm place for 40 minutes.

Setting procedure:

Universal pan
4D hot air
210 °C

Baking time: 15 minutes

then
190 °C

Baking time: 60-65 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.

3. Knead the salt into the raised dough, form a loaf and place into the lightly dusted universal pan. Leave to prove for approx. 30 minutes again.

4. Bake the bread as indicated.

5. Leave the baked bread to cool down on a wire rack.

Tip:

You can keep sourdough in the refrigerator for up to 2 weeks in a sealed jar.

Nut bread variant: after the first proving process, knead 250 g of halved walnuts or whole hazelnuts into the dough with the salt.



Scones

For 16 pieces

Baking tray

Mixture:

450 g flour
15 g baking powder
1 pinch salt
110 g butter
20 g sugar
230 ml milk

For brushing:

1 egg yolk
2 tbsp milk

In addition:

Butter for greasing the baking tray

Per piece

174 kcal, 23 g carbs, 8 g fat, 4 g protein,
1,9 BU

1. Sift the flour and baking powder into a bowl. Add the salt. Add the small flakes of butter and rub together with the flour mixture until it resembles breadcrumbs.

2. Add the sugar and milk. Stir in with a spoon and then knead carefully.

3. Grease the baking tray and preheat the oven.

4. On a lightly flour-covered work surface, roll out the pastry to a thickness of approx. 1 cm. Cut out circles 5 cm in diameter and place on the baking tray.

5. Whisk the egg yolk and milk together and brush the top of the pastry with the mixture. Bake as indicated.

Setting procedure:

Baking tray, level 2
Top/bottom heating
210 °C
Preheat
Baking time: 15-25 minutes

Tip:

The scones stay light and fluffy if you only knead the dough for a short time.

Cheese scones: knead 150 g grated cheese into the mixture.

Sweet variant: knead 75 g finely chopped dried fruit, e.g. prunes, into the mixture.



Sus Kering - choux pastry dish from Indonesia

To make approx. 160 pieces
Baking trays and universal pan

Choux pastry:

300 ml water

½ tsp salt

180 g margarine

180 g flour

4 eggs

75 g grated cheese, e.g. Emmental,
Edam or Gouda

In addition:

Greaseproof paper

Per piece

16 kcal, 1 g carbs, 1 g fat, 0 g protein,
0,1 BU

1. Bring the water, salt and margarine to the boil in a saucepan.

2. Pour the sifted flour into the saucepan in one go. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to 'reduce' the liquid. To do so, beat the mixture until it comes away from the sides and forms a soft ball, and until a white coating becomes visible on the base of the saucepan.

3. Place the ball in a deep mixing bowl. Mix the eggs in one by one at the highest setting. Let the dough cool down for approx. 10 minutes. Then mix in the cheese and let the dough cool down fully.

4. Line the baking trays with greaseproof paper. Preheat the oven.

5. Pour the choux pastry into a piping bag with a nozzle 1 cm in diameter and ice small blobs onto the baking trays. Bake the Sus Kering as indicated.

Setting procedure:

Baking trays, level 1 and 5,

Universal pan, level 3

4D hot air

170 °C

Preheat

Bake:

170 °C, 15 minutes

then

150 °C, 35-40 minutes

Tip:

Indonesia used to be a Dutch colony. For this reason, there are many recipes originating there which call for Gouda or other kinds of Dutch cheese.

Serve the Sus Kering as a party snack, with wine or beer.



Pizza Margherita

For 2 servings

Pizza tray, diameter 30 cm

Yeast dough:

150 g flour

½ sachet dried yeast

1 pinch sea salt

Approx. 100 ml water, lukewarm

Topping:

150 g cherry tomatoes

125 g mozzarella

150 g tomato passata

Sea salt

Pepper, freshly ground

½ tsp sugar

3 tbsp basil, chopped

½ tsp salt

2 tbsp cooking oil

In addition:

1 tbsp cooking oil for the baking tray

Per serving

466 kcal, 62 g carbs, 16 g fat,

17 g protein, 5,2 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Allow dough to prove in a warm place for 30 minutes.

