

SIEMENS



# Cooking inspirations.

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

[www.siemens-home.com/mysiemens](http://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 compact oven with fullSteam function. 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!

Useful information about your iQ700 oven .....	<b>5</b>
Side dishes and vegetables, vegetarian dishes and bakes .....	<b>14</b>
Fish .....	<b>58</b>
Poultry and meat.....	<b>80</b>
Desserts, soufflés and sweet dishes .....	<b>142</b>
Cakes and small baked items.....	<b>150</b>
Bread and bread rolls, pizza and savoury cakes .....	<b>206</b>
Index of recipes .....	<b>226</b>





Useful information  
about your iQ700 oven  
with roastingSensor Plus

# Information on your appliance

## **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.





**SIEMENS**

# 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

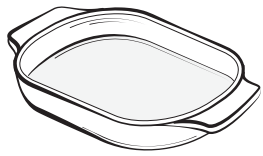
1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures

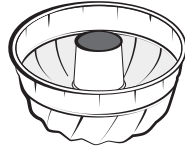
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2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

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26





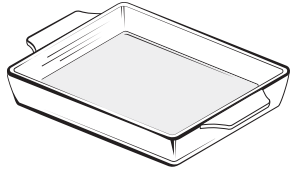
Ovenproof dish, oval



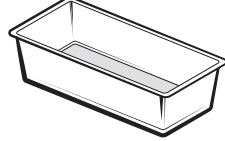
Bundt cake tin



Springform cake tin, square



Ovenproof dish, rectangular



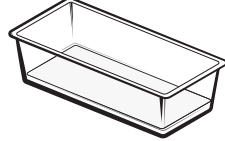
Cake tin



Springform cake tin, round



Roaster, glass, without lid



Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



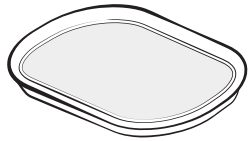
Mini tart dishes



Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

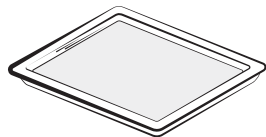


Pizza tray, round

# Special accessories

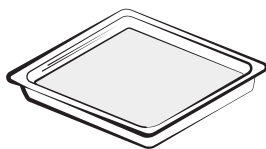


There is a comprehensive range of special accessories for your appliance. You can find information on these in our brochures or online.



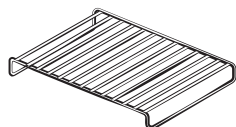
**Baking tray, non-stick**

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.



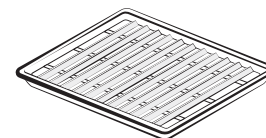
**Universal pan, non-stick**

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.



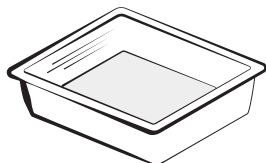
**Wire insert**

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



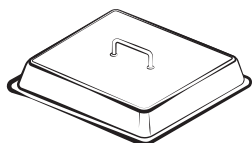
**Grill tray**

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



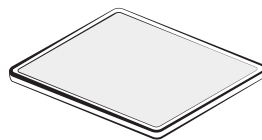
**Profi pan**

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.







Side dishes and vegetables,  
vegetarian dishes and bakes



# Lemon potatoes with herbs and pointed peppers

**For 4 servings**  
**Universal pan**

**Potatoes:**

900 g small waxy potatoes  
½ bunch thyme  
½ bunch rosemary  
3 organic lemons  
2 tbsp olive oil  
Salt

**Pepper:**

800 g red pointed peppers  
5 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.
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. Distribute the potato and lemon in the universal pan. Drizzle with a little oil and add salt. Bake as indicated.
5. Wash the pointed peppers, halve and core them. Cut into large pieces 3x3 cm. Drizzle with 5 tbsp oil and season.
6. After 40 minutes, scatter the pieces of pepper over the potatoes and bake until done.

**Setting procedure:**

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.



# Roasted vegetables with balsamic sauce

**For 4 servings**  
**Medium ovenproof dish**

**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. Sweat the onion in 2 tbsp olive oil. Season to taste with balsamic vinegar, honey, cream, sage and seasonings. Allow to boil for two minutes. Add the garlic at the end.

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

**Setting procedure:**

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.



# Baked asparagus with salsa

**For 4 servings**  
**Universal pan**

**Salsa:**

400 g cherry tomatoes  
1 tbsp fresh oregano  
½ bunch fresh basil  
1 small, red onion  
6-8 tbsp olive oil  
Chilli flakes  
Salt  
Pepper, freshly ground  
Sugar

**Asparagus:**

1.5 kg fresh green asparagus  
4 tbsp olive oil  
Salt  
Sugar

**Serve with:**

Crema di Balsamico

**Per serving**

379 kcal, 11 g carbs, 34 g fat,  
8 g protein, 0,9 BU

1. For the salsa, wash the tomatoes and finely chop them. Roughly chop the herbs. Peel the onions and cut into strips. Mix the tomatoes, herbs and onions with the oil and season well.

2. Peel the lower third of the asparagus and cut into pieces 3-4 cm long. Add to the universal pan and drizzle with olive oil. Season with salt and sugar and cook as indicated.

3. Serve the asparagus on plates and add the cold salsa to the warm asparagus. Drizzle with a little Crema di Balsamico to serve.

**Setting procedure:**

Universal pan, level 2  
Top/bottom heating  
200 °C  
Cooking time: 25-30 minutes





# Pumpkin and chilli vegetables with apples

**For 4 servings**  
**Universal pan**

**Pumpkin:**

1 kg Muscat pumpkin  
50 g butter  
Chilli salt  
Mixed pepper, freshly ground  
2 garlic cloves  
3 medium-sized, sour apples  
Approx. 180 g celery  
150 ml water

**Per serving**

234 kcal, 29 g carbs, 11 g fat,  
4 g protein, 2,4 BU

1. Peel the pumpkin and remove the core with the seeds. Cut into wedges approx. 4 cm wide.

2. Melt the butter, brush the universal pan with a thin layer of it, and sprinkle with chilli salt and mixed pepper.

3. Peel and quarter the garlic cloves and distribute in the universal pan. Arrange the pumpkin wedges on top.

4. Wash the apples, core them and cut them into quarters. Lay the apple wedges between or in the pumpkin wedges.

5. Wash the celery, cut it into cubes approx. 1 cm in size and scatter over the pumpkin and apple wedges. Season with chilli salt and mixed pepper once again and brush with the remaining butter. Add the water and cook the pumpkin as indicated.

**Setting procedure:**

Universal pan, level 2  
Top/bottom heating  
180 °C  
Cooking time: 30-35 minutes



# Tomatoes stuffed with lentils, bulgur wheat and goat's cheese

**For 4 servings**  
**Medium ovenproof dish**

**Filling:**

75 g green lentils  
75 g bulgur wheat  
1 shallot  
20 g butter  
300 ml vegetable stock  
100 g goat's cheese or cream cheese  
3 tbsp parsley, chopped  
Sea salt  
Pepper, freshly ground  
Sugar

**Tomatoes:**

8 tomatoes  
Sea salt  
Pepper, freshly ground

**In addition:**

2 tbsp olive oil for the dish

**Per serving**

246 kcal, 30 g carbs, 8 g fat,  
21 g protein, 2,5 BU

1. Leave the lentils to soften in cold water for approx. 60 minutes. Then drain off the water. Put the bulgur wheat in a sieve and rinse briefly.

2. Peel and finely dice the shallot. Put the butter and diced shallots in a saucepan and sweat them.

3. Add lentils and bulgur wheat, put the lid on and sweat them. Top up with the vegetable stock and cook. Stir while cooking.

4. Let the steam dissipate briefly from the lentils and bulgur wheat and stir the goat's cheese into the mixture. Add the parsley and season the filling generously with salt, pepper and sugar.

5. Wash the tomatoes. Cut off the tops of the tomatoes and dice them. Carefully scoop out the flesh of the tomatoes using a teaspoon. Season the inside of the tomatoes and fill them with the mixture of lentils, bulgur wheat and cheese.

6. Add the olive oil to the ovenproof dish. Add the diced tomatoes and the filled tomatoes to the dish and cook as indicated.

**Setting procedure:**

Ovenproof dish on the wire rack, level 2  
Top/bottom heating  
210 °C  
Cooking time: 25-30 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 remaining butter and cook the stew until done.

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

### Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 50-55 minutes



# Asparagus tortilla

**For 4 servings**  
**Pizza tray, diameter 30 cm**

**Asparagus mixture:**  
2 shallots  
150 g serrano ham  
250 g white asparagus  
250 g green asparagus  
2 tbsp olive oil  
1 tsp lemon juice  
2 tbsp fresh parsley or fresh chervil, chopped  
30 g pitted black olives

**Egg mixture:**  
8 eggs  
1 tsp medium-hot mustard  
Sea salt  
Pepper, freshly ground

**In addition:**  
Olive oil for the baking tray

**Per serving**  
340 kcal, 6 g carbs, 24 g fat,  
25 g protein, 0,5 BU

1. Peel and finely dice the shallots. Cut the ham into strips.

2. Peel the whole of the white asparagus, peel the lower third of the green asparagus and cut off the ends. Cut the spears diagonally into pieces approx. 4 cm long.

3. Heat the olive oil in a frying pan and sweat the shallots in it. Add the ham strips and the pieces of asparagus to the shallots and sweat with them briefly. Add the lemon juice, parsley and olives and season the mixture to taste.

4. Grease the pizza tray with olive oil and distribute the asparagus mixture on it.

5. Whisk the eggs and season them well with mustard, sea salt and pepper.

6. Pour over the asparagus mixture and bake the tortilla as indicated.

## **Setting procedure:**

Pizza tray on the wire rack, level 2

Top/bottom heating

190 °C

Cooking time: 30-35 minutes

## **Tip:**

When served as a main meal, the tortilla is enough for two servings.

Try using Spanish chorizo sausage, cut into small cubes instead of serrano ham to give a different taste.





# Yorkshire pudding

## For 12 servings Muffin tin

### Mixture:

200 ml milk  
100 ml water  
1 egg  
125 g flour  
Salt

### In addition:

Lard for greasing the muffin tin

### Per serving

176 kcal, 20 g carbs, 9 g fat, 5 g protein,  
1,6 BU

1. Place the milk, water and egg in a mixing bowl and whisk with an egg whisk. Slowly add the flour and a pinch of salt and continue whisking until you have a smooth mixture. Leave to stand for 30 minutes.

2. Put approx. ¼ tsp lard in each recess of the muffin tin. Place the dish into the oven and preheat.

3. Distribute the dough evenly in the hot muffin tin and bake as indicated.

### Setting procedure:

Muffin tin on the wire rack, level 2  
Top/bottom heating  
200 °C  
Preheat  
Cooking time: 30-40 minutes



# Baked mushroom dumplings

## For 4 servings

### Baking tray

### Dumpling mixture:

400 g fresh seasonal mushrooms,  
e.g. button mushrooms, shiitake  
mushrooms, porcini mushrooms  
1 bunch flat-leaf parsley  
1 onion  
1 garlic clove  
40 g butter  
2 tbsp olive oil  
Approx. 300 ml milk  
8 stale bread roll  
5 eggs  
Salt  
Black pepper, freshly ground  
Nutmeg, freshly grated  
50 g dried cranberries

### In addition:

Tin foil  
Butter for the tin foil

### Per serving

511 kcal, 63 g carbs, 21 g fat,  
16 g protein, 5,2 BU

1. Clean the mushrooms using kitchen towel or a special mushroom brush and cut into slices 1 cm wide.
2. Rinse the parsley, shake it dry and chop it roughly. Peel and dice the onion and garlic.
3. Heat the butter and olive oil in a pot. Add the onions, mushrooms and garlic and sweat until translucent. Add the parsley and sweat for 2 minutes as well. Remove the pot from the hotplate and pour over the milk. Allow to cool.

