

The Siemens logo is in the top left corner. The background is a close-up of a white plate containing a dish of roasted fish, likely salmon, garnished with green herbs and a dark seasoning. The plate is set against a dark, textured background.

SIEMENS

Cooking inspirations.

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

www.siemens-home.com/mysiemens

Inspiration for cooking

For the extraordinary things in life

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

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

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

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

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

Bon appétit!

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Useful information about your
iQ700 compact oven with
varioSpeed and roastingSensor Plus

Information on your appliance

varioSpeed

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

roastingSensor Plus

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

4D hot air

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.

Top/ bottom heating

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

Circulated air grilling

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



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Abbreviations and indicated quantities



Abbreviations

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

Sachet

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

Nutritional information

kcal	Kilocalories
F	Fat
carb	Carbohydrates
P	Protein
BU	Bread units

Weights, capacity measures

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

Spoon measures

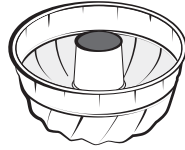
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2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

Cookware





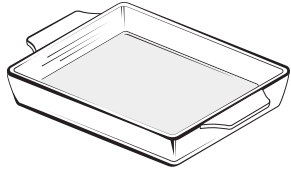
Ovenproof dish, oval



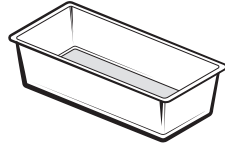
Bundt cake tin



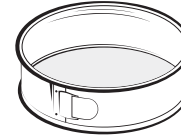
Springform cake tin, square



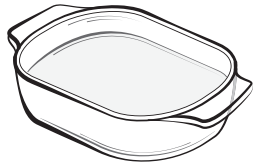
Ovenproof dish, rectangular



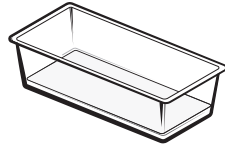
Cake tin



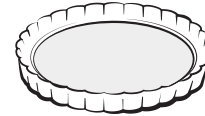
Springform cake tin, round



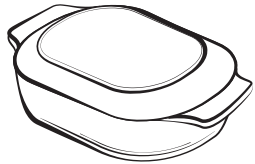
Roaster, glass, without lid



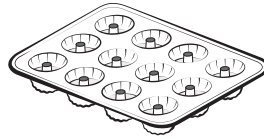
Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



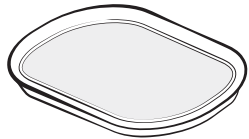
Mini tart dishes



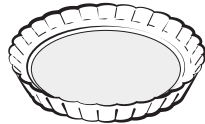
Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

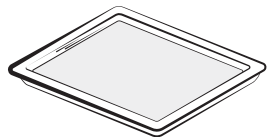


Pizza tray, round

Special accessories



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

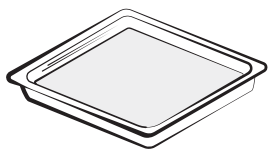


Baking tray, non-stick

For tray bakes and small baked products.

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

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



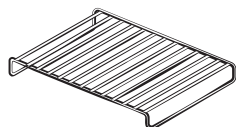
Universal pan, non-stick

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

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

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

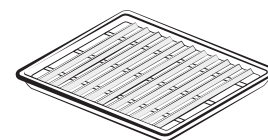
It is not necessary to grease or line with greaseproof paper.



Wire insert

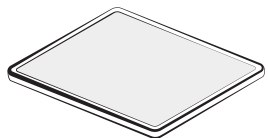
For meat, poultry and fish.

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



Grill tray

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



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.

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

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.



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



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



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



Grilled aubergine slices

For 4 servings

Large ovenproof dish

Vegetables:

1 aubergine, approx. 420 g

Salt

Pepper, freshly ground

200 g cherry tomatoes

1 clove garlic

2 tbsp fresh oregano leaves

Sugar

2 tbsp olive oil

50 g matured Gouda, freshly grated

Per serving

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

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

2. Then pat nice and dry with kitchen towel.

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 1

Microwave 600 watts

Aubergines: 8 minutes

Grill: 8-10 minutes



Delicate salmon terrine with prawns

For 8 servings

Glass cake mould, 30 cm

Fish terrine:

600 g fresh salmon fillet

Sea salt

400 ml cream

½ organic lemon

½ organic orange

White pepper freshly ground

2 tsp honey mustard

100 g fresh prawns, shelled

2 tsp pickled green peppercorns

In addition:

4 tbsp herbs, chopped

2 tbsp pink pepper berries

Butter for greasing

Per serving

255 kcal, 3 g carbs, 19 g fat,

19 g protein, 0,2 BU

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

2. Then, purée the salmon fillet with ½ tsp sea salt and slowly pour the cream in. Wash the orange and lemon in hot water and dry them. Grate the lemon and orange peel. Squeeze the lemon. Add the lemon and orange 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



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



Baked mushroom dumplings

For 4 servings

Baking tray

Dumpling mixture:

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

In addition:

Tin foil
Butter for the tin foil

Per serving

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

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

Setting procedure:

Baking tray, level 1
Top/bottom heating
160 °C
Cooking time: 30-35 minutes

Tip:

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

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



Filled jacket potatoes

For 4 servings

Glass dish with lid, universal pan

Potatoes:

4 equally sized, floury potatoes,
200 g each

Filling:

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

Per serving

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

1. Wash and brush the potatoes, then pierce each one several times with a fork. Place into a large glass dish with the skin on, place the lid on top and cook as indicated.

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

3. Arrange the filled potatoes in the universal pan, slide into the oven at level 3 and grill as indicated.

Setting procedure:

Cooking the potatoes:
Glass dish with lid on the wire rack, level 1
Microwave 600 watts
Cooking time: 12-14 minutes
Grilling the potatoes:
Universal pan, level 3
Microwave combination
Grill, large surface, setting 3
360 watts
Grilling time: 5-8 minutes

Alternative setting:

Cooking the potatoes:
Universal pan, level 1
4D hot air
160 °C
Cooking time: 55-65 minutes
Grilling the potatoes:
Universal pan, level 3
Grill, large area, setting 3
Grilling time: 5-8 minutes

Tip:

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



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
Top/bottom heating
180 °C
Cooking time: 30-35 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



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



Sweet and sour onions

For 4 servings

Large glass dish with lid

Vegetables:

3 large cooking onions, 250 g each

2 tbsp olive oil

3 fresh sprigs thyme

1 tbsp Dijon mustard

2 tbsp mustard seeds

4 tbsp sugar

2 tbsp lemon juice

Salt

Black pepper, freshly ground

Per serving

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

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

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 1

Microwave 1000 watts

Cooking time: 18-20 minutes



Stuffed mushrooms

For 2 servings

Glass dish with lid and medium-sized ovenproof dish

Mushrooms:

6-8 large mushrooms
1 tbsp lemon juice

Filling:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

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

5. Grill the mushrooms as indicated.

Setting procedure:

Onions, mushroom stalks, ham:
Glass dish with lid on the wire rack, level 1
Microwave 600 watts
Cooking time: 3-4 minutes
Stuffed mushrooms:
Ovenproof dish on the wire rack, level 1
Microwave combination
Grill, large surface, setting 3
360 watts
Cooking time: 10-15 minutes

Tip:

Instead of creamy Gorgonzola you can also use cream cheese.