2. In the meantime, wash the cherry tomatoes and halve them. Cut up the mozzarella.

3. Grease the pizza tray with oil. Roll out the dough evenly on it and prick several times with a fork.

4. Season the passata with sea salt, pepper and sugar. Add half of the basil, mixing well.

5. Spread the tomato topping on the dough. Arrange the cherry tomatoes on the pizza. Distribute the mozzarella evenly over the cherry tomatoes. Sprinkle the remaining basil over the pizza, add salt and drizzle with olive oil.

6. Cook the pizza as indicated.

Setting procedure:

Pizza tray on the wire rack, level 2

Top/bottom heating

270 °C

Baking time: 20-25 minutes

Tip:

Pizza Romana: instead of adding basil, top the pizza with 4 salted anchovies, which have been washed, de-boned and cut up. Season with salt and 2 tsp oregano and drizzle with oil.

Pizza al prosciutto: instead of basil, use 100 g cooked ham that is not too lean.



Tarte flambée

For 6 servings Universal pan

Yeast dough:

200 g flour
½ packet dried yeast
A little salt
125 ml water

Topping:

1 large onion
100 g streaky bacon
20 g butter
250 g quark
100 ml cream
1 egg
1 tsp cornflour
Salt
Pepper, freshly ground
Ground coriander

In addition:

Rolls of chives
Cooking oil for the baking tray

Per serving

416 kcal, 52 g carbs, 16 g fat,
16 g protein, 4,3 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place.

2. Peel the onion and grate finely. Cut the bacon into very fine strips. Sweat the onion and bacon in a frying pan with a little butter.

3. Grease the baking tray. Divide the yeast dough into 6 pieces and roll out into thin oval shapes. Lay these on the baking tray.

4. Preheat the oven.

5. Stir the quark, cream, egg, cornflour and seasoning together and spread over the dough.

6. Sprinkle the onion-bacon mixture over the quark mixture and bake the tarte flambée as indicated.

7. Serve sprinkled with chives.

Setting procedure:

Universal pan, level 3
Top/bottom heating
270 °C
Preheat
Baking time: 10-15 minutes

Tip:

If the base is too dark, insert the baking tray one level higher up next time, if it is too light, insert the tray one level down.



Pepper quiche

For 6 servings

Pizza tray, diameter 30 cm

Shortcrust pastry:

200 g flour

2 pinches salt

1 egg

100 g butter, cold

Topping:

150 g green peppers

150 g yellow peppers

150 g red peppers

1 red onion, approx. 100 g

200 g courgettes

30 g butter

Salt

Black pepper, freshly ground

Glaze:

200 ml cream

4 eggs

150 g Gruyère cheese, freshly grated

Salt

Black pepper, freshly ground

Nutmeg, freshly grated

In addition:

Cooking oil for the baking tray

Per serving

577 kcal, 30 g carbs, 43 g fat,

19 g protein, 2,5 BU

1. For the shortcrust pastry, pour the flour and salt onto the work surface and make a well in the centre. Beat the egg using a fork and then pour into the well. Cut the cold butter into small pieces and distribute around the edge of the flour. Quickly knead into a dough with cold hands. Form into a ball, press flat, wrap in foil and chill for approx. 30 minutes.

2. In the meantime, wash, halve and core the peppers and remove the white pith from the inside. Peel the onion. Cut the peppers and onion into cubes approx. 1 cm in size. Wash the courgettes and cut diagonally into thin slices.

3. Heat the butter in a frying pan and fry the chunks of pepper and onion in it first of all. Season the vegetables with salt and pepper, remove from the frying pan and place to one side. Briefly fry the sliced courgettes and also season them with salt and pepper.

4. Grease the pizza tray. Roll the dough out into a circular form and place onto the tray. Pull the edge up by approx. 3 cm and press down firmly. Prick the pastry base several times with a fork.

5. Distribute the courgette slices on the dough base and add the remaining vegetables on top.

6. Stir the cream, eggs and cheese and season generously with salt, pepper and nutmeg. Pour the mixture evenly over the vegetables and bake the quiche as indicated.

Setting procedure:

Pizza tray on the wire rack, level 2

Top/bottom heating

180 °C

Baking time: 60-70 minutes



Onion tart with apple

For 6 servings

Pizza tray, diameter 30 cm

Shortcrust pastry:

200 g flour

A little salt

1 egg

1 tbsp water

100 g butter, cold

Topping:

150 g streaky bacon

700 g onions

Salt

Pepper, freshly ground

1 sour apple

200 g crème fraîche

30 g grated cheese

In addition:

4 tbsp cooking oil for the tray

Per serving

581 kcal, 36 g carbs, 44 g fat,

11 g protein, 3,0 BU

1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg and water, cut the cold butter into chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth dough using the kneading hook of a hand mixer or a food processor. Grease the pizza tray, line with the dough and pull it up a little at the edges. Pierce the pastry base several times with a fork and chill for at least 30 minutes.