### Setting procedure:

Baking tray, level 2  
Top/bottom heating  
160 °C  
Cooking time: 30-35 minutes

### Tip:

In autumn/winter, you can also get fresh cranberries. They taste slightly more bitter.

4. Cut the bread rolls into cubes 1-2 cm in size. Add the lukewarm milk mixture and eggs, gently mix in and season with salt, pepper and a little nutmeg.
5. Dice the cranberries finely, mix into the bread roll mixture and leave to rest for approx. 20 minutes.
6. Brush a strip of tin foil with a little butter. Add the bread roll mixture to this and form it gently into a roll 4-5 cm thick. Seal firmly at the sides. Cook as indicated.



# Aubergine towers

**For 4 servings**  
**Medium 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. Melt the butter in a pot and briefly sweat the rice in it. Top up with water. Peel the onion. Fix the bay leaf to the onion with the clove, add to the rice and cook whilst covered.

2. Wash the aubergines and cut off the stem. Cut each aubergine into 4 round, equally thick slices. Scoop out the inside of the aubergine using a tablespoon. Leave a border of approx. 1 cm around the edge when doing so. Cut the flesh into cubes approx. ½ cm in size and season with salt. Score the skin of the aubergine pieces and season the aubergines on the inside and outside with salt.

3. 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 them.

4. 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.

5. Dry off the aubergine slices with kitchen towel. Mix the pieces of aubergine without liquid with the chopped tomatoes in an ovenproof dish, position the aubergines and fill with the rice mixture.

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

**Setting procedure:**

Ovenproof dish on the wire rack, level 2  
Top/bottom heating  
210 °C  
Cooking time: 45-50 minutes

**Tip:**

Serve it with a fresh flatbread or baguette.



# Filled jacket potatoes

**For 4 servings**  
**Universal pan**

**Potatoes:**  
4 equally sized, floury potatoes,  
200 g each

**Filling:**  
20 g butter  
125 g grated Emmental or blue cheese  
Salt  
Pepper, freshly ground  
Nutmeg, freshly grated  
Parsley, chopped

**Per serving**  
364 kcal, 31 g carbs, 21 g fat,  
13 g protein, 2,6 BU

1. Wash and brush the potatoes, then pierce each one several times with a fork. Place onto the tray with the skin on and cook as indicated.

2. Afterwards, halve the potatoes and carefully scoop out the potato from the skin. Mix the potato in a bowl with butter, cheese, seasonings and the parsley. Then put the mixture back into the potato skins.

3. Place back onto the baking tray, slide in at level 4 and grill as indicated.

## **Setting procedure:**

Cooking the potatoes:

Universal pan

4D hot air

160 °C

Cooking time: 55-65 minutes

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

Grilling the potatoes:

Universal pan, level 4

Grill, large surface, setting 3

Grilling time: 5-8 minutes

## **Tip:**

Other fillings: 125 g tuna, 1 tsp butter and chopped chives or 150 g sour cream and a crushed garlic clove or 75 g cooked, diced ham and 25 g grated cheese.





# Pasta snails

**For 4 servings**  
**Medium ovenproof dish**

**Filling:**

2 onions  
2 garlic cloves  
6 tbsp olive oil  
500 g fresh spinach leaves  
Salt  
Nutmeg, freshly grated  
300 g goat's cheese  
1 egg  
Pepper, freshly ground

**Pasta:**

300 g fresh pasta dough  
350 ml stock

**For sprinkling:**

100 g grated cheese

**In addition:**

A little flour for the tea towel  
Cooking oil for the dish

**Per serving**

700 kcal, 55 g carbs, 39 g fat,  
32 g protein, 4,5 BU

1. Peel and dice the onions and garlic and sweat them until translucent in 3 tbsp olive oil. Add the trimmed spinach and steam. Season to taste with salt and freshly grated nutmeg.

2. Stir in goat's cheese and egg with 3 tbsp olive oil. Season with plenty of pepper and a little salt.

3. Roll out the pasta dough onto a flour-covered tea towel so that it is 30x40 cm. Brush with the cream cheese and distribute the spinach on top. Using the towel, roll the dough up from the long side and cut into 8 equally sized pieces.

4. Place the rolls alongside each other into a greased dish with the cut side facing upwards.

5. Heat the stock and pour into the dish.

6. Sprinkle the rolls with cheese and bake as indicated.

**Setting procedure:**

Ovenproof dish on the wire rack

4D hot air

180 °C

Cooking time: 30-35 minutes

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



# Polenta

**For 6 servings**  
**Medium ovenproof dish**

**Polenta:**  
1 tsp salt  
250 g coarse polenta  
50 g grated Emmental  
200 ml cream  
Sea salt  
Pepper, freshly ground  
30 g butter  
60 g pine nuts or flaked almonds

**In addition:**  
Butter for greasing

**Per serving**  
383 kcal, 33 g carbs, 24 g fat,  
9 g protein, 2,7 BU

1. Bring 1 l water to the boil with 1 tsp salt. Sprinkle in the polenta, stirring continuously.
2. Boil over a low heat for 5 minutes while stirring. When doing so, place a towel over the pot (so that it does not splash).
3. Add the cheese and cream, stir thoroughly and season with sea salt and pepper.

## **Setting procedure:**

Ovenproof dish on the wire rack, level 3  
Top/bottom heating  
200 °C  
Baking time: 40-50 minutes

## **Tip:**

Serve the polenta as a side dish with ratatouille or with other Mediterranean meat dishes.

4. Leave the polenta to stand for 15 minutes. Stir it from time to time in between. Then leave to cool.
5. Lightly grease the ovenproof dish. Use a tablespoon to remove scoops from the polenta mixture and place them into the ovenproof dish.
6. Heat the butter in a frying pan. Fry the pine nuts or flaked almonds until golden brown and scatter over the polenta. Bake the polenta as indicated.



# Vegetable enchiladas

## For 12 servings

### Baking tray

#### Corn tortillas:

200 g flour  
200 g polenta  
1 tsp salt  
2 eggs  
800 ml water  
1 pinch ground cumin  
2 tsp cooking oil

#### Filling:

1 onion  
1 red pepper  
1 green pepper  
2 garlic cloves  
2 tbsp cooking oil  
2 tomatoes  
1 tin sweetcorn  
1 tin kidney beans  
1 pinch dried chilli  
Salt  
Pepper, freshly ground  
1 generous pinch cayenne pepper  
1 tsp oregano  
½ tsp ground cumin  
2 tbsp tomato purée  
100 g cheese, grated

#### In addition:

2 tbsp chilli flakes for sprinkling  
2 tbsp cooking oil for deep-frying

#### Per serving

374 kcal, 54 g carbs, 11 g fat,  
13 g protein, 4,5 BU

1. Mix the flour, polenta and salt. Mix with the eggs and gradually add water. Stir in the cumin and oil and work the mixture into a pancake batter. Leave to rest for 30 minutes.

2. Peel the onion. Wash, halve and de-seed the peppers. Cut the onion and pepper into fine strips. Sweat the onion and crushed garlic in the oil until translucent. Add the pepper.

3. Blanch the tomatoes, remove the skin and cut into small chunks. Add to the frying pan with the sweetcorn and beans. Season everything and continue to sweat for 5 minutes. Remove the frying pan from the hotplate, stir in the tomato purée and 40 g cheese.

4. Deep-fry 12 wafer-thin corn tortillas with a diameter of 20 cm in a frying pan coated in a little cooking oil until golden in colour and stack them.

5. Add 2 tbsp of the filling to the centre of each corn tortilla and roll them up.

6. Line a baking tray with greaseproof paper. Place the enchiladas on top, close to each other. Sprinkle with the remaining cheese and bake the enchiladas as indicated.

7. Sprinkle with chilli flakes before serving.

#### Setting procedure:

Baking tray, level 3  
Top/bottom heating  
200 °C  
Cooking time: 20-25 minutes

#### Tip:

Flip the tortillas once the outer edges come away from the frying pan. The tortillas should be covered with fine holes.



# Vegetable bread muffins

## For 12 servings Muffin tin

### Mixture:

2-3 garlic cloves  
2-3 tbsp fresh or frozen Mediterranean herbs  
6 tbsp olive oil  
250 g root vegetables, e.g. celeriac, carrots, parsley root  
500 g wheat flour, type 550  
2 sachets dried yeast  
Approx. 350 ml water, warm  
1 tsp sugar  
100 g Parmesan, freshly grated  
Salt  
Black pepper, freshly ground  
Nutmeg, freshly grated

### In addition:

Butter for the muffin tray and flour for dusting or paper moulds

### Per serving

252 kcal, 32 g carbs, 10 g fat, 8 g protein, 2,7 BU

1. Peel the garlic and chop it finely, then sweat it briefly in 2 tbsp olive oil with the finely chopped herbs.
2. Trim, wash and, if necessary, peel the vegetables, then grate them roughly.
3. Mix the flour and the yeast. Add the lukewarm water and sugar. Knead together with the Parmesan, the mixed herbs, 4 tbsp olive oil and the grated vegetables. Season to taste with salt, pepper and freshly grated nutmeg. Leave to prove in a warm place whilst covered.

4. Split the dough into 12 pieces and form into balls. Place into a muffin tin which has been greased and covered in flour or lined with paper moulds and leave to prove for another 20 minutes. Bake as indicated.

### Setting procedure:

Muffin tin on the wire rack

4D hot air

180 °C

Baking time: 40-45 minutes

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





# Small cheese soufflés

## For 8 servings

### Soufflé dishes and universal pan

#### Soufflé:

75 g medium Gouda or mature Gouda

6 eggs

250 ml milk

50 g butter

Salt

Pepper, freshly ground

Nutmeg, freshly grated

75 g flour

#### In addition:

Butter for the ramekins

#### Per serving

213 kcal, 9 g carbs, 16 g fat, 9 g protein,  
0,7 BU

1. Grate the cheese very finely. Evenly grease the dishes or cups. Separate the eggs and place 1 extra egg white to one side.

2. Add the milk to a pot. Add butter, salt, pepper and nutmeg and bring to the boil. Sieve the flour and pour into the milk in one go. Stir the mixture with a wooden spoon until it comes away from the sides and forms a ball, and until a white coating becomes visible on the base of the saucepan. Remove the pot from the hotplate and immediately fold the egg white placed aside into the hot mixture.

3. Place the dough ball into a bowl and gradually stir in the egg yolk until it forms a smooth mixture. Stir in the grated cheese evenly.

4. Beat the remaining egg white until stiff with a pinch of salt and carefully fold into the cheese mixture.

5. Carefully fill the dishes or cups with the mixture. Place the dishes into the universal pan. Pour approx. 1 litre of boiling water into the universal pan and cook the soufflés as indicated.

#### Setting procedure:

Soufflé dishes in the universal pan, level 2

Top/bottom heating

160 °C

Baking time: 45-50 minutes



# Baked cheese in foil

## For 4 servings Universal pan

### Vegetable and oil mixture:

2 red peppers  
2 garlic cloves  
½ organic lemon  
1 tbsp fresh rosemary leaves  
1 tbsp fresh thyme leaves  
2 tsp capers  
20 black olives, with stone  
8 tbsp olive oil  
Salt  
Black pepper, freshly ground

### Cheese:

500 g feta or halloumi

### In addition:

4 anchovies according to taste  
Tin foil

### Per serving

626 kcal, 6 g carbs, 57 g fat,  
23 g protein, 0,5 BU

1. Wash, halve and de-seed the peppers and cut them into chunks 3 cm in size. Peel and finely dice the garlic. Wash the half a lemon in hot water, dry it and cut into 4 pieces. Mix everything together with herbs, capers, olives and oil. Season generously with salt and pepper.

