

SIEMENS



Cooking inspirations.

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

www.siemens-home.com/mysiemens

Inspiration for cooking

For the extraordinary things in life

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

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

Take a culinary journey with this exclusive collection of recipes, and you will not only learn how to prepare extraordinary taste sensations, but also how to make the best use of the innovations offered by your new iQ700 built-in oven with varioSpeed, pulseSteam, roastingSensor Plus and bakingSensor. 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	5
Starters, soups and salads	14
Side dishes and vegetables, vegetarian dishes and bakes.....	32
Fish	74
Poultry and meat.....	98
Desserts, soufflés and sweet dishes	128
Cakes and small baked items.....	140
Bread and bread rolls, pizza and savoury cakes.....	198
Jams and preserves	222
Index of recipes	228





Useful information about your
iQ700 oven with varioSpeed, pulseSteam,
roastingSensor Plus and bakingSensor

Information on your appliance

varioSpeed

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

pulseSteam

The regular addition of steam to the usual heating method now makes it even simpler to prepare dishes perfectly. The moisture evaporates on the surface, meaning that your dish will become crispy on the outside yet remain moist in the centre. This applies for roast meat joints or bread, for example. You can find the appropriate setting for all recipes in the cookbook which are suited for added steam. Alternatively, we have also provided conventional settings without added steam for every recipe. In the instruction manual for your oven, you can find a variety of tips and information in the chapter 'Steam'.

bakingSensor

The oven automatically recognises when the baking process is complete. All you have to do when baking is prepare the dough and select the required dish. The innovative sensor automatically controls the baking process. The bakingSensor measures the moisture content of the oven interior and thereby recognises when the dish is cooked. You can find the appropriate setting for all recipes in the cookbook which are suited to the bakingSensor. If you prefer to continue to set the heating type,

temperature and cooking time yourself, we have an alternative setting for you as well.

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
BE	Bread units

Weights, capacity measures

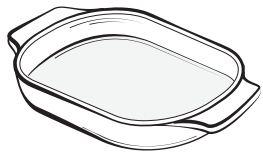
1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures

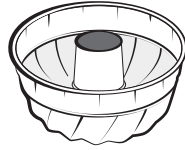
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2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

Cookware





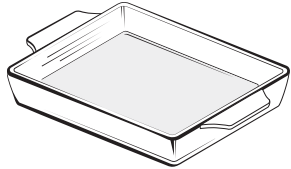
Ovenproof dish, oval



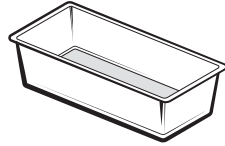
Bundt cake tin



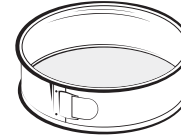
Springform cake tin, square



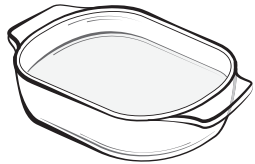
Ovenproof dish, rectangular



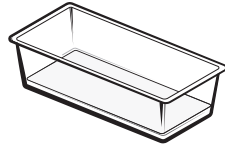
Cake tin



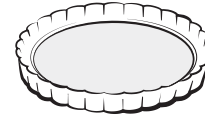
Springform cake tin, round



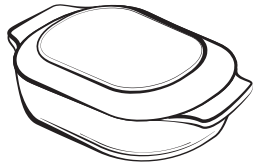
Roaster, glass, without lid



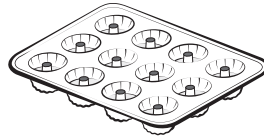
Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



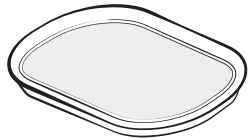
Mini tart dishes



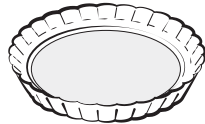
Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

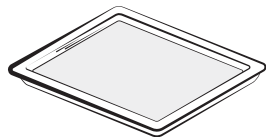


Pizza tray, round

Special accessories

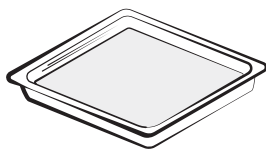


There is a comprehensive range of special accessories for your appliance. You can find information on these in our brochures or online.



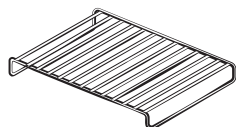
Baking tray, non-stick

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



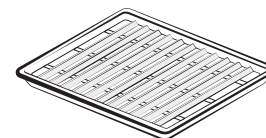
Universal pan, non-stick

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



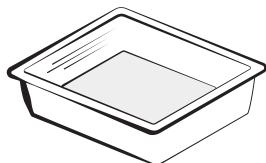
Wire insert

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



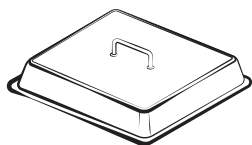
Grill tray

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



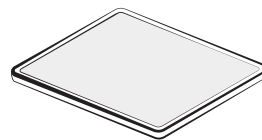
Profi pan

Ideal for the preparation of large quantities.



Lid for the Profi pan

The lid turns the Profi pan into a Profi roaster.



Baking stone

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



Glass roaster (1.5 litres)

For stews and bakes.



Glass pan

For bakes, vegetable dishes and baked items.



Pizza tray

For pizzas and large round cakes.





Starters, soups and salads



Clear tomato essence

For 2 servings
Large glass dish with lid

Essence:

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

Also including:

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

Per serving

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

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

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

Setting procedure:

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

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

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



Spanish bean soup

For 4 servings

Large glass dish with lid

Soup:

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

Per serving

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

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

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

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

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Onions, garlic, sausage: 5 minutes

Tomatoes: 10 minutes

Soup with beans: 10-12 minutes



Pumpkin soup with ginger

For 4 servings

Medium-sized glass dish with lid

Soup:

40 g spring onions

10 g butter

400 g Hokkaido pumpkin

½ tsp fresh ginger, chopped very fine

Curry powder

Pepper, freshly ground

Around 700 ml vegetable stock

Sea salt

In addition:

4 tsp pumpkin seed oil

A little cress

Per serving

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

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

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

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

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

5. Serve with pumpkin seed oil and fresh cress.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Spring onions: 2 minutes

Pumpkin: 10 minutes

Soup: 10-12 minutes



Cauliflower salad with sour cream

For 4 servings

Medium-sized glass dish with lid

Vegetables:

1 cauliflower, approx. 1.5 kg
150 ml vegetable stock from a jar
Salt
Sugar

Marinade:

1 bunch fresh chives
250 g sour cream
3-4 tbsp honey
4 tbsp lemon juice
4 tbsp oil
Salt
Black pepper, freshly ground
Sugar

Per serving

330 kcal, 19 g carbs, 25 g fat,
7 g protein, 0,5 BU

1. Wash and trim the cauliflower and divide into small florets. Add to a glass dish together with 150 ml vegetable stock and a little salt and sugar, cover with the lid and cook al dente as indicated.

2. Rinse the chives, shake dry and cut into fine rolls.

3. Stir honey, lemon juice, oil and the chives into the sour cream and season.

4. Drain the cauliflower and leave to cool down a little.

5. Pour the marinade over the lukewarm cauliflower, mix and leave to infuse for 30 minutes. Season to taste again.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 10-12 minutes



Warm breast of duck salad

For 4 servings

Medium ovenproof dish

Salad:

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

Per serving

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

1. Rinse the duck breast under cold water, pat dry and remove the skin. Rinse the herbs and shake dry. Remove the leaves, chop roughly and mix with 2 tbsp olive oil. Brush the duck breasts with this mixture, place in the baking dish and cook as indicated.
2. Allow the duck breasts to cool down slightly and cut diagonally into thin slices approx. 1 cm thick.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Microwave 600 watts

Cooking time: 5-7 minutes

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



Feta creme served in half a pepper

For 4 servings
Medium ovenproof dish

Vegetables:
2 red peppers, 250 g each

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

In addition:
2-3 tbsp olive oil for drizzling

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

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

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

Setting procedure:

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



Grilled aubergine slices

For 4 servings
Large ovenproof dish

Vegetables:

1 aubergine, approx. 420 g
Salt
Pepper, freshly ground
200 g cherry tomatoes
1 clove garlic
2 tbsp fresh oregano leaves
Sugar
2 tbsp olive oil
50 g matured Gouda, freshly grated

Per serving

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

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

2. Then pat nice and dry with kitchen towel.

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 2
Microwave 600 watts
Aubergines: 8 minutes
Grill: 8-10 minutes



Delicate salmon terrine with prawns

For 8 servings

Glass cake mould, 30 cm

Fish terrine:

600 g fresh salmon fillet

Sea salt

400 ml cream

½ organic lemon

½ organic orange

White pepper freshly ground

2 tsp honey mustard

100 g fresh prawns, shelled

2 tsp pickled green peppercorns

In addition:

4 tbsp herbs, chopped

2 tbsp pink pepper berries

Butter for greasing

Per serving

255 kcal, 3 g carbs, 19 g fat,

19 g protein, 0,2 BU

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

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

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

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

5. Sprinkle with pink pepper berries before serving.

Setting procedure:

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

Microwave 360 watts

Cooking time: 15 minutes

then

180 watts

Cooking time: 15-20 minutes





Side dishes and vegetables,
vegetarian dishes and bakes



Potato fans

For 4 servings Universal pan

Potatoes:

1 kg same-sized, waxy potatoes

6-8 tbsp olive oil

Coarse salt

Black pepper, freshly ground

In addition:

Cooking oil for the baking tray

Per serving

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

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

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

3. Leave the potatoes in water for 20 minutes.

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

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

Setting procedure:

Universal pan, level 2

Microwave combination

Circulated air grilling

190 °C

360 watts

Cooking time: 20-25 minutes

Alternative setting:

Universal pan, level 2

Circulated air grilling

180 °C

Cooking time: 45-50 minutes



Risotto ai funghi – mushroom risotto

For 4 servings

Deep, medium-sized glass dish with lid

Risotto:

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

Per serving

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Cooking time: 7 minutes
then
Microwave 180 watts
Cooking time: 25-30 minutes

Tip:

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

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

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



Polenta with mascarpone and truffle oil

For 4 servings

Medium-sized glass dish with lid

Polenta:

600 ml vegetable stock

Sugar

100 g instant polenta

100 g mascarpone

2 tsp truffle oil

Salt

Black pepper, freshly ground

Per serving

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

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

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Vegetable stock: 10 minutes

Polenta: 10-12 minutes



Roasted vegetables with balsamic sauce

For 4 servings
Medium-sized ovenproof dish, glass dish with lid

Vegetables:
200 g sweet potatoes
1 potato
2 carrots
1 turnip
400 g pumpkin, e.g. Hokkaido
2 tbsp olive oil
Salt

Sauce:
1 onion
1 clove garlic
2 tbsp olive oil
5 tbsp white balsamic vinegar
3 tsp honey
100 ml cream
6 sage leaves, finely chopped
Salt
Pepper, freshly ground

Per serving
300 kcal, 25 g carbs, 20 g fat,
3 g protein, 2,1 BU

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

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

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

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

Setting procedure:

Vegetables:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 180 °C
360 watts
Cooking time: 15-20 minutes
Sauce:
Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Onions: 3 minutes
Sauce: 3-4 minutes

Alternative setting:

Vegetables:
Ovenproof dish on the wire rack
4D hot air
230 °C
Cooking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.



Mushrooms in creamy sauce

For 4 servings
Large glass dish with lid

Mushrooms with sauce:
750 g fresh white or brown button mushrooms or fresh chanterelles
2 garlic cloves
200 ml cream
200 g creamy soft cheese
Salt
White pepper freshly ground
Sugar
1-2 tsp lemon juice
1 bunch chives

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

1. Clean the mushrooms with a brush and cut in half or into quarters depending on size.
2. Peel and finely dice the garlic. Add the cream with the soft cheese and garlic to the glass dish, cover with the lid and heat as indicated. Stir during cooking.
3. Add the mushrooms to the sauce, cover with the lid and cook as indicated until done.

4. Finish by seasoning to taste with salt, pepper, a pinch of sugar and lemon juice.
5. Rinse the chives briefly, shake dry and cut into little rolls.
6. Serve the mushrooms generously sprinkled with chives.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 900 watts
Sauce: 10 minutes
Mushrooms in sauce: 10-15 minutes



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
Added steam, medium
Cooking time: 30-35 minutes

Alternative setting:

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



Peppery stew with sweet potatoes and peppers

For 4 servings
Medium glass roaster with lid

Stew:

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

Per serving

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

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
200 °C
Cooking time: 50-55 minutes



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

For 4 servings

Glass dish with lid, medium-sized 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, approx. 150 g each
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. Add the butter and diced shallot to a glass dish, cover with the lid and sweat as indicated.

3. Add the lentils and bulgur wheat and sweat as indicated in ovenware with a lid.

4. Add the vegetable stock, cover with the lid and precook as indicated.

5. Then finish cooking in the enclosed glass dish as indicated. Stir while cooking.

6. 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.

7. 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.

8. 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:

Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Shallots and butter: 4 minutes
Lentils and bulgur wheat: 6 minutes
Precook with vegetable stock: 5 minutes
Lentil and bulgur wheat mixture:
Glass dish with lid on the wire rack, level 2
Microwave 180 watts
Cooking time: 18-20 minutes
Stuffed tomatoes:
Ovenproof dish on the wire rack, level 2
4D hot air
160 °C
Added steam, high
Cooking time: 25-30 minutes

Alternative setting:

Stuffed tomatoes:
Ovenproof dish on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 25-30 minutes



Broccoli flan

For 4 servings

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

Crème caramel:

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

5 eggs

Nutmeg, freshly grated

Salt

Black pepper, freshly ground

50 g butter

In addition:

30 g bread crumbs for sprinkling

Per serving

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

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

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

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

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

Setting procedure:

Broccoli:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 10 minutes

Crème caramel:

Ovenproof dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 20-25 minutes



Parmesan baskets with grilled vegetables

For 4 servings
Universal pan

Parmesan baskets:
150 g Parmesan, freshly grated

Vegetables:
200 g red peppers
200 g green pepper
200 g courgettes
200 g aubergine
3 tbsp olive oil
2 garlic cloves
Salt
Black pepper, freshly ground

In addition:
4 circles greaseproof paper,
diameter 20 cm

Per serving
257 kcal, 5 g carbs, 21 g fat,
13 g protein, 0,8 BU

1. For the Parmesan baskets preheat the oven.
2. Line the universal pan with 2 circles of greaseproof paper. Spoon 2-3 tbsp Parmesan onto each piece of greaseproof paper and spread. Bake as indicated.
3. After baking at once place the Parmesan discs individually over an upturned cup with the cheesy side facing down and press carefully. The discs are very hot! Allow to cool down for approx. 2 minutes and carefully remove from the cup.
4. Make the next 2 Parmesan discs as described in items 2 and 3 and bake.
5. Wash and peel the vegetables and cut into small cubes. Add to a dish and season with olive oil, the crushed garlic clove, salt and pepper. Distribute evenly in the universal pan and grill as indicated.
6. Arrange the vegetables in the baskets and serve.

Setting procedure:

Parmesan baskets:
Universal pan, level 3
Top/bottom heating
200 °C
Preheat
Baking time 6-7 minutes each
Vegetables:
Circulated air grilling
230 °C
Grilling time: 12-14 minutes



Spring stew

For 4 servings

Medium-sized glass dish with lid

Stew:

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

Per serving

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

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Vegetables: 10 minutes

Stew: 10-12 minutes

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

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



Aubergine towers

For 4 servings

Glass dish with lid, medium-sized ovenproof dish

Rice:

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

Aubergines:

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

Per serving

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

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

4. Rinse the herbs, shake them dry and chop them roughly. Cut the sheep's cheese into small cubes and mix with the herbs. Finely dice the cherry tomatoes and add.

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

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

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

Setting procedure:

Rice:
Glass dish with lid on the wire rack, level 2
Microwave 600 watts
Cooking time: 5 minutes
then
Microwave 180 watts
Cooking time: 15 minutes
Aubergine towers:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 190 °C
360 watts
Cooking time: 25-30 minutes

Alternative setting:

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

Tip:

Serve it with a fresh flatbread or baguette.



Spinach strudel

For 4 servings

Baking tray

Strudel pastry:

250 g flour
1 tsp salt
20 g butter, melted
1 egg, whisked
4-8 tbsp water
A little cooking oil

Filling:

1 onion
1-2 garlic cloves
A little cooking oil
300 g frozen spinach leaves
100 g dried tomatoes
200 g ricotta
2 eggs
60 g pine nuts
A little orange peel or orange flavouring
15 leaves lemon balm
2 tbsp Parmesan, grated
1 pinch nutmeg, freshly ground
Salt
Pepper, freshly ground

In addition:

Cling film
Greaseproof paper
Butter for brushing

Per serving

532 kcal, 53 g carbs, 23 g fat,
28 g protein, 4,4 BU

1. Knead together the flour, salt, butter, egg and water to form a ball, brush with oil, wrap in cling film, and place in the refrigerator for 2 hours.

2. For the filling, finely chop the onion and garlic and sweat them in cooking oil. Add the defrosted spinach to a bowl. Finely chop the dried tomatoes. Add to the spinach together with the onions, garlic and ricotta and mix well. Add the remaining ingredients and stir to form a consistent mixture.

3. Roll out the dough on a flour-covered tea towel and then stretch it out. To do this, slide your hands under the dough and stretch it out from the middle over the back of your hands. Stretch out the dough to a rectangular shape.

4. Spread the filling evenly over the dough. Leave a gap of approx. 2 cm free around the edge. Fold the side edges of the dough over the filling.

5. Lift the tea towel and roll up the dough. Slide onto a sheet of greaseproof paper. Using the greaseproof paper, place it onto the baking tray and, if necessary, make into a U-shape. Brush with butter and cook immediately as indicated.

Setting procedure:

Baking tray, level 2
4D hot air
170 °C
Added steam, medium
Cooking time: 45-55 minutes

Alternative setting:

Baking tray
4D hot air
170 °C
Cooking time: 50-60 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Dauphinoise potatoes - potato gratin

For 4 servings
Large ovenproof dish

Gratin:

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

In addition:

1 clove garlic
Butter for greasing

Per serving

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

1. Peel the garlic cloves and halve them. Rub the dish with the garlic and then grease it.
2. Wash, peel and slice the potatoes thinly and evenly into slices of approx. 3 mm thickness.

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

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

Setting procedure:

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

Alternative setting:

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

Tip:

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



Lasagne tricolore

For 4 servings

Glass dish with lid, medium-sized ovenproof dish

Lasagne:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

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

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

6. Grease the ovenproof dish.

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

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

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

Setting procedure:

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

Alternative setting:

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



Rigatoni with tomato sauce

For 4 servings

Medium-sized glass dish with lid,
large ovenproof dish

Rigatoni:

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

For sprinkling:

60 g Pecorino cheese, freshly grated

In addition:

Butter or Olive oil for the dish

Per serving

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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

Tip:

How to make tomato sauce yourself: finely dice a shallot and sweat in olive oil for 5 minutes with a clove of garlic. Wash 800 g fresh tomatoes, remove the stalks and cut the tomatoes into chunks. Leave to simmer uncovered for approx. 20 minutes in olive oil. Season with sea salt, freshly ground pepper and sugar. Pass through a sieve, add 3 tbsp of frozen Italian herbs and season to taste once again.

