



SIEMENS

Cooking inspirations.

A selection of inspiring recipes for the new iQ700 built-in compact oven with varioSpeed function.

www.siemens-home.com/mysiemens

Inspiration for cooking

For the extraordinary things in life

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

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

Take a culinary journey with this exclusive collection of recipes, and you will not only learn how to prepare extraordinary taste sensations, but also how to make the best use of the innovations offered by your new iQ700 built-in compact oven with varioSpeed. 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 compact oven	5
Starters, soups and salads	14
Side dishes and vegetables, vegetarian dishes and bakes	30
Fish	56
Poultry and meat.....	70
Desserts, soufflés and sweet dishes	88
Cakes and small baked items.....	96
Bread and bread rolls, pizza and savoury cakes.....	132
Jams and preserves	144
Index of recipes.....	148





Useful information about
your iQ700 compact oven
with varioSpeed

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.

4D hot air

The innovative technology featured by the fan motor permits ideal heat distribution in the oven interior. You can bake biscuits, small baked items or pizza on several levels using 4D hot air with outstanding results.

Circulated air grilling

For roasting poultry, whole fish and larger pieces of meat.

The grill element and the ventilator switch on and off alternately. The fan circulates the hot air around the food.



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Abbreviations and indicated quantities



Abbreviations

ml	Millilitres
l	Litres
g	Grams
kg	Kilograms
cm	Centimetres
mm	Millimetres
tbsp	Tablespoon
tsp	Teaspoon
Generous pinch	Generous pinch
lvl	Level
hpd	Heaped
frzn	Frozen
e.g.	For example
min.	Minutes
hr.	Hours
min.	At least
approx.	Approximately
pinch	Pinch
Ø	Diameter

Sachet

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

Nutritional information

kcal	Kilocalories
F	Fat
carb	Carbohydrates
P	Protein
BU	Bread units

Weights, capacity measures

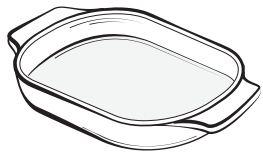
1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures

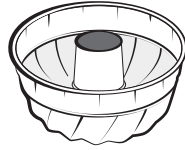
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2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

Cookware





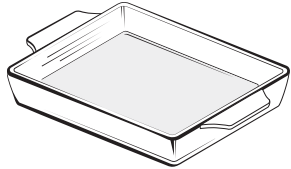
Ovenproof dish, oval



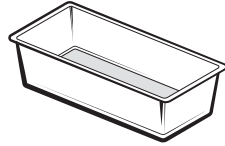
Bundt cake tin



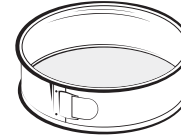
Springform cake tin, square



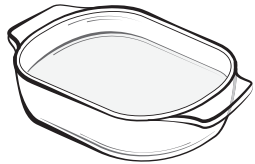
Ovenproof dish, rectangular



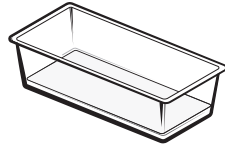
Cake tin



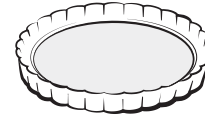
Springform cake tin, round



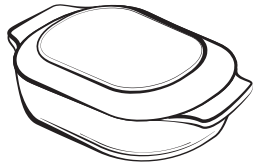
Roaster, glass, without lid



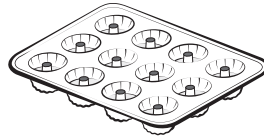
Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



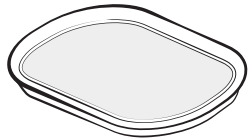
Mini tart dishes



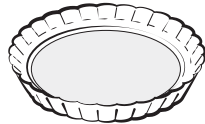
Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

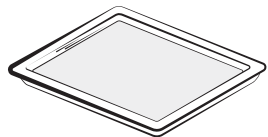


Pizza tray, round

Special accessories



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

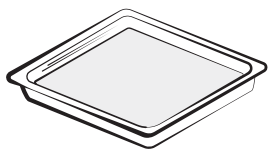


Baking tray, non-stick

For tray bakes and small baked products.

The pastries can be removed more easily from the baking tray.

It is not necessary to grease or line with greaseproof paper.



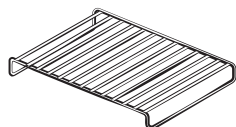
Universal pan, non-stick

For moist cakes, pastries, frozen meals and large roasts.

It can be used to catch dripping fat when you are grilling directly on the wire rack.

Pastries and roasts can be removed more easily from the universal pan.

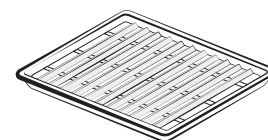
It is not necessary to grease or line with greaseproof paper.



Wire insert

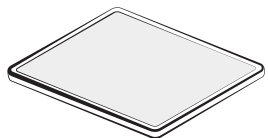
For meat, poultry and fish.