2. Cut the tin foil into 4 strips, each 40x30 cm. Top each one evenly with 125 g cheese, then distribute the vegetable and oil mixture and the anchovies on top as desired.

3. Seal the foil well. Add the parcels to the universal pan and bake as indicated.

### Setting procedure:

Universal pan, level 2  
Top/bottom heating  
200 °C  
Cooking time: 20-25 minutes



# Potato and vegetable cake

## For 4 servings

Pizza tray, diameter 30 cm

### Potato and vegetable mixture:

650 g potatoes  
2 onions  
3-4 tbsp flour  
4 eggs  
2 tbsp lemon juice  
300 g broccoli  
200 g courgettes  
150 g red peppers  
1 small red chilli pepper  
Salt  
Black pepper, freshly ground  
Nutmeg, freshly grated  
Sugar

### Glaze:

1 bunch fresh chives  
300 g crème fraîche  
1 egg  
150 g grated cheese,  
e.g. medium mature Gouda

### In addition:

Butter for greasing the baking tray

### Per serving

670 kcal, 50 g carbs, 39 g fat,  
30 g protein, 4,1 BU

1. Peel and finely grate the potatoes and onions. Stir in the flour and eggs. Add the lemon juice and leave the mixture to stand for approx. 15 minutes.

2. In the meantime, trim and wash the vegetables, halve and core the peppers and chilli. Cut the vegetables finely, mix into the potato mixture and season generously.

3. Put the vegetable and potato mixture onto the greased pizza tray and smooth it out. Partially bake as indicated.

4. Rinse the chives in cold water, shake dry, cut into little rolls, and stir into a smooth mixture with crème fraîche, egg and cheese. Spread the mixture onto the part-baked vegetable cake and bake as indicated.

### Setting procedure:

Pizza tray on the wire rack, level 2  
Top/bottom heating  
200 °C  
Initial baking: 20 minutes  
Final baking: 25-30 minutes



# Courgette gratin with black olives

**For 2 servings**  
**Medium 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 tbs 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. Heat the olive oil in the frying pan. Add the garlic cloves and herbs to it and sweat them. Remove the garlic cloves and herbs once more.

5. Add the courgette slices, shallots and spring onions to the frying pan and sweat them briefly. 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:**

Ovenproof dish on the wire rack, level 2  
Top/bottom heating  
210 °C  
Cooking time: 20-25 minutes





# Lasagne tricolore

## For 4 servings

### 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, dice finely and sweat in 20 g butter. Add the spinach and steam for around 10 minutes in the pot with the lid on. Season with sea salt, pepper and nutmeg. Squeeze the spinach lightly to remove the excess liquid and place to one side.

2. For the sauce, allow the remaining butter to foam up in a pot, add the flour and sweat briefly. Add the vegetable stock and cream both at once and bring to the boil while stirring. Cook for 5 minutes and season to taste with salt, pepper and nutmeg.

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

4. Grease the ovenproof dish.

5. Add around one third of the sauce to the 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.

6. Put in another 3 sheets of lasagne and cover with a third 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.

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

#### Setting procedure:

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





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 each 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:

With meat probe  
Universal pan, level 2  
4D hot air  
190 °C  
Core temperature 70 °C

### Alternative setting:

Universal pan  
4D hot air  
190 °C  
Roasting 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.



# Red mullet on a bed of vegetables

**For 4 servings**  
**Universal pan**

**Fish:**

4 red mullet fillets, 200 g each  
1 lemon  
Sea salt

**Vegetables:**

2 red onions  
1 clove garlic  
200 g aubergines  
200 g courgettes  
2-3 sprigs rosemary  
½ bunch lemon thyme  
½ bunch basil  
3 tbsp olive oil  
Salt  
Pepper, freshly ground  
1 pinch sugar  
600 g chopped tomatoes  
20 g pitted black olives

**In addition:**

Tin foil  
Olive oil

**Per serving**

334 kcal, 8 g carbs, 15 g fat,  
41 g protein, 0,7 BU

1. Rinse the fish fillets quickly under cold water and pat dry with kitchen towel. Squeeze the lemon, season the fish with salt and drizzle the lemon juice over it.

2. Peel the onions and garlic, then cut the onions into cubes approx. 1 cm in size. Wash and trim the aubergine and courgette, then also cut into cubes approx. 1 cm in size. Rinse the fresh herbs and shake them dry. Place a few sprigs of the lemon thyme to one side. Pluck the needles and leaves of the remaining herbs and chop them finely.

3. Sweat the onions, garlic and herbs in olive oil. Season with salt, pepper and sugar. Add the diced vegetables and sweat for 3-4 minutes as well. Add the tomatoes and olives and simmer everything for approx. 10 minutes. Season to taste again.

4. For every fish fillet, cut a piece of tin foil to 30x30 cm in size. Brush each one in the centre with olive oil, then distribute the vegetables on top proportionately and place the fish on top with the skin facing upwards. Place the sprigs of lemon thyme which were placed aside on top of the fish and drizzle with a little olive oil. First fold the tin foil over the fish, and then roll the sides together.

5. Place the parcels into the universal pan and cook as indicated.

**Setting procedure:**

Universal pan, level 2  
Top/bottom heating  
190 °C  
Cooking time: 20-25 minutes

**Tip:**

In summer, the chopped tomatoes can be replaced by fresh, halved cherry tomatoes.



# Pike-perch fillet au gratin with horseradish sauce

**For 4 servings**  
**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 pot. Add the flour and sweat briefly. Deglaze with white wine and add the fish stock. Simmer the sauce for 5 minutes. Add cream and horseradish. Season well with salt and pepper.

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

## **Setting procedure:**

With meat probe  
Ovenproof dish on the wire rack, level 2  
Circulated air grilling  
180 °C  
Core temperature: 65 °C

## **Alternative setting:**

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



# Cod fillet with crispy coating

## For 4 servings

### Baking tray

#### Fish:

4 cod fillets, approx. 180 g each

2 tbsp lemon juice

Sea salt

Pepper, freshly ground

100 g herb butter, spreadable

1 organic lemon

40 g Parmesan, freshly grated

25 g breadcrumbs

2 tbsp flour

#### In addition:

Greaseproof paper

#### Per serving

385 kcal, 12 g carbs, 21 g fat,

37 g protein, 1,0 BU

1. Rinse the cod fillets briefly under cold water and pat dry with kitchen towel. Drizzle with lemon juice and season with salt and pepper.

2. Beat the herb butter with a whisk until light and fluffy. Wash the lemon with hot water, dry it and grate the peel. Add to the herb butter together with the Parmesan and breadcrumbs and mix everything thoroughly.

3. Line the baking tray with greaseproof paper.

4. Roll the fish in flour, place onto the baking tray and brush with a coating of the herb butter mixture.

5. Grill the fillets as indicated.

#### Setting procedure:

Baking tray, level 2

Circulated air grilling

210 °C

Grilling time: 20-25 minutes





# Salmon fillet with spinach leaves and tomatoes

**For 4 servings**  
**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 butter. Add the spinach and cook gently for approx. 10 minutes in the pot with the lid on. Then season with sea salt.

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

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

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

5. Toast the pine nuts in a frying pan without oil.

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

## **Setting procedure:**

With meat probe  
Ovenproof dish on the wire rack, level 2  
Circulated air grilling  
180 °C  
Core temperature 65 °C

## **Alternative setting:**

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



# Fried fish fillet with sweet and sour Asian vegetables

## For 4 servings

### Baking tray

#### Fried fish fillet:

4 fresh cod fillets, 160 g each

½ lemon

Sea salt, lemon pepper

4 sheets filo pastry or 'yufka' dough,  
approx. 160 g, frozen or fresh

1 egg yolk

1 tbsp milk

100 g butter

A few coriander leaves

#### Vegetables:

1 small clove garlic

2 slices fresh ginger

2 sticks lemongrass

2 spring onions

2 stalks celery

200 g pak choi or Chinese cabbage

1 red pepper, 1 yellow pepper

400 g fresh pineapple

2 tbsp peanut oil

1 tbsp sesame oil, toasted

10 g cornflour

100 ml pineapple juice

100 ml mild vegetable stock

Salt, pepper, freshly ground

2-3 tbsp lime juice, sugar

#### In addition:

Greaseproof paper

#### Per serving

631 kcal, 43 g carbs, 35 g fat,

35 g protein, 3,6 BU

1. Rinse the cod fillets briefly under cold water and pat dry with kitchen towel. Squeeze the lemon and drizzle the juice over the fish. Season with salt and lemon pepper.

2. Preheat the oven.

3. Leave the filo pastry to defrost as per the instructions on the packaging. Whisk the egg yolk and milk together. Melt the butter. Roll out one sheet of pastry, brush it with butter and fold it together into a size of approx. 30x20 cm. Place a coriander leaf onto one fish fillet, wrap it in the dough, press in the sides, brush with butter and form it into a parcel. Wrap each fish fillet in a sheet of pastry and brush with the egg yolk mixture. Place the fish parcels onto a baking tray lined with greaseproof paper and bake as indicated.

#### Setting procedure:

Baking tray, level 3

Top/bottom heating

210 °C

Preheat

Cooking time: 15-20 minutes

#### Tip:

Lemongrass doesn't cook and will not soften, it is only used as flavouring for a typically Asian taste element.

4. Peel the garlic clove and ginger for the vegetables. Crush the lemongrass slightly using the back of a knife blade and halve lengthwise. Trim the spring onions, celery, pak choi, peppers and pineapple and cut into pieces around 2 cm in size.

5. Heat up 1 tbsp peanut oil and sesame oil in a roaster. Fry the garlic, ginger and lemongrass in it. Add the vegetables gradually and fry them briefly. Finally, add the pineapple and braise the entire mixture for 10 minutes.

6. Sprinkle cornflour on the vegetables. Add 1 tbsp peanut oil, pineapple juice and vegetable stock and season generously to taste with salt, pepper, lime juice and sugar. Remove the lemongrass from the vegetables. Serve the fish parcels together with the vegetables.



# 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.



# Asparagus and fish parcels

## For 6 servings Universal pan

### Asparagus:

500 g white asparagus

500 g green asparagus

Salt

Sugar

2 tbsp lemon juice

1 tbsp basil, chopped

1 tbsp chervil, chopped

1 tbsp tarragon, chopped

1 tbsp tarragon vinegar

1 tbsp olive oil

1 tsp Dijon mustard

Sea salt

White pepper freshly ground

### Fish:

6 fresh spined loach fillets, 100 g each

Salt

Pepper, freshly ground

2 tbsp lemon juice

100 g prawns, fresh or frozen

### In addition:

Greaseproof paper

Kitchen string

Small bowls

### Per serving

145 kcal, 3 g carbs, 3 g fat, 24 g protein,  
0,3 BU

1. Peel the whole of the white asparagus, peel the lower third of the green asparagus and cut off the ends. Cut the asparagus into chunks approx. 5 cm in size.

2. Bring the water to the boil. Season to taste with salt, sugar and lemon juice. Add the asparagus and part-cook for approx. 5 minutes.

3. Mix the herbs with vinegar, olive oil and mustard in a large bowl. Add the asparagus, season with sea salt and pepper and leave to infuse for approx. 10 minutes.

4. Rinse the fish quickly under cold water and pat dry with kitchen towel. Season with salt and pepper and drizzle with lemon juice.

5. For every fish fillet, cut a piece of greaseproof paper to 30x30 cm and place into a small bowl. Distribute the marinated asparagus, fish fillet and prawns evenly between the little bowls. Twist the greaseproof paper into a parcel and seal at the top with kitchen string. Cut off any loose edges at the top.