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



Courgette gratin with black olives

For 2 servings

Glass dish with lid, medium-sized ovenproof dish

Gratin:

250 g pasta, penne or rigatoni

30 g pine nuts

40 g shallots

40 g spring onions

500 g small courgettes

250 g cherry tomatoes

30 g pitted black olives

5 tbsp olive oil

2 small garlic cloves

1 sprig rosemary

1 sprig thyme

Sea salt

Black pepper, freshly ground

A little sugar

50 g Parmesan

In addition:

Olive oil for the dish

Per serving

1037 kcal, 83 g carbs, 58 g fat,

50 g protein, 6,9 BU

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

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

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

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

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

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Oil and herbs: 6 minutes

Vegetables: 5-6 minutes

Courgette gratin:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 200 °C

360 watts

Cooking time: 15-20 minutes

Alternative setting:

Courgette gratin:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 20-25 minutes



Aubergine and tomato lasagne

For 4 servings

Medium-sized glass dish with lid,
universal pan, large ovenproof dish

Lasagne:

1 kg fresh tomatoes
1 small onion
1 clove garlic
4-6 tbsp olive oil
Salt
Sugar
Black pepper, freshly ground
800 g aubergines
1 bunch basil
125 g mozzarella
100 g Parmesan, freshly grated

Per serving

399 kcal, 13 g carbs, 30 g fat,
19 g protein, 1,1 BU

1. Wash the tomatoes and cut into chunks. Peel the onion and garlic and dice finely.

2. For the tomato sauce, heat a little olive oil in a glass dish, cover with the lid and sweat the diced onions in it as indicated.

3. Add the garlic, tomatoes, salt, sugar, pepper and a little water. Cover the glass dish and simmer as indicated to produce a thick sauce.

4. Wash the aubergines, cut lengthwise into slices 0.5 cm thick, season with salt and leave to stand for approx. 20 minutes. Then pat dry with kitchen towel.

5. Add a little olive oil to the universal pan and place half of the aubergine slices in it. Brush the top side of the aubergines with a little olive oil and grill as indicated.

6. Do the same again with the other half.

7. Rinse the basil and shake it dry. Cut the mozzarella into thin slices.

8. Add a little sauce to an ovenproof dish. Add a layer of aubergine slices over the top and then sprinkle with Parmesan and whole basil leaves. Then fill with alternate layers of tomato sauce, aubergines, Parmesan and basil until all ingredients have been used up. Finally, cover the lasagne with mozzarella and bake as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 2
Microwave 900 watts
Onions: 3-4 minutes
Tomato sauce: 13-15 minutes
Aubergines:
Universal pan, level 4
Grill, large surface, setting 2
Grilling time: 5-7 minutes per tray
Lasagne:
Ovenproof dish on the wire rack, level 2
Microwave combination
Circulated air grilling, 180 °C
360 watts
Cooking time: 15-20 minutes

Alternative setting:

Aubergines:
Universal pan, level 4
Grill, large area, setting 2
Grilling time: 5-7 minutes per tray
Lasagne:
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 of the levels from 1 to 4.



Ham and cabbage bake

For 4 servings
Large ovenproof dish

Bake:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

4. Grease the ovenproof dish.

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

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

Setting procedure:

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

Alternative setting:

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



Sauce Hollandaise

For 4 servings Glass dishes

Sauce:

200 g butter
3 egg yolks
3 tbsp water, lukewarm
1-2 tbsp lemon juice
1 pinch sugar
Salt
Pepper, freshly ground

Per serving

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

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

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

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

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

Setting procedure:

Glass dish on the wire rack, level 2

Butter:

Microwave 360 watts

Cooking time: 4 minutes

Egg yolk:

Microwave 180 watts

Cooking time: 2 minutes

Sauce:

Microwave 360 watts

Cooking time: 2-3 minutes





Fish



Trout with herbs cooked on the baking tray

For 4 servings Universal pan

Fish:

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

Per serving

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

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

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

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

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

Setting procedure:

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

Alternative setting:

Universal pan
4D hot air
190 °C
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.



Salmon fillet with spinach leaves and tomatoes

For 4 servings

Medium-sized glass dish with lid,
large ovenproof dish

Spinach:

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

Tomatoes:

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

Fish:

400 g salmon fillet, skinless

For sprinkling:

20 g pine nuts
3 tbsp Parmesan, freshly grated

In addition:

Butter for greasing

Per serving

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

1. Peel the shallots, dice finely and sweat in the covered glass dish with the butter.
2. Add the spinach leaves, cover with the lid and cook as indicated. Then season with sea salt.
3. Cut the Gorgonzola into pieces, mix with the spinach leaves and season with pepper to taste.
4. Toast the pine nuts in a pan without oil.
5. Wash the tomatoes, remove the stems and halve the tomatoes. Heat the olive oil in a pan. Sauté the tomatoes in the oil and season with salt, pepper and sugar.

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

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

Setting procedure:

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

Alternative setting:

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



Cod in tarragon mustard sauce on potato

Serves 4

Glass dish with lid,
large ovenproof dish

Sauce:

40 g butter
30 g flour
500 ml milk
200 ml water
Approx. 80 g Dijon mustard
2 tbsp fresh tarragon, chopped
Sea salt
White pepper freshly ground
1 pinch sugar

Potatoes:

800 g floury potatoes
Sea salt
Pepper, freshly ground

Fish:

4 cod fillets, approx. 170 g each
½ lemon
Sea salt
Lemon pepper
1 tbsp breadcrumbs

In addition:

Butter for greasing

Per serving

535 kcal, 47 g carbs, 20 g fat,
41 g protein, 3,9 BU

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

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

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

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

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

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

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

Setting procedure:

Glass dish on the wire rack, level 2

Microwave 600 watts

Butter: 1-2 minutes

Butter and flour: 2 minutes

Sauce:

Glass dish with lid on the wire rack, level 2

Cooking time: 8-10 minutes

Potatoes:

Ovenproof dish on the wire rack, level 2

Microwave 600 watts

Cooking time: 10 minutes

Potatoes and fish:

Ovenproof dish on the wire rack, level 2

Microwave combination

Top/bottom heating, 200 °C

360 watts

Cooking time: 25-30 minutes



Pike-perch fillet au gratin with horseradish sauce

For 4 servings

Medium-sized glass dish with lid,
large ovenproof dish

Fish:

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

Sauce:

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

In addition:

1 tbsp breadcrumbs
1 tsp sweet paprika

Per serving

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

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

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

3. Add the flour and sweat briefly as indicated.

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

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

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

Setting procedure:

Glass dish on the wire rack, level 2

Microwave 600 watts

Butter: 1 minute

Butter and flour: 2 minutes

Sauce:

Cooking time: 7 minutes

Pike-perch:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 190 °C

360 watts

Cooking time: 18-20 minutes

Alternative setting:

Pike-perch:

Ovenproof dish on the wire rack, level 2

Circulated air grilling

180 °C

Cooking time: 25-30 minutes



Salmon fillet with potato topping and leek

For 4 servings
Glass dish with lid,
large ovenproof dish

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

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

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

In addition:
1 tbsp breadcrumbs
1 tbsp red pepper corns

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

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

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

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

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

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

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

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

8. Before serving sprinkle with red pepper.

Setting procedure:

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

Alternative setting:

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



Red perch parcel in herb sauce

For 4 servings

**Glass dish with lid, medium-sized
ovenproof dish**

Fish parcels:

4 red perch fillets, 150-170 g each

Sea salt

½ lemon

8 tender spinach leaves

1 small carrot

Sauce:

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

20 g butter

20 g flour

500 ml milk, cold

2 garlic cloves

Salt

White pepper freshly ground

In addition:

4 slices matured Gouda, cut paper-thin

Butter for greasing

Per serving

372 kcal, 12 g carbs, 19 g fat,

37 g protein, 1,0 BU

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

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

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

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

5. Add the flour and sweat as indicated.

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

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

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Carrot: 3 minutes

Butter: 1 minute

Butter and flour: 2 minutes

Sauce: approx. 10 minutes

Fish parcels:

Ovenproof dish on the wire rack, level 2

Microwave combination

Circulated air grilling, 180 °C

360 watts

Cooking time: 15-20 minutes

Alternative setting:

Fish parcels:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 30-35 minutes



Fish saltimbocca

For 4 servings

Medium ovenproof dish

Fish:

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

Coarse salt

Black pepper, freshly ground

6 slices Parma ham

12 leaves fresh sage

6-8 tbsp olive oil

In addition:

Cooking oil for the dish

Per serving

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

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

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

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

4. Grill the fish as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2

Microwave combination

Grill, large area

Setting 3

360 watts

Grilling time: 12-14 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2

Circulated air grilling

190 °C

Grilling time: 18-20 minutes



Summery fish bake

For 4 servings
Medium ovenproof dish

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

In addition:
Butter for greasing

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

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
140 °C
Added steam, medium
Cooking time: 20-25 minutes

Alternative setting:

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



Ocean perch ragout with fennel and orange fillets

For 4 servings

Large glass dish with lid

Ragout:

2 small fennel bulbs, 200 g each

150 ml vegetable stock

60 g butter

2 oranges

750 g ocean perch fillet

Salt

Black pepper, freshly ground

Sugar

2 tbsp dill, freshly chopped

Per serving

286 kcal, 9 g carbs, 11 g fat,

37 g protein, 0,7 BU

1. Wash the fennel. Cut off the green fronds and put to one side. Shred the fennel into fine strips, add the vegetable stock, butter, salt, pepper and sugar to a glass dish, cover with the lid and cook as indicated.

2. Peel the oranges with a knife so that the pith is also removed. Cut the fruit into quarters and slice crossways.

3. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut the fillets into pieces 3 cm in size.