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



Grill tray

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



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



Poultry bouillon with vegetables

For 4 servings

Medium-sized glass dish with lid

Bouillon:

1 shallot
10 g butter
20 g leeks
Pepper, freshly ground
200 g chicken breast fillet
200 g frozen vegetables
30 g fine soup noodles or vermicelli
800 ml poultry stock
Sea salt

Per serving

260 kcal, 10 g carbs, 13 g fat,
26 g protein, 0,8 BU

1. Peel the shallots and finely dice them. Add to a glass dish with the butter.

2. Wash the leek and cut into fine strips. Place into the dish with the shallots and season with pepper. Cover with the lid and sweat as indicated.

3. Briefly rinse the chicken breast fillet in cold water, pat dry with kitchen towel and cut into pieces approx. 2 cm in size.

4. Add the meat, frozen vegetables and soup noodles to the sweated vegetables in the dish, stir and top up with approx. 250 ml poultry stock. Cover with the lid and cook as indicated.

5. Pour over the remaining poultry stock, cover with the lid and bring the bouillon to the boil again as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave 600 watts
Shallots, leeks: 4 minutes
Meat, vegetables, pasta: 10-12 minutes
then
Microwave 1000 watts
Bouillon: 5-6 minutes



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 1
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 1

Microwave 600 watts

Spring onions: 2 minutes

Pumpkin: 10 minutes

Soup: 10-12 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 zest 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 1

Microwave 360 watts

Cooking time: 15 minutes

then

180 watts

Cooking time: 15-20 minutes



Carrot and fennel antipasti

For 4 servings

Medium-sized glass dish with lid

Vegetables:

350 g carrots

300 g fennel

Salt

2 fresh sprigs rosemary

2 fresh sprigs thyme

Marinade:

1 lemon

2-3 garlic cloves

2 tbsp capers

4 anchovy fillets in oil

1 tbsp caper paste

8 tbsp olive oil

3 sprigs flat-leaf parsley

Salt

Black pepper, freshly ground

Sugar

In addition:

2-4 tbsp Crema di Balsamico, according to taste

Per serving

170 kcal, 11 g carbs, 0 g fat, 3 g protein, 0,9 BU

1. Wash and trim the vegetables and cut into fine slices lengthways using a mandoline. Place into a glass dish, season with salt, add rosemary and thyme, cover with the lid and cook as indicated.

2. Peel the lemon with a knife so that the pith is also removed. Cut the lemon into quarters and slice crosswise. Catch the juice when doing so. Peel the garlic and cut into thin slices. Roughly chop the capers. Finely chop the anchovies. Stir all the ingredients into a marinade. Add the caper paste and olive oil and season well.

3. Rinse the parsley and shake it dry. Pluck the leaves and chop roughly.

4. Drain the vegetable strips, if necessary, and pour the marinade over the top. Mix the parsley in and leave to marinate for at least 1 hour. Turn several times and then season to taste once again. Drizzle with Crema di Balsamico.

Setting procedure:

Glass dish with lid on the wire rack, level 1

Microwave 600 watts

Cooking time: 8-9 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 1
Microwave 600 watts
Cooking time: 10-12 minutes



Smoked salmon crema

For 4 servings Soufflé dishes

Crema:

400 g smoked salmon, sliced
3-4 sprigs dill
200 g sour cream
2-3 tbsp honey
1 tbsp medium-hot Dijon mustard
2 eggs
1 organic lemon
Salt
Black pepper, freshly ground
Sugar

Per serving

364 kcal, 9 g carbs, 25 g fat,
26 g protein, 0,7 BU

1. Thinly line the edges of 4 small soufflé dishes with approximately half of the sliced smoke salmon. Very finely slice the remaining salmon.

2. Rinse the dill, shake it dry, pluck the tips and chop finely.

3. Mix the sour cream with honey, mustard, dill and the finely chopped smoke salmon. Add the eggs. Wash the lemon with hot water, dry it and grate the zest. Season the crema with seasonings and the grated lemon zest.

4. Divide the crema evenly between the dishes and cook as indicated.

Setting procedure:

Soufflé dishes on the wire rack, level 1,
Microwave 360 watts
Cooking time: 18 minutes
then
180 watts
Cooking time: 12-14 minutes





Side dishes and vegetables,
vegetarian dishes and bakes



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 1

Microwave 1000 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 seasonings, cover with the lid and cook the sauce 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 1
Microwave combination
Circulated air grilling, 180 °C
360 watts
Cooking time: 15-20 minutes
Sauce:
Glass dish with lid on the wire rack, level 1
Microwave 600 watts
Onions: 3 minutes
Sauce: 3-4 minutes

Alternative setting:

Vegetables:
Ovenproof dish on the wire rack, level 1
4D hot air
230 °C
Cooking time: 20-25 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 1
4D hot air
170 °C
Cooking time: 30-35 minutes



Bread and horseradish puddings

For 12 servings

Muffin tin

Pudding:

300 ml cream

6 large eggs

3-4 tbsp grated horseradish from a jar

Salt

Pepper, freshly ground

150 g sliced bread

100 g Gruyère cheese

1 bunch chives

In addition:

2 tsp butter for greasing

Per serving

194 kcal, 8 g carbs, 15 g fat, 8 g protein,
0,7 BU

1. Grease the hollows of the muffin tin with butter. Mix the cream, eggs and horseradish together. Season the mixture generously with salt and pepper and place to one side.

2. Cut the sliced bread with crust into small cubes. Finely grate the Gruyère cheese. Rinse the chives, shake dry and cut into little rolls.