6. Place the parcels into the universal pan and cook as indicated.

### Setting procedure:

Universal pan, level 2

Top/bottom heating

180 °C

Cooking time: 25-30 minutes





# Plaice rolls on a bed of ratatouille

**For 4 servings**  
**Large ovenproof dish**

**Fish:**

8 plaice fillets, approx. 80 g each  
2 tbsp lemon juice  
Sea salt

**Ratatouille:**

120 g spring onions  
120 g celery  
1 red onion  
Approx. 300 g aubergines  
Approx. 300 g courgettes  
100 g fresh tomatoes  
40 g fresh herbs, e.g. chervil, tarragon,  
oregano, basil, thyme  
2 tbsp olive oil  
500 g tomato passata  
Sea salt  
Black pepper, freshly ground  
1 pinch sugar  
1 bay leaf

**In addition:**

8 wooden skewers

**Per serving**

254 kcal, 10 g carbs, 10 g fat,  
31 g protein, 0,8 BU

1. Rinse the plaice fillets quickly under cold water and pat dry with kitchen towel. Drizzle with lemon juice and season with salt.

2. Wash the spring onions and celery, trim them and cut them into fine rings. Peel and finely chop the onions.

3. Wash and trim the aubergine and courgette. Cut the aubergine into cubes approx. 1 cm in size. Use a potato peeler to peel 8 very thin slices from the courgette and place them to one side for the fish rolls. Also dice the remaining courgette.

4. Wash the tomatoes and dice them. Rinse the herbs, shake them dry and chop them roughly.

5. Heat up the olive oil. Sweat the spring onions, celery, herbs and diced onions. Add the remaining vegetables and the passata. Season with salt, pepper and sugar. Add the bay leaf and simmer the ratatouille uncovered for approx. 10 minutes. Then pour into an ovenproof dish.

6. Place a slice of courgette on each of the plaice fillets, roll up and secure with a cocktail stick. Place the fish rolls onto the ratatouille and cook as indicated.

**Setting procedure:**

Ovenproof dish on the wire rack, level 2  
Top/bottom heating  
200 °C  
Cooking time: 30-35 minutes





## Poultry and meat



# Oriental turkey breast

## For 4 servings

### Large ovenproof dish

#### Turkey breast:

250 g full-fat yoghurt  
2 tbsp ras el hanout or curry powder  
1 tbsp lemon juice  
40 g raisins  
Salt  
Black pepper, freshly ground  
Sugar  
700 g turkey breast  
500 g small tomatoes  
100 g quick-cooking couscous  
2-3 tbsp cooking oil

#### In addition:

Butter for greasing

#### Per serving

434 kcal, 32 g carbs, 11 g fat,  
49 g protein, 2,7 BU

1. Stir the yoghurt, ras el hanout, lemon juice and raisins into a marinade. Season with salt, pepper and sugar.

2. Rinse the turkey breast briefly under cold water, pat dry with kitchen towel and cut into pieces 3-4 cm in size. Add the meat to the marinade and leave to infuse for 30 minutes.

3. Grease the dish.

4. Wash the tomatoes and cut roughly into wedges. Place into the dish and season with salt and sugar. Sprinkle the couscous over the top and drizzle with oil. Arrange the meat on top with the marinade and roast as indicated.

#### Setting procedure:

Ovenproof dish on the wire rack, level 3  
Circulated air grilling  
190 °C  
Grilling time: 30-35 minutes



# Stuffed turkey breast

**For 6 servings**  
**Medium roaster**

**Turkey:**

1.2 kg turkey breast  
1 stale bread roll  
1 shallot  
1 garlic clove  
20 g butter  
50 g fresh or frozen spinach leaves  
Sea salt  
Pepper, freshly ground  
Nutmeg, freshly grated  
50 g blue cheese  
50 ml milk  
30 g clarified butter  
2 shallots  
100 ml poultry stock from a jar  
Sugar  
A little balsamic vinegar  
Parsley according to taste

**In addition:**

Wooden skewers  
Kitchen string

**Per serving**

310 kcal, 5 g carbs, 8 g fat, 52 g protein,  
0,4 BU

1. Rinse the turkey breast briefly under cold water and pat dry with kitchen towel. Create a small pocket from the thick side using a sharp knife.

2. Cut the bread rolls into cubes approx. 1 cm in size.

3. Peel the shallot and garlic. Finely dice the shallot and sweat in butter. Add the garlic clove and sweat as well. Add the spinach leaves, put on the lid and leave to cook for approx. 5 minutes.

4. Remove the garlic cloves. Season the spinach with sea salt, pepper and nutmeg. Add the blue cheese and mix everything together.

5. Warm the milk, pour over the bread cubes and leave to soak briefly. Then add the spinach and mix together well.

6. Season the meat on the inside and outside with sea salt and pepper and fill with the spinach mixture. Seal the opening with wooden skewers and tie up with kitchen string.

7. Heat the clarified butter in a roaster and sear the turkey breast all over.

8. Peel the shallots, cut them into quarters and briefly fry them too. Add the poultry stock and roast the turkey breast as indicated. Turn once after approx. 45 minutes.

9. After the end of the roasting time, keep the turkey breast warm. Bring the meat juices to the boil, season to taste and thicken as required with cornflour.

**Setting procedure:**

With meat probe  
Roaster without lid on the wire rack, level 2  
Top/bottom heating  
170 °C  
Core temperature 80 °C

**Alternative setting:**

Roaster with lid on the wire rack, level 2  
Top/bottom heating  
170 °C  
Cooking time: 75 minutes





# Grilled chicken filled with herbs

## For 4 servings

Universal pan with 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 spices and baste each half of the chicken on the outside with the mixture.

5. Grill the chicken as indicated.

### Setting procedure:

With meat probe

Universal pan with wire rack, level 2

Circulated air grilling

200 °C

Core temperature 85 °C

### Alternative setting:

Universal pan with 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.



# Sicilian chicken

## For 4 servings Roaster with lid

### Meat:

1 roasting chicken, approx. 1.4 kg  
Salt  
Pepper, freshly ground  
Cooking oil for frying

### Sauce:

150 g streaky bacon or coppa ham  
1 clove garlic  
Oil  
100 g tomato purée  
500 ml red wine  
800 g passata with herbs  
Rosemary  
Thyme  
Sage  
2 bay leaves  
1 piece organic lemon peel  
500 ml poultry stock

### Per serving

979 kcal, 14 g carbs, 64 g fat,  
68 g protein, 1,2 BU

1. Rinse the chicken briefly under cold water and pat dry with kitchen towel. Cut up into 8 pieces; quarter the breast when doing so.

2. Season the chicken pieces. Heat the oil in a roaster, sear the chicken pieces all over and then place them onto a plate.

3. Finely dice the bacon, add to the roaster with the crushed garlic clove and fry in oil. Add the tomato purée and fry briefly. Deglaze with a little red wine.

4. Add the tomatoes, herbs and lemon peel to the sauce. Add the chicken pieces as well. Top up with red wine and poultry stock. Place the lid on top and braise the chicken pieces as indicated.

### Setting procedure:

Roaster with lid on the wire rack, level 2  
Top/bottom heating  
210 °C  
Cooking time: 1 hr. 10 min. - 1 hr. 20 min.



# 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:

With meat probe  
Universal pan, level 3  
Circulated air grilling  
230 °C  
Core temperature: 75 °C

### 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



# Chicken wings

## For 4 servings

### Universal pan with wire rack

#### Marinade:

2 lemons  
3 garlic cloves  
50 ml olive oil  
1 tbsp oregano  
1 tbsp paprika  
1 tsp black pepper, freshly ground  
Salt

#### Chicken:

16 chicken wings

#### Per serving

611 kcal, 7 g carbs, 48 g fat,  
37 g protein, 0,6 BU

1. Squeeze the lemons. Peel the garlic and crush into the lemon juice. Stir with the remaining ingredients to form a marinade.

2. Rinse the chicken wings briefly under cold water and pat dry with kitchen towel. Brush with the marinade and grill on the wire rack as indicated.

#### Setting procedure:

Universal pan with wire rack, level 2  
Circulated air grilling  
220 °C  
Cooking time: 30-40 minutes



# Chicken pâté with pistachios

## For 6 servings

Glass cake mould, 30 cm

### Pâté:

500 g chicken breast, from free-range chickens

250 g turkey breast ham, unsmoked

25 g shelled pistachios

2 eggs

50 ml cream

5 ml cognac

½ tsp sea salt

A little mixed pepper

200 g thinsmoked pork belly slices

A few small herb leaves, e.g. lemon balm

### In addition:

Butter for greasing

### Per serving

397 kcal, 1 g carbs, 24 g fat,

44 g protein, 0,1 BU

1. Have the butcher finely chop the chicken breasts, or leave them to freeze slightly before chopping them finely in a chopper. Cut the turkey breast ham very finely and mix into the chicken breast mixture.

2. Cut the pistachios coarsely and place 1 tbsp of them to one side. Add the pistachios to the chicken mixture. Add eggs, cream, cognac, sea salt and mixed pepper to the mixture and stir until you have a smooth mixture.

3. Grease the cake tin slightly and sprinkle the pistachios you placed aside over it. Scatter the herb leaves over the base of the tin. Line the tin with the slices of pork belly. The slices must overlap evenly and protrude over the edge of the tin by half its height.

4. Fill the tin with the chicken, mixture, fold over the protruding pork belly slices and fold in firmly at the sides. To do so, slide a spoon between the edge of the tin and the filled mixture.

5. Cook the pâté enclosed by the pork belly slices as indicated.

6. Leave the cooked pâté to rest. Ideally, it should be left overnight to cool in the refrigerator. Only then should you take it out of the tin and slice it open.

### Setting procedure:

With meat probe

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

4D hot air

160 °C

Core temperature 85 °C

### Alternative setting:

Cake mould, glass, on the wire rack

4D hot air

160 °C

Cooking time: 45-50 minutes

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

### Tip:

Serve the pâté warm or cold with apple sauce, poultry jus or salad.



# 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 with wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Roasting time: 40-50 minutes





# Oriental-style duck breast

## For 4 servings

### Universal pan with wire rack

#### Duck:

2 duck breast fillets, 300 g each

Salt

Pepper, freshly ground

#### Vegetables:

300 g carrots

1 bunch spring onions

1 tbsp cooking oil

150 ml chicken stock

5 tbsp soy sauce

2 tbsp sherry

1 walnut-sized piece of fresh ginger

100 g bamboo shoots

150 g mung bean sprouts

2 tsp maple syrup

Chilli powder

#### In addition:

¼ bunch fresh coriander

2 tbsp cashews, roasted

#### Per serving

524 kcal, 14 g carbs, 36 g fat,

36 g protein, 1,1 BU

1. Rinse the duck breast fillets briefly under cold water and pat dry with kitchen towel. Score the fat with a criss-cross pattern using a sharp knife. Rub with salt and pepper. Place the fillets onto the wire rack with the skin facing up and roast as indicated.

2. Peel the carrots and cut into slices diagonally. Trim and wash the spring onions, then cut them into quarters.

3. Add the oil to a frying pan. Fry the carrots and spring onions in the oil. Pour in the chicken stock, soy sauce and sherry. Press the peeled ginger through a garlic press and add to the mixture. Reduce, uncovered, for about 5 minutes.

4. Stir in the bean sprouts. Season to taste with maple syrup, salt, pepper and chilli powder.

5. Cut the duck breast fillets into thin strips and arrange on top of the vegetables. Wash the coriander and pick off the leaves. Garnish the fillets with coriander leaves and cashews.

#### Setting procedure:

With meat probe

Universal pan with wire rack, level 2

Circulated air grilling

230 °C

Core temperature 55 °C

#### Alternative setting:

Universal pan with wire rack, level 2

Circulated air grilling

230 °C

Grilling time: 25-30 minutes

#### Tip:

Dripping fat can cause smoke. To prevent this, pour 125 ml water into the universal pan.