Strudel with potatoes and savoy cabbage

For 4 servings

Medium glass dish with lid,
universal pan

Strudel:

750 g potatoes
300 g savoy cabbage leaves
2 tsp baking powder
250 g crème fraîche
3 egg yolks
Salt
Nutmeg, freshly grated
Black pepper, freshly ground
50 g butter
3 sheets 'yufka' dough, 250 g
150 g grated cheese,
e.g. medium mature Gouda

In addition:

Greaseproof paper

Per serving

763 kcal, 73 g carbs, 43 g fat,
21 g protein, 6,1 BU

1. Wash the potatoes thoroughly and pierce the skin several times using a fork. Place into a glass dish, add a little water, place the lid on top and cook as indicated. Peel the slightly cooled potatoes and cut into chunks approx. 2 cm in size.

2. Wash the savoy cabbage leaves, cut out the stalk and cut the leaves into diamond shapes approx. 3 cm in size. Briefly parboil the leaves in boiling salted water with the baking powder. Rinse in cold water and leave to dry.

3. Mix the crème fraîche and egg yolk and season with salt, nutmeg and pepper.

4. Melt the butter. Brush a sheet of 'yufka' dough with butter, place a second sheet on top, brush with butter and then place a third sheet on top of that one. Arrange the potatoes and savoy cabbage on the dough and season. Sprinkle the grated cheese on top.

5. Distribute the crème fraîche and egg mixture evenly on top. Loosely roll up the sheets of dough from the long side. Place into the universal pan, which has been lined with baking paper in advance, with the seam facing down. Brush with the remaining butter and bake as indicated.

Setting procedure:

Potatoes:

Glass dish with lid on the wire rack, level 1

Microwave 600 watts

Cooking time: 10-13 minutes

Strudel:

Universal pan, level 1

Microwave combination

4D hot air, 170 °C

180 watts

Baking time: 22-25 minutes

Alternative setting:

Strudel:

Universal pan, level 1

4D hot air

170 °C

Cooking time: 55-60 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.



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:

Glass roaster with lid on the wire rack, level 1
Top/bottom heating
200 °C
Baking time: 50-55 minutes



Vegetable bread muffins

For 12 servings Muffin tin

Mixture:

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

In addition:

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

Per serving

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

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

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

Setting procedure:

Muffin tin on the wire rack, level 1
Microwave combination
Top/bottom heating
180 °C
90 watts
Baking time: 25-30 minutes

Alternative setting:

Muffin tin on the wire rack, level 1
4D hot air
180 °C
Baking time: 40-45 minutes



Aubergine and tomato lasagne

For 4 servings

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

Lasagne:

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

Per serving

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

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

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

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

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

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

6. Do the same again with the other half.

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave 1000 watts
Onions: 3-4 minutes
Tomato sauce: 13-15 minutes
Aubergines:
Universal pan, level 2
Grill, large surface, setting 2
Grilling time: 5-7 minutes per tray
Lasagne:
Ovenproof dish on the wire rack, level 1
Microwave combination
Circulated air grilling, 180 °C
360 watts
Cooking time: 15-20 minutes

Alternative setting:

Aubergines:
Universal pan, level 2
Grill, large area, setting 2
Grilling time: 5-7 minutes per tray
Lasagne:
Ovenproof dish on the wire rack, level 1
4D hot air, 180 °C
Cooking time: 30-35 minutes



Potato and vegetable cake

For 4 servings

Pizza tray, diameter 30 cm

Potato and vegetable mixture:

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

Glaze:

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

In addition:

Butter for greasing the baking tray

Per serving

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

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

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

3. Put the vegetable and potato mixture onto the greased pizza tray and smooth it out.

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

Setting procedure:

Pizza tray on the wire rack, level 1
Microwave combination
4D hot air, 180 °C
360 watts
Cooking time: 25-30 minutes

Alternative setting:

Pizza tray on the wire rack, level 1
Top/bottom heating
200 °C
Initial baking for potato and vegetables mixture:
20 minutes
Final baking for cake: 25-30 minutes



Asparagus tortilla

For 4 servings
Pizza tray, diameter 30 cm

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

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

In addition:
Olive oil for the baking tray

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

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

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

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

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

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

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

Setting procedure:

Pizza tray on the wire rack, level 1
Top/bottom heating
190 °C
Cooking time: 30-35 minutes

Tip:

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

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



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

Alternative setting:

Lasagne:
Ovenproof dish on the wire rack, level 1
Top/bottom heating
200 °C
Baking time: 35-40 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

Alternative setting:

Bread cubes:

Universal pan, level 2

Grill, large area

Setting 3

Grilling time: around 5 minutes

Soufflé:

Soufflé dishes on the wire rack, level 1

Top/bottom heating

180 °C

Baking time: 20-25 minutes



Pork fillet pasta bake with vegetable ragout

For 4 servings
Large glass dish with lid, large ovenproof dish

Bake:

1 aubergine, approx. 250 g
1-2 courgettes
3 garlic cloves
6 tbsp olive oil
500 g chopped tomatoes
3 tbsp fresh thyme leaves
100 g pitted black olives
500 g fillet of pork
200 g fresh pasta dough
200 g sour cream or smetana
100 g Parmesan, coarsely grated
Salt
Black pepper, freshly ground
Sugar

In addition:

Cooking oil for the dish

Per serving

770 kcal, 42 g carbs, 45 g fat,
49 g protein, 3,5 BU

1. Wash and trim the aubergines and courgettes and cut into cubes 1 cm in size.

2. Peel the garlic and cut into thin slices.

3. Place the vegetables into a glass dish and mix with 4 tbsp oil. Cover with the lid and cook as indicated. Then season to taste.

4. Add the chopped tomatoes, sliced garlic, thyme leaves and olives. Cook everything in the enclosed glass dish as indicated.

5. Rinse the meat briefly under cold water, pat dry with kitchen towel and cut into slices 2 cm thick.

6. Grease a baking dish. Alternately arrange layers of vegetable ragout, lasagne sheets, 2-3 tbsp sour cream and meat.

7. Sprinkle with Parmesan and drizzle with olive oil. Bake as indicated.

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave 1000 watts
Vegetables: 5 minutes
Vegetable ragout: 12 minutes
Bake:
Ovenproof dish on the wire rack, level 1
Microwave combination
Circulated air grilling
170 °C
360 watts
Cooking time: 18-20 minutes

Alternative setting:

Bake:
Ovenproof dish on the wire rack, level 1
Circulated air grilling
170 °C
Cooking time: 30-35 minutes

Tip:

If you use the alternative setting, first sear the pork fillet slices on the cooktop.