3. Distribute half of the bread cubes evenly between the muffin moulds. Sprinkle over half of the Gruyère cheese and chives. Make another layer with the remaining cubes of bread and sprinkle over the remaining cheese and chives.

4. Beat the cream and horseradish mixture once more and pour evenly over the bread layers. Leave to rest in the refrigerator for at least 30 minutes. Then cook as indicated.

5. Allow to cool slightly before serving. Loosen the edges with a knife and remove the puddings carefully.

Setting procedure:

Muffin tin on the wire rack, level 1

Microwave combination

Circulated air grilling, 180 °C

360 watts

Cooking time: 14-16 minutes

Alternative setting:

Muffin tin on the wire rack, level 1

4D hot air

170 °C

Cooking time: 20-25 minutes

Tip:

The bread and horseradish puddings can be prepared up to 3 hours before baking.



Letcho

For 2 servings
Large glass dish with lid

Letcho:

1 small cooking onion
3 garlic cloves
1 small red pepper
1 small yellow pepper
1 small green pepper
3 tbsp olive oil
1 tin cherry tomatoes, 400 g
1 tbsp tomato purée
Salt
Black pepper, freshly ground
Sugar

Per serving

306 kcal, 23 g carbs, 20 g fat,
8 g protein, 1,9 BU

1. Peel the onion and garlic. Finely dice the garlic. Cut the onion into cubes 1 cm in size.

2. Halve, wash and de-seed the peppers. Cut the flesh into cubes 1 cm in size. Mix in a glass dish with the onion, garlic and 3 tbsp olive oil. Season with salt, pepper and a pinch of sugar. Cover with the lid and cook the vegetables as indicated. Stir frequently during this time.

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave 1000 watts
Peppers: 10 minutes
Letcho: 8 minutes

Tip:

Serve the letcho with a fresh baguette.
As a side dish, this quantity is sufficient for 4 portions.

3. In the meantime, stir together the tomatoes and tomato purée. Season with salt, pepper and sugar. Add the tomatoes to the vegetables, cover with the lid and cook the letcho until done as indicated.



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 1

Microwave 1000 watts

Sauce: 10 minutes

Mushrooms in sauce: 10-15 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 1

4D hot air

190 °C

Cooking time: 50-55 minutes



Dauphinoise potatoes - potato gratin

For 4 servings
Large ovenproof dish

Gratin:

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

In addition:

1 clove garlic
Butter for greasing

Per serving

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

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

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

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

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

Setting procedure:

Glass dish on the wire rack, level 1
Microwave combination
Circulated air grilling
180 °C
360 watts
Cooking time: 25-30 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 1
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 cooking larger quantities, use the universal pan.

Try varying the dish by adding layers of courgette or apple slices in alternation with the potatoes.



Salmon lasagne

For 2 servings

Glass dish, medium ovenproof dish

Béchamel sauce:

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

Lasagne:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

4. Grease a shallow ovenproof dish.

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

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

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

Setting procedure:

Glass dish on the wire rack, level 1
Microwave 600 watts
Onions: 4 minutes
Sauce: 8-10 minutes
Lasagne:
Ovenproof dish on the wire rack, level 1
Microwave combination
Circulated air grilling, 170 °C
360 watts
Cooking time: 20-25 minutes



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 1

Microwave 600 watts

Oil and herbs: 6 minutes

Vegetables: 5-6 minutes

Courgette gratin:

Ovenproof dish on the wire rack, level 1

Microwave combination

Circulated air grilling, 200 °C

360 watts

Cooking time: 15-20 minutes



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 1

Microwave 1000 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 1

Microwave combination

Circulated air grilling, 180 °C

360 watts

Baking time: 20-25 minutes



Bread and cheese soufflé

For 4 servings

Universal pan, soufflé dishes

Soufflé:

150 g dark bread, e.g. brown bread,
sourdough rye bread
150 g full-flavoured alpine cheese
2 tbsp flat-leaf parsley, chopped
100 ml cream
100 ml milk
4 eggs
Salt
Nutmeg, freshly grated
Black pepper, freshly ground
Sugar
2-3 tbsp white wine according to taste

In addition:

Butter for greasing

Per serving

424 kcal, 20 g carbs, 28 g fat,
22 g protein, 1,6 BU

1. Cut the bread with the crusts on into cubes approx. 0.5 cm in size and toast in the oven as indicated.

2. Cut the cheese into cubes 0.5 cm in size. Stir the cream together with the milk and eggs, season well to taste and add white wine according to taste.

3. Grease the dishes. Mix the bread cubes with cheese and chopped parsley and fill into the dishes evenly.

4. Top up with the egg and cream mixture and bake as indicated until golden.

Setting procedure:

Bread cubes:

Universal pan, level 2

Grill, large area

Setting 3

Grilling time: 5-6 minutes

Soufflé:

Soufflé dishes on the wire rack, level 1

Microwave combination

Circulated air grilling, 180 °C

360 watts

Baking time: 15-18 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 each trout and add a little lemon zest.