# Grilled goose with bread roll filling

## For 6 servings

### Universal pan with wire rack

#### Goose:

1 young goose, approx. 3 kg, fresh or defrosted

Salt

Pepper, freshly ground

Mugwort

#### Filling:

3 stale bread rolls

100 ml milk

3 eggs

Goose liver

Goose heart

1 onion

1 bunch flat-leaf parsley, freshly chopped

30 g butter

Nutmeg, freshly grated

#### In addition:

Cocktail sticks

Butter or salt water for brushing

#### Per serving

757 kcal, 13 g carbs, 52 g fat,

60 g protein, 1,1 BU

1. Remove the goose, discard the fat and cut out the rump gland. Rinse the goose under cold water and pat dry with kitchen towel. Season with salt and pepper and rub inside with mugwort.

2. Slice the bread rolls thinly and pour the hot milk over them. Mix together the eggs and bread rolls. Chop the giblets. Chop the onions, fry in butter with the giblets and the parsley, season to taste. Mix with the bread roll mixture. Fill the goose with it and seal the cavity with cocktail sticks.

#### Setting procedure:

Universal pan with wire rack, level 2

Circulated air grilling

170 °C

Roasting time: 2 hr.-2 hr. 30 min.

#### Tip:

You can seal the bird using the 'shoelace method'.

Pierce the opening with cocktail sticks and wrap string around these in a criss-cross pattern.

You can grill the goose in exactly the same way even if you have not stuffed it. In this case, the cooking time will be reduced by approx. 15 minutes.

3. Place the goose onto the wire rack with the breast side down and roast as indicated. Turn the goose after approx. 90 minutes.

4. To make the skin crispier, brush the goose with butter or salted water approx. 10 minutes before the end of the roasting time.



# Corn-fed chicken with herb butter

## For 4 servings Universal pan

### Herb butter:

60 g butter, soft  
1 tbsp olive oil  
3 tbsp frozen Italian herbs without onions  
Salt  
Pepper, freshly ground  
Sweet paprika powder

### Meat:

1 corn-fed chicken, 1.6 kg  
Salt  
Pepper, freshly ground

### Per serving

811 kcal, 0 g carbs, 67 g fat,  
53 g protein, 0 BU

1. Beat the butter with an egg whisk until creamy. Add the olive oil and herbs and mix. Season well with salt, pepper and paprika.

2. Rinse the chicken briefly in cold water and pat dry with kitchen towel. Season with salt and pepper both inside and out. Carefully detach the skin from the meat on the breast. Insert the herb butter between the skin and breast meat.

3. Place the chicken into the universal pan with the breast facing down and cook as indicated.

4. Turn after 30 minutes or so and roast until done.

### Setting procedure:

With meat probe  
Universal pan, level 2  
Circulated air grilling  
200 °C  
Core temperature: 85 °C

### Alternative setting:

Universal pan, level 2  
Circulated air grilling  
200 °C  
Cooking time: 1 hr. 10 min. - 1 hr. 30 min.



# Beef tenderloin with Mediterranean vegetables

**For 6 servings**  
**Universal pan**

**Meat:**

1 kg beef tenderloin, centre-cut  
6-8 fresh rosemary sprigs  
4 tbsp olive oil

**Vegetables:**

2 red peppers, approx. 400 g  
1-2 courgettes, approx. 220 g  
1 aubergine, approx. 250 g  
Salt  
Black pepper, freshly ground  
Nutmeg, freshly grated  
Sugar  
300 g cherry tomatoes  
1 clove garlic

**Per serving**

572 kcal, 8 g carbs, 35 g fat,  
57 g protein, 0,7 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Using a larding needle, stick the rosemary sprigs through the meat diagonally. Alternatively, use a metal skewer or a kebab skewer.

2. Heat the cooking oil in a roaster and fry the meat in it.

3. Wash and trim all the vegetables except the cherry tomatoes, de-seed the pepper and cut everything roughly. Add to the meat, season and fry for 5 minutes too.

4. Transfer the vegetables and meat to the universal pan. Peel the garlic clove. Wash the cherry tomatoes. Add the cherry tomatoes and garlic clove to the meat and cook as indicated.

**Setting procedure:**

With meat probe  
Universal pan, level 2  
Circulated air grilling  
180 °C  
Core temperature: 58 °C

**Alternative setting:**

Universal pan, level 2  
Circulated air grilling  
180 °C  
Grilling time: 30-35 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.



# 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 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



# Breast of veal with colourful stuffing

**For 4 servings**  
**Universal pan**

**Breast of veal:**

1 kg breast of veal; ask your butcher to cut a pocket into it  
Salt  
Pepper, freshly ground

**Filling:**

3 stale bread roll  
1 onion  
1 small carrot  
50 g butter  
100 g frozen peas  
150 ml milk  
1 egg  
2 tbsp chervil, chopped  
2 tbsp parsley, chopped  
Nutmeg, finely grated  
3 sprigs thyme  
3 sprigs rosemary

**Sauce:**

Approx. 500 ml veal stock  
1 l liquid stock  
1-2 tbsp cornflour

**In addition:**

cocktail sticks

**Per serving**

797 kcal, 32 g carbs, 50 g fat,  
56 g protein, 2,6 BU

1. Rinse the veal briefly under cold water and pat dry with kitchen towel. Season inside and out.
2. Cut the bread rolls into cubes approx. 1 cm in size.
3. Chop the onion and trim, wash and dice the carrot. Heat the butter in a small pot and sweat the onion in it. Add the diced carrot and peas to the onion and mix. Deglaze with the milk and pour over the bread roll cubes.
4. Mix with the egg, herbs and soaked bread rolls to make a paste and season well.

5. Stuff the meat with the paste and hold closed with cocktail sticks. Place into the universal pan lined with rosemary and thyme or into the roaster with the open seam facing the side and roast as indicated. If required, top up with veal stock and a little liquid stock.
6. Remove the meat and keep warm. Top up the juices with the remaining liquid stock and bring to the boil. Thicken with the cornflour stirred into cold water and season to taste.

**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  
Roasting time: 1 hr. 10 min.-1 hr. 20 min.

**Tip:**

Cut the onions, carrots and some celery into 1 cm pieces. Add the vegetables to the meat and roast together. This will make a flavoursome sauce. Try using 100 g mushrooms instead of the peas and carrots. If doing this, add some chopped marjoram.



# 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.





# Veal roulades

## For 4 servings

### Medium roaster with lid

#### Filling:

40 g medium-mature Parmesan

1 medium courgette

100 g red pepper or

dried tomatoes in oil

3 tbsp pesto à la Calabrese

Salt

Pepper, freshly ground

#### Meat:

4 thin veal roulades, 160-180 g each

Salt

Pepper, freshly ground

1 tbsp olive oil

2 tbsp clarified butter

#### Sauce:

100 ml veal stock

2 sprigs thyme

2 sprigs rosemary

2 garlic cloves

#### In addition:

Kitchen string or roulade pins

#### Per serving

386 kcal, 2 g carbs, 23 g fat,

42 g protein, 0,2 BU

1. Grate the Parmesan. Wash and trim the courgette, then cut lengthwise into wafer-thin slices. Wash, halve and de-seed the peppers. Cut the peppers or the dried tomatoes into very small cubes.

2. Rinse the sliced meat briefly under cold water and pat dry with kitchen towel. Carefully tenderise or flatten it a little. Season with salt and pepper on both sides.

3. Brush each slice with pesto on one side. Sprinkle with Parmesan and distribute the courgette slices lengthwise on top. Scatter the peppers or dried diced tomatoes onto the courgette and season them.

4. Roll the sliced meat up tightly and tie with kitchen string or fasten with roulade pins.

5. Heat up the cooking oil and clarified butter in the roaster and briefly sear the roulades all over. Then position them with the edge facing downwards and deglaze with 50 ml veal stock. Add the herbs and garlic. Cover the roaster and braise the roulades as indicated.

6. Remove the cooked roulades from the roaster and keep them warm. Add the remaining veal stock to the sauce. Remove the herb stems and garlic cloves and season the sauce once again with salt and pepper.

#### Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

160 °C

Cooking time: 55-60 minutes

#### Tip:

Serve tagliatelle or a different kind of pasta as a side dish.



# 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 approx. 3 cm long. Wash the celery and leek, cut into pieces approx. 3 cm long and put to one side.

3. After cooking for approx. 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 60 minutes or so.

5. Add the leek and celery, as well as a bit more water if necessary. Cook for another 40 minutes.

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

7. Baste the meat with the lemon-honey mixture and roast until done.

### Setting procedure:

With meat probe

Universal pan, level 2

Top/bottom heating

200 °C

Core temperature 85 °C

### Alternative setting:

Universal pan, level 2

Top/bottom heating

200 °C

Cooking time: approx. 2 hours 40 minutes



# 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.



# Pork fillet in a salt crust

**For 4 servings**  
**Large ovenproof dish**

**Meat:**

Approx. 600 g pork fillet  
10 leaves fresh sage  
Pepper, freshly ground

**Salt crust:**

2 egg whites  
1 kg sea salt  
Approx. 30 ml water

**Sauce:**

½ small shallot  
20 g butter  
1 tbsp fine sugar  
½ tsp tomato purée  
400 ml veal stock  
Pepper, freshly ground  
1 tsp cornflour  
1 tbsp honey mustard  
1 pinch sugar

**In addition:**

1 tbsp pink peppercorns  
Fresh herbs

**Per serving**

231 kcal, 7 g carbs, 8 g fat, 34 g protein,  
0,5 BU

1. Rinse the meat under cold water and pat dry with kitchen towel.
2. Rinse the sage, shake it dry and chop it finely. Season the pork fillet with pepper and roll in the sage.
3. Preheat the oven.
4. Whisk the egg white lightly. Gradually add salt and water while stirring continuously, so that the mixture becomes doughy.
5. Add a little of the salt mixture to the dish. Place the fillet on top and coat with the remaining salt mixture. Cook as indicated.

**Setting procedure:**

Ovenproof dish on the wire rack, level 2  
Top/bottom heating  
280 °C  
Preheat  
Cooking time: 20-25 minutes

6. Meanwhile, peel and finely chop the shallots, then sweat them until translucent in the butter. Add the sugar and caramelize while stirring continuously. Add the tomato purée and boil down into a dark mixture. Deglaze with approx. 100 ml veal stock and continue to simmer. Reduce the sauce down to a minimum to give it a darker colour once again. Top up with the remaining veal stock and season with pepper.
7. Mix the cornflour with cold water. Bring the sauce to the boil and thicken with cornflour. Stir in the honey mustard and season the sauce with sugar.
8. Remove the meat from the bed of salt, remove any salt which sticks to it, and serve with the sauce, pink pepper and fresh herbs.





# Glazed loin of pork

**For 4 servings**  
**Medium roaster**

**Meat:**

900 g pork loin, boned  
80 g soft prunes  
Salt  
Pepper, freshly ground  
250 g shallots  
20 g clarified butter  
2 tbsp honey  
400 ml veal stock  
1 tbsp cornflour  
75 ml dry red wine

**In addition:**

cocktail sticks  
Kitchen string

**Per serving**

461 kcal, 22 g carbs, 17 g fat,  
51 g protein, 1,9 BU

1. Rinse the pork loin in cold water and pat dry with kitchen paper. Use a sharp knife to cut a small pocket in the centre. When doing so, do not cut the meat though.
2. Halve the prunes and completely fill the joint with them. Season the pork generously. Close the pocket in the meat with cocktail sticks and tie up with kitchen string as if tying shoelaces.
3. Peel the shallots and halve lengthwise.

4. Heat the clarified butter in a roaster, sear the meat with the upper side facing down, turning once. Add the peeled shallots and fry briefly. Then pour the honey over the meat and add around 100 ml veal stock. Roast as indicated.