2. Finely dice the bacon for the topping. Peel and halve the onions, then cut them into thin strips.

3. Render the bacon in a frying pan. Add the onions and sweat them. Season well with salt and pepper.

4. Peel the apple, grate it roughly and add it to the onions. Add the crème fraîche and cheese and mix everything together.

5. Distribute the onion mixture on the pastry base and bake the cake as indicated.

Setting procedure:

Pizza tray on the wire rack, level 2

Microwave combination

Top/bottom heating

190 °C

90 watts

Cooking time: 35-40 minutes

Alternative setting:

Pizza tray on the wire rack, level 1

Top/bottom heating

200 °C

Baking time: 40-45 minutes

Tip:

Serve the onion tart as a main dish for 4 or as a snack for 8 people. A fresh green salad and a glass of Federweißer wine are the perfect accompaniment.



Spring onion pâté

For 6 servings

Glass dish with lid, universal pan

Pâté:

450 g frozen puff pastry

500 g spring onions

100 g lean streaky bacon

20 g butter

Sea salt

Pepper, freshly ground

50 g blue cheese

50 g Pecorino cheese, freshly grated

In addition:

Greaseproof paper

1 egg for brushing

Per serving

464 kcal, 29 g carbs, 34 g fat,

12 g protein, 2,4 BU

1. Defrost the puff pastry.

2. Trim the spring onions, slice them into fine rings, wash them and leave them to drip dry. Cut the bacon and blue cheese into small cubes.

3. Add the butter, bacon and spring onions to a glass dish, cover with the lid and precook as indicated. Season with sea salt and pepper. Leave the mixture to cool down and then mix in the blue cheese.

4. Line the universal pan with greaseproof paper.

5. Brush the top of the puff pastry slices with water and place on top of each other. Scatter a little flour over the work surface, roll out the puff pastry to approx. 35x35 cm, then place into the universal pan. Roll the puff pastry in a little at the sides, so that a wide strip is created in the centre. Pierce this strip several times with a fork. Pour in the spring onion mixture and sprinkle with the Pecorino cheese.

6. Whisk the egg and brush the edges of the pastry with it. Bake as indicated.

Setting procedure:

Spring onions und bacon:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 6 minutes

Pâté:

Universal pan, level 2

Microwave combination

4D hot air, 190 °C

180 watts

Baking time: 20-25 minutes

Alternative setting:

Pâté:

Universal pan, level 2

Top/bottom heating

210 °C

Baking time: 30-35 minutes



Meat pie

For 4 servings
Large ovenproof dish

Yeast dough:

400 g flour
1 sachet dried yeast
1 pinch salt
1 pinch sugar
125 ml milk
1 egg
80 g butter

Minced meat filling:

1 bread roll
1 onion
250 g mixed minced meat
2 tbsp olive oil
1 egg
Salt
Pepper, freshly ground
Herbes de Provence

Sauerkraut filling:

3 apples
1 onion
250 g sauerkraut
125 ml white wine
2 tbsp olive oil
2 juniper berries
Sugar, salt

In addition:

Butter for brushing and for greasing

Per serving

949 kcal, 96 g carbs, 46 g fat,
31 g protein, 8,0 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place.

2. For the minced meat filling, soak the bread roll in water and squeeze out any excess liquid. Peel and dice the onion.

3. Sweat the diced onion and minced meat in oil for approx. 15 minutes. Leave to cool down a little. Mix with the bread roll, egg, salt and pepper and season with the herbs.

4. For the sauerkraut filling, wash, peel and core the apples. Peel the onion. Dice both, bring to the boil with the remaining ingredients and leave to simmer for 15 minutes.

Setting procedure:

Ovenproof dish on the wire rack, level 1
Top/bottom heating
200 °C
Baking time: 40-50 minutes

5. Grease the dish. Roll out the pastry and cut out a lid the size of the dish. Use the remaining pastry to line the base and edges of the dish. Prick the pastry base several times with a fork.