Fish



Trout with herbs cooked on the baking tray

For 4 servings Universal pan

Fish:

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

Per serving

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

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

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

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

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

Setting procedure:

With meat probe
Universal pan, level 1
4D hot air
190 °C
Core temperature 70 °C

Alternative setting:

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



Pike-perch fillet au gratin with horseradish sauce

For 4 servings
Large ovenproof dish

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

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

In addition:
1 tbsp breadcrumbs
1 tsp sweet paprika

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

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

2. For the sauce, heat the butter in a pan. Add the flour and sweat briefly. Deglaze with white wine and add the fish stock. Simmer the sauce for 5 minutes. Add cream and horseradish. Season well with salt and pepper.

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

Setting procedure:

With meat probe
Ovenproof dish on the wire rack, level 1
Circulated air grilling
180 °C
Core temperature: 65 °C

Alternative setting:

Ovenproof dish on the wire rack, level 1
Circulated air grilling
180 °C
Cooking time: 25-30 minutes



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



Cod in tarragon mustard sauce on potato

For 4 servings
Glass dish with lid,
large ovenproof dish

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

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

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

In addition:
Butter for greasing

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

1. Heat the butter in a glass dish as indicated.
2. Mix the flour with the butter and sweat again as indicated.
3. Then deglaze with a little cold milk. Add the rest of the milk and water and mix. Cover the glass dish and simmer the sauce as indicated. Stir while cooking.
4. Stir the mustard into the sauce. Add the tarragon and season well with salt and pepper. Add sugar to the sauce to taste.

5. Wash, peel and slice the potatoes thinly and evenly into slices approx. 3 mm thick. Season with salt and pepper 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
Top/bottom heating, 200 °C
360 watts
Cooking time: 25-30 minutes



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



Plaice rolls on a bed of ratatouille

For 4 servings
Large ovenproof dish

Fish:

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

Ratatouille:

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

In addition:

8 wooden skewers

Per serving

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

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

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

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

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

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 1
Top/bottom heating
200 °C
Cooking time: 30-35 minutes



Salmon escalopes on a bed of lemon and vegetables

For 4 servings
Glass dish with lid,
large ovenproof dish

Lemon and vegetables:
400 g mixed vegetables, e.g. celery,
carrots, leeks
20 g butter
Salt
Pepper, freshly ground
2 organic lemons

Fish:
4 salmon escalopes, 150 g each

Topping:
1 clove garlic
4 tbsp Dijon honey mustard
80 ml olive oil
Salt
Pepper, freshly ground
2 tbsp chopped chives

Per serving
423 kcal, 8 g carbs, 28 g fat,
33 g protein, 0,7 BU

1. Wash and trim the vegetables and cut them into strips approx. 4 mm wide.

2. Place the butter into a glass dish and heat up as indicated.

3. Add the vegetables, place the lid on top and precook as indicated.

4. Wash the lemons in hot water, dry them and cut them into slices. For each portion, place 3-4 lemon slices into an ovenproof dish so that they overlap and then arrange the vegetables on top.

5. Rinse the salmon escalopes briefly under cold water and pat them dry. Place a salmon escalope onto each of the arranged lemon and vegetable portions.

6. Peel and crush the garlic. Purée the honey mustard with olive oil, garlic, salt and pepper.

7. Mix the chives in.

8. Arrange the honey and mustard mixture evenly over the salmon and cook as indicated.

Setting procedure:

Butter:

Glass dish on the wire rack, level 1

Microwave 600 watts

Cooking time: 2-3 minutes

Vegetables:

Glass dish with lid on the wire rack, level 1

Microwave 600 W

Cooking time: 5-7 minutes

Fish:

Ovenproof dish on the wire rack, level 1

Microwave combination

4D hot air, 170 °C

360 watts

Cooking time: 17-20 minutes



Bouillabaisse

For 4 servings
Large glass dish with lid

Fish soup:

1 small fennel bulb
1 clove garlic
2 shallots
600 ml fish stock from a jar
100 ml white wine
1 sachet saffron strands
200 g gurnard
200 g red snapper
200 g spined loach
200 g monkfish
150 g small cherry tomatoes
Salt
Black pepper, freshly ground
Fresh flat-leaf parsley

Per serving

273 kcal, 4 g carbs, 5 g fat, 45 g protein,
0,4 BU

1. Wash the fennel bulb. Peel the garlic and shallots and cut into fine slices with the fennel.

2. Pour the fish stock into a glass dish and mix with white wine. Add the fennel mixture and saffron, place the lid on top and cook as indicated until al dente. Season the vegetables to taste.

3. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut the fillets into pieces 2 cm in size.

4. Wash and halve the tomatoes. Add the fish and tomatoes to the soup and cook as indicated in the enclosed glass dish once again. Then season with salt and pepper.

5. Rinse the parsley and shake it dry. Pluck the leaves, chop them roughly and sprinkle over the cooked soup.

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave 1000 watts
Fish stock with fennel mixture: 12 minutes
Microwave 600 watts
Bouillabaisse: 5 minutes



Fish parcels in chard leaves with a wine sauce

For 4 servings

Medium-sized glass dish with lid

Fish parcels:

400 g salmon fillet, fresh or defrosted
4 scallops, approx. 30 g each
8 large chard leaves
1 tsp baking powder
1 organic lemon
1 tsp sea salt
250 ml cream, well chilled
A little cayenne pepper
1 tbsp parsley, chopped

Sauce:

100 ml dry white wine
100 ml fish stock
100 g double cream
2 generous pinches saffron powder
1 generous pinch allspice
1 generous pinch nutmeg, freshly
grated

Per serving

465 kcal, 5 g carbs, 34 g fat,
31 g protein, 0,4 BU

1. Rinse the salmon fillet and scallops briefly under cold water and pat dry with kitchen towel. Dice the salmon fillet and leave to freeze for approx. 30 minutes.

2. Carefully wash the chard leaves and remove from the thick stem if necessary. Briefly parboil the leaves in boiling salted water with the baking powder. Rinse in cold water and leave to dry.

3. Wash the organic lemon with hot water and dry it. Grate a little of the zest and squeeze 1 tbsp lemon juice. Purée the salmon fillet with sea salt. Slowly pour in the cream and season the salmon mixture to taste with salt, cayenne pepper, lemon juice and a little grated lemon zest.

4. Lay 2 chard leaves on top of each other. Season the scallops and roll them in chopped parsley. Wrap each scallop in a quarter of the salmon mixture and roll up in the chard leaves. Place the fish parcels into the dish.

5. Mix white wine, fish stock and double cream together. Season the sauce, pour over the fish parcels and cook as indicated in the enclosed glass dish.

Setting procedure:

Glass dish with lid on the wire rack, level 1
Microwave 600 watts
Cooking time: 15 minutes
then
Microwave 360 watts
Cooking time: 5-7 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 1
Top/bottom heating
200 °C
Cooking time: 30-35 minutes

Tip:

If you opt for the alternative setting, place the fish parcels into an ovenproof dish and pour the sauce over the top.
Add a little baking powder to the blanching water. This will ensure that the colour of the vegetables remains more vibrant and intense.