5. Take out the joint and keep warm.

6. For the sauce add the rest of the veal stock to the meat juices and bring to the boil. Add the cornflour to the red wine to dissolve and use to thicken the sauce. Then season again to taste and serve the sauce with the meat.

**Setting procedure:**

With meat probe  
Roaster without lid on the wire rack, level 2  
Circulated air grilling  
190 °C  
Core temperature: 75 °C

**Alternative setting:**

Roaster without lid on the wire rack, level 2  
Circulated air grilling  
190 °C  
Cooking time: 80-85 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



# Saddle of lamb in a herb crust

## For 4 servings

Universal pan with 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 with wire rack, level 2

Top/bottom heating

220 °C

Preheat

Core temperature: 57 °C

### Alternative setting:

Universal pan with 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.



# Roast lamb with mint and garlic

## For 6 servings

Universal pan and wire rack

### Meat:

1.2 kg leg of lamb, boneless

### Marinade:

1 organic lemon

10 sprigs fresh mint

½ bunch parsley

4 tbsp olive oil

4 garlic cloves, finely chopped

½ tsp cracked black peppercorns

### In addition:

Tin foil

### Per serving

286 kcal, 1 g carbs, 13 g fat,

40 g protein, 0,1 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Cut open to form a large piece. Make several cuts on the inside of the leg of lamb around 5 mm deep. This will allow the marinade to infuse well.

2. Wash the lemon with hot water, dry it and grate the peel. Rinse the mint and flat-leaf parsley, shake dry and cut up small. For the marinade, mix the oil, garlic, mint, parsley, lemon zest and pepper.

3. Using half of the marinade, rub into the side of the meat with the cuts. Rub the other side of the meat with the remaining marinade. Place in a large bowl, cover and leave to marinate in the refrigerator for around 2 hours.

4. Roast the leg of lamb as indicated.

5. Wrap aluminium foil around the cooked joint and leave to rest for 10 minutes.

### Setting procedure:

With meat probe

Universal pan with wire rack, level 2

Circulated air grilling

180 °C

Core temperature 65 °C

### Alternative setting:

Universal pan with wire rack, level 2

Circulated air grilling

180 °C

Cooking time: 35-45 minutes

### Tip:

On this setting the meat will remain pink inside.

Serve the meat with a salad, roasted vegetables and flatbread.





# 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

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.



# Wild boar joint with elderberry sauce and caramelised apples

**For 6 servings**  
**Large roaster with lid**

**Meat:**

1.5 kg wild boar joint from the leg,  
boneless  
Salt  
Pepper, freshly ground  
30 g clarified butter

**Sauce:**

1 medium onion  
2 small carrots  
1 small piece celeriac  
½ leek  
2 small garlic cloves  
1 sour apple, e.g. Braeburn or Topaz  
5 sprigs thyme  
½ organic orange  
1 tbsp tomato purée  
60 g butter  
20 g sugar  
250 ml tart red wine  
A few juniper berries  
250 ml game stock  
60 g elderberry jam

**Apples:**

2 sour apples, e.g. Braeburn or Topaz  
40 g butter  
20 g sugar

**Per serving**

728 kcal, 28 g carbs, 43 g fat,  
52 g protein, 2,3 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. Peel the garlic cloves. Cut the vegetables into pieces 1-2 cm in size. Wash the apple, core it, cut it into quarters and then cut it into wedges.

3. Heat the clarified butter in the roaster and sear the meat well all over. Remove the meat from the roaster and place to one side.

4. Briefly brown the vegetables and garlic cloves in the frying fat. Add the thyme sprigs, the zest of half of the orange and the apple wedges. Add the tomato purée and fry.

5. Add 30 g butter to the roaster, then add the sugar and leave to caramelise. Deglaze with approx. 100 ml red wine. Press the juniper berries and add them to the mixture. Let the juices reduce and top up with the game stock.

6. 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.

7. Turn after 1 hour and 20 minutes, and pour the meat juices over several times after this point. After the end of the cooking time, remove the meat from the roaster and keep it warm.

8. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine, bring to the boil and season with salt and pepper. Thicken the sauce as desired. Stir in the elderberry jam and season the sauce to taste once again.

9. Prepare the apple for caramelisation by washing and coring it, cutting it into quarters and then into wedges. Melt the butter in the frying pan and fry the apple briefly. Scatter the sugar over the top and leave to caramelise.

**Setting procedure:**

Roaster with lid on the wire rack, level 2  
Top/bottom heating  
190 °C  
Cooking time: 2 hr. 40 min. - 2 hr. 50 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.



# Rabbit leg with apple and ginger

**For 4 servings**  
**Large roaster with lid**

**Rabbit:**  
4 rabbit legs, 250 g each  
3-4 red apples  
2 onions  
2 carrots  
30 g fresh ginger  
3 stems tarragon  
Salt  
Pepper, freshly ground  
6 strips back bacon  
200 ml vegetable stock

**In addition:**  
2 tbsp cornflour as required

**Per serving**  
624 kcal, 29 g carbs, 36 g fat,  
46 g protein, 2,4 BU

1. Rinse the rabbit legs briefly under cold water and pat dry with kitchen towel.

2. Wash and core the apples and cut into rings. Peel and finely dice the onions. Peel and dice the carrots. Peel the ginger and cut into thin slices. Layer everything in a roaster together with the tarragon.

## **Setting procedure:**

Roaster with lid on the wire rack, level 2

Top/bottom heating

230 °C

Roasting time: 70-80 minutes

## **Tip:**

You could also use chicken legs instead of rabbit legs.

3. Season the rabbit legs with salt and pepper and place onto the vegetables. Place the back bacon strips onto the legs and pour over the vegetable stock. Cover the dish with a lid and braise the legs as indicated.

4. At the end of the cooking time, thicken the stock with 2 tbsp cornflour as required.







## Desserts, soufflés and sweet dishes



# Meringue with chocolate-mascarpone cream and exotic fruits

## For 6 servings Baking tray

### Meringue mixture:

1 egg white  
1 pinch salt  
50 g fine sugar

### Crema:

20 g dark chocolate, 70 % cocoa  
2 tbsp milk  
40 g mascarpone

### Topping:

1 ripe mango  
50 g cumquats  
50 g fresh berries  
Icing sugar for dusting

### In addition:

Greaseproof paper

### Per serving

106 kcal, 15 g carbs, 4 g fat, 2 g protein,  
1,3 BU

1. Whisk the egg white until stiff with a pinch of salt. Add half of the sugar. Once the egg white mixture is shiny, add the remaining sugar.

2. Line the baking tray with greaseproof paper. Pour the meringue mixture into a piping bag and pipe out 6 equally sized blobs. Raise the edges slightly at the side so that the meringues look like crowns. Bake as indicated.

3. Break the chocolate into small pieces for the cream topping. Allow to melt in a small saucepan with the milk. Stir the mascarpone with a whisk until light and fluffy, then fold in the chocolate mixture.

4. Wash and halve the mango and remove the stone. Cut out small balls of mango using a melon baller. Wash the cumquats and cut them into wedges. Rinse the berries if necessary and pat dry with kitchen towel.

5. Pour the mascarpone cream into the cooled meringues, decorate with the fruit and sprinkle with icing sugar.

### Setting procedure:

Baking tray

4D hot air

90 °C

Baking time: 90-95 minutes

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

### Tip:

Always prepare fresh meringues. They will taste much better this way.



# Coconut bake

## For 6 servings

Medium-sized, round glass dish

### Bake:

½ organic lemon

½ organic orange

400 ml unsweetened coconut milk

40 g butter

1 pinch salt

60 g sugar

60 g semolina

4 eggs

160 g dessicated coconut, lightly toasted

### In addition:

Butter for greasing

### Per serving

256 kcal, 21 g carbs, 27 g fat,

8 g protein, 1,7 BU

1. Wash the organic lemon and organic orange with hot water, dry them and grate the peel. Bring the coconut milk to the boil with butter, salt and 2 tbsp sugar. Add the semolina and the peel of the citrus fruits and leave the mixture to cool down a little.

2. Separate the eggs. Mix the egg yolk into the semolina mixture together with the toasted dessicated coconut and leave to cool down more.

3. Whisk the egg white until stiff. Slowly add the remaining sugar and continue to whisk for 5 minutes. Fold the whipped egg white into the cooled semolina mixture.

4. Fill a greased baking dish with the mixture and bake as indicated.

### Setting procedure:

Round glass dish on the wire rack

4D hot air

160 °C

Baking time: 40-50 minutes

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



# 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.







## 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



# Damson cake

**To make approx. 20 servings**  
**Universal pan**

**Yeast dough:**

500 g flour  
1 sachet dried yeast  
1 organic lemon  
100 g sugar  
Approx. 125 ml milk, lukewarm  
1 sachet vanilla sugar  
1 pinch salt  
100 g butter  
1 egg

**Fruit filling:**

Approx. 2.5 kg damsons  
25 g breadcrumbs

**In addition:**

Butter for greasing the baking tray

**Per serving**

216 kcal, 36 g carbs, 6 g fat, 4 g protein,  
3,0 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Wash the lemon with hot water, dry it and grate the peel. Add with all the remaining ingredients and knead the dough thoroughly.

2. Leave to prove in a warm place for 30 minutes. The dough should almost double in volume.

3. Wash, de-stone and halve the damsons.

4. Grease the universal pan. Roll out the yeast dough on it and prick several times with a fork. Leave to prove again.

5. Sprinkle the breadcrumbs over the dough base. Distribute the damsons evenly onto the dough and bake the cake as indicated.

**Setting procedure:**

Universal pan

4D hot air

170 °C

Baking time: 40-50 minutes

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

**Tip:**

Instead of breadcrumbs, you could also sprinkle the pastry with ground almonds or hazelnuts. If you sprinkle the pastry with toppings, it will not soak up so much.



# 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.





# Spiced Stollen with marzipan

**For approx. 16 slices**  
**Baking tray**

**Fruit mixture:**

½ organic lemon  
20 ml rum or cognac  
20 ml water  
40 g currants  
60 g raisins  
25 g orange peel, very finely chopped  
25 g lemon peel, very finely chopped  
¼ tsp ground ginger  
¼ tsp cinnamon  
¼ tsp cardamom  
¼ tsp nutmeg

**Yeast dough:**

40 g chopped almonds  
350 g flour  
1 sachet dried yeast  
100 ml milk, lukewarm  
20 g sugar  
1 sachet vanilla sugar  
1 egg  
½ tsp salt  
100 g butter  
125 g marzipan

**In addition:**

50 g flour for the work surface  
Greaseproof paper  
100 g butter  
20 g fine sugar

**Per slice**

292 kcal, 32 g carbs, 15 g fat,  
5 g protein, 2,7 BU

1. On the day before, wash the half lemon in hot water, dry it and grate the zest. Add to a bowl together with the remaining ingredients for the fruit mixture and leave to infuse overnight while covered.

2. Lightly toast the chopped almonds in a frying pan until you can smell them cooking. Then leave to cool.

3. To make the yeast dough, mix the flour and yeast in a bowl. Add the milk, sugar, vanilla sugar, egg, salt and butter and knead everything into a smooth dough. Cut or pull the marzipan into small pieces and then knead together with the almonds and the fruit mixture. Leave the yeast dough to prove in a warm place until the volume has doubled.

4. Knead the dough once again on the flour-covered work surface and form into a rectangle. Fold the sides of the dough in so that you get the classic Stollen shape.

5. Place the Stollen on a tray lined with greaseproof paper and leave to prove again at room temperature for approx. 30 minutes. Bake as indicated.

6. Heat the butter and brush the warm Stollen with it. Sprinkle with the sugar.

**Setting procedure:**

Baking tray, level 2  
Top/bottom heating  
170 °C  
Baking time: 50-60 minutes

**Tip:**

The Stollen tastes best when fresh. Wrap it tightly in tin foil to store it.