6. Fill with alternate layers of sauerkraut and minced meat. Place the pastry lid on top, brush with butter and pierce several times with a cocktail stick. This allows the moisture to escape when baking. Bake as indicated.

7. Serve the meat pie hot in the dish.



Savoury pear and cheese tartlet

To make approx. 20 servings
Universal pan

Shortcrust pastry:

125 g flour
1 egg
½ tsp salt
50 g butter
40 g sour cream

Topping:

80 g cream cheese
1 tbsp Marsala oder Portwine
Pepper, freshly ground
Salt
1 ripe pear, e.g. Abate
100 g chicory
150 g blue cheese
50 g Pecorino cheese

In addition:

Greaseproof paper
Cling film

Per serving

97 kcal, 6 g carbs, 6 g fat, 4 g protein,
0,5 BU

1. For the shortcrust pastry, sieve the flour onto a work surface and make a well in the centre. Whisk the egg using a fork and add salt to the well. Cut the cold butter into small chunks. Distribute the butter and sour cream around the edge of the flour. Working outwards, knead everything quickly into a smooth dough. Wrap the dough in cling film and chill for around 30 minutes.

2. Mix the cream cheese with Marsala and egg. Season with salt and pepper.

3. Wash the pear and cut into fine wedges. Wash the chicory and cut into strips approx. 1 cm wide.

4. Line the universal pan with greaseproof paper.

5. Roll the pastry out on the flour-dusted work surface so that it is approx. 3 cm thick. Use a pastry cutter to cut circles approx. 6 cm in size and then place in the universal pan. Spread the tartlets evenly with the cream cheese mixture. Distribute the strips of chicory on top and fan out the pieces of pear on top.

6. Cut the blue cheese into small cubes and arrange on the tartlets. Sprinkle with Pecorino cheese and bake as indicated. Season with pepper and serve immediately.

Setting procedure:

Universal pan, level 2
Top/bottom heating
210 °C
Baking time: 20-25 minutes





Jams and preserves



Spiced blood orange marmalade

For 6 jars, 250 ml each
Large glass dish with lid

Marmalade:

1 kg blood oranges
800 g oranges
500 g preserving sugar, 1:2
40 g fresh ginger
2 lemon thyme sprigs
1 vanilla pod
½ tsp cinnamon

Per jar

473 kcal, 109 g carbs, 1 g fat,
3 g protein, 9,1 BU

1. Wash the oranges in hot water, rub them dry and peel over a bowl. Completely remove the white pith. Then break the oranges into segments, collect the juice and remove the pips. Cut the orange segments in half.

2. Weigh the orange segments and juice.
Mix 500 g preserving sugar (1:2) with approx. 900 g of orange segments, including juice, in a large glass dish. Peel the ginger, cut into small batons and add to the mixture. Rinse the lemon thyme and shake it dry. Halve the vanilla pod lengthwise and scrape out the pulp. Add the cinnamon, lemon thyme and vanilla pulp and leave to infuse for an hour.

3. Then bring to the boil as indicated in the enclosed glass dish. Stir while cooking.

4. Remove the resulting foam. Pour the jam to small, clean jars while still hot and seal at once.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Cooking time: 15-17 minutes

Tip:

To ensure that the orange pieces do not all rise to the top of the jar, immediately after preserving, place the jars upside down for 5-10 minutes in a basin full of water. Afterwards, turn the jars repeatedly while they are cooling. Place in the refrigerator and leave the marmalade to set.



Pineapple and mango chutney with chilli

For 6 jars, 190 ml each
Glass dish with lid

Chutney:

500 g pineapple, weighed in advance
250 g mango chunks, weighed in advance
50 ml port
50 ml white balsamic vinegar
50 ml mango juice
250 g preserving sugar
5-10 chilli threads

Per jar

266 kcal, 61 g carbs, 1 g fat, 1 g protein,
5,0 BU

1. Thoroughly clean and dry the jars.

2. Cut the pineapple and mango into small cubes of approx. 0.5 cm and place in a glass dish.

3. Add all ingredients, except for the chilli threads, mix well, cover with the lid and heat as indicated.

4. Add the chilli threads and bring the chutney to the boil in the closed glass dish as indicated.

5. Add the chutney to the jars while still hot and seal at once.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Heat chutney: 10 minutes

Bring chutney to the boil: 5 minutes

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