Red snapper curry

For 4 servings
Large roaster with lid

Fish:
600 g red snapper fillet

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

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

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

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 1
Top/bottom heating
200 °C
Cooking time: 25-30 minutes

Tip:

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

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

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

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



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.



Chicken pâté with pistachios

For 6 servings

Glass cake mould, 30 cm

Pâté:

500 g chicken breast, from free-range chickens

250 g turkey breast ham, unsmoked

25 g shelled pistachios

2 eggs

50 ml cream

5 ml cognac

½ tsp sea salt

A little mixed pepper

200 g thinsmoked pork belly slices

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

In addition:

Butter for greasing

Per serving

397 kcal, 1 g carbs, 24 g fat,

44 g protein, 0,1 BU

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

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

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

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

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

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

Setting procedure:

With meat probe

Cake mould, glass, on the wire rack, level 1

4D hot air

160 °C

Core temperature 85 °C

Alternative setting:

Cake mould, glass, on the wire rack, level 1

4D hot air

160 °C

Cooking time: 45-50 minutes

Tip:

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



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 turkey breast

For 4 servings

Large ovenproof dish

Turkey breast:

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

In addition:

Butter for greasing

Per serving

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

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

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

3. Grease the dish.

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

Setting procedure:

Ovenproof dish on the wire rack, level 1
Circulated air grilling
190 °C
Grilling time: 30-35 minutes



Tender saddle of veal wrapped in savoy cabbage

For 4 servings
Medium roaster

Meat:

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

Per serving

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

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

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

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

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

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

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

Setting procedure:

With meat probe
Roaster on the wire rack, level 1
Circulated air grilling
190 °C
Core temperature 65 °C

Alternative setting:

Roaster without lid on the wire rack, level 1
Circulated air grilling
190 °C
Roasting time: 50-55 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.

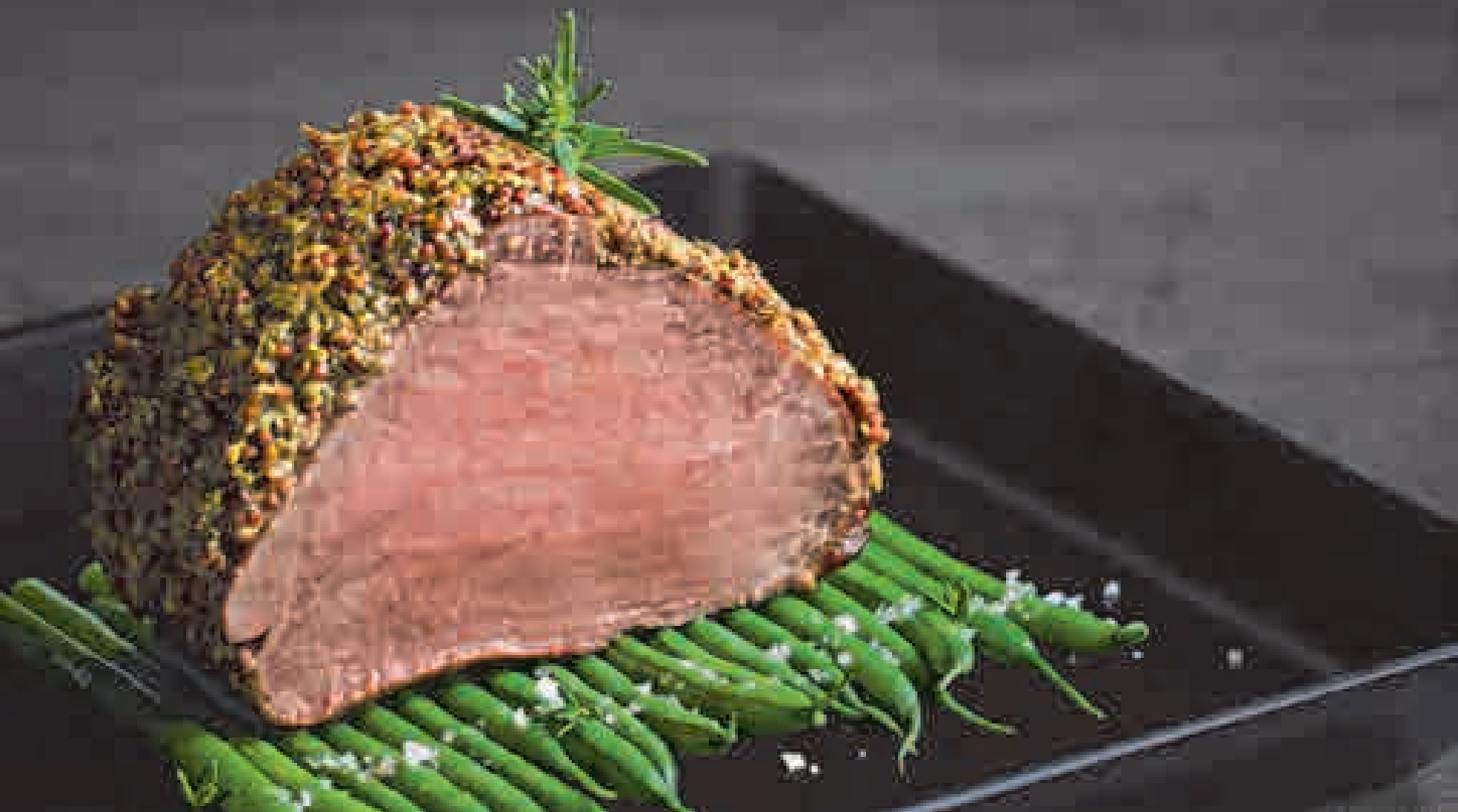
5. Serve the satay skewers together with the sauce.

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.



Beef tenderloin in a herb crust

For 6 servings

Baking tray

Herb paste:

½ bunch flat-leaf parsley

1 sprig rosemary

½ bunch thyme

½ bunch marjoram

1 garlic clove

2-3 tbsp walnut oil

3 tbsp grainy mustard

Salt

Black pepper, freshly ground

Meat:

1 kg beef tenderloin, from the

centre-cut

2 tbsp olive oil

In addition:

Tin foil

Per serving

306 kcal, 2 g carbs, 17 g fat,

37 g protein, 0,1 BU

1. Rinse the herbs with cold water and shake dry. Pluck the leaves from the stems. Peel the garlic clove and chop finely together with the herbs.

2. Add to a small bowl and mix into a herb paste with the walnut oil, mustard, salt and pepper.

3. Rinse the tenderloin briefly under cold water and pat dry with kitchen towel. Heat the olive oil in a pan and sear the meat briefly all over.