4. Add the fish to the fennel in the baking dish, cover with the lid and cook as indicated.

5. Add the oranges, dill and chopped fennel fronds, mix in carefully and season the ragout again.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Fennel: 8-9 minutes

Fish: 10-12 minutes



Red snapper curry

For 4 servings

Large roaster with lid

Fish:

600 g red snapper fillet

Marinade:

½ lemon

1 tsp mild red curry paste (from the Asian section of supermarkets)

Sea salt

2 tbsp sunflower oil

Curry:

1 green pepper

1 red pepper

1 yellow pepper

500 g floury potatoes

200 g yellow courgettes

100 g celery

60 g spring onions

200 g pak choi or Chinese cabbage

1 fresh red chilli

10 g coconut oil

4 shallots

Sea salt

Curry paste

A little cayenne pepper

800 ml unsweetened coconut milk

Per serving

384 kcal, 33 g carbs, 12 g fat,

36 g protein, 2,8 BU

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 25-30 minutes

Tip:

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

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

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

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





Poultry and meat



Grilled chicken filled with herbs

For 4 servings

Universal pan and wire rack

Chicken:

2 chickens, 1.2 kg each

Pepper, freshly ground

Salt

2 small bunches fresh herbs,
e.g. rosemary, sage, thyme, marjoram

2 tsp lemon juice

For brushing:

2 tbsp cooking oil

Salt

Pepper, freshly ground

Paprika

Per serving

555 kcal, 1 g carbs, 32 g fat,

65 g protein, 0,1 BU

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

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

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

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

5. Grill the chicken as indicated.

Setting procedure:

Universal pan, level 1,

Wire rack, level 2

Microwave combination

Circulated air grilling, 210 °C

360 watts

Grilling time: 25-30 minutes

Alternative setting:

Universal pan, level 1, wire rack, level 2

Circulated air grilling

200 °C

Grilling time: 45-50 minutes

Tip:

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



Chicken saltimbocca

For 4 servings

Universal pan

Saltimbocca:

4 chicken breast fillets, 200 g each

Sea salt

Pepper, freshly ground

50 g medium-mature Pecorino cheese,
freshly grated

150 g raw ham, sliced thinly

12 fresh sage leaves

In addition:

Kitchen string

Per serving

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

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

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

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

Setting procedure:

Universal pan, level 2

Microwave combination

Circulated air grilling

230 °C

360 watts

Grilling time: 14-16 minutes

Alternative setting:

Universal pan, level 3

Circulated air grilling

230 °C

Grilling time: 20-25 minutes

Tip:

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



Drumsticks hot Cajun-style

For 4 servings

Universal pan with wire rack

Chicken:

12 drumsticks (chicken legs), 100 g each

3 tbsp sunflower oil

Spice mixture:

½ organic lemon

3 generous pinches chilli flakes

10 g salt

3 generous pinches garlic powder

3 generous pinches black pepper

2 generous pinches dried rosemary

¼ tsp ground red pepper

½ tsp ground ginger

Per serving

607 kcal, 1 g carbs, 43 g fat,

55 g protein, 0,1 BU

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

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

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

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

Setting procedure:

With meat probe

Universal pan, level 1,

Wire rack, level 2

Circulated air grilling

210 °C

Core temperature 90 °C

Alternative setting:

Universal pan, level 1, wire rack, level 2

Circulated air grilling

210 °C

Grilling time: 35-40 minutes



Crispy ducks with baked apple stuffing

For 6 servings

Universal pan and wire rack

Meat:

2 fresh ducks without giblets, approx.

2.4 kg each

Approx. 15 g fresh marjoram

Sea salt

Pepper, freshly ground

60 g orange marmalade

Baked apple stuffing:

4 sour apples, e.g. Santana or Braeburn

20 g raisins

2 fresh dates, pitted

30 g marzipan

20 g chopped walnuts

Sauce:

500 ml duck stock from a jar or poultry stock

Sea salt

Pepper, freshly ground

1 tbsp orange marmalade

1 tbsp cornflour

In addition:

Cocktail sticks

Kitchen string

Per serving

1123 kcal, 31 g carbs, 77 g fat,

28 g protein, 2,6 BU

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

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

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

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

5. Place the ducks on the wire rack with the breast facing down and roast as indicated for 70 minutes. Turn after 40 minutes of this time.

6. After 70 minutes, continue roasting on the new setting as indicated. 10 minutes before the end of the cooking time, baste with the meat juices and roast until done.

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 pan, add to a saucepan and heat on the cooker. Season the sauce with sea salt, pepper and orange marmalade to taste. Mix the cornflour with cold water and thicken the sauce with it.

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

Setting procedure:

Universal pan, level 1, wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Added steam, medium

Roasting time: 30-40 minutes

Alternative setting:

Universal pan, level 1, wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Roasting time: 40-50 minutes

Tip:

The fat you skimmed off can be used cold for bread and dripping or as an ingredient in red cabbage.

Garnish the ducks with slices of orange and fresh marjoram. Serve with red cabbage and potato dumplings or German-style serviette dumplings.



Herb-stuffed breast of veal

For 6 servings

Universal pan

Meat with filling:

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

200 g veal bones, chopped up

Salt

Pepper, freshly ground

½ bunch mixed herbs for Frankfurt

green sauce (chervil, borage, lemon balm, burnet, parsley, sorrel and chives, in equal parts, total approx. 100 g)

4 slices bread

125 ml milk, warm

½ organic lemon

3 shallots

3 egg yolks

25 g clarified butter

1 bunch soup vegetables

600 ml meat stock

150 ml cream

In addition:

Kitchen string

Needle

Per serving

286 kcal, 1,4 g carbs, 13 g fat,

40 g protein, 0,1 BU

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

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

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

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

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

Setting procedure:

With meat probe

Universal pan, level 2

Circulated air grilling

180 °C

Core temperature 80 °C

Alternative setting:

Universal pan, level 2

Circulated air grilling

180 °C

Cooking time: 70-80 minutes



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



Veal fillet in a lime and lemon balm crust

For 6 servings Baking tray

Meat:

2 organic limes
½ bunch lemon balm
1 tsp Sichuan pepper
Approx. 900 g veal fillet
Black pepper, freshly ground
1 tbsp clarified butter

Sauce:

1 shallot
1 tbsp butter
100 ml poultry stock
50 ml dry white wine
400 ml cream
1 organic lime
Herb-flavoured salt
Black pepper, freshly ground

In addition:

Greaseproof paper

Per serving

596 kcal, 5 g carbs, 38 g fat,
52 g protein, 0,4 BU

1. Place a sheet of greaseproof paper onto the work surface. Wash the limes in hot water, dry them off and grate the zest onto the greaseproof paper. Rinse the lemon balm, shake dry, then pluck and chop approx.

15 of the leaves finely. Place the rest to one side for the sauce. Grind the Sichuan pepper using a mortar. Scatter the chopped leaves onto the greaseproof paper with the Sichuan pepper.

2. Rinse the veal fillet briefly in cold water and pat dry with kitchen towel. Remove any fat, skin and sinew and season with pepper. Sear on all sides for approx. 4 minutes in the hot clarified butter.

3. Remove the meat from the frying pan and place on the prepared greaseproof paper. Roll up the fillet tightly, pressing the sides together when doing so, and leave rolled up in the greaseproof paper for approx. 25 minutes. Then unpack, place the meat onto the baking tray and roast as indicated.

4. Chop the shallot finely for the sauce. Fry in the hot butter, then top up with the stock and wine. Add two sprigs of lemon balm and let the mixture reduce to approx. 3 tbsp.

5. Strain through a sieve into a second saucepan. Bring to the boil with the cream and leave to simmer for approx. 15 minutes until the sauce becomes light and creamy. Season to taste with a little grated lime zest, 1-2 tsp lime juice, herb-flavoured salt and a little black pepper. Finely chop approx. 10 lemon balm leaves and add to the sauce.

6. Season the fillet with herb-flavoured salt and cut into slices. Garnish with a few lemon balm leaves and serve with the hot sauce.

Setting procedure:

With meat probe
Baking tray, level 2
Circulated air grilling
180 °C
Core temperature 65 °C

Alternative setting:

Baking tray, level 2
Circulated air grilling
180 °C
Roasting time: 35-40 minutes



Rib eye

For 4 servings Universal pan

Marinade:

60 ml water
25 ml dark soy sauce
1 tbsp water
75 ml bourbon whiskey
2 tbsp Worcester sauce
2 tsp lemon juice
1 tbsp brown sugar

Meat:

2 rib eye steaks, 500 g each
2 tbsp clarified butter

For seasoning:

Salt
Black pepper, freshly ground
Nutmeg, freshly grated

Per serving

523 kcal, 6 g carbs, 26 g fat,
56 g protein, 0,5 BU

1. Mix all the ingredients for the marinade together the day before.

2. Rinse the steaks briefly under cold water and pat dry with kitchen towel. Leave in the marinade for at least 24 hours. Turn several times.

3. Remove the meat the next day and place the marinade to one side.

4. Heat the clarified butter in a frying pan and sear the meat in the hot fat for approx. 3 minutes on each side.

5. Place the meat into the universal pan and roast as indicated.

6. For the sauce, take the remaining marinade and let it simmer in a small saucepan until it becomes syrup-like. When the meat is done, add the meat juices to the sauce, season to taste once again and serve with the meat.

Setting procedure:

With meat probe
Universal pan, level 2
Top/bottom heating
140 °C
Core temperature 57 °C

Alternative setting:

Universal pan, level 2
Top/bottom heating
140 °C
Cooking 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 caramelise in the frying fat and deglaze by stirring thoroughly with tarragon vinegar. Peel the shallots. Add butter, shallots and the pearl onions with the onion broth. Place the meat on top, put the lid on the roaster and roast as indicated.

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

190 °C

Cooking time: 3 hr. - 3 hr. 10 min.



Joint of pork with a honey-thyme crust

For 6 servings Universal pan

Meat:

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

Sea salt

Black pepper, freshly ground

3 garlic cloves

100 ml water

Vegetables:

250 g shallots

200 g celeriac

300 g carrots

200 g parsnips

200 g celery

250 g leeks

50 ml balsamic vinegar

250 ml water

Approx. 30 g fresh thyme

10 allspice berries

For brushing:

1 lemon

3 tbsp honey

Fresh sprigs of thyme

Per serving

967 kcal, 24 g carbs, 68 g fat,

66 g protein, 2,0 BU

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

2. Peel the shallots, celeriac, carrots and parsnips. Top and tail and then cut into pieces 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



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



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 peel 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 fridge approx. 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, level 1, wire rack, level 2

Circulated air grilling

180 °C

Core temperature 65 °C

Alternative setting:

Universal pan, level 1, 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.