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

Setting procedure:

Universal pan, level 1
Microwave combination
4D hot air
190 °C
90 watts
Cooking time: 20-25 minutes

Alternative setting:

Universal pan, level 1
4D hot air
190 °C
Roasting time: 35-40 minutes

Tip:

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



Ocean perch with vegetables

For 4 servings
Large glass dish with lid,
ovenproof dish

Vegetables:

150 g carrots
150 g leeks
150 g celeriac
½ bunch mixed herbs
40 g butter
4 tbsp olive oil
4 tbsp breadcrumbs
Salt
Pepper, freshly ground
Sugar

Fish:

750 g red perch fillet
Salt
Pepper, freshly ground

Per serving

421 kcal, 11 g carbs, 26 g fat,
37 g protein, 0,9 BU

1. Wash and trim the vegetables. Peel the carrots and celery. Cut everything into strips 2 mm thick and 5 cm long. Rinse the herbs and shake dry. Pluck the leaves and chop them finely.

2. Add the vegetables to a glass dish with butter and olive oil, cover with the lid and cook as indicated. Add the herbs and breadcrumbs and season with salt, pepper and a pinch of sugar.

3. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut the fillets into 4 portions.

4. Place the fish into a wide ovenproof dish, season it and garnish it proportionately with the vegetable mixture.

5. Cook as indicated.

Setting procedure:

Vegetables:

Glass dish with lid on the wire rack, level 1

Microwave 1000 watts

Cooking time: 5 minutes

Fish with vegetables:

Ovenproof dish on the wire rack, level 1

Microwave 1000 watts

Cooking time 10-12 minutes



Cod in tarragon mustard sauce on potato

For 4 servings
Glass dish with lid,
large ovenproof dish

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

Potatoes:
800 g floury potatoes
Sea salt
Pepper, freshly ground

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

In addition:
Butter for greasing

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

1. Heat the butter in a glass dish as indicated.
2. Mix the flour with the butter and sweat again as indicated.
3. Then deglaze with a little cold milk. Add the rest of the milk and water and mix. Simmer the sauce in the enclosed glass dish 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 and arrange in the greased ovenproof dish in layers. Pour approximately 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 1
Microwave 600 watts
Butter: 2 minutes
Butter and flour: 3 minutes
Sauce:
Glass dish with lid on the wire rack, level 1
Cooking time: 8-10 minutes
Potatoes:
Ovenproof dish on the wire rack, level 1
Microwave 600 watts
Cooking time: 10 minutes
Potatoes and fish:
Ovenproof dish on the wire rack, level 1
Microwave combination
Circulated air grilling, 180 °C
360 watts
Cooking time: 25-30 minutes



Fried fish fillet with sweet and sour Asian vegetables

For 4 servings

Baking tray

Fried fish fillet:

4 fresh cod fillets, 160 g each

½ lemon

Sea salt, lemon pepper

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

1 egg yolk

1 tbsp milk

100 g butter

A few coriander leaves

Vegetables:

1 small clove garlic

2 slices fresh ginger

2 sticks lemongrass

2 spring onions

2 stalks celery

200 g pak choi or Chinese cabbage

1 red pepper, 1 yellow pepper

400 g fresh pineapple

2 tbsp peanut oil

1 tbsp sesame oil, toasted

10 g cornflour

100 ml pineapple juice

100 ml mild vegetable stock

Salt, pepper, freshly ground

2-3 tbsp lime juice, sugar

In addition:

Greaseproof paper

Per serving

631 kcal, 43 g carbs, 35 g fat,

35 g protein, 3,6 BU

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

2. Preheat the oven.

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

Setting procedure:

Baking tray, level 1

4D hot air

210 °C

Preheat

Cooking time: 15-20 minutes

Tip:

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

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

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

6. Sprinkle cornflour on the vegetables.

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



Fish with a tomato and bread topping

For 4 servings
Large ovenproof dish

Tomato and bread topping:

150 g cherry tomatoes
2 slices sandwich bread
50 g Parmesan, freshly grated
2 tbsp frozen Italian herb mixture
2 garlic cloves
50 ml olive oil
Salt
Pepper, freshly ground
Sugar

Fish:

4 thick fish fillets, cod, ocean perch or
redfish, 170 g each
½ lemon
Salt
Black pepper, freshly ground

In addition:

20 ml olive oil for the dish

Per serving

146 kcal, 5 g carbs, 8 g fat, 13 g protein,
0,4 BU

1. Wash the tomatoes. Cut the bread and tomatoes into cubes 1 cm in size. Mix with the Parmesan and herbs. Finely chop the garlic and carefully fold into the bread mixture with the olive oil. Season with salt, black pepper and sugar.

2. Rinse the fish briefly under cold water and pat dry with kitchen towel. Drizzle with the juice of the half lemon and add to an ovenproof dish which has been greased with oil. Season with salt and pepper. Distribute the topping evenly over the fish. Cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 1
Microwave combination
Circulated air grilling
180 °C
360 watts
Grilling time: 18-20 minutes



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. Slice the fennel into fine strips. Add with 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 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 1

Microwave 1000 watts

Fennel: 8-9 minutes

Fish: 10-12 minutes





Poultry and meat



Grilled chicken filled with herbs

For 4 servings Universal pan

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 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 into the universal pan 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
Microwave combination
Circulated air grilling, 210 °C
360 watts
Grilling time: 25-30 minutes

Alternative setting:

Universal pan, level 1
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.