4. Place the meat onto the baking tray, baste with the herb paste and roast as indicated.

5. After roasting, wrap in tin foil and leave to rest for approx. 10 minutes.

Setting procedure:

With meat probe

Baking tray, level 1

Circulated air grilling

180 °C

Core temperature: 60 °C

Alternative setting:

Baking tray, level 1

Circulated air grilling

180 °C

Cooking time: 40-50 minutes



Topside of beef with pearl onion sauce

For 6 servings
Large roaster with lid

Meat:

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

Sauce:

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

Per serving

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

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

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

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 1
Top/bottom heating
190 °C
Cooking time: 3 hr.-3 hr. 10 min.



Pork neck joint with apple and leek

For 4 servings
Medium glass roaster

Roast:

1 kg pork neck, without bones
Salt
Pepper, freshly ground
2 apples, 150 g each
1 leek
5 shallots
200 ml meat stock
1 tbsp cornflour
50 ml cream

Per serving

653 kcal, 17 g carbs, 43 g fat,
50 g protein, 1,4 BU

1. Rinse the meat under cold water and pat dry with kitchen towel. Season with salt and pepper and place into a glass roaster.

2. Peel and core the apples and cut into large chunks. Wash and trim the leek and cut into rings. Peel the shallots and cut them into rings.

3. Arrange the apples and shallots around the meat. Roast as indicated.

4. Turn the meat after approx. 40 minutes' cooking time, and stir the apples and shallots. Add the leek, top up with the meat stock and cook until done.

5. Remove the meat from the baking dish, wrap it in tin foil and keep it warm.

6. Stir the cornflour into 3 tbsp water until you have a smooth mixture. Stir into the meat juices together with the cream. Bring the sauce to the boil as indicated. Stir once in the meantime.

7. Serve the sauce alongside the meat.

Setting procedure:

Glass roaster on the wire rack, level 1

Meat:

Microwave combination

Circulated air grilling

180 °C

180 watts

Cooking time: 1 hr. 15 min.-1 hr. 25 min.

Sauce:

Microwave 600 watts

Cooking time: 3-4 minutes

Tip:

You can also purée the vegetables in the sauce.



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



Saddle of lamb in a herb crust

For 4 servings

Universal pan and wire rack

Meat:

800 g lamb saddle fillet

Salt

Pepper, freshly ground

Herb paste:

1 small garlic clove

3 sprigs thyme

3 sage leaves

1 tbsp rosemary leaves

2 tbsp medium-hot mustard

1 tbsp olive oil

Per serving

284 kcal, 1 g carbs, 13 g fat,

42 g protein, 0,1 BU

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

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

3. Preheat the oven.

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

5. Before serving, cut into equally sized slices.

Setting procedure:

With meat probe

Universal pan, level 1,

Wire rack, level 2

Top/bottom heating

220 °C

Preheat

Core temperature: 57 °C

Alternative setting:

Universal pan, level 1,

Wire rack, level 2

Top/bottom heating

220 °C

Preheat

Cooking time: 15-25 minutes

Tip:

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



Roast lamb with mint and garlic

For 6 servings Universal pan

Meat:

1.2 kg leg of lamb, boneless

Marinade:

1 organic lemon

10 sprigs fresh mint

½ bunch parsley

4 tbsp olive oil

4 garlic cloves, finely chopped

½ tsp cracked black peppercorns

In addition:

Tin foil

Per serving

286 kcal, 1 g carbs, 13 g fat,

40 g protein, 0,1 BU

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

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

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

4. Roast the leg of lamb as indicated.

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

Setting procedure:

With meat probe

Universal pan, level 1

Circulated air grilling

180 °C

Core temperature 65 °C

Alternative setting:

Universal pan, level 1

Circulated air grilling

180 °C

Cooking time: 35-45 minutes

Tip:

On this setting the meat will remain pink inside.

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



Joint of venison in a red wine and juniper sauce

For 8 servings
Large roaster with lid

Meat:

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

Sauce:

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

Per serving

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

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

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

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

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

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 1
Top/bottom heating
170 °C
Cooking time: 3 hr.-3 hr. 10 min.





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

Top/bottom heating

180 °C

90 watts

Baking time: 12-15 minutes

Alternative setting:

Caramelising:

Baking tray, level 1

Circulated air grilling

200 °C

Baking time: approx. 10 minutes

Baking:

Soufflé dishes on the wire rack, level 2

Top/bottom heating

180 °C

Baking time: 25-30 minutes



Roasted almonds

For 4 servings

Medium-sized glass dish with lid

Nuts:

300 g unpeeled almonds

50 g sugar

50 g brown sugar

4 drops bitter almond oil

¼ tsp ground cinnamon

In addition:

Oil

Per serving

355 kcal, 28 g carbs, 23 g fat,

9 g protein, 2,3 BU

1. Add the almonds to a glass dish together with both types of sugar, the bitter almond oil and cinnamon and mix together.

2. Add 2-3 tbsp water, place the lid on top and cook as indicated. Stir during cooking.

3. Spread onto a greased baking tray immediately and leave to cool down.

Setting procedure:

Glass dish with lid on the wire rack, level 1

Microwave 1000 watts

Cooking time: 10-12 minutes



Sour cream quark soufflé

For 4 servings Soufflé dishes

Soufflé:

60 g fresh sliced bread without crusts
25 g butter
50 g icing sugar
1 sachet vanilla sugar
½ organic lemon
½ organic orange
1 pinch salt
1 egg yolks
1 egg
100 g low-fat quark
100 g sour cream

In addition:

2 tsp butter for greasing the ramekins

Per serving

275 kcal, 26 g carbs, 15 g fat,
8 g protein, 2,2 BU

1. Cut the sliced bread into small cubes.

2. Wash the organic citrus fruits with hot water and dry. Grate the zest of the half lemon and the half orange.

3. Beat the butter and icing sugar until light and fluffy. Add the vanilla sugar, lemon and orange zest and salt. Give it all a good stir. Add the egg yolk and then the egg and stir well.

4. Beat in the quark and sour cream and fold in the cubes of bread. Leave the mixture to rest for half an hour.

5. Grease the soufflé dishes with butter. Pour in the mixture and cook as indicated.

Setting procedure:

Soufflé dishes on the wire rack, level 1

Microwave 360 watts

Cooking time: 15-18 minutes



Fruit sauce

For 4 servings
Large glass dish with lid

Sauce:

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

In addition:

A few leaves lemon balm

Per serving

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

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

Setting procedure:

Glass dish with lid on the wire rack, level 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
Top/bottom heating
170 °C
Baking time: 20-25 minutes



Currant cake

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

Yeast dough:

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

Filling:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

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

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

6. Then bake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 1
Microwave combination
4D hot air
160 °C
90 watts
Baking time: 30-35 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
180 watts
Baking time: 30-35 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
Top/bottom heating
170 °C
Baking time: 50-60 minutes

Tip:

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



Sponge flan base

For 12 servings

Flan-base cake tin, diameter 30 cm

Sponge mixture:

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

In addition:

Butter for greasing
Breadcrumbs for sprinkling

Per serving

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

1. Grease a dark flan-base cake tin and sprinkle with breadcrumbs.

2. Wash the orange or lemon with hot water, dry it and grate 1 tsp zest.

3. Beat the butter until light and fluffy. Add the sugar, vanilla sugar and eggs and continue to beat.

4. Mix the flour and baking powder together. Stir into the mixture together with the milk, salt and 1 tsp grated orange or lemon zest.