Saddle of lamb in a herb crust

For 4 servings

Universal pan and wire rack

Meat:

800 g lamb saddle fillet

Salt

Pepper, freshly ground

Herb paste:

1 small garlic clove

3 sprigs thyme

3 sage leaves

1 tbsp rosemary leaves

2 tbsp medium-hot mustard

1 tbsp olive oil

Per serving

284 kcal, 1 g carbs, 13 g fat,

42 g protein, 0,1 BU

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

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

3. Preheat the oven.

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

5. Before serving, cut into equally sized slices.

Setting procedure:

Universal pan, level 2, wire rack, level 3

Preheat

Top/bottom heating

220 °C

Microwave combination

Top/bottom heating

220 °C

90 watts

Cooking time: 10-12 minutes

Alternative setting:

Universal pan, level 2, wire rack, level 3

Top/bottom heating

220 °C

Preheat

Cooking time: 15-25 minutes

Tip:

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



Joint of venison in a red wine and juniper sauce

For 8 servings
Large roaster with lid

Meat:

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

Sauce:

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

Per serving

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

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

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

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

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

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

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

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

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

Setting procedure:

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

Tip:

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





Desserts, soufflés and sweet dishes



White espresso panna cotta

For 4 servings

Large glass dish with lid

Cream delight:

350 ml cream

150 ml milk

100 g espresso beans

1 generous pinch grated lemon peel
from an organic lemon

1 vanilla pod

75 g sugar

5 leaves gelatine or 1 Packet gelatine
powder

Per serving

402 kcal, 30 g carbs, 29 g fat,

6 g protein, 2,5 BU

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Cooking time: 5-6 minutes

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

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



Bilberry soufflé

For 6 servings Soufflé dishes

Soufflé:

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

In addition:

Butter for greasing
Sugar for sprinkling

Per serving

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

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

Setting procedure:

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

Tip:

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



Moorish fig dessert with port wine syrup

For 6 servings
6 ovenproof ramekins

Port wine syrup:
1 organic orange
1 organic lemon
6 tbsp red port wine
1 sachet Bourbon vanilla sugar

Egg and cream cheese mixture:
8 green cardamom pods
2 eggs
60 g sugar
200 g double cream cheese
50 g pistachios
3 lady finger biscuits

Fruit:
6 fresh figs

In addition:
Icing sugar for dusting

Per serving
421 kcal, 33 g carbs, 26 g fat,
11 g protein, 2,7 BU

1. For the syrup, wash the lemon and orange in hot water, dry, grate the peel and squeeze out the juice. Put 2-3 tbsp of the orange juice and grated peel for the egg and cream cheese mixture to one side. Reduce the rest of the orange juice to syrup by boiling with the lemon juice, wine and vanilla sugar in a small saucepan. Add a little lemon peel to taste. Leave the syrup to cool.

2. Open the cardamom pods and crush the seeds using a mortar and pestle.

3. Place the eggs in a bowl with the sugar, grated orange zest and cardamom and beat until light and fluffy.

4. Add the remaining orange juice to the cream cheese and stir until smooth. Then gradually stir into the egg mixture.

5. Preheat the oven.

6. Grind the pistachio nuts finely in a mixer and put 1 tbsp to one side to use as a garnish. Mix the remaining pistachio nuts finely again with the lady fingers and stir into the egg mixture.

7. Distribute the mixture between 6 ovenproof ramekins.

8. Wash the the figs, dry them and cut crosses into the top. Place in the middle of the ramekins and sprinkle over the remaining pistachio nuts.

9. Bake as indicated.

10. Drizzle syrup over the finished dessert, dust with icing sugar to taste and serve immediately.

Setting procedure:

Ramekins on the wire rack, level 2
4D hot air
160 °C
Preheat
Added steam, high
Baking time: 15-20 minutes

Alternative setting:

Ramekins on the wire rack
4D hot air
160 °C
Preheat
Baking time: 15-20 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.



Chocolate tart with honey apricots and lavender

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

Mixture:

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

Apricots:

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

In addition:

Greaseproof paper
1 tbs lavender

Per serving

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

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

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

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

4. Preheat the oven.

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

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

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

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Tarte:

Springform cake tin on the wire rack, level 2

Top/bottom heating

250 °C

Preheat

Added steam, low

Baking time: approx. 10 minutes

Alternative setting:

Tarte:

Springform cake tin on the wire rack, level 2

Top/bottom heating

250 °C

Preheat

Baking time: approx. 10 minutes



Fruit sauce

For 4 servings
Large glass dish with lid

Sauce:

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

In addition:

A few leaves lemon balm

Per serving

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

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

Setting procedure:

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

Tip:

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

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

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





Cakes and small baked items



German-style butter cake - basic recipe for yeast dough

For approx. 16 servings
Universal pan

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 the dough out onto it. 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 with the bakingSensor
Universal pan, level 3
Select dishes
Category: cake, bread
Food: cake
Dish: cakes on trays

Alternative setting:

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

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Ring cake with walnuts and marzipan

To make approx. 12 servings
Ring cake tin

Mixture:

100 g butter
100 g sugar
2 egg yolks
1 egg
500 g flour
2 sachets dried yeast
1 pinch salt
250 ml milk
A few drops of bitter almond oil
2 tbsp rum
50 g raisins or 100 g dried cranberries
25 g lemon peel, very finely chopped
25 g orange peel, very finely chopped
100 g walnuts, roughly chopped
100 g marzipan, finely chopped

In addition:

Butter for greasing
Breadcrumbs for sprinkling
Icing sugar for dusting

Per serving

409 kcal, 50 g carbs, 19 g fat,
9 g protein, 4,1 BU

1. Grease the tin well and sprinkle with breadcrumbs.
2. Beat the butter and sugar until light and fluffy. Add the egg yolk and egg.
3. Mix flour and yeast in a bowl and add 1 pinch of salt. Stir into the egg mixture using milk and bitter almond oil alternately. Add the rum.
4. Knead the dough well until it is smooth and glossy. Add the remaining ingredients and knead them in briefly.
5. Then, roll up on the flour-covered work surface, place into the prepared tin and leave to prove for approx. 50 minutes in a warm place.
6. Bake the cake as indicated.
7. Turn the ring cake out of the tin and leave to cool down. Sprinkle with icing sugar.

Setting procedure:

Baking with the bakingSensor
Bundt cake tin on the wire rack, level 2
Select dishes
Category: cake, bread
Food: cake
Dish: cakes in tins

Alternative setting:

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

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



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 2
4D hot air
150 °C
Added steam, medium
Baking time: 25-35 minutes

Alternative setting:

Baking tray, level 3
Top/bottom heating
190 °C
Baking time: 25-35 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

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



Gooseberry cake with almond topping - basic recipe for sponge mixture

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

Mixture:

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

Topping:

400 g gooseberries
50 g flaked almonds
30 g sugar

In addition:

Butter for greasing
Icing sugar for dusting

Per serving

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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

Tip:

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



Sponge flan base

For 12 servings

Flan-base cake tin, diameter 30 cm

Sponge mixture:

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

In addition:

Butter for greasing
Breadcrumbs for sprinkling

Per serving

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

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

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 2
4D hot air
160 °C
Added steam, low
Baking time: 20-30 minutes

Alternative setting:

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



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 in 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 batter with the lemon zest and add to the jars.

5. Stir sugar, cocoa, almonds and milk into the remaining batter and add to the light-coloured batter. Cut the dark chocolate into small pieces and add to the dark batter. Use a fork to create a spiral-shaped marble pattern in both batters.

6. Place the jars on the wire rack and bake the marble cake as indicated.

Setting procedure:

Baking with the bakingSensor
Jars on the wire rack, level 2
Select dishes
Category: cake, bread
Food: cake
Dish: cakes in tins

Alternative setting:

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

Tip:

When making a marble cake in the 30 cm cake tin, use twice the quantity of mixture. Place the cake tin onto the wire rack and set the following settings: Dishes/Category: cakes, bread/ Food: cakes/Dish: cakes in tins. Or alternatively, set to 4D hot air and 170 °C. The baking time will then be 60-65 minutes.



Apple cake with caramelised walnuts

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

Caramel:

1 organic orange
300 g walnuts
30 g sugar

Sponge mixture:

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

In addition:

Greaseproof paper
Butter for the edge of the tin

Per serving

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

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

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

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

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

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

6. Bake the cake as indicated.

Setting procedure:

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

Alternative setting:

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



Moist chocolate cake filled with pears

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

Sponge mixture:

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

Glaze:

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

In addition:

Butter for greasing
Flour for dusting

Per slice

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Damson cake with walnut crumble

For around 20 pieces
Universal pan

Topping:
Approx. 1.5 kg fresh damsons

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

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

In addition:
Butter for greasing the baking tray

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

1. Wash, halve and de-stone the damsons.
2. Mix flour, sugar, butter, salt and cinnamon together to create the crumble. Finally, mix in the chopped walnuts.
3. For the sponge mixture, mix together butter and sugar until light and fluffy. Gradually add the eggs. Slowly stir the quark into the frothy mixture.