# 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  
Top/bottom heating  
170 °C  
Baking time: 50-60 minutes

**Tip:**

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



# 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 over the 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  
Top/bottom heating  
180 °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.





# 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  
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 onto the wire rack and make the following settings:  
4D hot air, 170 °C, 60-65 minutes.



# Delicate pound cake

**To make approx. 15 servings**  
**Cake tin, 30 cm**

**Sponge mixture:**

250 g butter, soft  
250 g sugar  
1 sachet vanilla sugar  
4 eggs  
2 tbsp rum  
125 g flour  
125 g cornflour  
½ tsp baking powder

**In addition:**

Butter for greasing  
Breadcrumbs for sprinkling

**Per serving**

279 kcal, 31 g carbs, 16 g fat,  
3 g protein, 2,6 BU

1. Grease the tin and sprinkle with breadcrumbs.

2. Beat the butter with the sugar and vanilla sugar until light and fluffy. Gradually stir in the eggs and rum.

3. Mix the flour, cornflour and baking powder, sieve and briefly stir into the mixture.

4. Pour the mixture into the tin and bake as indicated.

**Setting procedure:**

Cake tin on the wire rack, level 2  
Top/bottom heating  
160 °C  
Baking time: 60-80 minutes

**Tip:**

To prevent the cake from collapsing, only stir the mixture for a short time once you have added the eggs.

Instead of rum, you can also use lemon or orange flavouring.

You can also place two pound cakes with different flavourings next to each other on the wire rack and bake them at the same time. This will save energy.



# Nut cake

**For approx. 10 servings**  
**Springform cake tin, diameter 24 cm**

**Sponge mixture:**

175 g sugar  
175 g butter  
4 eggs  
100 ml milk  
30 ml rum  
250 g flour  
1 heaped tsp baking powder  
125 g hazelnuts, finely ground  
1 pinch salt

**In addition:**

Butter for greasing

**Per serving**

422 kcal, 37 g carbs, 26 g fat,  
8 g protein, 3,1 BU

1. Grease the dish.

2. Beat the butter and sugar until light and fluffy.  
Gradually stir in the eggs. Add the milk and rum.

3. Mix the flour and baking powder and fold into the mixture with the hazelnuts. Add the salt.

4. Pour the mixture into the tin and bake the cake as indicated.

**Setting procedure:**

Springform cake tin on the wire rack, level 2

Top/bottom heating

160 °C

Baking time: 50-60 minutes



# 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.

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.

### Setting procedure:

Flan-base cake tin on the wire rack, level 3

Top/bottom heating

170 °C

Baking time: 20-30 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.

**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.

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.



# 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. Using the dough hook of a hand mixer or food processor, knead slowly until a fine, crumbly mixture is produced.
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 around the edge of the tin, about 2-3 cm deep. Prick the pastry base several times with a fork, and leave the pastry to chill for approx. 40 minutes.

5. Wash the lemon with hot water, dry it and grate the zest. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Mix the lemon zest, vanilla pulp 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  
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.



# Nutty Swiss roll with nougat filling

**For approx. 8 slices**  
**Baking tray**

**Sponge mixture:**

6 eggs  
125 g sugar  
1 pinch salt  
50 g flour  
½ tsp baking powder  
125 g walnuts, roughly chopped

**Filling:**

100 g nut nougat  
500 ml cream  
2 sachets cream stiffener

**In addition:**

Greaseproof paper  
Icing sugar for dusting  
Sugar for the tea towel

**Per slice**

532 kcal, 34 g carbs, 39 g fat,  
11 g protein, 2,9 BU

1. Line the baking tray with greaseproof paper.

2. Preheat the oven.

3. Beat the eggs until light and fluffy. Gradually add the sugar and salt.

4. Mix the flour and baking powder and fold into the egg mixture using a whisk. Also fold in the walnuts.

5. Pour the mixture onto the baking tray, spread evenly and bake as indicated.

6. Immediately after baking, turn the sponge base out onto a tea towel sprinkled with sugar. Brush the greaseproof paper with a little water and peel it off carefully, but quickly. Carefully roll up the sponge base using the tea towel and let it cool off.

7. Melt the nut nougat in the water bath or in the microwave and then stir until smooth with 100 ml cream.

8. Whip the remainder of the cream until semi-stiff. Add the cream stiffener and the nougat mixture and whip until very stiff.

9. Roll the cooled sponge roll out of the tea towel. Coat with the nougat and cream mixture and then roll up again.

10. Sprinkle with icing sugar before serving.

**Setting procedure:**

Baking tray

4D hot air

180 °C

Preheat

Baking time: 30-35 minutes

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





# Black Forest gateau

## For 16 servings

Springform cake tin, diameter 28 cm

### Sponge mixture:

5 eggs  
5 tbsp water, lukewarm  
240 g sugar  
200 g flour  
40 g cocoa  
1 level tsp baking powder

### Filling:

2 jars sour cherries,  
drained weight per jar 370 g  
3 sachets red glaze  
Kirsch  
4 sheets white gelatine  
400 ml cream  
2 tbsp sugar

### Decoration:

4 sheets white gelatine  
400 ml cream  
2 tbsp sugar  
Grated chocolate

### In addition:

Greaseproof paper

### Per serving

329 kcal, 45 g carbs, 12 g fat,  
7 g protein, 3,8 BU

1. Line the base of the tin with greaseproof paper. Preheat the oven.

2. Beat the eggs with water and sugar until white and fluffy. Mix the flour, cocoa and baking powder together and stir into the mixture. Pour the mixture into the tin and bake as indicated.

3. Drain the sour cherries and catch the juice. Mix the cherry juice into the glaze. Add approx. two thirds of the cherries to the glaze and leave to cool. Place the rest to one side for the decoration.

4. Slice the cooled sponge into three layers. Set the top piece aside and sprinkle the remaining sponge layers with Kirsch.

5. Soak the gelatine in cold water and dissolve over a low heat. Whip the cream with the sugar until stiff and carefully stir in the gelatine.

6. Brush the first layer of sponge with half the cherry mixture and spread half the cream on top of this. Place the second layer of sponge on top and repeat the topping. Place the top sponge layer on top.

7. Prepare the cream for decorating as described above and spread over the gateau. Distribute the remaining cherries on top of the cream and decorate the gateau with chocolate shavings.

### Setting procedure:

Springform cake tin on the wire rack

4D hot air

160 °C

Preheat

Baking time: 35-45 minutes

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



# Sachertorte

**To make approx. 16 servings**  
**Black springform cake tin,**  
**diameter 28 cm**

**Mixture:**

150 g dark chocolate  
150 g butter  
150 g sugar  
2 tbsp water  
6 eggs  
150 g flour  
1 sachet baking powder

**Filling:**

250 g apricot jam

**In addition:**

200 g dark cooking chocolate  
25 g coconut oil  
Greaseproof paper

**Per serving**

320 kcal, 39 g carbs, 16 g fat,  
6 g protein, 3,2 BU

1. Line the base of the tin with greaseproof paper.
2. Melt the chocolate, butter, sugar and water in a water bath, do not heat.
3. Add the chocolate mixture to a mixing bowl.
4. Separate the eggs. Add the eggs to the chocolate mixture one by one and stir thoroughly.
5. Mix the flour together with the baking powder, sift onto the mixture and mix everything well.

**Setting procedure:**

Springform cake tin on the wire rack, level 2  
Top/bottom heating  
180 °C  
Baking time: 40-50 minutes

**Tip:**

You can also prepare the chocolate mixture in a microwave oven. To do so, set the microwave to 360 watts and heat for approx. 4 minutes. Stir from time to time in between.

6. Beat the egg whites until stiff and fold into the chocolate mixture.

7. Pour the mixture into the prepared tin and bake as indicated.

8. When cold, cut the cake into two layers. Brush each with warmed apricot jam, and join together again. Melt the dark cooking chocolate and coconut oil in the water bath. Coat the cake with this mixture.



# 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.





# 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



# 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



# Cream puffs with sweet filling

**To make approx. 12 servings**  
**Baking tray**

**Choux pastry:**

250 ml water  
1 pinch salt  
50 g butter  
150 g flour  
4 eggs  
1 level tsp baking powder

**Sweet filling:**

500 ml cream  
2-4 tsp sugar  
1 sachet vanilla sugar  
1 sachet cream stiffener  
1 tin mandarins, drained weight 190 g

**In addition:**

Greaseproof paper

**Per serving**

231 kcal, 17 g carbs, 16 g fat,  
5 g protein, 1,4 BU

1. Bring the water, salt and butter 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 mixture cool down.

4. Mix the baking powder into the cold mixture.

5. Line the baking tray with greaseproof paper. Using two teaspoons, make equal-sized balls of pastry and place them on the baking tray. Leave plenty of room between them, as the mixture will double in size as it bakes. Bake as indicated.

6. Immediately after baking, cut open with kitchen scissors and leave to cool.

7. For the sweet filling, whip the cream until very stiff with sugar, vanilla sugar and cream stiffener. Let the mandarins drain well and fill them into the cream puffs with the cream before serving.

**Setting procedure:**

Baking tray

4D hot air

200 °C

Baking time: 30-40 minutes

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

**Tip:**

The pastry is very delicate. Only open the appliance door when the cream puffs are ready.



# 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.





# Chocolate muffins with cherries and chilli

**For 12 pieces**  
**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 piece**

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 butter and broken-up chocolate to a dish and melt in a bain marie.
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 chilli powder to taste, taking care not to use too much.
6. Fill half of the mixture into the moulds, insert a cherry into each one and add the rest of the mixture. Bake the muffins as indicated.

**Setting procedure:**

Muffin tin on the wire rack, level 3  
Top/bottom heating  
190 °C  
Baking time: 20-30 minutes



# 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.



# Chocolate chip cookies

**For approx. 50 servings**  
**Baking trays and universal pan**

**Mixture:**

250 g butter, soft  
140 g sugar  
140 g brown sugar  
½ tsp salt  
350 g flour  
1 tsp baking powder  
2 eggs  
1 sachet liquid vanilla essence  
200 g chocolate chips  
120 g walnuts, chopped

**In addition:**

Greaseproof paper

**Per serving**

124 kcal, 13 g carbs, 7 g fat, 2 g protein,  
1,1 BU

1. Beat the butter with the sugar and salt until creamy.  
2. Mix the flour with the baking powder. Alternately add to the creamy mixture with egg and vanilla essence. Finally, stir in chocolate chips and chopped walnuts.

**Setting procedure:**

Baking trays, level 1 and level 5,  
Universal pan, level 3  
4D hot air  
140 °C  
Baking time: 30-35 minutes

**Tip:**

Instead of walnuts, you could also add almonds to the mixture.

3. Line the baking trays with greaseproof paper.

4. Using two teaspoons, place walnut-sized blobs of mixture on the baking trays. Ensure you leave enough space between them, as the mixture will spread as it bakes. Bake as indicated.







Bread and bread rolls,  
pizza and savoury cakes



# Hearty four-grain bread

**For 1 tin loaf, approx. 25 slices**  
**Universal pan**

**Yeast dough:**

200 g wholegrain rye flour  
500 g wholemeal wheat flour  
2 sachets dried yeast  
1 tbsp honey  
Approx. 250 ml water, lukewarm  
Approx. 250 ml buttermilk, lukewarm  
2-3 tbsp linseeds  
2-3 tbsp sesame seeds  
2-3 tbsp sunflower seeds shelled  
1-2 tbsp pumpkin seeds shelled  
½-1 tbsp salt  
1-2 tbsp bread spice

**In addition:**

Cooking oil for the baking tray  
Flour for dusting

**Per slice**

113 kcal, 19 g carbs, 2 g fat, 5 g protein,  
1,6 BU

1. Mix the two types of flour with the yeast in a large mixing bowl. Add all the other ingredients and knead the dough well. Leave the dough to prove in a warm place until the volume has doubled.