Asian-style chicken legs

For 4 servings
Large ovenproof dish

Chicken:

900 g courgettes
2 walnut-sized pieces fresh ginger
400 ml unsweetened coconut milk
2 tsp red curry paste
2 tbsp lemon juice
1 red chilli
4 chicken legs, 200 g each
Salt
Black pepper, freshly ground

In addition:

Butter for greasing

Per serving

415 kcal, 8 g carbs, 23 g fat,
42 g protein, 0,7 BU

1. Wash one courgette and cut into small pieces. Peel the ginger. Purée the courgette, coconut milk, ginger, curry paste and lemon juice. Wash, halve and de-seed the chilli, then cut it into small pieces. Add to the mixture and season everything.

2. Wash the remaining courgettes, halve lengthways and cut into slices. Grease the ovenproof dish and add the courgette slices.

3. Wash the chicken legs briefly under cold water and pat dry with kitchen towel. Season the legs, place on top of the courgettes and pour over the coconut milk. Cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 1
Microwave combination
Circulated air grilling
190 °C
360 watts
30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 1
Circulated air grilling
180 °C
Roasting time: 55-60 minutes



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 1

Microwave combination

Circulated air grilling

230 °C

360 watts

Grilling time: 14-16 minutes

Alternative setting:

Universal pan, level 1

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.



Crispy duck with baked apple stuffing

For 3 servings
Large glass roaster

Meat:

1 fresh duck, 2.4 kg, without giblets
Approx. 10 g fresh marjoram
Sea salt
Pepper, freshly ground
30 g orange marmalade

Baked apple stuffing:

2 sour apples, e.g. Santana or Braeburn
10 g raisins
1 fresh date, pitted
15 g marzipan
10 g chopped walnuts

Sauce:

250 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 duck 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 duck inside and out with sea salt, pepper and marjoram. Apply orange marmalade liberally to the inside of the duck.

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

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

5. Place the duck into the glass roaster with the breast side down and roast as indicated.

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

7. Take the cooked duck out of the oven, place on a separate dish and keep warm.

8. For the sauce, skim off the excess fat and put to one side. Pour the duck stock into the glass roaster and deglaze the solids in the juices adhering to the roaster using a brush. Pour everything into a pot and heat up on the hotplate. Season the sauce with sea salt, pepper and orange marmalade to taste. Mix the cornflour with cold water and thicken the sauce with it.

9. Divide up the duck into portions and serve with the sauce.

Setting procedure:

Glass roaster on the wire rack, level 1
4D hot air
170 °C
Roasting time: 70 minutes
Followed by circulated air grilling
170 °C
Roasting time: 40-50 minutes



Oriental-style duck breast

For 4 servings Medium roaster

Duck:

2 duck breast fillets, 300 g each
Salt
Pepper, freshly ground

Vegetables:

300 g carrots
1 bunch spring onions
1 tbsp oil
150 ml chicken stock
5 tbsp soy sauce
2 tbsp sherry
1 walnut-sized piece of fresh ginger
100 g bamboo shoots
150 g mung bean sprouts
2 tsp maple syrup
Chilli powder

In addition:

¼ bunch fresh coriander
2 tbsp cashews, roasted

Per serving

524 kcal, 14 g carbs, 36 g fat,
36 g protein, 1,1 BU

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

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

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

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

5. Cut the duck breast fillets into thin strips and arrange on top of the vegetables. Rinse the coriander, shake dry and remove the leaves. Garnish the fillets with coriander leaves and cashews.

Setting procedure:

Glass roaster on the wire rack, level 1
Circulated air grilling
230 °C
Grilling time: 25-30 minutes



Satay kebabs

For 6 servings Universal pan

Sauce:

200 g salted peanuts
1 tsp chilli salt
1 tsp honey
30 g hoi sin paste
30 g brown sugar
60 ml soy sauce
50 ml lemon juice
200 ml veal stock

Meat:

900 g veal loin

In addition:

Metal skewers or wooden skewers

Per serving

392 kcal, 8 g carbs, 22 g fat,
42 g protein, 0,7 BU

1. Purée all ingredients for the sauce in a blender or using a food processor.

2. Rinse the veal briefly under cold water and pat dry with kitchen towel. Cut into cubes of approx. 3 cm; there should be 6 pieces of meat per skewer. Marinate the meat with a little sauce and chill for at least 2 hours.

3. Slide the pieces of meat onto the metal skewers and grill as indicated.

4. In the meantime, heat the remaining sauce on the hotplate and simmer for approx. 10 minutes.

5. Serve the satay skewers together with the sauce.

Setting procedure:

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

Tip:

You can also try using different types of meat, such as pork or turkey breast. You should soak wooden skewers in water for at least 1 hour. To do this, place the wooden skewers in a large basin of water. Weigh the skewers down with a heavy object, such as a bowl.



Topside of beef with pearl onion sauce

For 6 servings
Large roaster with lid

Meat:

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

Sauce:

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

Per serving

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

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

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

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 1
4D hot air
190 °C
Cooking time: 3 hr. - 3 hr. 10 min.