5. Spread the mixture evenly in the tin. Bake as indicated.

6. After baking, tip the flan base onto a wire rack and leave to cool.

Setting procedure:

Flan-base cake tin on the wire rack, level 1
Top/bottom heating
170 °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

Top/bottom heating

160 °C

Baking time: 60-80 minutes

Tip:

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

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

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



Apple cake with caramelised walnuts

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

Caramel:

1 organic orange
300 g walnuts
30 g sugar

Sponge mixture:

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

In addition:

Greaseproof paper
Butter for the edge of the tin

Per serving

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

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

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

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

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

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

6. Bake the cake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 1
Microwave combination
Top/bottom heating
180 °C
90 watts
Baking time: 30-35 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
Top/bottom heating
180 °C
Baking time: 50-55 minutes



Moist chocolate cake filled with pears

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

Sponge mixture:

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

Glaze:

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

In addition:

Butter for greasing
Flour for dusting

Per slice

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

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

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

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

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

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

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 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

Alternative setting:

Cake:

Cake tin on the wire rack, level 1
Top/bottom heating
170 °C
Baking time: 50-55 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
Top/bottom heating
180 °C
180 watts
Baking time: 35-40 minutes

Alternative setting:
Universal pan, level 1
Top/bottom heating
180 °C
Baking time: 50-60 minutes



Double-crust apple pie

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

Shortcrust pastry:

300 g flour
½ tsp baking powder
70 g sugar
1 egg
40 g sour cream
160 g butter

Filling:

1.5 kg apples
40 g sugar
50 g ground almonds
1-2 tbsp arrack
1 tbsp lemon juice

In addition:

1 egg for brushing
Butter for greasing

Per serving

342 kcal, 43 g carbs, 16 g fat,
5 g protein, 3,0 BU

1. For the shortcrust pastry, mix all the dry ingredients together. Add the egg and sour cream, cut the butter into chunks and distribute it on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then faster at a higher speed setting. Form into a ball and press flat. Wrap in foil and chill for at least 30 minutes.

2. For the filling, peel the apples, core them, cut them into slices approx. 3 mm thick and mix with the rest of the ingredients.

3. Grease the dish. Cover the base with two thirds of the pastry and create a raised edge approx. 4 cm deep. Prick the pastry base several times with a fork.

4. Spread the filling evenly over the dough. Roll out a lid using the remaining pastry. Cover the apple mixture with the pastry lid and seal the edges well.

5. Whisk the egg and brush the top with it. Draw lines using a fork and pierce several holes in the pastry lid using a cocktail stick.

6. Bake the cake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 1
Microwave combination
Top/bottom heating
200 °C
90 watts
Baking time: 35-40 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
Top/bottom heating
190 °C
Baking time: 60-70 minutes

Tip:

A delicious alternative is to add 150 g raisins to the apple filling.



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



Swiss roll

To make approx. 8 servings
Baking tray

Sponge mixture:

4 eggs
6-8 tbsp water, lukewarm
200 g sugar
1½ sachets vanilla sugar
130 g flour
70 g cornflour
1 tsp baking powder

Filling:

500 ml cream
50 g sugar
1 sachet vanilla sugar
1 sachet cream stiffener
250 g strawberries or raspberries
30 g flaked almonds

In addition:

Greaseproof paper

Per serving

464 kcal, 52 g carbs, 25 g fat,
8 g protein, 4,4 BU

1. Line the baking tray with greaseproof paper. Preheat the oven.

2. Beat the eggs with the lukewarm water until light and fluffy. Mix the sugar and vanilla sugar and gradually add it. Beat the mixture until the sugar has dissolved.

3. Mix the flour together with the cornflour and baking powder and sift onto the mixture. Fold in quickly.

4. Spread the mixture evenly onto the baking tray using a spatula and bake as indicated.

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

6. Whip the cream until semi-stiff peaks form. Add the sugar, vanilla sugar and whipped cream thickening agent and whip until stiff. Fill about 1½ cups of the cream into a piping bag.

7. Crush 200 g strawberries or raspberries with a fork. Mix the remainder of the cream with the crushed fruit.

8. Roll the cooled Swiss roll out of the tea towel. Cover with the fruit cream and roll up again.

9. Decorate the Swiss roll with piped blobs of cream and the remaining fruit and flaked almonds.

Setting procedure:

Baking tray, level 1
Top/bottom heating
200 °C
Preheat
Baking time: 10-15 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
Top/bottom heating
190 °C
Baking time: 85-90 minutes

Tip:

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



Fruit tart - basic recipe for shortcrust pastry

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

Shortcrust pastry:

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

Topping:

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

In addition:

Butter for greasing
Greaseproof paper
Dried pulses for blind baking

Per serving

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

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

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

Setting procedure:

Springform cake tin on the wire rack, level 1
Top/bottom heating
180 °C
Baking time: 30-40 minutes

Tip:

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

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

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



Vanilla cheesecake

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

Shortcrust pastry:

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

Quark mixture:

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

In addition:

Butter for greasing

Per serving

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

1. Only grease the base of the springform cake tin.
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. 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, 160 °C
180 watts
Baking time: 40 minutes
then
4D hot air, 100 °C
Baking time: 20 minutes

Alternative setting:

Springform cake tin on the wire rack, level 1
Top/bottom heating
180 °C
Baking time: 60-80 minutes



Linzertorte

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

Shortcrust pastry:

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

Filling:

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

In addition:

Butter for greasing

Per serving

316 kcal, 39 g carbs, 16 g fat,
4 g protein, 3,3 BU

1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. With the dough hook of a hand mixer or food processor, knead slowly at first, and then on a faster speed setting until it forms a ball. Wrap in cling film and chill.

2. Grease the dish.

Setting procedure:

Springform cake tin on the wire rack, level 1
Top/bottom heating
190 °C
Baking time: 25-35 minutes

Tip:

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

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

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

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

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



English apple pie

To make approx. 12 servings
Tart dish, diameter 27 cm

Shortcrust pastry:

350 g flour
½ tsp salt
150 g butter
Approx. 75 ml water, ice-cold

Filling:

1 organic lemon
750 g sour apples
4 dried apricots
1 small piece candied ginger
1 pinch cinnamon
50 g sugar

In addition:

1 egg for brushing
Butter for greasing

Per serving

246 kcal, 32 g carbs, 11 g fat,
4 g protein, 2,7 BU

1. Add the flour and salt to a mixing bowl. Cut the cold butter into small pieces and add to the flour. Knead with the dough hook of the hand mixer or the food processor on a low setting to produce a fine, crumble-like mixture. Pour the ice-cold water into the flour mixture and knead in briefly. Form the dough into a ball, press flat, wrap in foil and chill for approx. 30 minutes.