4. Mix flour, salt and baking powder, sieve and stir in briefly.

5. Grease the universal pan with butter and evenly distribute the mixture on top.

6. Add the damsons and the crumble. Then bake as indicated.

Setting procedure:

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

Alternative setting:

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



Carrot cake

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

Cake:

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

In addition:

Greaseproof paper
Icing sugar for dusting

Per serving

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

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

Setting procedure:

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

Alternative setting:

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

Tip:

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



Fruit tart - basic recipe for shortcrust pastry

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

Shortcrust pastry:

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

Topping:

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

In addition:

Butter for greasing
Greaseproof paper
Dried pulses for blind baking

Per serving

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

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

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

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

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

Setting procedure:

Baking with the bakingSensor
Springform cake tin on the wire rack, level 2
Select dishes
Category: cake, bread
Food: cake
Dish: Cakes in tins

Alternative setting:

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

Tip:

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



Vanilla cheesecake

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

Shortcrust pastry:

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

Quark mixture:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Linzertorte

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

Shortcrust pastry:

200 g flour
1 level tsp baking powder
1 pinch salt
125 g ground hazelnuts or almonds
125 g sugar
1 sachet vanilla sugar
1 generous pinch ground cloves
1 level tsp cinnamon
1 egg
125 g butter, cold

Filling:

250 g jam or fruit jelly, e.g. raspberry or redcurrant

In addition:

Butter for greasing

Per serving

316 kcal, 39 g carbs, 16 g fat,
4 g protein, 3,3 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. With the dough hook of a hand mixer or food processor, knead slowly at first, and then on a faster speed setting until it forms a ball. Wrap in cling film and chill.

2. Grease the dish.

3. Roll out two thirds of the pastry on a lightly flour-covered work surface, place into the dish and pull up to make a slight edge. Prick the pastry base several times with a fork.

4. Spread the jam or fruit jelly evenly over the pastry base.

5. Roll out the remaining pastry, cut into strips and use to create a lattice effect on the cake. Bake as indicated.

Setting procedure:

Baking with the bakingSensor
Springform cake tin on the wire rack, level 2
Select dishes
Category: cake, bread
Food: cake
Dish: cakes in tins

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
190 °C
Baking time: 25-35 minutes

Tip:

Linzertorte can be made in advance. It should be left to stand for at least two days before being served. It tastes at its best after this time.

At Christmas time, you can cut out stars, Christmas trees or moons and use them to decorate the cake.



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. 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.

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

4. 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.

5. 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.

6. 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.

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

Setting procedure:

Baking with the bakingSensor

Springform cake tin on the wire rack, level 2

Select dishes

Category: cake, bread

Food: cake

Dish: cakes in tins

Alternative setting:

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 of the levels 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.
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 baking dish 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:

Baking with the bakingSensor
Springform cake tin on the wire rack, level 2
Select dishes
Category: cake, bread
Food: cake
Dish: cakes in tins

Alternative setting:

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 of the levels from 1 to 4.



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 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



Spiced espresso and chocolate tart

For 12 servings

Glass dish, springform cake tin
Ø 26 cm

Mixture:

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

Topping:

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

In addition:

Greaseproof paper

Per serving

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

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

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

3. Preheat the oven.

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

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

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

Setting procedure:

Chocolate mixture:
Glass dish on the wire rack, level 2
Microwave 360 watts
Cooking time: 4-5 minutes
Tarte:
Springform cake tin on the wire rack, level 2
Top/bottom heating
210 °C
Preheat
Added steam, high
Baking time: approx. 25 minutes

Alternative setting:

Tarte:
Springform cake tin on the wire rack, level 2
Top/bottom heating
210 °C
Preheat
Baking time: 25-35 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.



Turkish basbousa

For approx. 32 servings
Large ovenproof dish

Syrup:

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

Mixture:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

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

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Added steam, low
Baking time: 30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 30-35 minutes



Baklava

For 60 servings
Universal pan

Mixture:
10-12 sheets filo pastry
350 g butter

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

Syrup:
675 g sugar
175 g honey
500 ml water

In addition:
Butter for the universal pan

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

1. Let the frozen filo pastry defrost as per the instructions on the packaging.

2. Heat the butter in a saucepan; skim the light-coloured foam little by little.

3. Chop the almonds, walnuts and pistachios very finely. Mix the almonds, walnuts and half of the pistachios with the seasonings.

4. Cut the pastry sheets to the size of the universal pan and cover with a damp cloth. Keep four pastry sheets for the final layer of pastry. Any remaining pastry will also be used for the layers.

5. 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.

6. 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.

7. Preheat the oven.

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
Added steam, low
Baking time: 35-40 minutes

Alternative setting:

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



Brownies with pistachios and cashews

For 20 servings

Glass dish, square springform cake tin, 24x24 cm

Mixture:

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

In addition:

Butter for greasing
Flour for dusting

Per serving

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

1. Grease the springform cake tin and lightly dust with flour.
2. Break the chocolate into pieces and add to a glass dish with the butter. Melt as indicated. Stir during cooking.
3. Finely chop the pistachios and cashews.

4. Stir the eggs and sugar together well until light and fluffy. Slowly stir the melted chocolate into the mixture.
5. Mix the flour, baking powder and salt and fold into the frothy mixture.
6. Add the finely chopped pistachios and cashews, pour the mixture into the tin and bake as indicated.

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 6-7 minutes

Brownies:

Baking with the bakingSensor

Square springform cake tin on the wire rack, level 2

Select dishes

Category: cake, bread

Food: cake

Dish: cakes in tins

Alternative setting:

Brownies:

Square springform cake tin on the wire rack

4D hot air

170 °C

Baking time: 35-40 minutes

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



Puff pastry slices with mascarpone cream and rhubarb

For 15 servings

Baking tray

Puff pastry:

2 slices puff pastry
50 ml water
15 g sugar

Filling:

100 g rhubarb
40 g icing sugar
100 g mascarpone
100 g yoghurt
3 sheets gelatine

In addition:

Icing sugar for sprinkling

Per serving

85 kcal, 8 g carbs, 5 g fat, 1 g protein,
0,6 BU

1. Leave the puff pastry slices to defrost.

2. Heat the water, sprinkle in the sugar and boil down until it thickens. Brush one puff pastry slice with a thin coating of water and place the second slice on top. Roll out on a lightly flour-covered work surface to a size of approx. 30x30 cm and cut into 15 equally sized rectangular pieces.

3. Preheat the oven.

4. Line the baking tray with greaseproof paper, place the slices of puff pastry on top, brush with the sugar solution and bake as indicated.

5. Wash and peel the rhubarb and cut it into very small cubes. Mix with 20 g icing sugar and leave to infuse for approx. 10 minutes. Bring to the boil briefly in a saucepan and then leave to cool down.

6. Mix mascarpone, yoghurt and 20 g icing sugar together.

7. Soak the gelatine in cold water for 5 minutes, squeeze out excess liquid and then dissolve over low heat in a pot. Quickly mix it into the mascarpone mixture. Add the rhubarb and mix together thoroughly. Place the mixture into the refrigerator for a short while.

8. Cut the puff pastry slices in half lengthways, fill with the mascarpone mixture and sprinkle with icing sugar before serving.

Setting procedure:

Baking tray, level 2
Top/bottom heating
220 °C
Preheat
Baking time: approx. 12 minutes

Tip:

Instead of rhubarb, you can also use peach wedges or apricot chunks.



Lime muffins with white chocolate

For 12 servings
Glass dish, muffin tin

Muffins:

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

In addition:

Butter for the tin or paper moulds

Per serving

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

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

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

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

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Muffins:

Baking with the bakingSensor

Muffin tin on the wire rack, level 3

Select dishes

Category: cake, bread

Food: small baked items

Dish: muffins

Alternative setting:

Muffins:

Muffin tin on the wire rack, level 3

Top/bottom heating

180 °C

Baking time: 15-20 minutes



Chocolate muffins with cherries and chilli

For 12 pieces

Glass dish, 12-cup muffin tin

Mixture:

12 fresh cherries, alternatively cherries from a jar

125 g butter

75 g dark chocolate

3 eggs

175 g sugar

150 g flour

1 pinch salt

1 tsp baking powder

Chilli powder according to taste

In addition:

Butter for the muffin tin or paper moulds

Per serving

240 kcal, 27 g carbs, 13 g fat,

4 g protein, 2,3 BU

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

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

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

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

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

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

Setting procedure:

Chocolate:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Muffins:

Muffin tin on the wire rack, level 2

Microwave combination

Top/bottom heating

190 °C

90 watts

Baking time: 15-16 minutes

Alternative setting:

Muffins:

Muffin tin on the wire rack, level 3

Top/bottom heating

190 °C

Baking time: 20-30 minutes



Small ring cakes with lemon curd and fresh berries

For 12 servings
Tin for 12 mini ring cakes

Yeast dough:

100 ml milk
80 g butter
250 g flour
1 sachet dried yeast
35 g sugar
2 pinches salt
1 egg
2 tbsp orange liqueur or orange flower water

Lemon curd:

1 large organic lemon, approx. 200 g
180 g sugar
2 eggs
100 g butter
1 pinch salt

Berries:

125 g mixed fresh berries

In addition:

Butter for greasing
Breadcrumbs for sprinkling
Icing sugar for dusting

Per serving

358 kcal, 37 g carbs, 20 g fat,
5 g protein, 3,1 BU

1. For the yeast dough, heat up the milk, add the butter and allow to melt. Allow to cool until lukewarm. Mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well 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. For the lemon curd, wash the lemon under hot water, dry it and grate the zest. Ensure that the white pith is not grated as well. Squeeze the juice from the lemon. Add the lemon zest and the juice to a saucepan together with all other ingredients and heat up. Stir with the whisk for approx. 20 minutes until you have a creamy mixture.

3. Divide the yeast dough into 12 pieces, form small rolls and add to the greased mini ring cake tin which has been sprinkled with breadcrumbs. Leave to prove again.

4. Even out the surface of the dough using your fingers so that the small cakes are even. Leave to stand for another 10 minutes and then bake as indicated.

5. Let the tin cool down a little, then carefully turn out the ring cakes from the tin and leave to cool down on a wire rack.