Fillet in a herb crust

For 4 servings

Medium-sized glass dish with lid

Herb mixture:

1 bunch flat-leaf parsley
1 bunch chives
50 ml cream
30 g breadcrumbs
1 tsp Dijon mustard
Cayenne pepper
Pepper, freshly ground
400 g minced veal

Meat:

300-350 g pork fillet
3 slices cooked ham
Salt
Pepper, freshly ground

In addition:

1 pig's caul, order from your butcher

Per serving

254 kcal, 2,7 g carbs, 22 g fat,
13 g protein, 0,2 BU

1. Place the pig's caul in lukewarm water.

2. Rinse the herbs and pat them dry. Very finely chop the parsley leaves and chives. Mix the cream, breadcrumbs, mustard and seasoning with the herbs. Add the minced veal and stir in.

3. Rinse the fillet under cold water, pat dry, season a little and wrap with the ham.

4. Drain the pig's caul and spread out in a rectangle on the work surface. Spread the herb mixture on it, the same length as the fillet, but twice as wide.

5. Place the fillet in the centre and roll up with the caul. The herb mixture should completely cover the fillet. Fold in the ends and place into a glass dish with the join facing downwards. Pour in 125 ml water and cover with a lid. Roast as indicated.

6. Remove the lid 15 minutes before the end of the roasting time. Leave to rest for 5 minutes before carving.

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave combination
Circulated air grilling
220 °C
90 watts
Cooking time: 25-30 minutes

Alternative setting:

Glass dish with lid on the wire rack, level 1
Circulated air grilling
220 °C
Cooking time: 40-50 minutes





Desserts, soufflés and sweet dishes



Panettone soufflé

For 4 servings

Baking tray, soufflé dishes

Soufflé:

150 g panettone or plaited loaf

2-3 tbsp icing sugar

1 vanilla pod

3 eggs

100 g marzipan

50 g sugar

200 ml cream

2 tbsp strawberry jam

In addition:

Butter for greasing

Per serving

598 kcal, 54 g carbs, 37 g fat,

13 g protein, 4,5 BU

1. Cut the panettone or plaited loaf into cubes 2 cm in size, place onto a baking tray, sprinkle with icing sugar and allow to caramelise as indicated. Turn several times.

2. Cut the vanilla pod open lengthwise and scrape out the pulp with a knife.

3. Beat the eggs, marzipan, vanilla pulp and sugar into a smooth mixture. Add the cream.

4. Grease the dishes and fill halfway with the panettone. Spread the jam evenly on top and fill with the remaining panettone. Pour over the egg and cream mixture and bake the soufflés as indicated.

Setting procedure:

Caramelising:

Baking tray, level 1

Circulated air grilling

200 °C

Baking time: approx. 10 minutes

Baking:

Soufflé dishes on the wire rack, level 1

Microwave combination

4D hot air

180 °C

90 watts

Baking time: 12-15 minutes



Meringue with chocolate-mascarpone cream and exotic fruits

For 6 servings Baking tray

Meringue mixture:

1 egg white
1 pinch salt
50 g fine sugar

Crema:

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

Topping:

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

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

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

Setting procedure:

Baking tray, level 1
4D hot air
90 °C
Baking time: 90-95 minutes

Tip:

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



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 1
Microwave 600 watts
Cooking time: 8-12 minutes

Tip:

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

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

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





Cakes and small baked items



German-style butter cake - basic recipe for yeast dough

For approx. 16 servings

Baking tray

Yeast dough:

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

Topping:

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

In addition:

Butter for greasing the baking tray

Per serving

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

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

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

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

4. Then bake the cake as indicated.

Setting procedure:

Baking tray, level 1

4D hot air

160 °C

Baking time: 20-25 minutes



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 1
Microwave combination
4D hot air
160 °C
90 watts
Baking time: 30-35 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
4D hot air
160 °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 1
4D hot air
160 °C
Baking time: 20-30 minutes



Delicate pound cake

To make approx. 15 servings
Cake tin, 30 cm

Sponge mixture:

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

In addition:

Butter for greasing
Breadcrumbs for sprinkling

Per serving

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

1. Grease the tin and sprinkle with breadcrumbs.

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

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

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

Setting procedure:

Cake tin on the wire rack, level 1
4D hot air
160 °C
Baking time: 60-80 minutes

Tip:

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

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

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



Apple cake with caramelised walnuts

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

Caramel:

1 organic orange
300 g walnuts
30 g sugar

Sponge mixture:

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

In addition:

Greaseproof paper
Butter for the edge of the tin

Per serving

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

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

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

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

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

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

6. Bake the cake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 1
Microwave combination
4D hot air
180 °C
90 watts
Baking time: 30-35 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
4D hot air
180 °C
Baking time: 50-55 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 into a deep mixing bowl.
3. Add the sugar, salt, soft butter, eggs and milk. Then beat the ingredients with a hand mixer or food processor, first on a low setting and then fast on a higher one, to produce a smooth mixture. Do not overbeat.
4. Wash the lemon in hot water and grate the zest. Flavour half of the mixture with the lemon zest and add to the jars.
5. Stir sugar, cocoa, almonds and milk into the remaining mixture and add to the light-coloured mixture. Cut the dark chocolate into small pieces and add to the dark mixture. Use a fork to create a spiral-shaped marble pattern in both mixtures.
6. Place the jars on the wire rack and bake the marble cake as indicated.