2. Grease the universal pan in the size of the bread loaf and dust with flour. Place the loaf into the universal pan and leave to prove for another 15-20 minutes whilst covered.

3. Preheat the oven as indicated.

4. Using a sharp knife, score diamond shapes into the risen loaf and prick all over with a cocktail stick. Sprinkle with water and bake as indicated.

**Setting procedure:**

Universal pan, level 2  
Top/bottom heating  
240 °C  
Preheat  
Partial baking: 10 minutes  
then  
200 °C  
Baking time: 40-45 minutes

**Tip:**

If you are using wholemeal flour, you will need to add a little extra liquid and leave the dough to prove for slightly longer.  
Toast the seeds and nuts in a frying pan without oil in advance.



# Rustic farmhouse bread with sourdough

**For approx. 30 slices, 1 loaf**  
**Universal pan**

**Bread dough:**

100 g wholegrain rye flour  
300 g rye flour type 1370  
300 g plain flour, type 550  
400 g plain flour, type 1050  
2 sachets dried yeast  
1 heaped tbsp salt  
1-2 tbsp bread spice  
1 tbsp honey  
30 g sunflower seeds  
1 sachet sourdough, 150 g  
650-700 ml water, lukewarm

**In addition:**

1 bread basket, 25 cm diameter  
A little rye flour  
Cooking oil for the baking tray  
Flour for dusting

**Per slice**

140 kcal, 28 g carbs, 1 g fat, 5 g protein,  
2,3 BU

1. Mix the flour and yeast in a bowl. With salt, bread spice, honey. Mix in the sunflower seeds and sourdough.

2. Gradually add the water and mix into a smooth dough using the food processor. Knead thoroughly again by hand and form into a ball.

3. Thoroughly cover a bread basket, approx. 25 cm in diameter, with flour. Add the dough ball to it and cover in flour once again. Cover and leave to prove in a warm place for approx. 20-30 minutes.

4. In the meantime, preheat the oven. Grease the baking tray with oil and dust with a little flour.

5. Turn the loaf out onto the tray and pierce it several times. Bake as indicated.

**Setting procedure:**

Universal pan

4D hot air

220 °C

Preheat

Partial baking: 10-15 minutes

then

180 °C

Baking time: 40-50 minutes

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

**Tip:**

The bread is fully baked when it is brown and crispy to the touch and sounds hollow when you tap on the underside.



# Flatbread

**For 1 flatbread, approx. 8 servings**  
**Universal pan**

**Yeast dough:**

500 g flour  
2 sachets dried yeast  
1 tsp salt  
350 ml water, lukewarm

**Topping:**

3 tbsp olive oil  
1 tbsp fresh rosemary  
2 tbsp pine nuts  
Sea salt

**In addition:**

Cooking oil for the baking tray

**Per serving**

281 kcal, 46 g carbs, 7 g fat, 8 g protein,  
3,8 BU

1. Mix the flour and yeast in a bowl. Add all other ingredients and knead to produce a soft dough. Leave dough to prove in a warm place for around 15-20 minutes.

2. Spread the dough on the greased tray to create a flat piece around 1.5 cm thick, prick with a fork and allow to prove again for another 15 minutes.

3. Use your knuckles to make small indentations in the bread and then drizzle olive oil over the top. Sprinkle with rosemary, pine nuts and sea salt to taste. Bake as indicated.

**Setting procedure:**

Universal pan, level 3  
Top/bottom heating  
270 °C  
Baking time: 20-30 minutes

**Tip:**

Other tasty flavours: try kneading 3 tbsp Parmesan into the dough or adding finely chopped, dried tomatoes.





# 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 tbs 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.



# Turkish börek

## For 20 servings Universal pan

### Cheese:

1 bunch fresh or frozen flat-leaf parsley,  
approx. 30 g  
500 g sheep's cheese in brine or feta  
cheese

### Filling:

2 eggs  
200 ml milk  
250 g yoghurt, 3.8 % fat  
100 g sunflower oil  
½ sachet baking powder  
Sea salt  
Black pepper, freshly ground

### Mixture:

900 g fresh or frozen filo pastry or  
'yufka' dough, approx. 20 sheets

### In addition:

Cooking oil for the universal pan

### Per serving

287 kcal, 29 g carbs, 15 g fat,  
9 g protein, 2,4 BU

1. Rinse the fresh parsley and shake it dry. Remove the stalks and finely chop the leaves. Crumble the sheep's cheese and mix with the parsley.

2. Mix all the ingredients for the filling and stir until smooth. Season generously with salt and pepper.

3. Grease the universal pan. Place one sheet of pastry into the universal pan, fold in the overlapping sides and then brush with a thin layer of the filling. Place another sheet of pastry on top, fold in the sides, brush with the filling and sprinkle with a little sheep's cheese.

4. Repeat the process until only 2 sheets of pastry remain. Brush the sheets of pastry with the filling, distribute the rest over the top and bake the börek as indicated.

### Setting procedure:

Universal pan, level 3  
Top/bottom heating  
210 °C  
Baking time: 30-40 minutes

### Tip:

Add ½ bunch finely chopped fresh mint to the cheese mixture. This will give the baked items a wonderful aroma.



# 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



# 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.





# 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.

## 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.

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.



# 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.

### Setting procedure:

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.

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.

# Index of recipes

## A

Apple cake with caramelised walnuts, **163**  
Apricot boats, **197**  
Asparagus, with salsa, baked, **21**  
Asparagus and fish parcels, **77**  
Asparagus tortilla, **29**  
Aubergine towers, **35**  
Au gratin pike-perch fillet with horseradish sauce, **67**

## B

Baked asparagus with salsa, **21**  
Baked cheese in foil, **49**  
Baked mushroom dumplings, **33**  
Baklava, **191**  
Basic recipe for choux pastry - choux pastry gâteau with strawberry filling, **187**  
Basic recipe for shortcrust pastry - fruit tart, **175**  
Basic recipe for sponge mixture, gooseberry cake with almond topping, **161**  
Basic recipe for sponge mixture - fruity raspberry gâteau, **179**  
Basic recipe for yeast dough, German-style butter cake, **153**  
Beef tenderloin with Mediterranean vegetables, **109**  
Berry tartlets with sour cream glaze, **193**  
Bilberry soufflé, **149**  
Black Forest gâteau, **183**  
Börek, Turkish, **217**  
Breast of veal with colourful stuffing, **115**

## C

Cheese in foil, baked, **49**  
Cheese soufflés, small, **47**  
Chicken breast fillet with vegetable filling, **91**  
Chicken drumsticks, Moroccan, with batonnet potatoes, **95**  
Chicken pâté with pistachios, **99**  
Chicken saltimbocca, **93**  
Chicken wings, **97**  
Chocolate chip cookies, **205**  
Chocolate muffins with cherries and chilli, **199**  
Choux pastry gâteau with strawberry filling - basic recipe for choux pastry, **187**  
Coconut bake, **147**  
Cod fillet with crispy coating, **69**  
Corn-fed chicken with herb butter, **107**  
Courgette gratin with black olives, **53**  
Cream puffs with sweet filling, **195**  
Crispy ducks with baked apple stuffing, **101**

## D

Damson cake, **155**  
Dauphinoise potatoes - potato gratin, **57**  
Delicate pound cake, **169**  
Duck with baked apple stuffing, crispy, **101**

## F

Farmhouse bread with sourdough, rustic, **211**  
Filled jacket potatoes, **37**  
Fish parcels, asparagus, **77**  
Flatbread, **213**  
Fried fish fillet with sweet and sour Asian vegetables, **73**  
Fruit tart - basic recipe for shortcrust pastry, **175**  
Fruity raspberry gâteau - basic recipe for sponge mixture, **179**

## G

Gâteau, Black Forest, **183**  
German-style butter cake - basic recipe for yeast dough, **153**  
Glazed loin of pork, **127**  
Gooseberry cake with almond topping - basic recipe for sponge mixture, **161**  
Grilled chicken filled with herbs, **87**  
Grilled goose with bread roll filling, **105**

## H

Hearty four-grain bread, **209**

## J

Jacket potatoes, filled, **37**  
Joint of pork with a honey-thyme crust, **121**  
Joint of venison in a red wine and juniper sauce, **137**

## L

Lamb haunch stuffed with chilli pear, **129**  
Lasagne tricolore, **55**  
Lemon potatoes with herbs and pointed peppers, **17**  
Loin of pork, glazed, **127**

## M

Macaroons, **203**  
Marble cake in a jar, **167**  
Meat kebabs, lamb, **135**  
Meat pie, **221**  
Meringue with chocolate-mascarpone cream and exotic fruits, **145**  
Meringue with cream and raspberries, pavlova, **189**  
Moroccan chicken drumsticks with batonnet potatoes, **95**  
Mushroom dumplings, baked, **33**

## N

Nut cake, **171**  
Nutty Swiss roll with nougat filling, **181**

## O

Onion tart with apple, **225**  
Oriental-style duck breast, **103**  
Oriental turkey breast, **83**  
Ossobuco, **117**

## P

Pasta snails, **39**  
Pavlova, meringue with cream and raspberries, **189**  
Pepper quiche, **219**  
Peppery stew with sweet potatoes and peppers, **27**  
Pike-perch fillet au gratin with horseradish sauce, **67**  
Pizza Margherita, **223**  
Plaice rolls on a bed of ratatouille, **79**  
Plaited raisin loaf, **157**  
Polenta, **41**  
Pork, roasted Cantonese style, **123**  
Pork fillet in a salt crust, **125**  
Potato and vegetable cake, **51**  
Potato gratin, Dauphinoise potatoes, **57**  
Pound cake, delicate, **169**  
Pumpkin and chilli vegetables with apples, **23**

## Q

Quiche, pepper, **219**

## R

Rabbit leg with apple and ginger, **141**  
Raspberry gateau, fruity - basic recipe for sponge mixture, **179**  
Red mullet on a bed of vegetables, **65**  
Red snapper curry, **75**  
Rhubarb tart with meringue, **165**  
Roasted vegetables with balsamic sauce, **19**  
Roast lamb with mint and garlic, **133**  
Roast pork Cantonese style, **123**  
Rustic farmhouse bread with sourdough, **211**

## S

Sachertorte, **185**  
Saddle of lamb in a herb crust, **131**  
Saddle of veal wrapped in savoy cabbage, Tender, **113**  
Salmon fillet with spinach leaves and tomatoes, **71**  
Saltimbocca, chicken, **93**  
Scones, **215**  
Sea bream in a herby salt crust, **63**  
Sicilian chicken, **89**  
Small cheese soufflés, **47**  
Spiced Stollen with marzipan, **159**  
Sponge flan base, **173**  
Stew with sweet potatoes and peppers, peppery, **27**  
Stollen with marzipan, spiced, **159**  
Stuffed turkey breast, **85**  
Swiss roll with nougat filling, nutty, **181**

## T

Tender saddle of veal wrapped in savoy cabbage, **113**  
Tomatoes stuffed with lentils, bulgur wheat and goat's cheese, **25**  
Topside of beef with pearl onion sauce, **111**  
Trout with herbs cooked on the baking tray, **61**  
Turkey breast, oriental, **83**  
Turkey breast, stuffed, **85**  
Turkish börek, **217**

## V

Vanilla cheesecake, **177**  
Vanilla croissant, **201**  
Veal roulades, **119**  
Vegetable bread muffins, **45**  
Vegetable enchiladas, **43**  
Vegetables with balsamic sauce, roasted, **19**

## W

Wild boar joint with elderberry sauce and caramelised apples, **139**

## Y

Yorkshire pudding, **31**

## Notes



## Notes





## Notes



9001116970  
SE60BOMMP  
950526 en



9001116970