2. Wash the lemon in hot water and dry it. Grate the peel and place to one side. Peel and core the apples. Grate the apples roughly and drizzle with a little lemon juice.

3. Cut the apricots and ginger into very small chunks, add to the apples and mix with the cinnamon, sugar and grated lemon peel.

4. Grease the tin well. Roll out approximately two thirds of the pastry onto the flour-covered work surface, use this to line the tin and pull up at the edges. Prick the base several times with a fork and distribute the apple mixture evenly on top of it. Roll out the rest of the pastry, cut it into equally wide strips and place over the apples in a lattice pattern.

5. Whisk the egg with a fork and use it to brush the pastry lattice. Bake as indicated.

Setting procedure:

Tart dish on the wire rack, level 1
Top/bottom heating
200 °C
Baking time: 60-65 minutes



Spiced espresso and chocolate tart

For 12 servings

Glass dish, springform cake tin
diameter 26 cm

Mixture:

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

Topping:

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

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

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

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 1

Microwave 360 watts

Cooking time: 5 minutes

Tarte:

Springform cake tin on the wire rack, level 1

Microwave combination

Top/bottom heating

210 °C

90 watts

Baking time: 22-25 minutes

Alternative setting:

Tarte:

Springform cake tin on the wire rack, level 1

Top/bottom heating

210 °C

Preheat

Baking time: 25-35 minutes



Turkish basbousa

For approx. 32 servings
Large ovenproof dish

Syrup:

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

Mixture:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

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

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 1

Top/bottom heating

180 °C

Baking time: 30-35 minutes



Mini chocolate cakes with a melted centre

For 4 servings

Glass dish, soufflé dishes

Mixture:

130 g dark chocolate

50 g butter

10 g candied ginger

30 g flour

100 g fine sugar

3 eggs

In addition:

Butter for greasing

Sugar for sprinkling

Per serving

477 kcal, 60 g carbs, 24 g fat,

5 g protein, 5,0 BU

1. Place 4 pieces of the dark chocolate to one side. Chop up the rest and place into a glass dish together with the butter. Melt as indicated.

2. Finely dice the candied ginger.

3. Mix the flour and sugar and sieve into a bowl.

4. Beat the eggs until light and fluffy and gradually sprinkle in the flour and sugar mixture. Fold in the chocolate mixture with a whisk and add the finely chopped ginger.

5. Grease the dishes and carefully sprinkle with a little sugar.

6. Fill the dishes with the mixture and sink a piece of chocolate into each of the cakes. Bake as indicated.

Setting procedure:

Chocolate mixture:

Glass dish on the wire rack, level 1

Microwave 360 watts

Cooking time: 3 minutes

Small cakes:

Soufflé dishes on the wire rack, level 1

Microwave combination

Top/bottom heating

170 °C

90 watts

Baking time: approx. 15-17 minutes

Alternative setting:

Small cakes:

Soufflé dishes on the wire rack, level 1

Top/bottom heating

170 °C

Preheat

Baking time: approx. 20 minutes with 5 minutes resting time



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



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

Top/bottom heating

190 °C

90 watts

Baking time: 15-16 minutes

Alternative setting:

Muffins:

Muffin tin on the wire rack, level 1

Top/bottom heating

190 °C

Baking time: 20-30 minutes



Small ring cakes with lemon curd and fresh berries

For 12 servings
Tin for 12 mini ring cakes

Yeast dough:

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

Lemon curd:

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

Berries:

125 g mixed fresh berries

In addition:

Butter for greasing
Breadcrumbs for sprinkling
Icing sugar for dusting

Per serving

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

1. For the yeast dough, heat up the milk, add the butter and allow to melt. Allow to cool until lukewarm. Mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well with the dough hook of the hand mixer or the food processor. Allow the dough to prove in a warm place until the volume has doubled.

2. For the lemon curd, wash the lemon under hot water, dry it and grate the zest. Ensure that the white pith is not grated as well. Squeeze the juice from the lemon. Add the lemon zest and the juice to a saucepan together with all other ingredients and heat up. Stir with the whisk for approx. 20 minutes until you have a creamy mixture.

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

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

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

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

Setting procedure:

Mini ring cake tin on the wire rack, level 1
4D hot air
180 °C
Baking time: 20-25 minutes



Coriander and orange brioches

For 12 servings

Muffin tin

Mixture:

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

In addition:

Butter for greasing
Butter, melted, for brushing

Per serving

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

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

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

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

4. Then bake as indicated until golden brown.

Setting procedure:

Muffin tin on the wire rack, level 1
4D hot air
170 °C
Baking time: 25-30 minutes

Tip:

Measure out all the ingredients in advance to allow them to warm to room temperature.



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.



Berry tartlets with sour cream glaze

For 8 servings Mini tart dishes

Shortcrust pastry:

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

Topping:

125 g fresh bilberries
125 g fresh redcurrants

Glaze:

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

In addition:

Butter for the ramekins

Per serving

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

1. Grease the ramekins well.

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

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

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

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

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

Setting procedure:

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



Pistachio biscuits with fig jam

For 35 servings

Baking tray and universal pan, glass dish

Shortcrust pastry:

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

Filling:

250 g fig jam

Topping:

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

In addition:

Greaseproof paper

Per serving

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

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

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

3. Line the baking trays with greaseproof paper.

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

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

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

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
140 °C
Baking time: approx. 25 minutes
Chocolate coating:
Glass dish on the wire rack, level 1
Microwave 360 watts
Cooking time: 2-3 minutes

Tip:

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





Bread and bread rolls,
pizza and savoury cakes



Savoury rye sourdough bread

For 1 loaf, approx. 30 slices
Universal pan

Sourdough proliferation:

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

Bread dough:

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

Per slice

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

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

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

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

4. Bake the bread as indicated.

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

Setting procedure:

Universal pan, level 1
4D hot air
210 °C
Baking time: 15 minutes
then
190 °C
Baking time: 60-65 minutes

Tip:

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

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



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
Top/bottom heating
270 °C
Baking time: 20-30 minutes

Tip:

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



Baguettes with olives

For 2 baguettes, 10 slices each
Baking tray

Mixture:

500 g flour
1 sachet dried yeast
1 pinch sugar
2 tsp sea salt
6 tbsp olive oil
Approx. 250 ml water, warm
70 g black, pitted olives

In addition:

Greaseproof paper

Per slice

125 kcal, 18 g carbs, 5 g fat, 3 g protein,
1,5 BU

1. Mix the flour and yeast in a bowl. Add all the other ingredients, except the olives, and knead the dough thoroughly. Leave the dough to prove in a warm place until the volume has doubled.

2. Cut the olives into quarters.

3. Knead the dough thoroughly once more and then knead the chopped olives into the dough.

4. Split the dough into 2 pieces and form two long baguette shapes. Make diagonal incisions using a knife and dust with a little flour.

5. Line the baking tray with greaseproof paper. Place the baguettes on top and leave to prove for approx. 20 minutes again.