6. Sprinkle with icing sugar and serve with the lemon curd and fresh berries.

Setting procedure:

Mini ring cake tin on the wire rack, level 2
4D hot air
170 °C
Added steam, low
Baking time: 20-30 minutes

Alternative setting:

Mini ring cake tin on the wire rack
4D hot air
180 °C
Baking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.
You can also use the grated zest of an organic orange in place of orange liqueur or orange flower water.
Fill a clean jar with the lemon curd. The spread can be kept for up to 10 days in the refrigerator if well sealed.



Coriander and orange brioches

For 12 servings Muffin tin

Mixture:

1 organic orange
1 tsp coriander seeds
500 g flour
1 sachet dried yeast
1 pinch salt
125 ml milk, lukewarm
90 g sugar
2 eggs, whisked
90 g butter

In addition:

Butter for greasing
Butter, melted, for brushing

Per serving

315 kcal, 4 g carbs, 15 g fat,
38 g protein, 0,3 BU

1. Wash the orange in hot water, dry it, and grate the zest. Roughly crush the coriander seeds in the mortar.

2. Mix the flour, yeast and salt in a bowl. Add all the other ingredients and knead into a smooth dough. Allow the dough to prove in a warm place until the volume has roughly doubled.

3. Grease the muffin tin with butter. Cut off one quarter of the dough. From the large piece of dough, roll out 12 equally sized balls. From the rest of the dough, make 12 droplet-shaped balls. Place the larger balls into the muffin tray. Make a small indent in each dough ball and place the small ball in the well. Brush with melted butter and leave to prove again in a warm place.

4. Then bake as indicated until golden brown.

Setting procedure:

Muffin tin on the wire rack, level 2
4D hot air
170 °C
Added steam, medium
Baking time: 25-30 minutes

Alternative setting:

Muffin tin on the wire rack
4D hot air
170 °C
Baking time: 25-30 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4

Tip:

Measure out all the ingredients in advance to allow them to warm to room temperature. You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Pistachio biscuits with fig jam

For 35 servings

Baking tray and universal pan, glass dish

Shortcrust pastry:

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

Filling:

250 g fig jam

Topping:

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

In addition:

Greaseproof paper

Per serving

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

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

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

3. Line the baking trays with greaseproof paper.

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

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

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

Setting procedure:

Biscuits:

Baking tray, level 1,

Universal pan, level 3

4D hot air

140 °C

Baking time: approx. 25 minutes

Chocolate coating:

Glass dish on the wire rack, level 2

Microwave 360 watts

Cooking time: 2-3 minutes

Tip:

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



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.

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.

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.





Bread and bread rolls,
pizza and savoury cakes



Savoury rye sourdough bread

For 1 loaf, approx. 30 slices
Universal pan

Sourdough proliferation:

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

Bread dough:

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

Per slice

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

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

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

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

4. Bake the bread as indicated.

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

Setting procedure:

Universal pan, level 2
4D hot air
220 °C
Added steam, high
Baking time: 15 minutes
then
4D hot air
180 °C
Baking time: 50-60 minutes

Alternative setting:

Universal pan
4D hot air
210 °C
Baking time: 15 minutes
then
190 °C
Baking time: 60-65 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

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

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

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



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 knuckle to make small indentations in the bread and drizzle on the olive oil. Sprinkle with rosemary, pine nuts and sea salt to taste. Bake as indicated.

Setting procedure:

Universal pan, level 3
Top/bottom heating
230 °C
Added steam, high
Baking time: 20-30 minutes

Alternative setting:

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.

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Two varieties of panini, with olives and tomatoes

For 18 servings

Baking tray and universal pan

Glaze solution:

50 ml water

1 tsp baking soda

Mixture:

250 g flour

1 sachet dried yeast

1 tsp sea salt

200 ml water, lukewarm

1 tbsp olive oil

50 g Pecorino cheese, freshly grated

50 g pitted black olives

50 g dried tomatoes in oil, well drained

In addition:

Greaseproof paper

Per serving

71 kcal, 11 g carbs, 2 g fat, 3 g protein,
0,9 BU

1. For the glaze solution, heat the water, carefully stir in the baking soda, place to one side and leave to cool down.

2. Add the flour, dried yeast, sea salt, water, olive oil and grated Pecorino cheese to a bowl and knead thoroughly. Allow the dough to prove in a warm place until the volume has roughly doubled.

3. Cut the olives into small pieces. Finely dice the tomatoes. Divide the dough into two halves. Knead the olives into one half and the tomatoes into the other, and leave both halves of the dough to prove for approx. 10 minutes again.

4. Line the baking trays with greaseproof paper. Form 9 small panini from each half of the dough and place on the baking trays. Leave the panini to prove for approx. 10 minutes again.

5. Then glaze with a thin layer of the baking soda solution and bake as indicated.

Setting procedure:

Baking tray, level 1,

Universal pan, level 3

4D hot air

190 °C

Baking time: 20-25 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

The panini will also taste delicious if you pick the leaves from 1-2 thyme sprigs and add these to the dough.



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. Leave to prove in a warm place for 30 minutes.

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

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

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

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

6. Cook the pizza as indicated.

Setting procedure:

Baking with the bakingSensor

Pizza tray on the wire rack, level 3

Select dishes

Category: cake, bread

Food: pizza, quiche, etc.

Dish: pizza

Alternative setting:

Pizza tray on the wire rack, level 2

Top/bottom heating

270 °C

Baking time: 20-25 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature to 40 °C.

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

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



Tarte flambée

For 6 servings Universal pan

Yeast dough:

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

Topping:

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

In addition:

Rolls of chives
Cooking oil for the baking tray

Per serving

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

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

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

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

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

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

6. Serve sprinkled with chives.

Setting procedure:

Baking with the bakingSensor
Universal pan, level 3
Select dishes
Category: cake, bread
Food: pizza, quiche, etc.
Dish: tarte flambée

Alternative setting:

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

Tip:

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



Onion tart with apple

For 6 servings

Pizza tray, diameter 30 cm

Shortcrust pastry:

200 g flour

A little salt

1 egg

1 tbsp water

100 g butter, cold

Topping:

150 g streaky bacon

700 g onions

Salt

Pepper, freshly ground

1 sour apple

200 g crème fraîche

30 g grated cheese

In addition:

4 tbsp cooking oil for the tray

Per serving

581 kcal, 36 g carbs, 44 g fat,

11 g protein, 3,0 BU

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

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

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

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

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

Setting procedure:

Pizza tray on the wire rack, level 2

Microwave combination

Top/bottom heating

190 °C

90 watts

Cooking time: 35-40 minutes

Alternative setting:

Pizza tray on the wire rack, level 1

Top/bottom heating

200 °C

Baking time: 40-45 minutes

Tip:

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



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
4D hot air
180 °C
Added steam, medium
Baking time: 35-45 minutes

Alternative setting:

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.



Spring onion pâté

For 6 servings

Glass dish with lid, universal pan

Pâté:

450 g frozen puff pastry

500 g spring onions

100 g lean streaky bacon

20 g butter

Sea salt

Pepper, freshly ground

50 g blue cheese

50 g Pecorino cheese, freshly grated

In addition:

Greaseproof paper

1 egg for brushing

Per serving

464 kcal, 29 g carbs, 34 g fat,

12 g protein, 2,4 BU

1. Defrost the puff pastry.

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

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

4. Line the universal pan with greaseproof paper.

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

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

Setting procedure:

Spring onions und bacon:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 6 minutes

Pâté:

Universal pan, level 2

Microwave combination

4D hot air, 190 °C

180 watts

Baking time: 20-25 minutes

Alternative setting:

Pâté:

Universal pan, level 2

Top/bottom heating

210 °C

Baking time: 30-35 minutes



Savoury muffins with blue cheese

For 12 servings

Glass dish with lid, muffin tin

Mixture:

130 g butter
1 red onion, approx. 40 g
1 tbsp cooking oil
400 g flour
2 tsp baking powder
3 eggs
Approx. 225 ml milk
150 g blue cheese, e.g. Stilton
Salt
Black pepper, freshly ground

In addition:

paper moulds

Per serving

284 kcal, 26 g carbs, 16 g fat,
9 g protein, 2,2 BU

1. Add the butter to a glass dish, cover with the lid and melt as indicated. Then allow to cool.

2. Peel and finely dice the onion. Add the oil to a glass dish and sweat the diced onion as indicated until it is soft. Allow to cool.

3. Mix the flour and baking powder and sieve into a bowl. Add the melted butter, eggs and milk and briefly stir into a smooth mixture using a hand mixer.

4. Cut the cheese into small cubes. Mix the cheese and onions into the mixture using a spatula. Season with salt and pepper.

5. Place the paper moulds into the muffin recesses and then pour in the mixture. Bake the muffins as indicated.

6. Leave the cooked muffins to cool down for 10 minutes on a wire rack, and only remove them from the paper moulds once they are cool.

Setting procedure:

Butter:

Glass dish with lid on the wire rack, level 2

Microwave 360 watts

Cooking time: 5 minutes

Onions:

Glass dish on the wire rack, level 2

Microwave 600 watts

Cooking time: 4 minutes

Muffins:

Baking with the bakingSensor

Muffin tin on the wire rack, level 3

Select dishes

Category: cake, bread

Food: small baked items

Dish: muffins

Alternative setting:

Muffins:

Muffin tin on the wire rack, level 3

Top/bottom heating

190 °C

Baking time: 20-25 minutes

Tip:

The muffins are delicious hot and cold. Serve them with a seasonal salad.



Crostini with anchovies and mozzarella

For 12 servings

Baking tray

Bread:

6 frozen mini-baguettes

Topping:

200 g cherry tomatoes

1 small bunch basil

Sea salt

Sugar

Pepper, freshly ground

Approx. 40 ml olive oil

1 small garlic clove

12 anchovies from a jar

100 g mozzarella

In addition:

Greaseproof paper

Per serving

130 kcal, 18 g carbs, 4 g fat, 5 g protein,
1,5 BU

1. Bake the mini-baguettes as indicated and leave to cool.

2. Wash the tomatoes, remove the stalks and cut the tomatoes into pieces approx. 1 cm in size. Rinse the basil and shake dry, putting 12 small leaves to one side. Finely chop the rest of the basil.