Setting procedure:

Jars on the wire rack, level 1
Microwave combination
4D hot air
170 °C
90 watts
Baking time: 20-25 minutes

Alternative setting:

Jars on the wire rack, level 1
4D hot air
170 °C
Baking time: 45-50 minutes

Tip:

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



Damson cake with walnut crumble

For around 20 servings
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 serving
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 1
Microwave combination
4D hot air
180 °C
90 watts
Baking time: 35-40 minutes

Alternative setting:
Universal pan, level 1
4D hot air
170 °C
Baking time: 50-60 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 1
Microwave 360 watts
3-4 minutes

Cake:

Cake tin on the wire rack, level 1
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 1
Microwave 360 watts
3-4 minutes



Fruity raspberry gateau - basic recipe for sponge mixture

For 12 servings

Springform cake tin, diameter 28 cm

Sponge mixture:

3 eggs

3 tbsp water, hot

150 g sugar

150 g flour

1 tsp baking powder

Topping:

900 g frozen raspberries

100 g sugar

200 ml cream

4 sheets gelatine

200 g yoghurt, 3.5 %

½ vanilla pod

3 sachets red glaze

In addition:

Greaseproof paper

Per serving

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

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

2. Preheat the oven.

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

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

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

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

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

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

Setting procedure:

Springform cake tin on the wire rack, level 1

4D hot air

170 °C

Preheat

Baking time: 35-40 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 1
Microwave combination
4D hot air
170 °C
90 watts
Baking time: 35-40 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
4D hot air
160 °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.

Setting procedure:

Springform cake tin on the wire rack, level 1
4D hot air
170 °C
Baking time: 30-40 minutes

Tip:

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

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

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



Vanilla cheesecake

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

Shortcrust pastry:

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

Quark mixture:

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

In addition:

Butter for greasing

Per serving

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

1. Only grease the base of the springform cake tin.
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. 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 1
Microwave combination
4D hot air
170 °C
90 watts
Baking time: 50-55 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
4D hot air
180 °C
Baking time: 60-80 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:

Melting chocolate:

Glass dish on the wire rack, level 1

Microwave 360 watts

Cooking time: 2-3 minutes

Muffins:

Muffin tin on the wire rack, level 1

Microwave combination

4D hot air, 190 °C

90 watts

Baking time: 15-16 minutes

Alternative setting:

Muffin tin on the wire rack, level 2

4D hot air

Preheat

170 °C

Baking time: 15-25 minutes



Cream puffs with sweet filling - basic recipe for choux pastry

To make approx. 12 servings
Baking tray

Choux pastry:

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

Sweet filling:

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

In addition:

Greaseproof paper

Per serving

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

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

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

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

4. Mix the baking powder into the cold mixture.

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

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

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

Setting procedure:

Baking tray, level 1
4D hot air
200 °C
Baking time: 30-40 minutes

Tip:

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



Apricot boats

For 8 servings

Baking tray

Mixture:

8 slices frozen puff pastry, around 600 g
A little flour

Filling:

1 tin apricots,
drained weight around 500 g
50 g ground almonds
100 g raw marzipan
1 egg
A little milk

In addition:

Greaseproof paper

Per serving

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

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

Setting procedure:

Baking tray, level 2
4D hot air
180 °C
Preheat
Baking time: 20-35 minutes

Tip:

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

5. Preheat the oven.

6. Separate the egg. Brush the two free, opposite corners of the pastry with egg white, fold over and press down firmly.

7. Whisk the milk and egg yolk, brush the 'boats' with the mixture and bake at once as indicated.



Brownies with pistachios and cashews

For 20 servings

Glass dish,
square springform cake tin, 24x24 cm

Mixture:

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

In addition:

Butter for greasing
Flour for dusting

Per serving

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

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

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

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

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 1

Microwave 360 watts

Cooking time: 6-7 minutes

Brownies:

Square springform cake tin on the wire rack, level 1

Microwave combination

4D hot air

170 °C

90 watts

Baking time: 18-20 minutes

Alternative setting:

Brownies:

Square springform cake tin on the wire rack, level 1

4D hot air

170 °C

Baking time: 35-40 minutes



Macaroons

To make approx. 20 servings
Baking tray and universal pan

Almond meringue:

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

Filling:

250 g mascarpone
2 EL raspberry syrup
1 tsp lemon juice

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

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

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

7. Bake the macaroons as indicated.

8. Leave to cool down on the baking trays.

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

Setting procedure:

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

Tip:

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





Bread and bread rolls,
pizza and savoury cakes



Rustic farmhouse bread with sourdough

For approx. 30 slices, 1 loaf
Universal pan

Bread dough:

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

In addition:

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

Per slice

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

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

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

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

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

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

Setting procedure:

Universal pan, level 1
4D hot air
220 °C
Preheat
Partial baking: 10-15 minutes
then
180 °C
Baking time: 40-50 minutes

Tip:

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



Flatbread

For 1 flatbread, approx. 8 servings
Universal pan

Yeast dough:

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

Topping:

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

In addition:

Cooking oil for the baking tray

Per serving

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

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

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

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

Setting procedure:

Universal pan, level 1
4D hot air
240 °C
Baking time: 20-30 minutes

Tip:

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



Scones

For 16 pieces

Baking tray

Mixture:

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

For brushing:

1 egg yolk
2 tbsp milk

In addition:

Butter for greasing the baking tray

Per piece

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

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

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

3. Grease the baking tray and preheat the oven.

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

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

Setting procedure:

Baking tray, level 1
4D hot air
200 °C
Preheat
Baking time: 15-20 minutes

Tip:

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

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

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



Pizza Margherita

For 2 servings

Pizza tray, diameter 30 cm

Yeast dough:

150 g flour

½ sachet dried yeast

1 pinch sea salt

Approx. 100 ml water, lukewarm

Topping:

150 g cherry tomatoes

125 g mozzarella

150 g tomato passata

Sea salt

Pepper, freshly ground

½ tsp sugar

3 tbsp basil, chopped

½ tsp salt

2 tbsp cooking oil

In addition:

1 tbsp cooking oil for the baking tray

Per serving

466 kcal, 62 g carbs, 16 g fat,

17 g protein, 5,2 BU

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

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

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

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

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

6. Cook the pizza as indicated.

Setting procedure:

Pizza tray on the wire rack, level 1

4D hot air

240 °C

Baking time: 20-30 minutes

Tip:

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

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



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 1

Microwave combination

4D hot air

190 °C

90 watts

Cooking time: 35-40 minutes

Alternative setting:

Pizza tray on the wire rack, level 1

4D hot air

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.





Jams and preserves



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 the chilli threads, stir together thoroughly, place the lid on top and heat up 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 1

Microwave 1000 watts

Heat chutney: 10 minutes

Bring chutney to the boil: 5 minutes

Index of recipes

A

Apple cake with caramelised walnuts, **107**
Apricot boats, **127**
Asian-style chicken legs, **75**

B

Basic recipe for choux pastry, cream puffs with sweet filling, **125**
Basic recipe for shortcrust pastry - fruit tart, **119**
Basic recipe for sponge mixture, gooseberry cake with almond topping, **101**
Basic recipe for sponge mixture - fruity raspberry gâteau, **115**
Basic recipe for yeast dough, German-style butter cake, **99**
Bean soup, Spanish, **19**
Bread and cheese soufflé, **55**
Bread and horseradish puddings, **39**
Brownies with pistachios and cashews, **129**

C

Carrot and fennel antipasti, **25**
Carrot cake, **117**
Cauliflower salad with sour cream, **27**
Chicken saltimbocca, **77**
Chocolate muffins with cherries and chilli, **123**
Chutney with chilli, pineapple and mango, **147**
Cod in tarragon mustard sauce on potato, **63**
Courgette gratin with black olives, **51**
Cream puffs with sweet filling, basic recipe for choux pastry, **125**
Crispy duck with baked apple stuffing, **79**

D

Damson cake with walnut crumble, **111**
Dauphinoise potatoes - potato gratin, **47**
Delicate pound cake, **105**
Delicate salmon terrine with prawns, **23**
Duck with baked apple stuffing, crispy, **79**

F

Farmhouse bread with sourdough, rustic, **135**
Fillet in a herb crust, **87**
Fish with a tomato and bread topping, **67**
Flatbread, **137**
Fried fish fillet with sweet and sour Asian vegetables, **65**
Fruit sauce, **95**
Fruit tart - basic recipe for shortcrust pastry, **119**
Fruity raspberry gâteau - basic recipe for sponge mixture, **115**

G

German-style butter cake - basic recipe for yeast dough, **99**
Gooseberry cake with almond topping - basic recipe for sponge mixture, **101**
Grilled chicken filled with herbs, **73**

L

Lasagne tricolore, **53**
Letcho, **41**

M

Macaroons, **131**
Marble cake in a jar, **109**
Meringue with chocolate-mascarpone cream and exotic fruits, **93**
Moist chocolate cake filled with pears, **113**
Mushrooms in creamy sauce, **43**

O

Ocean perch ragout with fennel and orange fillets, **69**
Ocean perch with vegetables, **61**
Onion tart with apple, **143**
Oriental-style duck breast, **81**

P

Panettone soufflé, **91**
Peppery stew with sweet potatoes and peppers, **45**
Pineapple and mango chutney with chilli, **147**
Pizza Margherita, **141**
Polenta with mascarpone and truffle oil, **33**
Potato gratin, Dauphinoise potatoes, **47**
Poultry bouillon with vegetables, **17**
Pound cake, delicate, **105**
Puddings, bread and horseradish, **39**
Pumpkin and chilli vegetables with apples, **37**
Pumpkin soup with ginger, **21**

R

Raspberry gâteau, fruity - basic recipe for sponge mixture, **115**
Roasted vegetables with balsamic sauce, **35**
Rustic farmhouse bread with sourdough, **135**

S

Salmon lasagne, **49**
Salmon terrine with prawns, delicate, **23**
Saltimbocca, chicken, **77**
Satay kebabs, **83**
Scones, **139**
Smoked salmon crema, **29**
Spanish bean soup, **19**
Sponge flan base, **103**
Stew with sweet potatoes and peppers, peppery, **45**

T

Topside of beef with pearl onion sauce, **85**
Trout with herbs cooked on the baking tray, **59**

V

Vanilla cheesecake, **121**
Vegetables with balsamic sauce, roasted, **35**

Notes

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