6. Bake as indicated.

Setting procedure:

Baking tray, level 1

Top/bottom heating

250 °C

Baking time: 20-25 minutes



Two varieties of panini, with olives and tomatoes

For 18 servings

Baking tray and universal pan

Glaze solution:

50 ml water

1 tsp baking soda

Mixture:

250 g flour

1 sachet dried yeast

1 tsp sea salt

200 ml water, lukewarm

1 tbsp olive oil

50 g Pecorino cheese, freshly grated

50 g pitted black olives

50 g dried tomatoes in oil, well drained

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

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

Setting procedure:

Baking tray, level 1,

Universal pan, level 3

4D hot air

160 °C

Baking time: 20-25 minutes

Tip:

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



Multigrain rolls

For 12 bread rolls

Baking tray

Mixture:

Sourdough powder for 500 g flour

500 ml water

50 g rye flour, type 997

40 g cracked rye grain

450 g plain flour, type 550

1½ tsp salt

1½ sachets dried yeast

1 tbsp honey

For rolling:

40 g oat flakes

25 g linseeds

25 g pumpkin seeds

50 g sunflower seeds

In addition:

Butter for greasing the baking tray

Per bread roll

216 kcal, 36 g carbs, 4 g fat, 8 g protein,
3,0 BU

1. For the leaven, stir together the sourdough powder, 350 ml water, rye flour and cracked rye grain and leave to prove in a warm place for 60 minutes.

2. Gradually add the rest of the ingredients to the leaven and work for approximately 7 minutes to a smooth dough using the dough hook attachment of a food processor.

3. Knead the dough once more and form it into bread rolls weighing 70-100 g each on a flour-covered work surface.

4. Mix the oat flakes, linseeds and other seeds.

Moisten the bread rolls and press them carefully into the mixture.

5. Grease the baking tray and distribute the bread rolls on it. Leave to prove for another 60 minutes.

10 minutes before the end, score the bread in a pattern of your choosing.

6. Bake the bread rolls as indicated and leave to cool on a wire rack.

Setting procedure:

Baking tray, level 1

4D hot air

180 °C

Baking time: 15-25 minutes



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

Top/bottom heating

270 °C

Baking time: 20-25 minutes

Tip:

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

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



Tarte flambée

For 6 servings Universal pan

Yeast dough:

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

Topping:

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

In addition:

Rolls of chives
Cooking oil for the baking tray

Per serving

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

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

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

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

4. Preheat the oven.

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

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

7. Serve sprinkled with chives.

Setting procedure:

Universal pan, level 1
Top/bottom heating
270 °C
Preheat
Baking time: 10-15 minutes

Tip:

If the base is too dark, insert the universal pan one level higher up next time.



Pepper quiche

For 6 servings

Pizza tray, diameter 30 cm

Shortcrust pastry:

200 g flour

2 pinches salt

1 egg

100 g butter, cold

Topping:

150 g green peppers

150 g yellow peppers

150 g red peppers

1 red onion, approx. 100 g

200 g courgettes

30 g butter

Salt

Black pepper, freshly ground

Glaze:

200 ml cream

4 eggs

150 g Gruyère cheese, freshly grated

Salt

Black pepper, freshly ground

Nutmeg, freshly grated

In addition:

Cooking oil for the baking tray

Per serving

577 kcal, 30 g carbs, 43 g fat,

19 g protein, 2,5 BU

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

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

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

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

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

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

Setting procedure:

Pizza tray on the wire rack, level 1

Top/bottom heating

180 °C

Baking time: 60-70 minutes



Onion tart with apple

For 6 servings

Pizza tray, diameter 30 cm

Shortcrust pastry:

200 g flour

A little salt

1 egg

1 tbsp water

100 g butter, cold

Topping:

150 g streaky bacon

700 g onions

Salt

Pepper, freshly ground

1 sour apple

200 g crème fraîche

30 g grated cheese

In addition:

4 tbsp cooking oil for the tray

Per serving

581 kcal, 36 g carbs, 44 g fat,

11 g protein, 3,0 BU

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

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

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

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

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

Setting procedure:

Pizza tray on the wire rack, level 1

Microwave combination

Top/bottom heating

190 °C

90 watts

Cooking time: 35-40 minutes

Alternative setting:

Pizza tray on the wire rack, level 1

Top/bottom heating

200 °C

Baking time: 40-45 minutes

Tip:

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



Turkish börek

For 20 servings Universal pan

Cheese:

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

Filling:

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

Mixture:

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

In addition:

Cooking oil for the universal pan

Per serving

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

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

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

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

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

Setting procedure:

Universal pan, level 1
Top/bottom heating
210 °C
Baking time: 30-40 minutes

Tip:

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



Spring onion pâté

For 6 servings

Glass dish with lid, universal pan

Pâté:

450 g frozen puff pastry

500 g spring onions

100 g lean streaky bacon

20 g butter

Sea salt

Pepper, freshly ground

50 g blue cheese

50 g Pecorino cheese, freshly grated

In addition:

Greaseproof paper

1 egg for brushing

Per serving

464 kcal, 29 g carbs, 34 g fat,

12 g protein, 2,4 BU

1. Defrost the puff pastry.

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

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

4. Line the universal pan with greaseproof paper.

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

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

Setting procedure:

Spring onions und bacon:

Glass dish with lid on the wire rack, level 1

Microwave 600 watts

Cooking time: 6 minutes

Pâté:

Universal pan, level 1

Microwave combination

4D hot air, 190 °C

180 watts

Baking time: 20-25 minutes

Alternative setting:

Pâté:

Universal pan, level 1

Top/bottom heating

210 °C

Baking time: 30-35 minutes



Savoury muffins with blue cheese

For 12 servings

Glass dish with lid, muffin tin

Mixture:

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

In addition:

paper moulds

Per serving

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

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

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

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

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

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

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

Setting procedure:

Butter:

Glass dish with lid on the wire rack, level 1

Microwave 360 watts

Cooking time: 5 minutes

Onions:

Glass dish on the wire rack, level 1

Microwave: 600 watts

Cooking time: 4 minutes

Muffins:

Muffin tin on the wire rack, level 1

Top/bottom heating

190 °C

Baking time: 20-25 minutes

Alternative setting:

Muffins:

Muffin tin on the wire rack, level 1

Top/bottom heating

190 °C

Baking time: 20-25 minutes

Tip:

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



Crostini with anchovies and mozzarella

For 12 servings

Baking tray

Bread:

6 frozen mini-baguettes

Topping:

200 g cherry tomatoes

1 small bunch basil

Sea salt

Sugar

Pepper, freshly ground

Approx. 40 ml olive oil

1 small garlic clove

12 anchovies from a jar

100 g mozzarella

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

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

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

7. Garnish the crostini with the basil leaves.

Setting procedure:

Baking tray, level 2

Crisping:

4D hot air, 160 °C

Baking time: approx. 13 minutes

Grilling:

Circulated air grilling, 200 °C

Baking time: approx. 7 minutes





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 enclosed 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

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Notes

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