3. Season the tomatoes well with salt, sugar, pepper, olive oil and chopped basil.

4. Cut the baguettes in half lengthwise and drizzle with a little olive oil. Halve the garlic clove. Rub the cut faces of the baguettes lightly with the garlic.

5. Arrange the diced tomatoes on the baguettes and add an anchovy to each.

6. Cut the mozzarella into 12 small pieces, place on the tomatoes and grill the baguettes as indicated.

7. Garnish the crostini with the basil leaves.

Setting procedure:

Baking tray, level 3

Crisping:

4D hot air, 160 °C

Baking time: approx. 13 minutes

Grilling:

Circulated air grilling, 200 °C

Baking time: approx. 7 minutes



Sus Kering - choux pastry dish from Indonesia

To make approx. 160 servings
Baking trays and universal pan

Choux pastry:

300 ml water
½ tsp salt
180 g margarine
180 g flour
4 eggs
75 g grated cheese, e.g. Emmental,
Edam or Gouda

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

Setting procedure:

Baking trays, level 1 and 5,
Universal pan, level 3
4D hot air
170 °C
Preheat
Bake:
170 °C, 15 minutes
then
150 °C, 35-40 minutes

Tip:

Indonesia used to be a Dutch colony. For this reason, there are many recipes originating there which call for Gouda or other kinds of Dutch cheese. Serve the Sus Kering as a party snack, with wine or beer.





Jams and preserves



Fruity jam made from frozen fruits of the forest

For 4 jars
Medium-sized glass dish with lid

Jam:
300 g frozen fruits of the forest
300 g preserving sugar

Per jar
328 kcal, 79 g carbs, 0 g fat, 1 g protein,
6,6 BU

1. Place the frozen berries in a glass dish. Add the preserving sugar and mix well.

2. Bring to the boil as indicated. Stir while cooking.

3. Remove the resulting foam and pour the jam into small clean jars while still hot. Seal at once.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 600 watts

Cooking time: 10-15 minutes



Pineapple and mango chutney with chilli

For 6 jars, 190 ml each
Glass dish with lid

Chutney:

500 g pineapple, weighed in advance
250 g mango chunks, weighed in advance
50 ml port
50 ml white balsamic vinegar
50 ml mango juice
250 g preserving sugar
5-10 chilli threads

Per jar

266 kcal, 61 g carbs, 1 g fat, 1 g protein,
5,0 BU

1. Thoroughly clean and dry the jars.

2. Cut the pineapple and mango into small cubes of approx. 0.5 cm and place in a glass dish.

3. Add all ingredients, except for the chilli threads, mix well, cover with the lid and heat as indicated.

4. Add the chilli threads and bring the chutney to the boil in the closed glass dish as indicated.

5. Add the chutney to the jars while still hot and seal at once.

Setting procedure:

Glass dish with lid on the wire rack, level 2

Microwave 900 watts

Heat chutney: 10 minutes

Bring chutney to the boil: 5 minutes

Index of recipes

- A**
Apple cake with caramelised walnuts, **155**
Aubergine and tomato lasagne, **69**
Aubergine slices, grilled, **29**
Aubergine towers, **57**
Au gratin pike-perch fillet with horseradish sauce, **85**
- B**
Baklava, **181**
Basbousa, Turkish, **179**
Basic recipe for choux pastry - choux pastry gâteau with strawberry filling, **173**
Basic recipe for shortcrust pastry - fruit tart, **163**
Basic recipe for sponge mixture, gooseberry cake with almond topping, **149**
Basic recipe for sponge mixture - fruity raspberry gâteau, **169**
Basic recipe for yeast dough, German-style butter cake, **143**
Bean soup, Spanish, **19**
Bilberry soufflé, **133**
Black Forest gâteau, **171**
Börek, Turkish, **213**
Breast of duck salad, warm, **25**
Brioche, coriander and orange, **193**
Broccoli flan, **51**
Brownies with pistachios and cashews, **183**
- C**
Cake, carrot, **161**
Carrot cake, **161**
Cauliflower salad with sour cream, **23**
Chicken saltimbocca, **103**
chocolate cake filled with pears, Moist, **157**
Chocolate muffins with cherries and chilli, **189**
Chocolate tart with honey apricots and lavender, **137**
Choux pastry dish from Indonesia, Sus Kering, **221**
Choux pastry gâteau with strawberry filling - basic recipe for choux pastry, **173**
- Chutney with chilli, pineapple and mango, **227**
Clear tomato essence, **17**
Cod in tarragon mustard sauce on potato, **83**
Coriander and orange brioche, **193**
Courgette gratin with black olives, **67**
Crispy ducks with baked apple stuffing, **107**
Crostini with anchovies and mozzarella, **219**
- D**
Damson cake with walnut crumble, **159**
Dauphinoise potatoes - potato gratin, **61**
Delicate salmon terrine with prawns, **31**
Drumsticks hot Cajun-style, **105**
Duck with baked apple stuffing, crispy, **107**
- E**
Espresso and chocolate tart, spiced, **175**
Espresso panna cotta, white, **131**
- F**
Feta creme served in half a pepper, **27**
Fig dessert with port wine syrup, Moorish, **135**
Fish bake, summery, **93**
Fish saltimbocca, **91**
Flatbread, **203**
Fruit sauce, **139**
Fruit tart - basic recipe for shortcrust pastry, **163**
Fruity jam made from frozen fruits of the forest, **225**
Fruity raspberry gâteau - basic recipe for sponge mixture, **169**
- G**
Gâteau, Black Forest, **171**
German-style butter cake - basic recipe for yeast dough, **143**
Glazed loin of pork, **121**
Gooseberry cake with almond topping - basic recipe for sponge mixture, **149**
Grilled aubergine slices, **29**
Grilled chicken filled with herbs, **101**
- H**
Ham and cabbage bake, **71**
Herb-stuffed breast of veal, **109**
- J**
Joint of pork with a honey-thyme crust, **119**
Joint of venison in a red wine and juniper sauce, **127**
- L**
Lasagne, aubergine and tomato, **69**
Lasagne tricolore, **63**
Lime muffins with white chocolate, **187**
Linzer torte, **167**
Loin of pork, glazed, **121**
- M**
Macaroons, **197**
Marble cake in a jar, **153**
Meringue with cream and raspberries, pavlova, **177**
Moist chocolate cake filled with pears, **157**
Moorish fig dessert with port wine syrup, **135**
Muffins with blue cheese, savoury, **217**
Mushroom risotto, risotto ai funghi, **37**
Mushrooms in creamy sauce, **43**
- O**
Ocean perch ragout with fennel and orange fillets, **95**
Onion tart with apple, **211**
- P**
Panini, two varieties with olives and tomatoes, **205**
Parmesan baskets with grilled vegetables, **53**
Pavlova, meringue with cream and raspberries, **177**
Peppery stew with sweet potatoes and peppers, **47**

Pike-perch fillet au gratin with horseradish sauce, **85**
 Pineapple and mango chutney with chilli, **227**
 Pistachio biscuits with fig jam, **195**
 Pizza Margherita, **207**
 Plaited raisin loaf, **147**
 Polenta with mascarpone and truffle oil, **39**
 Potato fans, **35**
 Potato gratin, Dauphinoise potatoes, **61**
 Puff pastry slices with mascarpone cream and rhubarb, **185**
 Pumpkin and chilli vegetables with apples, **45**
 Pumpkin soup with ginger, **21**

R

Raspberry gâteau, fruity - basic recipe for sponge mixture, **169**
 Red perch in herb sauce, parcel, **89**
 Red perch parcel in herb sauce, **89**
 Red snapper curry, **97**
 Rib eye, **115**
 Rigatoni with tomato sauce, **65**
 Ring cakes with lemon curd and fresh berries, small, **191**
 Ring cake with walnuts and marzipan, **145**
 Risotto, ai funghi, mushroom risotto, **37**
 Roasted vegetables with balsamic sauce, **41**
 Roast lamb with mint and garlic, **123**
 Rye sourdough bread, savoury, **201**

S

Saddle of lamb in a herb crust, **125**
 Saddle of veal wrapped in savoy cabbage, Tender, **111**
 Salmon fillet with potato topping and leek, **87**
 Salmon fillet with spinach leaves and tomatoes, **81**
 Salmon terrine with prawns, delicate, **31**
 Saltimbocca, chicken, **103**
 Saltimbocca, fish, **91**
 Sauce Hollandaise, **73**

Savoury muffins with blue cheese, **217**
 Savoury rye sourdough bread, **201**
 Sea bream in a herby salt crust, **79**
 Small ring cakes with lemon curd and fresh berries, **191**
 Spanish bean soup, **19**
 Spiced espresso and chocolate tart, **175**
 Spinach strudel, **59**
 Sponge flan base, **151**
 Spring onion pâté, **215**
 Spring stew, **55**
 Stew with sweet potatoes and peppers, peppery, **47**
 Summery fish bake, **93**
 Sus Kering - choux pastry dish from Indonesia, **221**

T

Tarte flambée, **209**
 Tender saddle of veal wrapped in savoy cabbage, **111**
 Tomato essence, clear, **17**
 Tomatoes stuffed with lentils, bulgur wheat and goat's cheese, **49**
 Topside of beef with pearl onion sauce, **117**
 Trout, trout with herbs cooked on the baking tray, **77**
 Trout with herbs cooked on the baking tray, **77**
 Turkish basbousa, **179**
 Turkish börek, **213**
 Two varieties of panini, with olives and tomatoes, **205**

V

Vanilla cheesecake, **165**
 Veal fillet in a lime and lemon balm crust, **113**
 Vegetables with balsamic sauce, roasted, **41**

W

Warm breast of duck salad, **25**
 White espresso panna cotta, **131**

Notes

Notes



9001085326
SE60BOMWASMPBS
950121 en

9001085326

